

Westminster Senior Center

Senior Spotlight

8200 Westminster Blvd. Westminster, CA 92683

April 2010

(714) 895-2878



Mark Your Calendars:

◆ SILENT AUCTION

Tuesday -Thursday, April 13th-15th

Final Bell rings at 1:00 p.m.

◆ VOLUNTEER APPRECIATION PARTY

Wednesday, April 21st

2:30 p.m.- 4:30 p.m.

◆ SPRING CRAFT SALE

Monday, April 26th-Friday, April 30th

“FOOTLOOSE”

◆ LAWRENCE WELK THEATRE

Thursday, May 6th

◆ LAUGHLIN

Sunday, June 13th -Tuesday, June 15th

Westminster Senior Services Team

MAYOR & CITY COUNCIL DEPARTMENT LINE

(714) 5483240

Margie L. Rice

MAYOR

(714) 548-3183

Frank G. Fry

MAYOR PRO TEM

(714) 548-3179

Tyler Diep

COUNCIL MEMBER

(714) 548-3181

Andy Quach

COUNCIL MEMBER

(714) 548-3182

Tri Ta

COUNCIL MEMBER

(714) 548-3179

Donald D. Lamm

CITY MANAGER

(714)548-3172

Greg Johnson

COMMUNITY SERVICES DIRECTOR

(714) 895-2860

Diana Dobbert

ASSISTANT COMMUNITY SERVICES DIRECTOR

(714) 548-3665

★ **Please Note: The City of Westminster now has an updated phone system; some numbers remain the same; others have changed.**

COMMISSION ON AGING

Chair-Vince Agor	(714) 897-6252
Commissioner-Nora Barajas	(714) 893-3708
Commissioner-Phillip Hodgetts	(714) 847-4165
Commissioner-Jerry Meade	(714) 893-2865
Commissioner-Vince Petronzio	(714) 897-6261
Commissioner-Ginger Waugh-Borden	(714) 897-4644
Alternate-Erwin Vysma	(714) 893-3659

The Commission on Aging serves as an advisory body on matters of interest and concern to senior members of the community. The Commissioners are appointed by the Westminster City Council.

Meetings are held the second Monday of every other month at 10:00 a.m. in the City Council Chambers; all residents are welcome and encouraged to attend.

Senior Center Staff

(714) 895-2878

Senior Services Supervisor - Claire Hutchinson

Nutritionist Maribel Avilez

Secretary - Sherrie Machuga

Receptionist - Ivy Gimondo

Clerk Typist - Joy Williams

Transportation Coordinator - Bea Pratte

Van Drivers - John Conrekas, Bertha Lara

and Clarey Mercer

Health Care Nurse - Jane Hannah

Project S.H.U.E. Director-Susana Delgado

Senior Center Intern-Amber Julian

We are on the Web!

This monthly newsletter, **The Senior Center Spotlight**, is now available on the City Website:

www.ci.westminster.ca.us,

Departments, Community Services, Senior Services.

Emergency & Business Telephone Numbers

Emergency Number	911
Police	(714) 898-3315
Fire	(714) 744-0400
Elder-Abuse	1(800)451-5155
City Hall	(714) 898-3311
OCTA (ACCESS Van)	(714) 560-5956
Chamber of Commerce	(714)898-9648
Library	(714)893-5057
Medi-Cal	(714) 741-7100
Social Security	1(800)772-1213
Ombudsman	(714)479-0107
Office on Aging	1(800)510-2020
Information Help Line	211

Senior Center



Health Talk: "Fall Prevention"

Wednesday, April 7th

11:00-11:30 a.m.

Dining Room

Presented by Jane Hannah , R.N., P.H.N.

Sponsored by: Adult Public Health Nursing Services and the Orange County Health Care Agency.

Topics to include:

- ◆ Strategies & Interventions
- ◆ How to find out your Risk Assessment
- ◆ Balance & Strength

Diabetes Education & Support Group "Medications & Diabetes"

Wednesday, April 21st

12:30 p.m.-2:00 p.m. in Room 1

Presentation given by: Bill Liu, Pharmacist & Jane Hannah RN, PHN

Sponsored by:

Adult Public Health Nursing Services, and the Orange County Health Care Agency.



Information on Medical will be discussed.

Senior Center Programs



Strengthen and Sharpen Your Brain

with

Mental Gymnastics

Learn the latest research on the brain and how you can use it to become stronger and sharper as you get older by exercising your mental abilities, memory and critical thinking power! Join this mind-bending and fun group and explore brain-teasers, Sudokus and other visual puzzles and mind –boggling riddles.

Instructor: Sharon Fleming

April 21st –June 9th

9:30a.m.-11:30 a.m.

Fee: \$43.00

To enroll, complete a Huntington Beach Adult School registration form and mail to the HB Adult School, 15871 Springdale St., Huntington Beach, 92649, attn. Lynn, or call Sharon Fleming at (949) 640-4178. HBAS fax # is (714) 373-5245. **We also have registration forms at the Front Desk for your convenience.**



CONTEST

We have decided to hold a contest to rename the Craft Closet!



The Rules are simple:

- * Think of a “catchy” new name for the Craft Closet.
- * Ballots available at the Front Desk.

Contest will be held April 1st through April 30th.

Staff will choose the winning title.

Winner will receive an Uncle Pete's Café Gift Card

From the Director's Chair

Welcome to all new volunteers. April is **National Volunteer Month** and we are happy that you have chosen the Westminster Senior Center as the place to share your time and talents. We know that it is the volunteers that keep the Senior Center such a warm and friendly place. There will be a special celebration for the volunteers that helped us in a big way in 2009.

Volunteers who have helped with tax preparation are almost finished with their appointments. We are happy to be able to offer this service through the **A.A.R.P. Tax Preparers' Program**.

Our **Driver Safety Class** takes place on **April 1st & 2nd**, from 8:30 a.m. to 12:30 p.m. The next class will be held on **June 17th & 18th**. Classes always take place on a Thursday and Friday; hours remain the same. Why take a Driver Safety Class? Cars have changed. So have traffic rules, driving conditions and the roads we drive on every day. Brush up on your driving skills to stay safe.

April Birthdays will be celebrated **Thursday, April 22nd**. **Jordan McBeen** will entertain us with his wonderful talent on the piano beginning at 11:00 a.m.

Our **Silent Auction** also takes place in April, beginning Tuesday, April 13th and ending Thursday, April 15th. The **Closing Bell** rings precisely at **1:00 p.m.** Don't miss this exciting event!

The **Crafters** will be holding their **Spring Boutique** from **Monday, April 26th** through **Friday, April 30th** in the Senior Center Lobby. They will be open from 9:00 a.m. to 1:00 p.m. each day.

Some of our upcoming trips include “**Footloose**” **The Musical** at the **Welk Resort Theatre** in Escondido on Thursday, May 6th (lunch at the Canyon Grille is included), a **Casino Hop Mystery Trip** on **Thursday, May 20th** and **Pageant of the Masters** on **Wednesday evening, July 14th**. For more detailed information, see page 9.

Last but not least, our “**Senior of the Year**” for 2009 will be announced at our **Volunteer Recognition Event** on **Wednesday, April 21st**. Until then, it's a secret!



Enjoy the Spring season. CLAIRe



Silent Auction Event

Tuesday through Thursday

April 13th–April 15th

Time: 8:30 a.m. Tuesday through 1:00 p.m. Thursday.

See flyer insert for more details or call the Senior Center at (714)895-2878

Senior Center Programs

Lunch Is Served

Monday-Friday at 11:45 a.m.

Come join in the camaraderie with a delicious lunch and wonderful friendship. The suggested donation is just \$2.50 for our senior participants. If you need a ride to lunch, just give us a call at (714) 895-2878.

Westminster on Wheels W.O.W. Nutrition Van

Please help us continue this outstanding bus service by abiding by the following:

- You must cancel the day before, if possible, by calling the Senior Center at (714) 895-2878. The bus driver cannot accept cancellations.
- After three "no shows" you will be taken off the transportation program.
- Be ready to walk out the door when it is pick-up time from your home.

(There is a 5-minute window of time before & after estimated pick-up time.)

Morning Pick-Ups:

8:00 a.m. to 9:00 a.m. from home to Center.

Afternoon Returns:

12:30 p.m. & 2:30 p.m. from Center to home.

W.O.W. Shuttle

The Shuttle picks up Westminster senior residents from Mobile Home Parks and Senior Housing Complexes to shop around town **Monday through Thursday** from 9:00 a.m. to 1:00 p.m. Please note:

NO SHUTTLE SERVICE ON FRIDAYS
Please contact the Center if you have any scheduling questions. Service is free, but you must sign up, call (714) 895-2878.



Mondays, Wednesdays & Fridays
Thanks to our April 2010 Callers:

- | | |
|-------------------------------------|--------------------------------------|
| 4/2-Bill Grudzien
(9:30-11:15) | 4/19-Mary Pagano |
| 4/5-Mary Pagano | 4/21-Earl Northcott |
| 4/7-Earl Northcott | 4/23-Dollie DeRobbio
(9:30-11:15) |
| 4/9-Dorothy Siebert
(9:30-11:15) | 4/26-Kim Ward |
| 4/12-Kim Ward | 4/28-Dollie DeRobbio |
| 4/14-Dorothy Siebert | 4/30-Sue Wolff
(9:30-11:15) |
| 4/16-Sue Wolff
(9:30-11:15) | |



BRIDGE PLAYERS



Please join our group of bridge players on Mondays and Thursdays at 12:15 p.m.-3:00 p.m. Experienced players are welcome as well as new players with "some experience." Engage your mind and meet some new friends.

"There's nothing better than a good friend, except a good friend with CHOCOLATES."



Linda Greyson "The Pickwick Papers"

DAY TRIPS

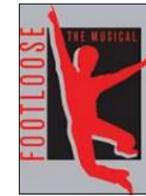
"Footloose" The Musical

Thursday, May 6th, 2010

Now at the Welk Resort Theatre in Escondido

"Let's hear it for the boy!" Based on the hit '80's movie, "Footloose" has become a stage music phenomenon. From Broadway to the West End, there is just no stopping the music! Enjoy shopping and browsing before the show! Lunch at the Canyon Grille included!

Depart: 9:30 a.m. Return: 5:00 p.m.
Cost: \$79.00



Casino Hop Mystery Trip ???

Thursday, May 20th, 2010

Two beautiful casinos (that you have not visited in a long time) plus a free lunch buffet at the locals favorite spot! A fun-packed day for everyone.

Depart: 8:00 a.m. Return: 6:00 p.m.
Cost: \$44.00

Pageant of the Masters

Wednesday, July 14th, 2010

This year's theme is "Eat, Drink and Be Merry", highlighting the timeless masterpieces that have captured and enhanced the exhilaration of good times and, even more remarkable, buoyed spirits when times were hard. Price includes show & transportation. Note: Includes walking and stair climbing.

Depart: 5:00 p.m. Return: 11:30 p.m.
Cost: \$55.00



San Manuel Indian Casino

Tuesday, June 29th, 2010

All NEW \$350 Million Dollar Casino! 2000 State-of-the-Art Slot Machines! 99 Poker & Blackjack! \$10 back in Slot Play OR Food.

Depart: 8:00 a.m. Return: 5:00 p.m.
Cost: \$15.00

Viejas Indian Casino

Tuesday, August 24th, 2010

Enjoy a fun-filled day in Gaming & Shopping at Viejas!

Depart: 8:00 a.m. Return: 5:00 p.m.
Cost: \$15.00

Lake Arrowhead

Tuesday, August 10th, 2010

Enjoy the day in the beautiful San Bernardino Mountains as you travel up to Lake Arrowhead. Spend time browsing in Arrowhead Village, then a delicious lunch at the Arrowhead Resort and afterwards enjoy a narrated cruise on the Arrowhead Queen. More time for shopping to finish off a fantastic day in the mountains before departing for home. Upon sign up, must choose:

- 1) Meatloaf,
 - 2) Angel Hair Pasta, or 3) Club Sandwich.
- Depart: 8:00 a.m. Return: 5:00 p.m.
Cost: \$64.00

OVERNIGHT TRIPS

Laughlin-Riverside Hotel & Casino

June 13-15, 2010 \$87 p/p Double Occupancy
(Sunday-Tuesday) \$107 Single Occupancy

Includes 3 days/2 nights.

Plus a "Laughlin Funbook", including three 2 for 1 meal coupons at local casinos, along w/ 2 for 1 drinks, appetizers, Boat Cruise and much more.

Baggage Handling & Driver's Tip included.

Depart: 8:00 a.m. Return: 6:00 p.m.



Laughlin Luau-Riverside Hotel & Casino

September 14-16, 2010 \$89 p/p Double Occupancy
(Tuesday-Thursday) \$109 Single Occupancy

3 days/2 nights.

Includes FREE buffet, (1 choice + 2 breakfasts), Plus LUAU DINNER, & "Laughlin Funbook."

Baggage Handling & Driver's Tip included.

Depart: 8:00 a.m. Return: 6:00 p.m.



Laughlin Christmas-Riverside Hotel & Casino

December 5-7, 2010 \$89 p/p Double Occupancy
(Sunday-Tuesday) \$109 Single Occupancy

3 days/2 nights.

Includes Christmas Dinner Party at the Hotel, plus two FREE Buffets, "Laughlin Funbook", Boat Cruise & much more! Baggage Handling & Driver's Tip included

Depart: 8:00 a.m. Return: 6:00 p.m.

The trips offered are fun and affordable. Enjoy day trips or the popular overnight trips.
The tip for the bus driver is included in the price.

Senior Center Classes

**Adult Fitness (Chair Exercises)

A mildly aerobic, chair/standing exercise class to music that will stretch and strengthen muscle groups and includes aspects of balance.

Day	Time	Instructor
Tuesday	10:00 a.m.-12:05 p.m.	M. Masters
Wednesday	10:00 a.m.-12:05 p.m.	M. Masters

**Beginning (Chair) Fitness

Day	Time	Instructor
Tues./Thurs.	12:30 p.m.-1:35 p.m.	M. Masters

**Balance & Mobility

A preventive class for Seniors at risk for falling; must meet entrance criteria, requires doctor's clearance, medical history and balance evaluation before enrollment.

Day	Time	Instructor
Tues./Thurs.	8:45 a.m.-9:45 a.m.	M. Masters

Bridge

Day	Time	Instructor
Mon./Thurs.	12:15 p.m.-3:00 p.m.	Group

Bunco

Day	Time	Instructor
2nd & 4th Wed. of each month	12:30 p.m.-3:00 p.m.	D. Vorono

Beginning & Intermediate Computer Classes

PLEASE NOTE: Applicants start by filling out forms at the Front Desk. Instructors will contact potential students with the new schedules.

Intermediate Computer Class

Day	Time	Instructor
Monday	9:00 a.m.-11:30 a.m.	K. Hillhouse
Tuesday	12:30 p.m.-3:00 p.m.	B. Ault

Beginning Computer Class

Day	Time	Instructor
Tuesday	9:00 a.m.-11:30 a.m.	A. Spisak
Wednesday	2:00 p.m.-4:30 p.m.	D. Davis

Creative Crafts

Day	Time	Instructor
Thursday	9:00 a.m.-11:30 a.m.	M. Loth

*Dance Aerobics

Day	Time	Instructor
Tues./Thurs.	12:45 p.m.-2:30 p.m.-Level 4 (Closed-Waitlist)	J. Camarena
Thursday	9:00 a.m.-10:30 a.m.-Level 2	J. Camarena
Thursday	10:30 a.m.-12:00 noon-Level 3	J. Camarena
Thursday	3:00 p.m.-4:30 p.m.-Level 2/3	J. Camarena

Longevity Stick

Longevity Stick is a Vietnamese form of exercise involving slow movement and stretching. If you have questions, please call (714) 895-2878 ext.482.

Day	Time	Instructor
Monday	9:00 a.m.-10:00 a.m.	D. Allison
Thursday	9:00 a.m.-10:00 a.m.	M. Bac Dau

*Low Impact Aerobics 2

Day	Time	Instructor
Tuesday	10:45 a.m.-11:45 a.m.	J. Camarena

Mah Jongg

Day	Time	Instructor
Monday	10:00 a.m.-12:00 noon	Group

*Mental Gymnastics(4/21-6/9)

Day	Time	Instructor
Wednesdays	9:00 a.m.-11:30 a.m.	S. Fleming

*Stretch and Flex

Day	Time	Instructor
Tuesday	9:30 a.m.-10:30 a.m.	J. Camarena

Sudoku

Day	Time	Instructor
Friday	10:30 a.m.-12:00 noon	M. Epstein

Tai Chi

Day	Time	Instructor
Friday	8:30 a.m.-10:30 a.m.	L. Mo

Yarn Spinners

Day	Time	Instructor
Mon./ Wed./Fri.	9:00 a.m.-12:00 noon	G. Borden

*Yoga for Health-4/12-6-28

Day	Time	Instructor
Monday	2:45 p.m.- 4:00 p.m.	J. Cruise

Please bring your i.d. with you when you attend the Senior Center.

Please Note: ALL Huntington Beach Adult School classes are now **Fee-Based**.

*Huntington Beach Adult School (for further info. call (714) 901-8106 ext.4405)

**Coastline Community College Classes are offered at no cost. Pre-registration is advised. (for further info., call (714) 241-6184)

Coastline College Classes resume April 5th. Huntington Beach Adult School returns on April 12th.

Senior Center Programs

Commodities - Our Commodities Program is on the **2nd Wednesday** of each month. April Commodities will be on **Wednesday, April 14th**. If you qualify as low income, please come between **8:00 a.m.-11:00 a.m.** Bring proper identification & plastic bags.

Driver Safety (formerly 55 Alive) - Classes are every other month on a **Thursday** and a **Friday** from **8:30 a.m. to 12:30 p.m.** The next class takes place on **April 1st & 2nd**. **NEW PRICING:** The cost is **\$12 per person if you are a member of AARP** and **\$14 for non-members**; sign-up at the Front Desk. **Please bring your membership card and make checks payable to AARP.** The following set of classes takes place on **June 17th & 18th, 2010.**



Free Manicures & Haircuts:
Offered by the
Asian American Beauty School
Tuesday, April 13th
10:00 a.m.-12:00 noon.

Please remember to **R.S.V.P.** to the **Front Desk** if you have been invited to the **Volunteer Appreciation Party** on **Wednesday, April 21st, 2010.**
The Staff thanks you.



Dinner Group
Lazy Dog Cafe
16310 Beach Blvd.
Westminster
Wednesday, April 28th
at 4:30 p.m.

* Sign Interest List at the Front Desk

MOVIES

Fridays at 9:15 a.m.

April 2nd

“The Blind Side”

Sandra Bullock, Quinton Aaron
A teen who comes from a broken home is taken in by a Memphis couple. He then embarks on a remarkable rise to play for the NFL
Runtime: 2 hours, 6 minutes
Rated PG-13 (2009); Drama

April 9th

“Mrs. Doubtfire”

Robin Williams, Sally Field
A man learns his ex-wife needs a house-keeper and he gets the job disguised as an English nanny.
Runtime: 2 hours
Rated PG (2009); Animation

April 16th

“The Soloist”

Robert Downey
Two legendary outlaws display their gifts for perfect timing and charisma as they pull off heist after heist.
Runtime: 1 hour, 50 minutes
Rated PG (1969); Classic

April 30th

“Yes Man”

Jim Carrey, Zooey Deschanel
A man resolves to say “yes” to everything that comes his way.
Runtime: 1 hour, 44 minutes
Rated PG (2008); Comedy

