



FULLERTON SENIOR NEWS



FULLERTON COMMUNITY CENTER

340 W. COMMONWEALTH AVE. FULLERTON, CA. 92832

(714) 738-6575



CURRENT PROGRAMS:

Medicare 101

Wednesday, August 2nd
10:00 A.M. - 11:00 A.M.



Interested in gaining more knowledge about your Medicare? Please join us and get your questions answered by a professional. Presentation by Erin HouYing Chen.

Aging and Vision Loss Lecture

Wednesday, August 16th
11:00 A.M. - 12:00 P.M.



Started wearing glasses recently? Our eyes and vision are very important to our health. Learn about some common vision problems that come with age, what to look out for and what you can do to prevent vision loss.



Meals on Wheels invites you to a...

Hawaiian Luau Dance

Friday, August 11th
9:00 A.M. - 1:00 P.M.



Lunch is \$5 for those under 60; 60 & over, a suggested donation of \$3 is appreciated.

Cultural Excursions, Museums & More!

Wednesday, August 9th
1:00 P.M. - 4:00 P.M.



\$12 Admission

Orange County Museum of Art

Join the FCC staff for guided tours of Orange County's most fascinating museums, and cultural and historic sites!

CalOptima Health Medi-Cal Overview

Wednesday, August 23rd
10:00 A.M. - 11:00 A.M.



Learn more about your Medi-Cal benefits and how to enroll in Medi-Cal. Presented by Jennifer Funez, Community Relations Specialist.

Oral Hygiene Workshop

Friday, August 25th
10:00 A.M. - 11:00 A.M.



Please join us as we will be discussing the importance of Oral Hygiene and Mouth body connection. This includes how oral hygiene affects systemic health such as brain, heart, and diabetes. Presented by Dr. Jeffrey Kramer.

Save the Date for...

Senior Clubs Annual Members Meeting

Friday, December 1st



This is the only opportunity for club members to elect club officers.

Tuesday Evening Dance Presents...



Hawaiian Night!



Tuesday, August 15th 6:00 P.M. - 8:00 P.M.

Live Entertainment, Complimentary refreshments, fun, & lots of dancing!
Prizes for best Hawaiian Attire!

f SENIOR CLUB

SENIOR CLUB DIRECTORY

OFFICERS

President: Pauline Aguero
 Vice President: Danny Torres
 Secretary: Doris Trenary
 Treasurer: Roberta Fullmer
 Assistant Treasure: Dianne Rodriguez
 Past President: Phil Ross

DIRECTORS

Katie Gobar (2023)	993-3111
Ellie Honeycutt (2023)	264-6969
Doug Gilmour (2025)	
Vicki Colvin (2025)	
Phyllis Levin (2025)	

APPOINTEES

Sunshine Chairperson: Ellie Honeycutt	264-6969
Desk Coordinator: Jim Keffer	
Newsletter Collation & Mailing:	
Social Committee Chairperson: Phyllis Levin	
Travel Director: Carole Wright	869-3014
Assistant Travel Director: Wendy Ocepek	393-1602
Bingo Chairperson: Wanda Williams	
Computer Chairperson: Danny Torres	
Volunteer Manager:	
Parliamentarian: Richard Krull	

SENIOR CLUB DESK

The Senior Club Desk: 738-6353
 Monday through Thursday, 9:00 A.M. to 1:00 P.M.
 Friday, 9:00 A.M. to 12:00 P.M.
Para asistencia en Espanol visita la oficina de membresía
Martes, 3:00 P.M. a 6:00 P.M.
Miercoles a Viernes, 9:00 A.M. a 1:00 P.M.
 Email: fullertonseniorclub@gmail.com

Travel Office Hours: 714-738-5306
 Tuesdays & Thursdays,
 9:00 A.M. to 2:00 P.M.
 Email: happyseniorstravel@gmail.com

YOUTUBE QR CODE



Contact our Sunshine Chairperson, Ellie Honeycutt (714-264-6969) to receive guidance when losing a friend or a family member.

IN MEMORY OF...



Lucille Seabrook

Our Condolences go out to their loved ones

A MESSAGE FROM YOUR SENIOR CLUB PRESIDENT

Dear members of the Fullerton Senior Club,
 I hope this letter finds you in good health and high spirits. As the president of our esteemed club, I am writing to express my sincere gratitude for your continued support and participation. The strength of our club lies in the remarkable spirit of camaraderie and friendship that binds us together. In this wonderful month of August, let us nurture and cherish these bonds even more.

I am delighted to share the incredible success of the "Red, White & Blue Ice Cream Social" sponsored by the Senior Citizens Club of Fullerton and Emerald Court at the Community Center on July 13, 2023. Attendees enjoyed delicious ice cream and toppings while basking in laughter, joy, and camaraderie. DJ Professor Tom Donini provided fantastic music, and complimentary refreshments, prize drawings, and a 50/50 opportunity drawing added to the excitement. Emerald Court's generous support and Tess Berry's contribution of ice cream made the event even more memorable. Special thanks for the efforts of the Social Committee's efforts for their extraordinary execution. We extend our gratitude to all who attended and encourage you to stay updated on future events by subscribing to our YouTube channel.

The Fullerton Community Center continues to be a haven from the soaring temperatures of summer. Whether you seek a respite from the heat during our outings or simply desire a relaxing and socializing space, the Community Center is here to welcome you. Take advantage of its cool and friendly environment during regular operating hours.

Our Fullerton Senior Club (FSC) Travel Club has been a resounding success, evident in the fantastic turnouts for the Neil Diamond Tribute Concert and our exhilarating day at Soboba Casino. We are dedicated to providing exciting travel experiences for our members and look forward to more upcoming events that offer unique and unforgettable moments. Join us as we create incredible journeys together.

I want to express our sincere gratitude to Fullerton City Manager, Eric Levitt, for attentively considering the concerns raised by the Fullerton Senior Club regarding security at the Fullerton Community Center. Your commitment to the safety and well-being of our community is appreciated. We eagerly await your plans to address the security concerns and are ready to collaborate in developing effective strategies.

As a reminder to all FSC members, if you have considered taking a leadership role within the club, we encourage you to submit your name for consideration in director and appointment positions. Your ideas, skills, and experience can make a significant impact. Visit the FSC front desk to submit your name and help shape the future of our beloved club.

Thank you for your dedication, consideration, and willingness to make a difference. As we navigate through August, remember that the Fullerton Community Center is here as a refuge from the heat, prioritizing your health and safety. Make sure to hydrate frequently!

With warm regards,

SERVICES

SENIOR NUTRITION PROGRAM

Presented by Meals on Wheels OC
 Patricia Serrano, Lead Site Manager: 714-738-6368

In- person dining

Call 714-738-6575 for more information.
 Reservations Required.

The price of lunch for those under 60 is \$5;
 over 60, a suggested donation of \$3 is appreciated.

AUGUST LUNCH MENU

Lunch is served Mon - Fri, starting at 11:00 A.M.
 Sign-up for lunch between 10:15 A.M. to 10:50 A.M.

- 1 **Tuesday** - Barbacoa Beef with Lime Rice and Custard Dessert
- 2 **Wednesday** - Tuna Salad with Pea Soup & Crackers
- 3 **Thursday** - Chicken in King Sauce with Egg Noodles & a Dinner Roll
- 4 **Friday** - Baked Ziti with Italian Sauce and a Salad
- 7 **Monday** - Cheese Ravioli with a Dinner Roll & Tropical Fruit Mix
- 8 **Tuesday** - Cheeseburger with Potato Salad & Fruit Gelatin
- 9 **Wednesday** - Omelet with Baked Red Skin Potatoes & a Blueberry Muffin
- 10 **Thursday** - Braised Beef with Sweet Potatoes & Green Beans
- 11 **Friday** - Chicken Strips with Pineapple Fried Rice & Hawaiian Roll
- 14 **Monday** - Pork Tenderloin in Creamy Mushroom Sauce & Rice Pilaf
- 15 **Tuesday** - Ground Turkey Bolognese with Bow Tie Pasta & Dinner Roll
- 16 **Wednesday** - Baked Tilapia with Sweet Potatoes & a Dinner Roll
- 17 **Thursday** - Salisbury Steak in Brown Gravy with Mashed Potatoes
- 18 **Friday** - Cream of Spinach Soup with Tarragon Chicken Salad
- 21 **Monday** - Corn Soup with Poppy Seed Chicken & Pasta Salad
- 22 **Tuesday** - Spinach & Mushroom Quiche with Roasted Potatoes
- 23 **Wednesday** - Beef Stew with Vegetables and Whole Baby Potatoes
- 24 **Thursday** - Diced Orange Chicken with Brown Rice & Vegetable Blend
- 25 **Friday** - Pork in Chile Verde with Pinto Beans and a Tortilla
- 28 **Monday** - Vegetarian Lasagna with Broccoli & Cauliflower
- 29 **Tuesday** - Vietnamese Chicken Strips with Brown Rice & Spinach
- 30 **Wednesday** - Pork Carnitas Bowl with Tomato Cilantro Rice & a Tortilla
- 31 **Thursday** - Breaded Fish Tacos with Black Beans & Pico de Gallo

INDOOR WATER AEROBICS

These classes will take place at the community center pool, it's great for those who experience joint pain & it's a fantastic workout.

Tuesdays, Thursdays, & Fridays:

11:50 PM - 12:50 PM: Low Impact

12:50 PM - 1:50 PM: Low/High Impact



\$6 per class. **No Cash.** Reservations Required.

Create an account online at
app.iclasspro.com/portal/fastswim



Many of these programs are funded in part through a grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors and administered by the Office on Aging. Through this partnership, these programs are provided at no cost for older adults ages 60+.

ASSISTANCE PROGRAMS

Appointments Required- To schedule your one-on-one appointment make sure to call the front desk at 714-738-6575.

- **Community Legal Aid SoCal**
 (4 appointments available)
 Thursday, August 10th, 9:00 A.M. - 11:00 A.M.
- **Technology Assistance**
 (4 Appointments Available)
 Tuesday, August 15th, 11:00 A.M.- 12:30 P.M.
- **Medicare HICAP Appointments**
 (4 Appointments Available)
 Monday, August 7th & 21st
 9:00 A.M.- 12:00 P.M. (Korean/English)
 12:00 P.M.- 4:00 P.M. (English Only)

Appointment Not Required:

- **Senior Grocery Program**
 Thursday, August 3rd & 17th 10:45 A.M.- 12:00 P.M.
- **Senior Korean Parkinson Support Group**
 Friday, August 11th, 10:00 A.M. - 11:00 A.M.
- **Alzheimer's Support Group**
 Sponsored by the Alzheimer's Orange County
 Tuesdays, August 15th, 1:00 P.M. - 2:00 P.M.
 English Speaking
- **Grief Support Group**
 Friday, August 11th & 25th 11:00 A.M. - 12:30 P.M.

SENIOR TRANSPORTATION PROGRAM

Taxi Program

Fullerton Community Center Trips:

Offers free rides to and from your Fullerton residence to participate in the weekly programs at the Fullerton Community Center.

Non - Emergency Medical Trips: \$3 within Fullerton/\$7 Satellite

Offers rides to and from your Fullerton residence to non-emergency medical appointments and prescription pick-ups. Trips must be within the City of Fullerton or selected satellite locations.

Recreational Trips: \$3 per ride within Fullerton

Offers rides to and from your Fullerton residence to locations for shopping, fitness, social events, and entertainment. Trips are limited to the City of Fullerton, Anaheim, Buena Park, La Habra, and Brea.

OCTA Senior 30-Day Bus Pass: \$22.25 Value - Your Price: \$7

Passes are good for unlimited use on all local routes. 30-Day Senior Bus Passes are available for purchase 30 days after previous purchase date of pass.

Proof of I.D. needed to purchase & board the bus.

A valid form of I.D. must be presented at time of purchase for the bus passes. Must be a Fullerton resident to purchase and must provide proof of residence, age 60 yrs and older on every purchase. The City of Fullerton is not responsible for lost or stolen passes. Passes are subject to availability.

ACTIVITIES

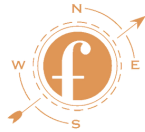
To register for any of the classes on this page, call 714-738-6575 or visit the center.

Discover Fullerton, On Foot!

Juanita Cooke Trail

Saturday, August 19th
8:30 A.M. - 10:30 A.M.

Join us for the monthly in-person, guided walks around town. Please wear comfortable shoes and a hat. Sunscreen and water are also recommended.



Art Programs

The Community Center continues these exciting, educational art activities fun for everyone. FREE for Seniors age 60+.

Crafternoons:

Pour Paint

August 18th at 2:30 P.M.

August 25th at 4:30 P.M.



Stop Falling! Home Safety and Preventing Falls & Injuries Workshop

Tuesday, September 5th
11:00 A.M. - 12:00 P.M.



Did you know that 1 out of 4 people over 65 will have a fall this year? Join us as we highlight and identify fall preventions and reduce the risks in your life.

Control your Cholesterol Workshop

Friday, September 15th
1:30 P.M. - 2:30 P.M.



High cholesterol is something that many older adults have. Having it doesn't mean you can't control it. Join us to learn what you can do to manage high cholesterol and keep it under control.

It's Your Money Workshop

Thursdays, September 7th - October 12th

2:00 P.M. - 3:30 P.M.



Join us for a free 6 - week workshop to help gain control of managing your financial resources! Learn from local professionals as they share expertise in specific areas of financial resource management.

What is the Flu?

Thursday, October 5th
1:00 P.M. - 2:00 P.M.



The best way to protect yourself and your loved ones against the flu shot every year. Join us for an informational session on how to protect yourself from the flu, benefits of the flu shot, and where you can get your flu shot this season!

Program Updates

-Leap Class Break: Please note that NOCE-LEAP classes will be on a break from August 7th - 10th. Please see calendar on page 6-7 for details.

-Senior Transportation Program: Free trips will be limited to only the Community Center. Medical & Recreational trips will be fee based. See page 3 for more information.

-Drum Circle Program: The program is back! Every 2nd & 4th Thursday of the month from 4:00 P.M. - 5:15 P.M.

***To ensure safety for all patrons here at the center, we will defer to a self attest status. If you feel ill, please stay home and rejoin us when you feel better. Please continue to practice social distancing.**



August Movies



2nd/4th Friday of this month, 12:30 P.M.
Admission Donation Minimum: \$1 at the door

Movie days are subject to change due to program operations.

August 11th - "Everything Everywhere, all at Once"
When an interdimensional rupture unravels reality, an unlikely hero must channel her newfound powers to fight bizarre and bewildering dangers from the multiverse as the fate of the world hangs in the balance. Starring Michelle Yeoh, Ke Huy, Quan & Jamie Lee Curtis. Rated R. Sci-Fi/Adventure film.

August 25th - "You Are SO Not Invited To My Bat Mitzvah!" Stacy and Lydia are BFFs who've always dreamed about having epic bat mitzvahs. However, things start to go south when a popular boy of both interests threatens their friendship. Starring Adam Sandler, Jackie Sandler, and Luis Guzman. Rated PG-13. Comedy

 **TRAVEL**

Travel director: Carole Wright - Assistant Travel Director: Wendy Ocepek

Travel Office Hours: Tuesday and Thursday, 9:00 A.M. to 2:00 P.M. - **Travel Office Phone:** 714-738-5306

CLUB MEMBERSHIP REQUIRED TO BOOK TRAVEL EVENTS

Travel is now accepting Master Card, Visa credit & debit cards for payments for trips.

Trip #11 Griffith Observatory - August 22, 2023; SOLD OUT!

Price: \$30.00 Leaving at 11:00 A.M. Returning 5:30 P.M.

Learn more about our universe, walk through exhibits, have a snack or meal at the Café of the Universe. Take in spectacular views of Los Angeles and the Hollywood Sign, catch a movie at the Samuel Oschem Planetarium. Price includes roundtrip transportation. Admission is free. Movie & lunch on your own.

Trip #12 Yaamaya Resort & Casino - September 12, 2023; On Sale Now

Price: \$35.00 Leaving at 9:00 A.M. Returning 5-6:00 P.M.

Formerly known as San Manuel Casino, this casino is in Highland CA. They have a good selection of slots and different promotions throughout the month. There is also a variety of places to eat, be sure to sign up for the rewards card.



Extended Trips

Utah Canyon Royale

September 24th - 27th 2023 (4 days, 3 nights)

Price: \$799.00 per person double ; \$999.00 single

Visit Valley of Fire State Park, Zion National Park, Cedar Breaks National Monument, Mesquite Nevada & a stop in Las Vegas. (Friendly Excursion)

St. Louis, Branson, Memphis & Nashville

October 1st - 8th 2023 - (8 days, 7 nights)

Price: \$3,699.00 per person double ; \$4499.00 single

Includes 3 Branson Shows, Graceland & St. Louis Archway Tour with many other things to do. 7 breakfast, 1 Lunch, & 2 Dinners (Friendly Excursion)

Hearst Castle at Christmas Time

December 17th - 19th - 3 days, 2 nights

Price: \$799.00 per double occupancy ; \$999.00 single

Stops at Santa Barbara, the winter market in Cambria, Solvang, Paso Robles & San Simeon. There will be a Christmas Tour of Hearst Castle. 2 Breakfast, 1 Dinner. (Friendly Excursions)



Sierra Snow Train

January 26th - 5 days, 4 nights

Price: \$1,799.00 per person double ; \$2,199.00 single

Includes the round trip home pick up with Round trip airfare with 7 meals. Additionally includes Aerospace Museum of California, CA State Railroad Museum Sierra Nevada Rail Journey, & much more (Majestic Adventures) (AFC)

✂ Stop in the Travel Office - We have many brochures of great trips! ✂

MONDAY	TUESDAY	WEDNESDAY
 <h1 style="text-align: center;">August 2023</h1> 	<p>7:30 Pickleball ▲ 1 9:00 Tai Chi Chuan ● 9:00 Hawaiian Dance Lessons ▲ 9:00 NOCE-Staying Mentally Sharp 10:00 NOCE- Robin's Health & Exercise 10:30 Belly Dance Lesson ▲ 11:00 Sr. Lunch with Reservation 5:00 Low Intense Interval Training ▲ 6:00 Flow and Slow Yoga ▲ 6:00 Tuesday Evening Dance ▲</p>	<p>8:00 Walking Group ● 2 8:30 Farmers' Market 8:30 Tai Chi Chuan 9:00 Sr. Line Dance Lessons ▲ 10:00 Medicare 101 Lecture + 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 4:00 Karaoke! ●</p>
<p>8:00 Walking Group ● 7 9:00 Longevity Stick Balance ● 9:00 Needlecraft Service Group ● 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with reservation 11:00 Table Tennis 12:00 Medicare Counseling - HICAP 12:30 Bingo ● 1:00 Caring Companions ● <i>No NOCE Classes</i></p>	<p>7:30 Pickleball ▲ 8 9:00 Tai Chi Chuan ● 9:00 Hawaiian Dance Lessons ▲ 10:30 Belly Dance Lesson ▲ 11:00 Sr. Lunch with Reservation 5:00 Low Intense Interval Training ▲ 6:00 Flow and Slow Yoga ▲ 6:00 Tuesday Evening Dance ▲</p> <p style="text-align: center;"><i>No NOCE Classes</i></p>	<p>8:00 Walking Group ● 9 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 9:00 Sr. Line Dance Lessons ▲ 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 1:00 Museum & More, Cultural Excursions 4:00 Birthday Karaoke! ●</p> <p style="text-align: center;"><i>No NOCE Classes</i></p>
<p>8:00 Walking Group ● 14 9:00 NOCE - Fun and Fitness with Janine 9:00 Longevity Stick Balance ● 9:00 Needlecraft Service Group ● 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with reservation 11:00 Table Tennis ▲ 12:30 Bingo ●</p>	<p>7:30 Pickleball ▲ 15 9:00 Tai Chi Chuan ● 9:00 Hawaiian Dance Lessons ▲ 9:00 NOCE-Staying Mentally Sharp 10:00 NOCE- Robin's Health & Exercise 10:30 Belly Dance Lesson ▲ 11:00 Sr. Lunch with Reservation 11:00 Tech Assistance Appointments 12:45 Loteria ● 1:00 Alzheimer's Caregiver Support Group 5:00 Low Intense Interval Training ▲ 6:00 Flow and Slow Yoga ▲ 6:00 Tuesday Evening Dance ▲</p>	<p>8:00 Walking Group ● 16 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 9:00 Sr. Line Dance Lessons ▲ 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 11:00 Aging & Vision Loss Lecture + 12:30 NOCE - Fit & Healthy with Kenny 4:00 Karaoke! ●</p>
<p>8:00 Walking Group ● 21 9:00 NOCE - Fun & Fitness with Janine 9:00 Longevity Stick Balance ● 9:00 Needlecraft Service Group ● 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with reservation 11:00 Table Tennis ▲ 12:00 Medicare Counseling - HICAP 12:30 Bingo ●</p>	<p>7:30 Pickleball ▲ 22 9:00 Tai Chi Chuan ● 9:00 Hawaiian Dance Lessons ▲ 9:00 NOCE-Staying Mentally Sharp 10:00 NOCE- Robin's Health & Exercise 10:30 Belly Dance Lesson ▲ 11:00 Sr. Lunch with Reservation 11:00 Departure Trip #11: Griffith Observatory 5:00 Low Intense Interval Training ▲ 6:00 Flow and Slow Yoga ▲ 6:00 Tuesday Evening Dance ▲</p>	<p>8:00 Walking Group ● 23 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 9:00 Sr. Line Dance Lessons ▲ 10:00 Health Medi-Cal Overview Lecture + 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 4:00 Karaoke! ●</p>
<p><i>Similar Schedule to August 21st</i> 28 <i>Exclude:</i> 12:00 Medicare Counseling - HICAP</p>	<p><i>Similar Schedule to August 22nd</i> 29 <i>Exclude:</i> 11:30 Departure Trip #11 Griffith Observatory</p>	<p><i>Similar Schedule to August 23rd</i> 30 <i>Exclude:</i> 10:00 Health Medi-Cal Overview Lecture</p>

Hours of Operation

Monday - Friday:

7:30 A.M. to 8 P.M.

Saturday:

8:00 A.M. to 3 P.M.

SENIOR CLUB DESK HOURS:

Monday - Thursday:

9 A.M. to 1 P.M.

Friday:

9 A.M. to 12 P.M.

FITNESS ROOM HOURS:

Monday - Friday:

7:30 A.M. to 8 P.M.

Saturday:

8 A.M. to 3 P.M.

Fitness Room Senior Pass:

\$5 monthly

for Senior Club Members

**BILLIARD ROOM
SENIOR PLAY HOURS:**

(Guests 50 years of age or older)

Monday through Friday,

8 A.M. to 1 P.M.

Open to the public,

1:30 P.M. to 6 P.M.

TABLE TENNIS
MONDAYS & THURSDAYS

11:00 A.M.-3:00 P.M.


PICKLE BALL

TUESDAYS & FRIDAYS

7:30 A.M. - 11:30 A.M.

\$3 RESIDENT/ \$4 NON-RESIDENT DROP IN

All players welcome from beginning to advanced. Singles and doubles play available.

LOOKING FORWARD:
CalOptima Healthcare Overview

Thursday, October 5th

Education Series: Diabetes

Thursday, Oct 12th - Nov 16th

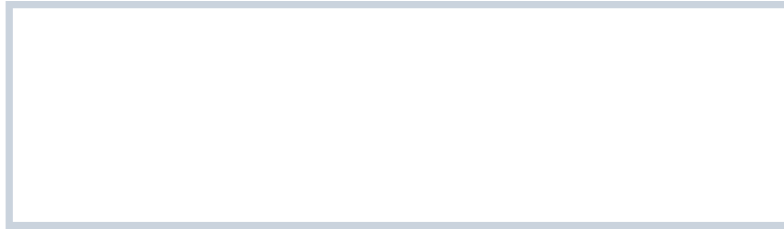
Save the Date: Senior Club Annual Members Meeting

Friday, December 1st

Thursday	Friday
9:00 NOCE - Crocheting & Knitting 3 9:00 NOCE - Staying Mentally Sharp 10:30 Korean Folk Singing ▲ 10:45 Grocery Distribution 11:00 Table Tennis ▲ 11:00 Sr. Lunch with Reservation 12:00 Festive Fitness With Deena 12:30 Creative Coloring ● 1:30 Korean Dance ▲	7:30 Pickleball ▲ 4 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 11:00 Sr Lunch with Reservations 12:30 NOCE - Fit & Healthy with Kenny <i>No Movie Today.</i>
9:00 Community Legal Aid Appointments 10 10:30 Korean Folk Singing ▲ 11:00 Table Tennis 11:00 Sr. Lunch with Reservations 12:00 Festive Fitness with Deena ● 12:30 Creative Coloring ● 1:30 Korean Dance ▲ 4:00 Senior Drum Circle <i>No NOCE Classes</i>	7:30 Pickleball ▲ 11 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 10:00 Korean Parkinson Support Group 11:00 Sr. Lunch with Reservations 11:00 Grief Support Group 12:30 NOCE- Fit & Healthy with Kenny 12:30 Friday Movie - "High Note"
9:00 NOCE- Crocheting & Knitting 17 9:00 NOCE-Staying Mentally Sharp 10:30 Korean Folk Singing ▲ 10:45 Grocery Distribution 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:00 Festive Fitness with Deena ● 12:30 Creative Coloring ● 1:00 Senior Club Board Meeting ● 1:30 Korean Dance ▲	7:30 Pickleball ▲ 18 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 11:00 Lunch & Learn Series + 11:00 Sr. Lunch with Reservation 12:30 NOCE- Fit & Healthy with Kenny 2:30pm Crafternoon - Paint Pour <i>No Movie Today.</i>
9:00 NOCE - Crocheting & Knitting 24 9:00 NOCE - Staying Mentally Sharp 10:30 Korean Folk Singing ▲ 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:00 Festive Fitness with Deena ● 12:30 Creative Coloring ● 1:30 Korean Dance ▲ 4:00 Senior Drum Circle ●	7:30 Pickleball ▲ 25 8:00 Walking Group ● 8:00 Bulletin Collation ● 9:00 NOCE - Health & Wellness with Eunice 10:00 Oral Hygiene Workshop + 11:00 Sr. Lunch with Reservation 11:00 Grief Support Group 12:30 NOCE - Fit & Healthy with Kenny 12:30 Friday Movie - "You are SO Not invited To MY Bat Mitzvah!" 4:30 Crafternoon - Paint Pour
31 <i>Similar Schedule to August 24th</i>	 <ul style="list-style-type: none"> ● Sponsored by the Senior Club ▲ Fee Based Classes + Free Seminars & Workshops

SENIOR CITIZENS CLUB FULLERTON
340 West Commonwealth Avenue
Fullerton, CA 92832

PRESORTED STANDARD
U.S. POSTAGE
PAID
FULLERTON, CA
PERMIT # 284



OR CURRENT RESIDENT

TIME - SENSITIVE MATERIAL

August 2023



Page 8

ASSISTANCE DIRECTORY

211 Orange County - Dial 211 (toll free)	or (888) 600-4357	Office on Aging Information & Assistance	(800) 510-2020
Adult Protective Services	(800) 451-5155		(Local Number) 480-6450
Aging & Disability Resource Connection	(800) 510-2020	One Stop - SCSEP (Employment)	241-4900
Department of Insurance Hotline	(800) 927-4357	Family Caregiver Resource Center	446-5996
Eldercare Locator	(800) 677-1116	OCHCA - SHOPP Program Nurse Visit Services	834-7759
Fullerton City Hall	738-6300	OCTA Access (Transportation)	(877) 628-2232
Fullerton Main Library	738-6333	RSVP/Retired Senior Volunteer Program	953-5757
Fullerton Senior Citizens Club Membership Desk	738-6353	Meals on Wheels Case Management	823-3294
Fullerton Community Center	738-6305	Meals on Wheels Dining Program	738-6368
HICAP - Medicare Assistance	560-0424	Social Security	(800) 772-1213
Community Legal Aid/Legal Aid Society	571-5245	Travel Office	738-5306
Long-Term Care Ombudsman Services	479-0107	Veterans Service Office	480-6555
Meals on Wheels	220-0224	CTAP - CA Telephone Access Program	(800) 806-1191

Community Center Supervisor:

Miriam Mejia

Phone: (714) 738-6575

FAX: (714) 738-6335

Email: fullertonseniorclub@gmail.com

Website: www.cityoffullerton.com

The Fullerton Senior News is a monthly publication of the Fullerton Community Center. It is prepared and edited by the City of Fullerton's Parks and Recreation Department and printed, assembled and mailed by the Fullerton Senior Citizens Club.

The Information Deadline is the 5th of the month.

"This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors." Programs are offered at no cost, though donations are gratefully accepted.