

JANUARY/FEBRUARY 2012

SENIOR SPOTLIGHT

Westminster Senior Center
8200 Westminster Blvd. Westminster, CA 92683
(714) 895-2878
www.westminster-ca.gov

WINTER CLASSES BEGIN!



Balance & Mobility
Dance Aerobics
Low Impact Aerobics
Stretch & Flex
Adult Fitness
Longevity Stick
Tai Chi
Computer
ESL
and much more!

VALENTINE'S DAY

You are invited to attend our
Valentine's Party

Tuesday, February 14th

East / West Room

11:00 a.m.

with entertainment by

Stardust Sounds



Pre-registration is a must
Tickets: \$4.00 Donation

Westminster Senior Services Team

MAYOR & CITY COUNCIL

MAYOR
Margie L. Rice
(714) 548-3183

MAYOR PRO TEM
Tri Ta
(714) 548-3179

COUNCIL MEMBER
Tyler Diep
(714) 548-3181

COUNCIL MEMBER
Frank Fry
(714) 548-3180

COUNCIL MEMBER
Andy Quach
(714) 548-3182

DEPARTMENT LINE
(714) 548-3240

CITY MANAGER & COMMUNITY SERVICES

CITY MANAGER
Mitch Waller
(714) 548-3172

COMMUNITY SERVICES DIRECTOR
Diana Dobbert
(714) 895-2860



**The Senior Center Spotlight
is now available on the City Website:**

www.westminster-ca.gov

Go to Departments, Community Services, Senior Services
or you can Google City of Westminster, CA Homepage

Senior Center Staff

(714) 895-2878

SENIOR SERVICES SUPERVISOR	Claire Hutchinson
NUTRITIONIST	Maribel Avilez
SECRETARY	Sherrie Machuga
RECEPTIONIST	Ivy Gimondo
CLERK TYPIST	Joy Williams
VAN DRIVERS	John Conrekas, Bertha Lara and Clarey Mercer
HEALTH CARE NURSE	Jane Herin
PROJECT S.H.U.E. DIRECTOR	Rachael Christenson
SENIOR CENTER INTERN	Amber Julian

Commission on Aging

COMMISSIONER Vince Agor	(714) 897-6252
COMMISSIONER Leonor Barajas	(714) 893-3708
COMMISSIONER Owen Eames	(714) 894-3129
COMMISSIONER Phil Hodgetts	(714) 847-4165
COMMISSIONER Leo Lopez	(714) 898-7358
COMMISSIONER Linh Nguyen	(714) 782-2902
COMMISSIONER Erwin Vysma	(714) 893-3659
ALTERNATE COMMISSIONER Ron Hamamura	(714) 531-8570
ALTERNATE COMMISSIONER Joan Germany	(714) 897-6873

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 month at 10:00 a.m. in the City Council Chambers; all residents are welcomed and encouraged to attend.

From the Senior Center Supervisor

Greetings 2012!

Our November Silent Auction Fundraiser made \$1958.25. These funds will benefit our senior activities. Also, our See's Candies Fundraiser was highly successful!

Just browse through this newsletter to catch up on all of our upcoming activities and events.

Thank you to **MDCare Healthplan** for sponsoring the 2011 Holiday Party entertainment and to **Emeritus at Brookhurst** for supplying our

monthly birthday cakes during the year.

Our goal is to provide the finest activities and services to all our seniors.

During this time of year, I wish to express my gratitude to the staff and volunteers that make these services possible.

Have a wonderful Holiday Season and a very Happy New Year. Stay safe...I look forward to seeing you in 2012.



"The supreme happiness of life is the conviction that we are loved."

Victor Hugo



LOOKING AHEAD



♦ **CLOSED**

President's Day
Monday, February 20th



♦ **St. Patrick's Day**
Party

Thursday, March 15th

♦ **Volunteer**
Recognition

Wednesday, April 4th



Emergency Business & Telephone Numbers

Emergency Number	911
Police	(714) 893-3708
Fire	(714) 744-0400
Elder-Abuse	(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) 841-7100
Social Security	(800) 772-1213
Ombudsman	(714) 479-0107
Office on Aging	(800) 510-2020
Information Help Line	211
Traffic Information	511

SENIOR CENTER PROGRAMS

SENIOR SERV



Join us for a delicious meal! Lunch is served Monday through Thursday at 11:45 a.m. and every Friday at 11:30 a.m. We celebrate birthdays on the 4th Thursday of each month.

Cost:
The suggested donation is just \$2.50 for our senior participants 60 and over. The cost for individuals under 60 is \$3.50.

COMMODITIES



Commodities Program is held on the 2nd Wednesday of each month.

January:
Wednesday, January 11th

February:
Wednesday, February 8th

Hours:
8:00 a.m.-11:00 a.m.
(or until food runs out)

Requirements:
You must live in Westminster and qualify as low income. Bring proper identification & plastic bag.



WESTMINSTER ON WHEELS

The City of Westminster has partnered with OCTA to provide transportation services to seniors, 62 years and older, residing in Westminster. The goal of the WOW Program is to assist seniors in remaining independent. The program operates Monday through Friday and reservations are required.

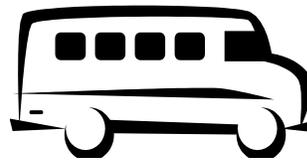


NUTRITION VAN

This program is for Westminster Seniors who need a ride to the Senior Center for the luncheon program. Once seniors are at the Senior Center they can hop on the Shuttle if they need to run errands.

SCHEDULE

Monday through Friday
Morning Pick-Ups:
8:00 a.m. to 9:00 a.m.
from your home to the Senior Center.
Afternoon Returns:
12:30 p.m. & 2:30 p.m.
from the Senior Center to your home.



SHUTTLE

This program is for older adults who reside in Westminster. This is a group pick-up program that runs **Monday through Thursday** from 9:00 a.m.- 1:00 p.m. After picking up seniors from the Senior Center and from other group pick-up sites, the shuttle stops for the shopping time of 1 ½ hours at Albertson's, Westminster Mall, Wal-Mart, and Target.

NOTE:

NO SHUTTLE SERVICE ON FRIDAYS

Please contact the Senior Center if you have any scheduling questions. Service is free but you must sign up.



WOW Questions?
Call Bertha or John
at
(714) 895-2878
ext. 3675

SENIOR CENTER ACTIVITIES

CLUBS & GROUPS



BRIDGE CLUB
meets Mondays and Thursdays at 12:15 p.m.



CHESS CLUB meets Tuesdays and Thursdays at 7:30 a.m.



BUNCO meets on 2nd and 4th Wednesdays at 12:30 p.m.



CRAFT LADIES meet on Thursdays at 9:00 a.m.



MAH JONGG players meet on Mondays from 10:00 a.m.-12:00 noon.



DINNER GROUP Meets the 3rd Wednesday of each month at a local restaurant.



POOL ROOM is open five days a week and new players are welcome.



RED HAT SOCIETY is a group of women who dress in purple and red. This group goes on trips, dinner, etc. Their main purpose is to have fun.



YARN SPINNERS crochet and knit on Mondays & Fridays 9:00 a.m.- 11:30 a.m. on Wednesdays 9:00 a.m. 4:00 p.m.



NEEDLE WORK meets Mondays at 9:00 a.m.



MEXICAN TRAIN DOMINOS meet on the 1st and 3rd Wednesdays of each month at 12:00 Noon



SUDOKU meets every Friday at 9:30 a.m.

BINGO

BINGO				
12	18	41	47	61
7	26	39	54	70
4	27	FREE 4785 SPACE	49	63
5	23	35	58	73
3	30	32	52	75

GAME TIMES:

Mondays & Wednesdays

12:45 p.m. - 2:30 p.m.

Fridays

9:30 a.m. - 11:15 a.m.

Bingo is hosted in our dining room by volunteer callers. Bingo cards are 3 for a \$1.00 or 50¢ a piece.



Winners receive a Bingo Buck a game. You can

earn a \$10 Stater Bros. Gift Card for every 10 Bingo Bucks you earn. If you are interested in being a Bingo caller, please contact the front desk.

MOVIES

JANUARY



FEBRUARY

January 6th

“Social Network”

Jesse Eisenberg
Justin Timberlake
2 hours
Rated PG (2010)
Drama

January 13th

“The Maltese Falcon”

Humphrey Bogart
Mary Astor
1 hour; 40 minutes
Not Rated (1941)
Classic

January 20th

“The Way Home”

Dean Cain, Lori Beth Edgeman
1 hour; 29 minutes
Rated PG (2010)
Drama

January 27th

“Water for Elephants”

Reese Witherspoon
Robert Pattinson
2 hours
Rated PG-13 (2011)
Drama

Showing Fridays

at 9:15 a.m.

February 3rd

“Captain America”

Chris Evans, Hugo Weaving
2 hours
Rated PG-13 (2011)
Action

February 10th

“The Man Without A Face”

Mel Gibson, Nick Stahl
1 hour; 56 minutes
Rated PG-13 (1993)
Drama

February 17th

“American Graffiti”

Richard Dreyfuss
Ron Howard
1 hour; 52 minutes
Rated PG (1973)
Classic

February 24th

“My Favorite Wife”

Irene Dunne
Gary Grant
1 hour; 28 minutes
Not Rated (1940)
Classic

SENIOR CENTER ACTIVITIES

SPECIAL EVENTS

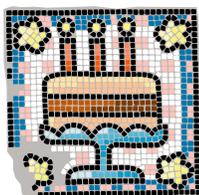
Have Breakfast
with Us
and Enjoy!



Date:
Thursday,
January 23rd
Time:
9:15 a.m.
Place:
Dining Room
Cost:
\$1.00

BIRTHDAY CELEBRATIONS

We'll supply the cake,
balloons, and enter-
tainment but the party
will not start without
YOU!



Dates:
Thursday,
January 26th
&
Thursday,
February 23rd
Time:
11:00 a.m.
Place:
Dining Room
Entertainment
included

Join us for our
Mardi Gras
Celebration



Date:
Tuesday,
February 21st

Time: ★
11:00 a.m.

Place:
Dining Room



Join us as we celebrate
"Fat Tuesday" with
music, lunch and fun to
the sounds of
Max Cadabona's wild
Karaoke experience!



St. Patrick's Day
is not far
away...



Date:
Thursday, March 15th

Time:
11:00 a.m.

Place:
East/West Room

Entertainment:
The Singing Goodtimers

Cost:
\$4.00 Donation



Join us for one of the most romantic days of the year:

Tuesday, February 14th

VALENTINE'S DAY PARTY



East/West Room



11:00 a.m.

with entertainment by: *Stardust Sounds*

Tickets: \$4.00 Donation

SENIOR CENTER SERVICES

ONGOING SERVICES



ATTORNEY

Elder Law attorney *Dennis Jensen* specializes in wills, trusts, estate planning and probate.

When:
3rd Tuesday of every month

Time:
10:00 a.m. - 12:00 noon
(by appointment only)



BLOOD PRESSURE

Certified Nurses offer free blood pressure checks.

When:
Every Thursday

Time:
9:00 a.m. - 11:00 a.m.



HICAP

(Health Insurance Counseling Advocacy Program)

Do you need counseling about Plan D, Medicare, HMO drug coverage? HICAP counselor Joel Benson is available for Medicare/MediCal counseling and information.

When:
2nd Monday of every month

Time:
10:00 a.m. - 12:00 noon
(by appointment only)



LEGAL AID

Paralegal *Laura Luu* provides legal advice and referrals.

When:
2nd Tuesday of every month

Time:
9:00 a.m. - 12:00 noon
(by appointment only)



PODIATRIST

Dr. Nancy Hayata provides foot screening and consultation.

When:
1st Friday of every other month.

Time:
Appointments begin at 11:30 a.m. and last 10 minutes.



INFORMATION & REFERRAL

Front Desk staff is available to answer any inquiries concerning senior activities and services.

For further information on any of the listed services contact us at:

(714) 895-2878

Income Taxes for Year 2011



Come and have your income tax forms filled out FREE of charge from our experienced and knowledgeable volunteers. This service will be available every Wednesday from 8:30 a.m.-11:30 a.m., beginning February 1st, 2012 and concluding April 11th, 2012. Appointments can be made as of January 3, 2012. Come to the Front Desk or call us at: (714) 895-2878 to make an appointment.

Remember to bring the following :

- Copies of last year's tax returns, both Federal and State
- IRS and State Booklets
- Wages and other income received
- Records of interest-1099 INT Forms
- Records of dividends-1099 DIV Forms
- Pensions, IRA, Annuities, Social Security



Free Haircuts & Manicures

Offered by the
Asian American Beauty School



Date: **Tuesday, February 28th**
in the **West Room**

Time: 10:00 a.m.-12:00 noon

(First come; first served)

SENIOR CENTER SERVICES

NURSE JANE HERIN



Nurse Jane Herin is a professionally trained public health R.N. that conducts basic health screenings by appointment on scheduled Wednesdays from 8:00 a.m. to 2:00 p.m. She also provides nutrition counseling, as well as lectures on such topics as arthritis, heart disease, and diabetes.

DIABETES EDUCATION & SUPPORT GROUP

Wednesday, January 18th
12:30 p.m.
Room 5



“Pre-Diabetes”

Wednesday, February 15th
12:30 p.m.
Room 5



“Metabolic Syndrome”

UPCOMING HEALTH TALKS

JANUARY: FEBRUARY:
Wednesday, January 4th Wednesday, February 1st
11:00 a.m. 11:00 a.m.
Dining Room Dining Room



Topic:
“Cancer Prevention”



Topic:
“Blood Pressure”



HOSPICE 101 for the Uninformed

Wednesday, February 8th, 2012
10:00 a.m. in Room 10

Come and learn what hospice is and how it can help.

Darlene Harris, RN will be providing valuable information about hospice care and support.

Sign Up at Front Desk

Dinner Group

January 18th at 4:30 p.m.
Uncle Pete's Café
14276 Beach Blvd.
Westminster



February 15st at 4:30 p.m.
Marie Callendar's
16390 Beach Blvd.
Westminster

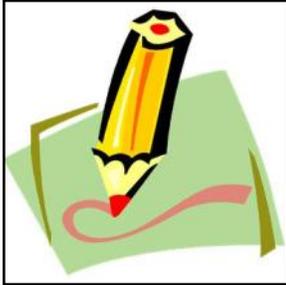


Sign-up at
Front Desk

Unless otherwise noted, all health related presentations are given by: Jane Herin, RN, PHN
Sponsored by: Adult Public Health Nursing Services and the Orange County Health Care Agency
Information on Medi-Cal will be discussed.

UPCOMING EVENTS

Life Story Writing



If you need encouragement and ideas to work on your own life story writing, this group is for you. Every week we explore a new topic using ideas from newspapers and magazines.

Hearing the stories from workshop members stimulates our own memories and also enriches our understanding of ourselves and the world around us.

Previous and new members are welcome.
8-week program

Mondays
January 16th
thru
March 12th

12:30 p.m.-2:00 p.m.
Room 5

*(No Class on President's Day,
Monday, January 20th)*

Sign Interest List at Front Desk or
Call Facilitator Nancy Sink at
714-832-2888 for more info.

So, what's your story???

Feeling Stuck ?
Need Something New
TO DO ???

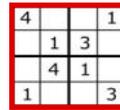
We have a variety of activities that you
may not be aware of.....



MAH JONGG



MEXICAN TRAIN
DOMINOES



SUDOKU



BUNCO

Check out Page 5 to see when & where
these fun groups take place.

SAFETY DRIVING PROGRAM

This AARP sponsored refresher course for
drivers is taught by a trained instructor.
Class meets for 8 hours over a 2-day period,
from 8:30 a.m. to 12:30 p.m.

The fee is \$12 per person for AARP members
\$14 per person for non-members

Classes will be held on the following dates:

February 9th-10th, 2012
April 11th-12th, 2012



***Pre-registration and payment are
required at Front Desk**

SENIOR CENTER CLASSES

COASTLINE COMMUNITY COLLEGE

Beginning Adult Fitness

A mildly aerobic chair/standing exercise.

Day	Time	Instructor
Mon/Wed	12:30 p.m.- 1:30 p.m.	M. Masters



Balance & Mobility

A preventive class for seniors at risk for falling; must meet entrance criteria, see Instructor.

Adult Fitness

Day	Time	Instructor
Monday	10:00 a.m.- 12:00 noon	M. Masters
Wednesday	10:00 a.m.- 12:00 noon	M. Masters

Day	Time	Instructor
Mon/Wed	9:00 a.m.-10:00 a.m.	M. Masters

Coastline Community College classes are offered at no cost. For more information, call (714) 241-6184. Pre-registration is advised. Session begins January 30th and ends May 23rd.

HUNTINGTON BEACH ADULT SCHOOL



Introduction to Dance Aerobics

Day	Time	Instructor
Monday	1:30 p.m.- 3:00 p.m.	J. Camarena

Dance Aerobics 2

Day	Time	Instructor
Thursday	9:00 a.m.- 10:30 a.m.	J. Camarena

Dance Aerobics 2/3

Day	Time	Instructor
Thursday	3:00 p.m.- 4:30 p.m.	J. Camarena

Dance Aerobics 3

Day	Time	Instructor
Thursday	10:30 a.m.- 12:00 p.m.	J. Camarena

Dance Aerobics 4

(Waiting List Only)

Day	Time	Instructor
Tues./Thurs.	12:45 p.m.- 2:30 p.m.	J. Camarena

Low Impact Aerobics 2

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

Stretch & Flex

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

ALL Huntington Beach Adult School classes are now Fee-Based. For more information, call (714) 901-8106 ext.4405. Pre-Registration is advised. Fall 2011 Session begins January 3rd and ends July 19th.

SENIOR CENTER

Beginning Computer Class

Applicants start by filling out forms at the Front Desk. Instructors will contact students with schedule info.

Day	Time	Instructor
Monday	1:00 p.m.- 3:30 p.m.	A. Spisak
Tuesday	9:00 a.m.- 11:30 p.m.	D. Davis

Longevity Stick

A Vietnamese form of exercise involving slow movement and stretching.

Day	Time	Instructor
Monday	9:00 a.m.- 10:00 a.m.	H. Uyebara
Thursday	9:00 a.m.- 10:00 a.m.	B. Kiehl

Intermediate Computer Class

Day	Time	Instructor
Monday	9:00 a.m.- 11:30 a.m.	K. Hillhouse

Tai Chi

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

* ALL CLASSES ARE HELD AT THE WESTMINSTER SENIOR CENTER *

SENIOR CENTER TRIPS

DAY TRIPS

SAN MANUEL CASINO

Wednesday, January 11th, 2012

All NEW \$350 million dollar casino! 2000 state-of-the-art slot machines, 99 poker & black jack tables.

Depart: 8:00 a.m. Return: 4:00 p.m.
Cost: \$15.00 Includes \$10 in slot play OR food!

SANTA ANITA HORSERACES with LUNCH

Thursday, April 12th, 2012

Deluxe Motorcoach. Clubhouse Seating.
Buffet Luncheon in Club Court.

Depart: 10:00 a.m. Return: 5:30 p.m.
Cost: \$50.00 Includes \$5 off in Slot Play



PALM SPRINGS CASINO HOP

Gaming at 2 Casinos: "The Spa" & "Agua Caliente"

Tuesday, February 28th, 2012

Depart: 8:00 a.m. Return: 6:00 p.m.
Cost: \$34.00

"MYSTERIES & SCANDALS" TOUR

Wednesday, May 9th, 2012

Depart: 8:30 a.m. Return: 6:00 p.m.
Cost: \$83.00

VIEJAS INDIAN CASINO

Shopping across the street!

Tuesday, March 20th, 2012

Depart: 8:00 a.m. Return: 5:30 p.m.
Cost: \$15.00 Includes \$5 off for lunch



No city in the world has more colorful and strange tales in its' history than Los Angeles. A guide will take you on a tour that spans 100 years of Murder, Mystery & Scandal, including tales of the Black Dahlia, Bugsy Siegel and John Belushi. You'll explore the zany tales of Paris Hilton, Lindsay Lohan and of course, Zsa Zsa Gabor. Lunch is included in style at the Capital Grill.



"THE DROWSY CHAPERONE"
AT THE CANDLELIGHT PAVILION
Saturday, March 31th, 2012

Chaperone pays tribute to the Jazz-age shows of the 1920's and the power those shows held to transport us into a dazzling fantasy and to lift our spirits in times of sadness. Before the show enjoy a **wonderful lunch**, with 3 great entrees to choose from right at the Theatre!

Depart: 9:45 a.m. Return: 4:30 p.m.
Cost: \$82.00

PALA CASINO

Tuesday, May 22, 2012

Enjoy a fun-filled day in Pala at the beautiful "Pala Indian Casino" with over 2000 SLOT machines, 46 Gaming Tables & 6 Restaurants!

Depart: 8:15 a.m. Return: 5:00 p.m.
Cost: \$19.00 Includes \$5 in Slot Play



OVERNIGHT TRIPS

FLAMINGO HOTEL & CASINO

February 7th-9th, 2012

(Tuesday-Thursday)



This Las Vegas package includes 3 days & 2 nights accommodations at "The Flamingo" Hotel & Casino located in the middle of the "strip." This is your chance to see all the new hotels and casinos on the Las Vegas strip!

Depart: 8:00 a.m. Return: 6:00 p.m.
Cost: \$129 p/p double
\$174 single



LAUGHLIN at the RIVERSIDE

April 23rd-25th, 2012

(Monday-Wednesday)

Package includes:

3 FREE Buffets @ HOTEL, "Special"

Laughlin Funbook includes three 2 for 1 meal coupons at local casinos, along with 2 for 1 drinks, appetizers, & much more!

Depart: 8:00 a.m.

Return: 6:00 p.m.

Cost: \$94 p/p double
\$114 single



Please see January menu listed
below the January 2012
Spotlight.

February 2012 menu will be
available near the end of
January.

PLEASE NOTE: Lunch is served every Friday at 11:30 a.m.