

The Westminster Senior Center

*presents a
three-day*

Silent Auction Event

held in the

Westminster Senior Center Lobby

Tuesday through Thursday

November 17th–November 19th



Time: 8:30 a.m. Tuesday
through 12:30 p.m. Thursday

Westminster Senior Center

Senior Spotlight

8200 Westminster Blvd. Westminster, CA 92683

October 2009

(714) 895-2878

*You are invited to
attend the 2009*

HARVEST PARTY

to be held on

THURSDAY, OCTOBER 29th

in the Dining Room

Entertainment Begins

at

11:00 A.M.

with

Singer: Tony Odell Rogers

Pre-registration is a must

Tickets are a \$3.50 Donation

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 Vaughn-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
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.

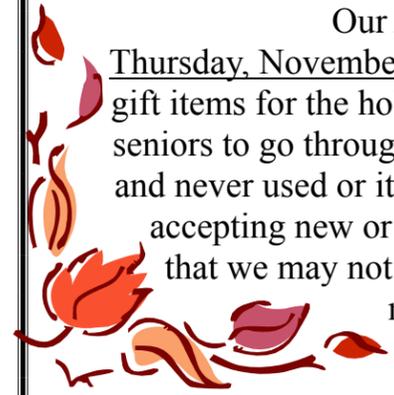
Emergency & Business Telephone Numbers

Emergency Number	911
Police	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

FALL AUCTION

Our Auction will be held from Tuesday, November 17th through Thursday, November 19th, closing at 12:30 p.m. that day. It's a great time to get gift items for the holidays without breaking the bank. It is also a good time for seniors to go through their closets and find the gift(s) that you may have received and never used or items you have purchased to give and never did. We are now accepting new or like-new items for our Silent Auction tables. Please understand that we may not be able to use all the items that are given to us and that we may use them in some other way at the Center. Thank you.



Did you know?

Every **Monday** morning between 10:00 a.m. and 11:00 a.m. **Karyn Myers** comes to the Dining Room to sing for us? She is a wonderful vocalist with her own music machine.

Most **Tuesday** mornings from 10:30 a.m. until he feels like going home, we have Karaoke with **Max Cadabona**. People are welcome to sing and dance their hearts out.

Diabetes Education & Support Group "Holiday Meal Planning"

Wednesday, October 14th
12:30-2:00 p.m. in Room A/B

Topics to include:

- ◆ Adjusting holiday recipes
- ◆ Can you stay on your meal plan during the holiday?
- ◆ How to avoid temptation

Presentation given by: **Jane Hannah RN, PHN**
Sponsored by: **Preventive Health Care for Adults,**
and the **Orange County Health Care Agency.**



Senior Center Programs

FLU CLINIC

50+ and or 18+w/chronic illness
Wednesday, November 18th
 8:30 a.m. – 12:00 pm

or while supplies last...
 First Come - First Served



FREE

Please Note: This is our flu vaccination that we administer regularly each year.

Please contact your doctor regarding the Swine Flu (H1N1) vaccination.

Rhythmic Drum Circle Class

Wednesday, October 7th, 2009
 10:00-11:30am-East/West Room
 Instructor: Lee Kix



What is a drum circle?

It is a fun, family-friendly gathering. All participants are welcome, whether novice or expert. People of all levels of musical expertise empower each other by celebrating life through music and rhythm.

Percussion instruments will be provided.

*This is a free, one-day class.

Please sign the Interest List at the Front Desk.

From the Director's Chair

It's hard to believe Fall has begun. The weather is getting a little cooler and the colors of autumn are beginning to change. The center has started putting out Fall decorations and getting ready for all the events that will take place the next few months.

The W.O.W. bus will be taking a group of seniors to Fire Station #64 on Tuesday, October 6th for a tour of their facility. The bus will be leaving at 9:45 am and returning at 11:15 am. Please see the Front Desk for availability.

On Wednesday, October 7th, Lee Kix will be leading a class in "Drum Circle". It will be a gathering of people with all levels of musical expertise and empowering each other by celebrating life through music and rhythm.

Manicures and Haircuts are scheduled for Tuesday, October 13th. The beauty school students will be here for almost 2 hours beginning at 10:00 am. This is a free service to the Seniors.

The Bowers Museum Senior Outreach will be here on Wednesday, October 14th at 10:00 am to talk about the 1900's-1930's along with items from that time period.

Orange County Fire Authority will be here on Wednesday, October 21st at 10:00 am to talk about home fire safety. Please come prepared with questions.

The October birthday party will be Thursday, October 22nd with entertainment by Cary Murakami starting at 11:00 am in the Dining Room. Be sure and sign up early at the Back Desk.

Our Harvest Party will be Thursday, October 29th in the Dining Room. Back by popular demand, Tony Odell Rogers will be signing and entertaining us beginning at 11:00 am. Tickets will be on sale at the front desk beginning Thursday, October 1st. Limited seating is available so get your tickets early.

CLAIRE



SEE'S CANDY FUNDRAISER



Our *See's Candies* Fundraiser begins

Monday, October 12th

until

Friday, November 20th

This is a great opportunity to purchase holiday gifts for those you love and who love See's Candies. Our prices are lower than the prices at the store and the Senior Center benefits from the sale. Candy sales will be in the Lobby from 9:00 a.m.-12:00 noon Monday through Friday.

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 October 2009 Callers:

- | | |
|---------------------------------------|---------------------------------|
| 10/2-Sue Wolff
(9:30-11:15) | 10/19-Tom Andrusky |
| 10/5-Kim Ward | 10/21-Mary Pagano |
| 10/7-Earl Northcott | 10/23-Sue Wolff
(9:30-11:15) |
| 10/9-Dorothy Siebert
(9:30-11:15) | 10/26-Kim Ward |
| 10/12-Mary Pagano | 10/28-Dollie DeRobbio |
| 10/14-Dollie DeRobbio | 10/30-Tom Andrusky |
| 10/16-Dorothy Siebert
(9:30-11:15) | |



"For the unlearned,
old age is winter,
For the learned,
it is the season of the harvest."
-Hasidic Proverb

Please mark your calendars :

★ **Craft Boutique: November 9th-13th**



★ **Project S.H.U.E begins in early October**

★ **Free Manicures and Haircuts from the Asian Beauty School Tuesday, Oct. 13th at 10:00 a.m.**



DAY TRIPS

Valley View Indian Casino

Wednesday, October 28, 2009

Enjoy a fun-filled day gaming at this beautiful "Las Vegas" Style Casino. \$15 in Slot Play upon arrival. Must use gaming card. Everyone must have photo i.d.

Depart: 8:00 a.m. Return: 5:00 p.m.
Cost: \$30.00

"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

Reno/Lake Tahoe at the Silver Legacy

October 19-22, 2009 \$175 p/p dbl. .

(Monday-Thursday) \$234 single

4 days, 3 nights at the beautiful SILVER LEGACY

Visit to Lake Tahoe & Virginia City *\$25 back from Casinos

Laughlin-Riverside Hotel & Casino

Dec. 13-15, 2009-Waiting List Only

\$84 p/p Double Occupancy \$104 p/p Single Occupancy

(Sunday-Tuesday) Includes 3 days/2 nights.

Christmas Dinner Party at the Hotel.

Depart: 8:00 am

Return: 6:00 pm

AVI Hotel & Casino

January 17-19, 2010 \$75 p/p Double Occupancy

(Sunday-Tuesday) \$95 Single Occupancy

Includes 3 days/2 nights.

YOU HIT THE BULLSEYE ON THIS ONE!

Visit to Laughlin on Day #2 (optional)

2 FREE meals: 1 Breakfast & 1 Dinner

Great Baggage Handling

& Driver's Tip included.

Depart: 8:00 am

Return: 6:00 pm

TAKE A VIRTUAL TOUR!



Bowers Museum Senior Outreach Presents:

Remember when...explores a day in the life of

a family from sun up to sun down, through

work and leisure,

in the kitchen and in the parlor,

circa 1900-1930.

This interactive program will be on

Wednesday, October 14th

10:00 a.m.-Dining Room



*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.	M. Loth

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

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	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.-noon	G. Borden



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

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. October Commodities will be on **Wednesday, October 14th**. If you are a Senior (60+) living 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 **October 22nd & 23rd, 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.**

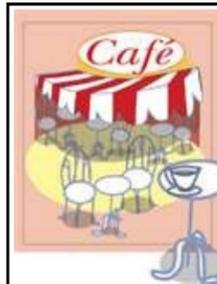
Orange County Fire Authority will give a presentation on their **Home Fire Safety Program** in the Dining Room **Wednesday, October 21st**, from 10:00 to 11:00 am in the Dining Room. Have your questions ready. We will have a few raffle drawings for those who attend the entire program. See you there!



October's Birthday Party will be on **Thursday, October 22nd** in the Dining Room at **11:00 a.m.** Vocalist **Cary Murakami** will perform hits from the 30's through the 60's, times...so take a waltz down memory lane with some of your favorite old-time hits.

Tour of Local Fire Station #64
Tuesday, October 6th- 10:00 a.m.-11:00 a.m.
The Seniors will be visiting the local Fire Department and touring the facilities. The W.O.W. Bus will be taking the group. There is limited seating and reservations are being taken at the Front Desk.

Desperately Seeking: A driver for our Home Delivered Meals Program on Tuesdays from 11:00 a.m. to 1:00 p.m. This program provides meals to the homebound elderly who otherwise would not have a balanced meal for the day.



Dinner Group
Uncle Pete's Cafe
14276 Beach Blvd.
Wednesday, October 21st
at 4:30 p.m.

* Sign Interest List at the Front Desk

MOVIES

Fridays at 9:15 a.m.

October 2nd

"Valkyrie"

Tom Cruise, Tom Wilkinson

A man joins a daring plan to create a shadow government and assassinate Adolf Hitler.

Runtime: 2 hours

Rated PG-13 (2008); Drama

October 9th

"Miss Congeniality"

Sandra Bullock, Michael Caine

A FBI Agent goes undercover as a Miss United States beauty pageant contestant to catch a psychopathic terrorist.

Runtime: 2 hours, 35 minutes

Rated PG-13 (2000); Comedy

October 16th

"What Happens in Vegas"

Cameron Diaz, Ashton Kutcher

While in Vegas, two strangers wake up to realize, much to their displeasure, that they are married.

Runtime: 1 hour, 40 minutes

Rated PG-13 (2008); Comedy

October 23rd

"The Graduate"

Anne Bancroft, Dustin Hoffman

A naïve young man is seduced by a middle-aged neighbor.

Run time: 1 hour, 45 minutes

Rated PG(1976); Classic

October 30th

"Shadow of Doubt"

Teresa Wright, Joseph Cotton

A small town girls is consumed with finding out whether her uncle is a serial killer

Runtime: 1 hour, 48 minutes

Rated PG(1943); Classic