Westminster Senior Center

# Senior Spotlight

8200 Westminster Blvd. Westminster, CA 92683

June 2010 (714) 895-2878


Please join us for a special celebration of

## *Flag Day 2010*

Ceremony begins at

12:00 Noon

Monday, June 14, 2010

Westminster Civic Center

*and*

## *Independence Day Party*

Senior Center East/West Room

Thursday, July 1st 2010

Party starts at 11:00 a.m.

Mayor Margie L. Rice · Mayor Pro Tem Frank G. Fry

Council Member Tyler Diep · Council Member Andy Quach · Council Member Tri Ta

# 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: "Caregiver Tips"

**Wednesday, June 2nd**
**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:
- Helping you help family and friends with chronic illnesses
- Assistance, answers, & new ideas

## Diabetes Education & Support Group
*"Carb Counting and Label Reading"*

Wednesday, June 16th
12:30 p.m.-2:00 p.m. in Room A

Topics:
- **If your meal plan is based on carbohydrate counting, food labels become an essential tool for meal planning.**

*Presentation given by:* **Jane Hannah** RN, PHN
*Sponsored by:* **Adult Public Health Nursing Services,**
and the **Orange County Health Care Agency.**

★**Information on Medi-Cal will be discussed.**

MONDAY, JULY 5TH
CLOSED for INDEPENDENCE DAY

# Senior Center Programs

# FREE

## 6-week Self-Management Workshop
## "Living Well with an Ongoing Condition"

If you are over 60 years old and have any chronic condition, for example, heart disease, high blood pressure, arthritis and/or cancer, and would like to learn about dealing with stress, anger, depression, pain, medication management, problem solving or talking with your doctor, please join us.

**Dates: 6 Mondays**

**July 12th, 19th & 26th,**
***and* August 2nd, 9th & 16th**

**Time: 9:00 a.m.-12:00 noon**

**Place: Westminster Senior Center**

**Facilitated by: Jane Hannah, M.S.H.S., B.S.N., R.N.B.C., P.H.N., & C.H.E.S.**

**Sponsored by: Adult Public Health Nursing Services, and The Orange County Health Care Agency**

**Please Sign-Up at the Front Desk**



# From the Director's Chair

It's beginning to feel like Summertime! Enjoy your time with family and friends during the summer months. We can enjoy the summer evenings by attending the concerts in the Sunken Gardens. The first concert is scheduled for **Thursday, July 8th**. The entertainment will be the **Doo Wah Riders**, a country band. The concerts will begin at **6:00 pm**.

**Manicures and Haircuts** will be available on **Tuesday, June 8th** starting at **10:00 a.m**. Asian American Beauty School provides this wonderful service to our seniors.

**Happy Father's Day** to all the wonderful dads. The Senior Center will celebrate on **Thursday, June 17th**. Our event starts at **11:00 a.m.** with entertainment by **Michael Chamberlain** also known as the **"Singing TV Guy."** He will be singing and playing the guitar. Please make reservations at the Front Desk.

**Christmas in July :** This annual program, started by Mayor Margie Rice, gives a chance for the elderly homebound senior to receive a gift from anyone who would like to participate. The Christmas tree will be in City Hall in mid-June through part of July with homebound seniors' names and their gift wishes. **This year we are also putting a Christmas tree in the Senior Center Lobby** with names on the tree to make it more convenient for people at the Senior Center to participate in the program. All the seniors live in Westminster and are participants of our Home Delivered Meals Program. The drivers of the Home Delivered Meals Program will deliver the gifts.

June birthdays will be celebrated **Thursday, June 24th** in the Dining Room. **Jordan McBeen** will entertain us on piano. The program will start at **11:00 a.m**. Please sign up at the back desk for the Birthday Luncheon.

Project S.H.U.E. has closed for the summer. A special thanks to the teachers and volunteers who assisted the children with their homework and provided a caring environment for the students.

CLAIRE

**SIGN-UP NOW FOR OUR**
**FATHER'S DAY PARTY**

**Thursday, June17th**
**Entertainment: "The Singing TV Guy"**
**11:00 A.M.**
**DINING ROOM**
**Donation: $3.00 per person**

**MAKE YOUR RESERVATIONS AT THE FRONT DESK**

# 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.

## BINGO

**Mondays,Wednesdays & Fridays**
**Thanks to our June 2010 Callers:**

**6/2-Earl Northcott**
**6/4-Sue Wolff (9:30-11:15)**
**6/7-Mary Pagano**
**6/9-Dollie DeRobbio**
**6/11-Dorothy Siebert (9:30-11:15)**
**6/14-Kim Ward**
**6/16-Earl Northcott**
**6/18-Rich Sowiak (9:30-11:15)**
**6/21-Bob Munn**
**6/23-Dollie DeRobbio**
**6/25-Dorothy Siebert (9:30-11:15)**
**6/28-Kim Ward**
**6/30-Mary Pagano**

"Fatherhood is pretending the present you love most is soap-on-a-rope."
-Bill Cosby

Talk in Dining Room
on Wednesday, June 2nd
at 10:00 a.m.

**Elder Law Attorney Debora Groh will speak on the subjects of I.D. Theft and how to protect yourself against Scams.**

# Day Trips

## Trader Joe's (on WOW Van)
***Friday, June 18th 2010***
Sign up now as seating is limited. No charge.
**Depart: 9:30 a.m.** **Return: 11:30 a.m.**

## 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**

## 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**

## Sycuan Indian Casino
***Wednesday, July 28th, 2010***
**$20 CASH** back upon arrival!
Another True "Las Vegas" Style Casino! Enjoy a fun-filled day gaming at the beautiful "Sycuan Resort & Casino!"
**Depart: 8:00 a.m.** **Return: 6:00 p.m.**
**Cost: $32.00**

## 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.
★ 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**

## 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**

## Del Mar Horseraces/with Lunch
***Thursday, September 2nd, 2010***
Package includes: Clubhouse Seating, Racing Program, Lunch at Hunter Steakhouse, Deluxe Motorcoach.
Upon sign up, must choose: 1)Top Sirloin, 2) Forest ★ Mushroom Chicken, or 3) Beer-Battered Fried Shrimp.
**Depart: 10:00 a.m.** **Return: 7:00 p.m.**
**Cost: $59.00** **(approximately)**

## Winemaker For a Day/(with Italian Lunch)
***Wednesday October 6th, 2010***
Package includes: Wine tasting at Thomas Winery (est.1839), bottling your own personalized bottle to bring home, and a visit to Casa De Rancho Cucamonga with resident historian.
**Depart: 10:00 a.m.** **Return: 4:00 p.m.**
**Cost: $72.00**

## Palm Springs Follies
***Wednesday, December 1st, 2010***
Sign up now as this favorite is always a smash hit!
**Depart: 9:00 a.m.** **Return: 6:30 p.m.**
**Cost: $77.00**

# Overnight Trips

## Laughlin-Riverside Hotel & Casino
***June 13th-15th, 2010***
***SOLD OUT-****Waiting List Only*

## Laughlin Luau-Riverside Hotel & Casino
***September 14th-16th, 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 5th-7th, 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 |
|---|---|---|
| Monday | 10:00 a.m.-12:05 p.m. | M. Masters |
| 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 |

**Dominos (Mexican Train)**

| Day | Time | Instructor |
|---|---|---|
| 1st & 3rd Wed. | 12:30p.m.-3:00 p.m. | Group |

**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 1**

| Day | Time | Instructor |
|---|---|---|
| Monday | 1:00 p.m.-2:15 p.m. | N. Jaeger |

***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 |

*** 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 |

**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)*

- **Summer Session for Coastline College starts June 21st and ends July 15th.**
- **Huntington Beach Adult School ends July 8th.**
- **"Short Summer Special" Classes last 4 weeks-July 6th through August 5th.**
- **Huntington Beach Fall Classes begin September 1st.**



# Senior Center Programs

**Commodities -** Our Commodities Program is on the **2nd Wednesday** of each month. June Commodities will be on **Wednesday, June 9th.** If you live in Westminster and qualify as low income, please come between **8:00 a.m.-11:00 a.m. Bring proper identification & plastic bag.**

**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 **June 17th & 18th.**
**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.**

Westminster Community Services
& Recreation Department

**2010 Concerts in the Park**

Thursday Evenings, 6:00 p.m.-7:30 p.m.
Civic Center Sunken Gardens

| | |
|---|---|
| July 8th | **"Doo Wah Riders"** Country |
| July 15th | **"Stardust Sounds"** Big Band |
| July 22nd | **"Old School Westminster All Stars "** Rock & Blues |
| July 29th | **"Rosewood"** Acoustic Harmonies |
| August 5th | **"Mama Hagglin"** Rock & Roll |
| August 12th | **"Gospel Night"** Community Group Choir |
| August 19th | **"Nicholson Pipes & Drums"** Bagpipe Band & Celtic Sky Dancers |
| August 26th | **"The Music Factor"** Jazz/Funk |

Sponsored by Target Store of Westminster & the Westminster City Council
Non-profit groups will sell refreshments each week.

**All Concerts are Free!**

## *Dinner Group*

***Spire's Restaurant***
(Beach Blvd. at Garden Grove Blvd)
**Wednesday,**
**June 16th, 2010 at 4:30 p.m.**
** Sign Interest List at the Front Desk*

## MOVIES

*Fridays at 9:15 a.m.*

**June 4th**
"Brokedown Palace"
*Claire Danes, Kate Bekinsale*
Best friends travel to Thailand to celebrate their high school graduation. But, after meeting a charming con-artist, they are busted at the Hong Kong airport for smuggling drugs they didn't know they were carrying.
Runtime: 1 hours, 40 minutes
Rated PG (1999); Drama

**June 11th**
"Amelia"
*Hillary Swank, Richard Gere*
Pilot Amelia Earhart is chosen to be the first female pilot to attempt the daring non-stop flight across the Atlantic Ocean.
Runtime: 2 hours
Rated PG (2009); Drama

**June 18th**
"Singin' in the Rain"
*Gene Kelly, Debbie Reynolds*
When Hollywood attempts the transition from silent films to talkies, a matinee idol hopes to make the cut. But he's hampered by a silent-movie queen with a voice like fingernails on a chalkboard.
Runtime: 1 hour, 42 minutes
Rated G (1952); Classic

**June 25th**
"Marley & Me"
*Jennifer Aniston, Owen Wilson*
A newly married couple who, in the process of starting a family, learn many of life's important lessons from their trouble-loving retriever, Marley
Runtime: 1 hour, 50 minutes
Rated PG (2008); Comedy