

Westminster Senior Center

Senior Spotlight

8200 Westminster Blvd. Westminster, CA 92683

August 2009

(714) 895-2878

A typical day on the W.O.W. Bus



Please join us for our
ANNUAL LUAU



THURSDAY

August 13th

East/West Room

Tickets: \$4.00

Featuring: Isle Entertainment

Act fast-Limited seating

Fellowship~Entertainment~Food~Door Prizes

Westminster Senior Services Team

CITY COUNCIL

Margie L. Rice
MAYOR
898-3311 ext. 275
893-1732

Tri Ta
MAYOR PRO TEM
898-3311 ext. 263

Frank G. Fry
COUNCIL MEMBER
898-3311 ext. 271
893-3161

Andy Quach
COUNCIL MEMBER
898-3311 ext.274

Tyler Diep
COUNCIL MEMBER
898-3311 ext.262

Donald D. Lamm
CITY MANAGER
898-3311

Greg Johnson
COMMUNITY SERVICES DIRECTOR
895-2860

Diana Dobbert
ASSISTANT COMMUNITY SERVICES DIRECTOR
895-2860

COMMISSION ON AGING

Chair-Vince Agor	897-6252
Commissioner-Nora Barajas	893-3708
Commissioner-Phillip Hodgetts	847-4165
Commissioner-Jerry Meade	893-2865
Commissioner-Vince Petronzio	897-6261
Commissioner-Ginger Waugh-Borden	897-4644
Alternate-Carolyn Black	897-5209
Alternate-Erwin Vysma	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 895-2878

Interim Senior Services Supervisor - Claire Hutchinson
Nutrition Site Manager - Judy Speakman
Nutrition Assistant - 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
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	898-3315
Fire	744-0400
Elder-Abuse	1(800)451-5155
City Hall	898-3311
OCTA (ACCESS Van)	560-5956
Chamber of Commerce	898-9648
Library	893-5057
Medi-Cal	741-7100
Social Security	1(800)772-1213
Ombudsman	479-0107
Office on Aging	1(800)510-2020
Information Help Line	211

Senior Center

Health Talk: “Understanding Arthritis”

Wednesday, August 5th

11:00-11:30 a.m.

Dining Room

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

Sponsored by: Preventive Health Care for Adults

Topics to include:

- . Types of Arthritis
- . How to diagnose it
- . Treatment & Management

Diabetes Education & Support Group

“Sexual Issues and Diabetes”

A DVD & Power Point Presentation



Wednesday, August 19th

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

Topics to include:

- ◆ **Are those with diabetes sexually affected?**
- ◆ **The difference between men & women.**
- ◆ **Treatment Options.**

Presentations given by: Jane Hannah RN, PHN

*Sponsored by: Preventive Health Care for Adults,
and the Orange County Health Care Agency.*

Senior Center Programs

NEW CLASS!

Retirement Transitions: Find New Work & Opportunities



Perhaps retirement has not been all that you anticipated or you need to seek reemployment. You may be bored and looking to do something that utilizes your talents, stimulates your interest and makes you feel more productive. This class will help you define your aspirations and assess your talents, strengths, and skills. You will learn how to find more meaningful work or volunteer opportunities that match your lifestyle and aspirations.

Instructor: Sharon Fleming

8 Wednesdays from 9:00 a.m.-11:30 a.m. in Room 10

(Begins September 30th through December 2nd—No class on 11/11 & 11/25)

*This fee-based class from Huntington Beach Adult School is \$65.00

LOST AND FOUND: Our Lost and Found Box is overflowing. Please pick-up all items by Thursday, August 27th from the Front Desk. All unclaimed items will be put on the Free Table by Friday, August 28th. Thank you.

Workshop with Senator Lou Correa

State Senator Lou Correa from Senate District 34 invites you to attend a Legislative Information Session and Personal Safety & Self-Defense Demonstration Workshop in partnership with Toyama Karate-Do School, a Youth Developing Discipline through Martial Arts and Fitness. It will be held on Friday, August 21st from 10:00 a.m. until 11:30 a.m. Please come meet Senator Correa and learn some very important safety tips that could save your life. It will be held in Room 3-4. Please sign-up at the Front Desk. For more information, please contact the District Office at (714) 558-4400.



From the Director's Chair

It is hard to believe summer is almost over. There are still some summer events such as the **Luau Party** on **Thursday, August 13th** with **Isle Entertainment** entertaining us for the third year in a row. The tickets are going fast; don't wait until the last minute to purchase them. The **Summer Concerts** are still going on in the Sunken Gardens. The next concert is **Thursday, August 6th** featuring the "Gospel Night" Community Group Choir.

Thank you to all who participated in the "Christmas in July" Program. **Mayor Margie Rice** began this program to give special items to the homebound seniors and to let them know they are thought of year-round. There were so many people involved in purchasing gifts for seniors this year. A special thank you to **Judy** and **Maribel** for their daily vigilance in seeing that the program ran smoothly.

We have quite a few programs going on this month including a talk from the **Orange County Fire Authority**, a **Self-Defense Demonstration Workshop** from **State Senator Lou Correa's Office** in partnership with the **Toyama Karate-Do School** and trips to the **Westminster Mall Farmers' Market**. Please look further in the Spotlight for more information on these events.

A **Pool Tournament** is scheduled for the older children from the Boys and Girls Club with our seniors on **Thursday, August 20th**. A sign-up list is posted in the pool room.

Our **Birthday Party** will be **Thursday, August 27th** at 11:00 a.m. **G.E.M. Dance Center** will be here to entertain us.

The **Yarn Spinners** are showing off their beautiful handmade items in the **Display Case** in the Lobby. All items are for sale. Please see the volunteer at the craft closet for more information or the Front Desk if you are interested in purchasing anything. The proceeds benefit the Senior Center.

Our next **Silent Auction** will be in **November**. Please be saving your items for the event. We already have lots of wonderful things.

CLAIRE



4-week Self-Management Diabetes Workshop in August

Topics to be covered include:

- ◆ Diabetes Overview-Medications-Meal Planning
- ◆ Short & long-term complications
- ◆ Monitoring your blood glucose
- ◆ Exercise, stress management and problem solving



Dates: August 3rd, 17th, 24th & 31st (no class August 10th)

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

Presented by: Jane Hannah, R.N., P.H.N., Certified Diabetes Educator
Sponsored by: Preventive Health Care for Adults, Orange County Health Care Agency

Please Sign-Up 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 August 2009 Callers:

8/3-Earl Northcott	8/19-Earl Northcott
8/5-Jeanette DeNucci	8/21-Sue Wolff
8/7-Sue Wolff	(9:30-11:15)
(9:30-11:15)	8/24-Mary Pagano
8/10-Dollie DeRobbio	8/26-Dollie DeRobbio
8/12-Mary Pagano	8/28-Dorothy Siebert
8/14-Dorothy Siebert	(9:30-11:15)
(9:30-11:15)	8/31-Kim Ward
8/17-Kim Ward	

Westminster Community Services & Recreation Department 2009 Summer Concert Series Thursday Evenings, 6:00-7:30 p.m. Civic Center Sunken Gardens

August 6 "Gospel Night" Community Group Choir
August 13 "Stone Soul" 60's Soul & Motown
August 20 "Doo Wah Riders" Country
August 27 "Westminster Chorus" Barbershop

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



The "Doo Wah Riders"

DAY TRIPS

Barona Indian Casino

Wednesday, August 5, 2009

Enjoy a fun-filled day gaming at this beautiful "Las Vegas"-style Casino. Must use gaming card. Everyone must have photo i.d.

Depart: 8:00 a.m.

Return: 5:00 p.m.

Cost: \$15.00

Los Angeles Zoo (from Community Services Dept)

Thursday, August 6, 2009

Depart: 9:00 a.m.

Return: 4:00 p.m.

7020.303 Cost: \$15.00 Children (ages 2-12)

7020.304 Cost: \$18.00 Adults (ages 13+)

*Register at Community Services Department or on-line at www.activenet.com/westminster (this trip only).

Arboretum & Botanical Gardens w/lunch at Edwards Steakhouse

Wednesday, September 16, 2009

Visit the Arboretum & Botanical Gardens in the city of Arcadia in Los Angeles County (127 acres of gardens). Lunch is included.

Depart: 9:30 am

Return: 5:00 pm

Cost: \$62.00

Sycuan Indian Casino

Wednesday, September 23, 2009

Near downtown San Diego is the Daycation Getaway you've been waiting for! They also have BINGO. \$20 back in CASH upon arrival! Must bring i.d..

Depart: 8:00 am

Return: 5:00 pm

Cost: \$32.00

"Apples & Outlets" in Oak Glen and Cabazon (Includes Lunch and a Free Apple Pie to take home)

Tuesday, November 3rd, 2009

Start off this tour in Oak Glen with some shopping at the many unique shops along with a visit to Parrish Ranch where the "Apple Barn" has plenty of apple goodies to choose from. Next, enjoy a nice lunch with pie a la mode for dessert at a local restaurant where you will pick up your free apple pie! Before heading home, enjoy some more shopping at the Cabazon Outlet.

Must choose entrée upon sign-up. Choices include:

1. Meat Loaf 2. Ham or 3. Chicken

Depart: 8:00 am

Return: 6:00 pm

Cost: \$54.00

Getty Center/Museum in Los Angeles

Tuesday, November 17, 2009



Discover the Getty Center/Museum in Los Angeles, filled with cultural attractions and memorable works of art. There are panoramic views, places to dine, and tranquil gardens to stroll. Price includes transportation. Lunch

is on your own.

Depart: 8:30 am

Return: 5:00 pm

Cost: \$ 29.00

Palm Springs Follies

Wednesday, December 2nd, 2009

Featuring Susan Anton, the 19th season of the Follies celebrates *happy days* entitled "Let the Good Times Roll!"

They are bringing back the *good-time music of the 40's, 50's and 60's. From Big Bands and Swing to Doo-Wop, Motown and Pop*, the Follies presents its annual salute to the holiday season.

Depart: 9:00 a.m.

Return: 6:30 p.m.

Cost: \$77.00



OVERNIGHT TRIPS

Laughlin-Riverside Hotel & Casino

Aug 31-Sept. 2, 2009 \$84 p/p Double Occupancy
(Monday-Wednesday) \$104 Single Occupancy

3 free buffet buffets (1 choice & 2 breakfasts), plus a **LUAU DINNER (sit-down dinner with band & dancing)**
Great Baggage Handling & Driver's Tip included.

Depart: 8:00 am

Return: 6:00 pm

Laughlin-Riverside Hotel & Casino

Dec. 13-15, 2009 \$84 p/p Double Occupancy
(Sunday-Tuesday) \$104 Single Occupancy

Includes 3 days/2 nights.

Christmas Dinner Party at the Hotel.

Plus 2 free buffets, and a "Laughlin Funbook", including three 2 for 1 meal coupons at local casinos, appetizers, Boat Cruise and much more. Great Baggage Handling & Driver's Tip included.

Depart: 8:00 am

Return: 6:00 pm

*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

**** Aerobics**

The aerobics class is open to seniors who are able to do chair exercises and floor exercises .

Day	Time	Instructor
Monday	10:00 a.m.-12:00 p.m.	M. Lascoe

****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.	D. Berman

Bunco

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

Creative Crafts

Day	Time	Instructor
Thursday	9:00 a.m.-11:30 a.m.	B. Gray

Intermediate Computer Class

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

Beginning Computer Class

Day	Time	Instructor
Tuesday	9:00-11:30	A. Spisak
Wednesday	9:00-11:30	D. Davis

***Line Dancing/Dance Aerobics**

Day	Time	Instructor
Tuesday	10:45-11:45 am-Low Impact 2	J. Camarena
Tues. & Thurs.	12:45 a.m.-2:30 p.m.-Level 4	J. Camarena
Thursday	9:00-10:30 pm-Level 2	J. Camarena
Thursday	10:30-12:00 pm-Level 3	J. Camarena
Thursday	3:00-4:30 pm-Level 2/3	J. Camarena

***Line Dancing/Dance Aerobics**

Day	Time	Instructor
Monday	2:45 -4:15 pm-Level 1	V. Williams

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

Mah Jongg

Day	Time	Instructor
Monday	10:00 a.m.-noon	C. Seifert

*** 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	9:00 a.m.-10:30 a.m.	L. Mo

Yarn Spinners

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

***Yoga for Health**

Day	Time	Instructor
Tuesday	3:45 p.m.-4:40 p.m.	L. Henderson

Please Note: Beginning June 15, 2009, 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

Fall Session for Coastline College Classes is from August 31st through December 18th.
Fall Session for Huntington Beach Adult School Classes is September 2nd through December 17th

Senior Center Programs

Commodities - Our Commodities Program is on the **2nd Wednesday** of each month. August Commodities will be on **Wednesday, August 12th**. If you are a Senior (60+) living in Westminster, and qualify as low income, please come between **9:00 a.m.-Noon**. Bring proper identification.

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 will take place on **August 27th & 28th, 2009. 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.**

Orange County Fire Authority will give a presentation on **Drowning Prevention/First Aid/CPR** in the Dining Room

Wednesday, July 19, from 10:00 to 11:00 am in the Dining Room. Have your questions ready. We will have a few raffle drawings for those who attend the entire program. See you there!

WESTMINSTER CERTIFIED FARMER'S MARKET
& WESTMINSTER ART -A-FAIR AT THE MALL

New **W.O.W.** Bus Program!

Beginning in August, 2009, the W.O.W. Bus will be taking seniors to the **Farmers' Market** at the **Westminster Mall** the **FIRST** and **LAST** Wednesdays of the month. The dates in August will be the 5th and the 26th. The bus will leave the Senior Center at 12:30 p.m. and return at 2:00 p.m. Please see Bea Pratte in the Transportation Office (Room 9) to sign-up or if you have any questions, please call (714)895-2878 ext.481.



Dinner Group
Lazy Dog Café
16310 Beach Blvd., Westminster
Wednesday, August 19th
at 4:30 p.m.
** Sign Interest List at the Front Desk*

MOVIES

Fridays at 9:15 a.m.

August 7th

"No Reservations"

Catherine Zeta-Jones, Aaron Eckhart
 Kate, an emotionally fragile chef whose life is turned upside down when she becomes guardian of her niece, now faces chaos on all fronts.

Runtime: 1 hour, 44 minutes
 Rated PG-13 (2007); Comedy

August 14th

"National Treasure"

Hilary Swank, Patrick Dempsey

The whereabouts of a treasure chest may lie in a secret code embedded in the U. S. Constitution.

Runtime: 2 hours, 18 minutes
 Rated PG (2004); Adventure

August 21st

"Last Chance Harvey"

Dustin Thompson, Emma Thompson

An aging father who risks losing his job to attend his daughter's wedding, only to discover that he's not exactly welcome.

Runtime: 1 hour, 55 minutes
 Rated PG-13 (2009); Drama

August 28th

"Doubt"

Meryl Streep, Phillip Seymour Hoffman
 Sister Aloysius begins to have doubts about a doting priest who seems to have become overly involved in the life of a young pupil.

Runtime: 2 hours, 121 minutes
 Rated PG-13 (2008); Drama