



Pasadena Rose Parades Images from the Past



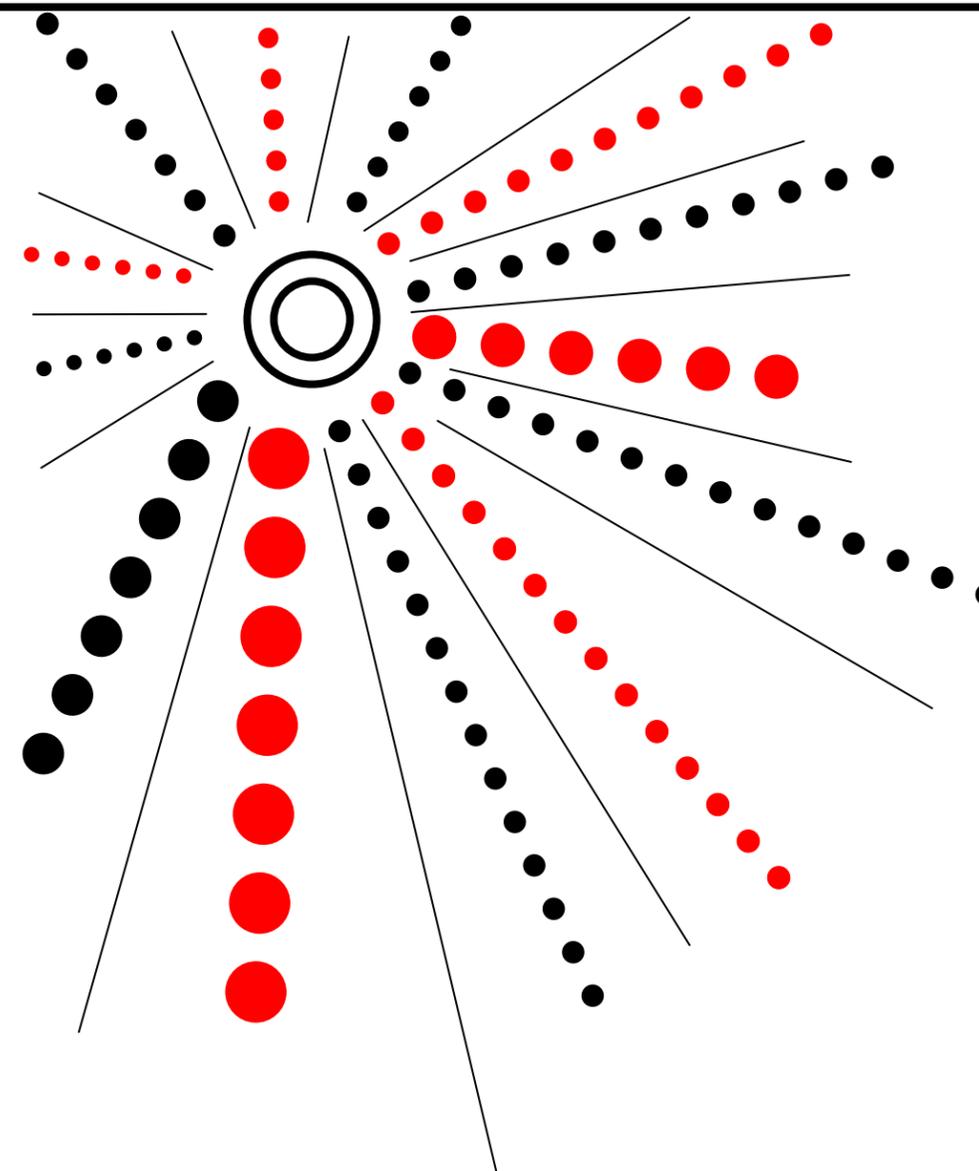
Westminster Senior Center

Senior Spotlight

8200 Westminster Blvd. Westminster, CA 92683

December 2009

(714) 895-2878



Merry Christmas

Westminster Senior Center Staff

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

Health Talk: "Skin Conditions"

Wednesday, December 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:

- . Changes with age
- . When to see the doctor
- . Skin Care

Diabetes Education & Support Group "Exercise & Diabetes"

Wednesday, December 16th

12:30-2:00 p.m. in Room A/B

Topics to include:

- ◆ Types & benefits of exercise

Presentation given by: 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

NEW CLASS!

Retirement Transitions: Find New Work & Opportunities



Perhaps retirement has not been all that you anticipated or you need to seek re-employment. 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 9:30 a.m.-11:30 a.m. in Room 10

(Begins January 27th through March 17th)

*This is a fee-based class from Huntington Beach Adult School
(for further information call (714) 901-8106 ext.4406)

QUILT DRAWING!

One current drawing is a beautiful floral quilt.

It is 102 x 112 inches.

Colors: cream, green, pink.

It has been generously donated by Leah Dawson, who personally brought it back from an Amish

Quilt Auction of handmade items in Shipshewanna, Indiana.

The Drawing will be held at our Holiday Party on Wednesday, December 16th, 2009.

Tickets: \$1.00 each or 6 for \$5.00



It is now on display in the Lobby.

*Winner need not be present to win.

Mystery Box!

We have an exciting drawing for our Holiday Party, which is our Mystery Box. It is a \$175.00 value and includes over \$120.00 in gift cards and is also filled with other surprise goodies.

The Drawing will be held at our Holiday Party on Wednesday, December 16th, 2009.

Tickets: \$1.00 each
or 6 for \$5.00



Tickets are now being sold in the Lobby.

*Winner need not be present to win.

Why not take a chance?

From the Director's Chair

December is a busy month here at the Senior Center. There will be a group going to the **Follies in Palm Springs**. We also have a trip going to the **Riverside Hotel and Casino** in Laughlin.

We will have a **Tree Trimming Party** at **9:30 a.m.** on **Thursday, December 3rd** in the **Dining Room**. We will supply the tree to decorate, the ornaments and a snack for those that attend. Come join us; it's a lot of fun.

Our **Holiday Lunch Party** will be on **Wednesday, December 16th** in the East/West room with entertainment by the **Marina High School Singers**. The tickets are on sale at the Front Desk.

Thanks to all who donated items to the Fall Silent Auction in November and made it a huge success. Also, a big thanks to the employees that helped set-up the Auction and gather the items after the auction was over.

The next **Manicure & Haircut** day will be **Tuesday, December 8th**. Our **December Birthday Party** will be on **Thursday, December 10th**. **Helen Smith** is organizing another fun **Talent Show**. Be sure and bring your friends to this fun event. We have lots of talent at the Center.

The Senior Center will be **closed** the week between Christmas and New Year's. We will re-open Monday, January 4th, 2010.

Have a wonderful holiday season and a very Happy New Year.

We look forward to seeing you in 2010. You are all very special to us at the Westminster Senior Center.

CLAIRE



Holiday Party
Wednesday, December 16th

in the East/West Room

Tickets are a \$3.50 donation

Early Registration is a must as tickets sell quickly

11:00 a.m.

Entertainment: Marina High School Singers

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 December 2010 Callers:

12/2-Earl Northcott	12/18-Sue Wolff
12/4-Sue Wolff	(9:30-11:15)
(9:30-11:15)	12/21-Kim Ward
12/7-Kim Ward	12/23-Mary Pagano
12/9-Mary Pagano	Closed for Holidays
12/11-Dorothy Siebert	from December 25th
(9:30-11:15)	through New Year's Day.
12/14-Dollie DeRobbio	We return on Monday,
12/16-Dorothy Siebert	January 4th.

A New Class from the Orange County Institute Braille Sight Center



This popular center, located in Anaheim, serves the residents of Orange County, providing an array of free services and programs, including orientation and mobility, independent living skills, Library Services, a Vistas shop, youth programs and other benefits.

Beginning Tuesday, January 5th, Barbara Turner from the Braille Institute will present a 4-week class, which will include a field trip on the last Tuesday, January 26th, to the Institute, a visit to the Vista Shopping Store and then a trip to Po' Folks Restaurant for lunch.

Please sign-up early at the Front Desk as there is limited seating on the Braille Institute Bus.

4 Tuesdays, January 5th-January 26th
from 10:00 a.m.-12:00 noon in Room 10

DAY TRIPS

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

Viejas Indian Casino

Thursday, January 7th, 2010

Enjoy a fun-filled day gaming and shopping at Viejas!" Includes: 1/2 Off for Lunch (= \$5 Coupon) & Shopping (right across street).

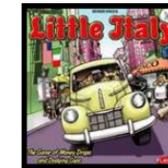
Depart: 8:00 a.m. Return: 5:00 p.m.
Cost: \$15.00

Little Italy Bread Tour

Tuesday, February 9th, 2010

You will have two guides to teach you about Italian bread making and all its variations. Included is a live musical performance from the San Diego Symphony's accordion player paired with a progressive Italian lunch and dessert in Little Italy. Also, you'll visit their #1 European gift store where the owner treats you to wine & delectable snacks plus a stop at Café Zuccero, one of the best pastry shops in town!

Depart: 8:00 a.m. Return: 6:00 p.m.
Cost: \$62.00



Pechanga Indian Casino

Tuesday, February 23rd, 2010

Enjoy a fun-filled day in Temecula. Deluxe Motorcoach! \$5 in Slot Play upon arrival.

Depart: 8:00 a.m. Return: 5:00 p.m.
Cost: \$17.00

Bakery Spectacular Tour in Los Angeles

Thursday, March 11th, 2010

We will venture to bakeries, factories and shops that you never knew existed! And don't worry about the calories all at once; you'll be given a treat to try or take home at each stop. You can decide which bakery is



TAM O'SHANTER RESTAURANT

the best: German, Italian, Cuban, Mexican or Chinese. Lunch is included at the Scottish Tam O'Shanter restaurant, where you will have a delightful Cobb salad w/fresh bread and dessert. Come join us! We'll diet on another tour!!!!

Depart: 8:30 a.m. Return: 5:00 p.m.
Cost: \$78.00

OVERNIGHT TRIPS

Laughlin-Riverside Hotel & Casino

Dec. 13-15, 2009-Waiting List Only

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

Stateline Special to Buffalo Bill's

March 22nd-23rd, 2010 *Rates are lower than 2009!

Package includes **2 DAYS, 1 NIGHT** at Buffalo Bill's Hotel and Casino. 2 FREE Buffets & Baggage Handling. (MONDAY-TUESDAY)

\$52 p/p Double Occupancy
\$66 Single Occupancy

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

On Friday, January 1, 2010, celebrate the New Year with the 121st Rose Parade, themed: "2010: A Cut Above The Rest."

U.S. Airways Captain
Chesley Sullenberger



Grand Marshall
2010 Rose Parade

The Rose Parade will feature the beautiful pageantry and tradition of magnificent floral floats, high-stepping equestrians, and spirited marching bands. Fee includes transportation on a luxury coach bus, close-in parking, and reserved grandstand seats.

Depart: 6:00 am (promptly) Return: 2:00 pm
Cost: \$85.00 per person

Children under the age of 18 must be accompanied by an adult. Reservations are available on a limited, first-come, first-served basis. For more information, please call the Westminster Community Services & Recreation Department at (714) 895-2860 or register online at www.activenet.active.com/westminster.

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.	Group

Bunco

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

Creative Crafts

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

Beginning & Intermediate Computer Classes

PLEASE NOTE: All computer classes will start up again in 2010. The dates at present are unknown. Instructors will contact potential students with the new schedules. Applicants should fill out forms at the Front Desk.

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

*Huntington Beach Adult School (for further info. call (714) 901-8106 ext.4406)

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

Spring Session for Coastline College is from February 1st through May 27th.
Spring Session for Huntington Beach Adult School is January 4th through December 17th April 29th.

*Dance Aerobics

Day	Time	Instructor
Tues.&Thurs.	12:45 a.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 pm-Level 3	J. Camarena
Thursday	3:00p.m.-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

*Low Impact Aerobics

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

Mah Jongg

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

*Retirement Transitions

Day	Time	Instructor
Monday	9:30 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.-12:00noon	G. Borden

*Yoga for Health

Day	Time	Instructor
Monday	1:00 p.m.-2:15 p.m.	A. Rosario

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

Senior Center Programs

Commodities - Our Commodities Program is on the **2nd Wednesday** of each month. December Commodities will be on **Wednesday, December 9th**. 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.

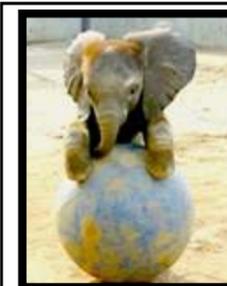
Driver Safety (formerly 55 Alive) - Classes are every other month on a Thursday and a Friday from **8:30 a.m. to 12:30 p.m.** The next class takes place on **December 3rd & 4th, 2009. NEW PRICING:** The cost is **\$12 per person if you are a member of AARP** and **\$14 for non-members**; sign-up at the Front Desk. **Please bring your membership card and make checks payable to AARP.**

FREE
MANICURES & HAIRCUTS
Offered by:
The
Asian American Beauty School



Tuesday
December 8th
10:00 a.m. -
12:00 noon

First come,
first served...
in the
West Room



"All I want for Christmas is my two front teeth."

Holiday Cards, along with our regular selection, are for sale in the Lobby for 10 cents apiece. Where else can you find such a large selection as well as mix and match?



MOVIES

Fridays at 9:15 a.m.

December 4th

"The Boy in the Striped Pajamas"

David Thewlis, Vera Farmiga

A family moves from their home in Berlin to a strange new house in Poland. The young boy befriends a boy who lives on the other side of the fence, where everyone seems to be wearing striped pajamas.

Runtime: 1 hour, 33 minutes
 Rated PG-13 (2008); Drama

December 11th

"It's a Wonderful Life"

James Stewart, Donna Reed

A good man has spent a lifetime giving up on his dreams in order to keep life in his small town humming.

Runtime: 2 hours, 12 minutes
 Unrated; (1946); Drama

December 18th

"The Christmas Cottage"

Jared Padalecki, Peter O'Toole

When his mother is in danger of losing her home, young Thomas Kinkadee learns some lessons about love and friendship as a kind-hearted artist leads the community to help save the house.

Runtime: 1 hour, 43 minutes
 Rated PG (2008); Drama

