



FULLERTON SENIOR NEWS



FULLERTON COMMUNITY CENTER

340 W. COMMONWEALTH AVE. FULLERTON, CA. 92832

(714) 738-6575



CURRENT PROGRAMS:

We are excited to invite you to our...

HALLOWEEN BASH SOCIAL

Thursday, October 26th 3:00 P.M. - 6:00 P.M.

Location: Fullerton Senior Club 340 W Commonwealth Ave
Costumes Welcome! Contest prizes for best costume.

There will be live entertainment, drawing & lots of dancing!

Admission Fees: Members: \$4 Non-members: \$6



Stop Falling! Home Safety & 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.

Trivia - It's Gotta Be Rock N' Roll Music 2nd Fridays of each month 2:00 P.M.- 3:00 P.M.



Join us once a month for a fun themed trivia afternoon!

This project is funded in whole or part through a grant from the California Department of Aging.

Medicare Bingo!

Wednesday, September 20th
10:00 A.M. - 11:00 A.M.



Do you know what Medicare covers and doesn't cover? Are prescription drugs covered and, if so, are all drugs covered the same way? What about dental, vision, hearing, and more? What's the story behind Skilled Nursing Facility & Long Term Care? Join us and find out over a fun game of Medicare Bingo!

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.

Sept 7 - Overview & Tax Changes

Sept 14 - Financial Planning

Sept 21 - Medical Care Planning

Sept 28 - Investment World Overview

Oct 5 - Equity & Fixed Income Investing

Oct 12 - Money & Your Mind



Chair Volleyball

3rd Monday of the month
10:00 A.M.- 11:00 A.M.



Looking for a fun new activity to stay active? Join us in a game of chair volleyball revolving around moderate physical activity, friendly competition amongst each other, and lots of fun!

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.

SENIOR CLUB

SENIOR CLUB DIRECTORY

OFFICERS

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

DIRECTORS

Katie Gobar (2023)	993-3111
Ellie Honeycutt (2023)	264-6969
Doug Gilmour (2025)	
Roberta Fullmer (2023)	
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: Esther Sanchez	
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...



Evie Amlin

Our Condolences go out to their loved ones

A MESSAGE FROM YOUR SENIOR CLUB PRESIDENT

September has arrived, enveloping us in its warm embrace. The days soon blend sunshine with hints of fall, creating the perfect atmosphere for leisurely strolls and heart-to-heart talks.

Our Travel Department's adventures last month were truly magical. From the shimmering waves of Coronado Island to the thundering hooves at Del Mar Race Track and the stars observed at Griffith Observatory, each experience added to our treasure trove of memories.

Prepare for more exciting journeys ahead! The allure of more Indian Resort & Casino beckons our gaming enthusiasts with promises of laughter and luck. And don't forget to gear up for our Halloween Bash Social in October – a canvas for creativity featuring contests and unique costume prizes.

Have you ever pondered the threads that weave our club's tapestry? Consider joining our Monthly Leadership Board meetings for a firsthand look at how your Board tackles issues and resolutions.

Get ready to mark your calendars for the Senior Club Annual Members Meeting & Holiday Party – a celebration of Board elections and the friendships that transform our club into a close-knit family.

A heartfelt shoutout goes to Alice Loya, the City of Fullerton's Parks & Rec Director. In a personal meeting, she generously shared her thirty years of wisdom and dedicated service, along with her expertise in senior community grants and city governance – a beacon of guidance for us seniors.

A membership rate increase reminder: Starting January 1st, 2024, club membership renewals dues will gently increase to \$15. However to drive first time memberships, new first-time club memberships during 2023 November and December will secure the entire 2024 membership at the current 2023 rate of \$10.

Feel free to drop by the FSC office during operating hours for further information on any of the topics discussed.

As September unfolds, let's hold our families and loved ones close. May this month paint our hearts with the warm hues of autumn.

With affection and warmth,

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.

SEPTEMBER 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 **Friday** - Hot Dog with Macaroni Salad & Ice Cream
- 4 **Monday** - Center Closed
- 5 **Tuesday** - Chicken Meatballs with Mashed Potatoes
- 6 **Wednesday** - Chicken Tinga with Tortilla Soup
- 7 **Thursday** - Meat with Chili Sauce & with Baked Potato
- 8 **Friday** - Turkey Pot Roast with Gravy & Sweet Potatoes
- 11 **Monday** - Baked Ziti with Italian Sauce with Salad & Gelatin
- 12 **Tuesday** - Diced Chicken with Noodles & Dinner Roll
- 13 **Wednesday** - Tuna Salad with Pea Soup & Gelatin
- 14 **Thursday** - Chicken Breast with Tomato Sauce & Pasta
- 15 **Friday** - BBQ Pulled Pork with Carrots & Baked Beans
- 18 **Monday** - Omelet with Chicken Sausage & Blueberry Muffin
- 19 **Tuesday** - Braised Beef with Sweet Potato & Dinner Roll
- 20 **Wednesday** - Citrus Chicken with Salad & Dinner Roll
- 21 **Thursday** - Cheese Ravioli with Broccoli & Dinner Roll
- 22 **Friday** - Beef Goulash with Noodles & Dinner Roll with Pie
- 25 **Monday** - Ground Turkey with Bow Tie Pasta & Mixed Fruit
- 26 **Tuesday** - Baked Tilapia with Sweet Potatoes & Broccoli
- 27 **Wednesday** - Salisbury Steak with Mashed Potato & Carrots
- 28 **Thursday** - Tarragon Chicken Salad with Spinach Soup & Mandarins
- 29 **Friday** - Pork Tenderloin with Rice Pilaf & Dinner Roll

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, September 14th, 9:00 A.M. - 11:00 A.M.
- **Technology Assistance**
(4 Appointments Available)
Tuesday, September 19th, 11:00 A.M. - 12:30 P.M.
- **Medicare HICAP Appointments**
(4 Appointments Available)
Monday, September 18th
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, September 7th & 21st 10:45 A.M. - 12:00 P.M.
- **Senior Korean Parkinson Support Group**
Friday, September 8th, 10:00 A.M. - 11:00 A.M.
- **Alzheimer's Support Group**
Sponsored by the Alzheimer's Orange County
Tuesdays, September 19th, 1:00 P.M. - 2:00 P.M.
English Speaking
- **Grief Support Group**
Friday, September 8th & 22nd 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/\$7 Satellite

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! Lovely Laguna Lake

Saturday, September 16th
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.

Older Adult Dessert Socials, RETURNS!

3RD THURSDAY OF THE MONTH
4:00 P.M.- 6:00 P.M.



Not karaoke, not a choir, just an old-fashioned group, sing-along of everyone's favorite songs with piano accompaniment


Memorial Celebration

FRIDAY, OCTOBER 27TH
11:00 A.M.- 1:00 P.M.



Join us for a small memorial celebration to celebrate the lives of your loved ones who have passed away. Refreshments will be provided. Sponsored by Geiss Med.

September 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.

September 8th - "Asteroid City" is a film by Wes Anderson that is following a writer on his world famous fictional play about a grieving father who travels with his tech-obsessed family to small rural Asteroid City to compete in a junior stargazing event, only to have his world view disrupted forever. Starring Jason Schwartzman, Augie Steenbeck; Scarlett Johansson, Midge Campbell; Tom Hanks. Rated PG -13

September 22nd - "The Guernsey Literary and Potato Pie Society" In 1946 a London-based writer begins exchanging letters with residents on the island of Guernsey, which was German-occupied during WWII. Feeling compelled to visit the island, she starts to get a picture of what it was like during the occupation. Starring Jessica Findlay, Tom Courtenay and Michiel Huisman. Rated PG

Art Programs

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

Crafternoons:

Bird Feeder

September 15th at 2:30 P.M.

September 22nd at 4:30 P.M.



Diabetes Education Series

Thursdays, October 12th - November 16th
10:00 A.M.- 12:30 P.M.

Diabetes Self-Management Program helps you learn to take control of your diabetes, and deal with the difficult feelings that can sometimes be a part of living with the condition. You will learn to manage your medications, make weekly action plans for exercise and healthy eating, and how to talk about your needs with your family, friends, and doctors.

The workshop takes place once a week for a total of 6 weeks

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!

Festive Fitness with Deena Thursdays

1:30 P.M. - 2:30 P.M.



Join an engaging movement class for older adults, incorporating balance training, eye hand coordination, strength training, & stretching!

Program Updates

-Our facility will be closed on Monday, September 4th in observance of Labor Day.

-No Tai Chi Chuan on September 5th & 6th

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.

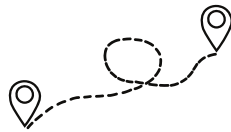
Trip #12 Morongo Casino - September 12, 2023; On Sale Now

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

Morongo Casino, Resort & Spa is a Native American gaming casino, of the Morongo Band of Cahuilla Mission Indians, located in Cabazon, California, United States, near San Geronimo Pass

Upcoming Trips:

- Casinos
- Peterson Museum
- Sinatra & Friends Show



Extended Trips

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;">SEPTEMBER 2023</h1> 	 <ul style="list-style-type: none"> ● Sponsored by the Senior Club ▲ Fee Based Classes + Free Seminars & Workshops 	<p style="text-align: center;"><i>Save the Date for...</i></p> <h2 style="text-align: center;">Senior Clubs Annual Members Meeting</h2> <p style="text-align: center;">Friday, December 1st</p> <p style="text-align: center;">This is the only opportunity for club members to elect club officers.</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>
<div style="text-align: center;">  <p>Labor Day</p> </div> <p style="text-align: center; font-size: 1.2em;"><i>Center is Closed</i></p>	<div style="display: flex; justify-content: space-between;"> 4 5 </div> <p>7:30 Pickleball ▲</p> <p>9:00 Hawaiian Dance Lessons ▲</p> <p>9:00 NOCE-Staying Mentally Sharp</p> <p>10:00 NOCE- Robin's Health & Exercise</p> <p>10:30 Belly Dance Lesson ▲</p> <p>11:00 Home Safety & Preventing Falls Workshop +</p> <p>11:00 Sr. Lunch with Reservation</p> <p>6:00 Tuesday Evening Dance ▲</p> <p style="text-align: center; margin-top: 20px;"><i>No Low Intense Interval Training No Flow and Slow Yoga No Tai Chi Chuan</i></p>	<div style="display: flex; justify-content: space-between;"> 6 </div> <p>8:00 Walking Group ●</p> <p>8:30 Farmer's Market</p> <p>9:00 Sr. Line Dance Lessons ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>12:30 NOCE - Fit & Healthy with Kenny</p> <p>4:00 Karaoke! ●</p> <p style="text-align: center; margin-top: 20px;"><i>No Chair Yoga No Tai Chi Chuan</i></p>
<div style="display: flex; justify-content: space-between;"> 11 </div> <p>8:00 Walking Group ●</p> <p>9:00 NOCE - Fun and Fitness with Janine</p> <p>9:00 Longevity Stick Balance ●</p> <p>9:00 Needlecraft Service Group ●</p> <p>11:00 Sr. Lunch with Reservation</p> <p>11:00 Table Tennis ▲</p> <p>12:30 Bingo ●</p> <p style="text-align: center; margin-top: 20px;"><i>No Chair Yoga</i></p>	<div style="display: flex; justify-content: space-between;"> 12 </div> <p>7:30 Pickleball ▲</p> <p>9:00 Tai Chi Chuan ●</p> <p>9:00 Hawaiian Dance Lessons ▲</p> <p>9:00 NOCE-Staying Mentally Sharp</p> <p>9:00 Trip #12 Morongo Casino</p> <p>10:00 NOCE- Robin's Health & Exercise</p> <p>10:30 Belly Dance Lesson ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>1:00 Alzheimer's Caregiver Support Group</p> <p>6:00 Tuesday Evening Dance ▲</p> <p style="text-align: center; margin-top: 10px;"><i>No Low Intense Interval Training No Flow and Slow Yoga.</i></p>	<div style="display: flex; justify-content: space-between;"> 13 </div> <p>8:00 Walking Group ●</p> <p>8:30 Farmer's Market</p> <p>8:30 Tai Chi Chuan ●</p> <p>9:00 Sr. Line Dance Lessons ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>12:30 NOCE - Fit & Healthy with Kenny</p> <p>1:00 Museum & More, Cultural Excursions ▲</p> <p>4:00 Birthday Karaoke! ●</p> <p style="text-align: center; margin-top: 20px;"><i>No Chair Yoga</i></p>
<div style="display: flex; justify-content: space-between;"> 18 </div> <p>8:00 Walking Group ●</p> <p>9:00 NOCE - Fun & Fitness with Janine</p> <p>9:00 Longevity Stick Balance ●</p> <p>9:00 Needlecraft Service Group ●</p> <p>10:00 Chair Volleyball</p> <p>11:00 Sr. Lunch with Reservation</p> <p>11:00 Table Tennis ▲</p> <p>12:00 Medicare Counseling - HICAP</p> <p>12:30 Bingo ●</p> <p style="text-align: center; margin-top: 20px;"><i>No Chair Yoga</i></p>	<div style="display: flex; justify-content: space-between;"> 19 </div> <p>7:30 Pickleball ▲</p> <p>9:00 Tai Chi Chuan ●</p> <p>9:00 Hawaiian Dance Lessons ▲</p> <p>9:00 NOCE-Staying Mentally Sharp</p> <p>10:00 NOCE- Robin's Health & Exercise</p> <p>10:30 Belly Dance Lesson ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>11:00 Tech Assistance Appointments</p> <p>12:45 Loteria ●</p> <p>6:00 Tuesday Evening Dance ▲</p> <p style="text-align: center; margin-top: 20px;"><i>No Low Intense Interval Training No Flow and Slow Yoga.</i></p>	<div style="display: flex; justify-content: space-between;"> 20 </div> <p>8:00 Walking Group ●</p> <p>8:30 Farmer's Market</p> <p>8:30 Tai Chi Chuan ●</p> <p>9:00 Sr. Line Dance Lessons ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>12:30 NOCE - Fit & Healthy with Kenny</p> <p>4:00 Karaoke! ●</p> <p style="text-align: center; margin-top: 20px;"><i>No Chair Yoga</i></p>
<div style="display: flex; justify-content: space-between;"> 25 </div> <p style="text-align: center; margin-top: 20px;"><i>Similar Schedule to September 18th</i></p>	<div style="display: flex; justify-content: space-between;"> 26 </div> <p style="text-align: center; margin-top: 20px;"><i>Similar Schedule to September 19th</i></p>	<div style="display: flex; justify-content: space-between;"> 27 </div> <p style="text-align: center; margin-top: 20px;"><i>Similar Schedule to September 20th</i></p>

Thursday	Friday
<p>Line Dance Alive!</p> <p>Wednesdays 9 AM - 11AM</p> <p>\$3 Drop In Fee / \$20 for 8 week session</p> 	7:30 Pickleball ▲ 1 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 11:00 Sr Lunch with Reservations 12:30 NOCE - Fit & Healthy with Kenny <p style="text-align: center;"><i>No Movie Today.</i></p>
9:00 NOCE- Crocheting & Knitting 7 9:00 NOCE-Staying Mentally Sharp 10:30 Korean Folk Singing ▲ 10:45 Grocery Distribution 11:00 Table Tennis 11:00 Sr. Lunch with Reservations 12:00 Festive Fitness with Deena ● 12:30 Creative Coloring ● 1:30 Korean Dance ▲ 2:00 It's Your Money Workshop 4:00 Senior Drum Circle	7:30 Pickleball ▲ 8 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 - Asteroid City
9:00 NOCE- Crocheting & Knitting 14 9:00 NOCE-Staying Mentally Sharp 9:00 Community Legal Aid Appointments 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 ● 1:00 Senior Club Board Meeting 1:30 Korean Dance ▲ 2:00 It's Your Money Workshop	7:30 Pickleball ▲ 15 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 11:00 Sr. Lunch with Reservation 12:30 NOCE- Fit & Healthy with Kenny 1:30 Control Your Cholesterol Workshop + 2:30pm Crafternoon - Bird Feeder <p style="text-align: center;"><i>No Movie Today.</i></p>
9:00 NOCE - Crocheting & Knitting 21 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 ● 1:30 Korean Dance ▲ 2:00 It's Your Money Workshop 4:00 Senior Drum Circle ●	7:30 Pickleball ▲ 22 8:00 Walking Group ● 8:00 Bulletin Collation 9:00 NOCE - Health & Wellness with Eunice 11:00 Sr. Lunch with Reservation 11:00 Grief Support Group 12:30 NOCE - Fit & Healthy with Kenny 12:30 Friday Movie - The Guernsey Literary and Potato Pie Society 4:30 Crafternoon - Bird Feeder
28 <i>Similar Schedule to September 21</i>	29 <i>Similar Schedule to September 22</i> <i>Exclude: Friday Movies, Crafternoons,</i> <i>Bulletin Collation & Greif Support Group</i> <i>Meeting</i>

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:

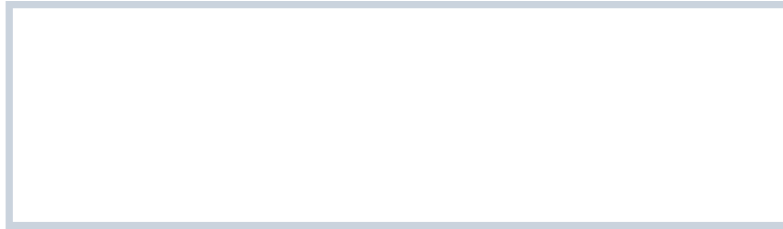
Social Cookbook
 Wednesday, November 15th

Beating the Holiday Blues
 Tuesday, November 28th

Senior Club Annual Members Meeting
 Friday, December 1st

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

September 2023 

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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

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