



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.
Doors Open 2:45 P.M.

There will be live entertainment from the 5 Star Band, drawings & lots of dancing!

Costumes Welcome!

Door Prizes (no cash value) & 50/50 Opportunity.
Contest prizes for most creative, funniest & scariest !

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

Location: Fullerton Community Center

Diabetes Education Series

Thursdays, October 12th - November 16th
11:00 A.M. - 12:00 P.M.

Please join us for a 6 week informational program as we learn how to manage medications, make weekly action plans for exercise and healthy eating, and go over ways on how to talk to your family and doctors about your needs.



Control Your Cholesterol Workshop

Thursday, October 12th
1:00 P.M. - 2:00 P.M.



Join us to learn what you can do to manage high cholesterol and keep it under control.

CALLING ALL ARTISTS!

Here at the Fullerton Community Center we show our appreciation for all art. If you would like to display any of your art please email Aimee at aimee.aul@cityoffullerton.com.



Medicare Q&A (ENGLISH)

Thursday, October 26th
11:30 A.M. - 12:30 P.M.

Join us for an informative session to get your Medicare questions answered! Presented by Optum.



Medicare Q&A (SPANISH)

Monday, October 9th
10:00 A.M. - 11:00 A.M.

¡Acompañenos a una sesión informativa para obtener respuestas a sus preguntas sobre Medicare!

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.

Flu Vaccine Informational Workshop

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



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!

Pumpkin Painting By Optum

Thursday, October 19th
11:00 A.M. - 12:00 P.M.



Enjoy a light festive afternoon of Halloween Festivities. Paint your very own pumpkin, supplies will be provided! Presented by Optum.

SENIOR CLUB

SENIOR CLUB DIRECTORY

OFFICERS

President: Pauline Agüero
 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 Español visita la oficina de membresía
Martes, 3:00 P.M. a 6:00 P.M.

Miércoles 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...

Thomas Winkle



Our Condolences go out to their loved ones

A MESSAGE FROM YOUR SENIOR CLUB PRESIDENT

Dear Valued Members of the Senior Citizens Club of Fullerton,

Ah, the beauty of October! Crisp air, falling leaves, and earlier evenings are upon us.

First, let's address a serious matter that weighs on our hearts. Last month, our beloved KJ (Karaoke Jockey), Reggie Hermano, was targeted in a criminal act. His vehicle was damaged, and his karaoke gear was taken following our celebratory birthday event on September 13th. If you'd like to offer your support, please consider contributing to Reggie's GoFundMe page (<https://gofund.me/1bbc7ecd>). Every bit helps.

Switching to a happier topic, we owe a big thank you to Maria de la Luz Hernandez for bringing chair volleyball into our lives. This engaging game has us all seated and competing with an oversized beach ball, filling the room with laughter and even some sweat after 35 minutes of play. Watch out, pickleball—chair volleyball may become the next senior team sports sensation!

Kudos also to our expanding Travel Department! Our trip to Morongo Casino was a hit. Upcoming outings include the Peterson Museum, Sinatra & Friends Show, and more casino adventures. The sound of slot machines is calling!

Our Halloween Bash Social is on the horizon and it's set to be spectacular. Mark your calendars for October 26th, from 3 PM to 6 PM. The entry fee is \$4 for members and \$6 for non-members. Get creative with your costumes, as prizes will be given for the most entertaining and frightening outfits. Plus, we'll have a raffle with some amazing gifts.

A special shoutout to Tom Donini, also known as DJ Professor, who will be entertaining us at our SENIOR CLUB ANNUAL MEMBERS MEETING & HOLIDAY PARTY. We're delighted to have Tom on board to help us get into the holiday spirit!

Are you interested in stepping into a leadership position? We welcome you to join us for our Monthly Leadership Board meetings to get an insider's view of club decision-making and future planning.

Please note that all membership fees will rise to \$15 starting January 1st, but as a membership promotion, all NEW members joining in November or December 2023 can lock in the 2034 membership at the current rate of \$10.

We extend our sincere thanks to Fullerton Community Center Manager, Amanda Arbiso. Amanda has been essential in addressing the Fullerton Senior Club's needs, effectively resolving networking and security issues within the center. Her efforts have significantly improved the relationships between the club and the center, fostering goodwill and effective communication. The success of our monthly "You Got Questions" forums is a testament to her dedication, allowing members to voice concerns and find resolutions seamlessly. We spotlight Amanda for her invaluable contributions and unwavering commitment to the community.

As we conclude, let's remember that October is a month to relish seasonal changes and make cherished memories with those we hold dear.

With the warmest of 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.

OCTOBER 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.


- 2 **Monday** - Chicken Salad with salad and mandarin orange
- 3 **Tuesday** - Mexican Beef Cocido with torilla's & salsa
- 4 **Wednesday** - Ground Turkey Bolognese with pasta & dinner roll
- 5 **Thursday** - Baked Tilapia with rice & broccoli
- 6 **Friday** - Chinese Beef Stir Fry with rice & fruit
- 9 **Monday** - Pork Chile Verde with pinto beans & fruit mix
- 10 **Tuesday** - Poppy Seed Chicken with salad & crackers
- 11 **Wednesday** - Spinach & Mushroom Quiche with roasted potatoes
- 12 **Thursday** - Cubed Beef with baby potatoes & veggies
- 13 **Friday** - Vietnamese diced chicken with rice & SF pudding
- 16 **Monday** - Chicken Salad with peaches & dinner roll
- 17 **Tuesday** - Vegetable Lasagna with cauliflower & salad
- 18 **Wednesday** - Orange Chicken with brown rice & SF pudding
- 19 **Thursday** - Pork Carnitas Bowl with cilantro rice fruit
- 20 **Friday** - Baja fish tacos with black beans & pineapple chunks
- 23 **Monday** - Caramel pork with rice & fruit mix
- 24 **Tuesday** - Ground Turkey with Bow Tie Pasta & Mixed Fruit
- 25 **Wednesday** - Macaroni & Cheese with breadsticks & carrots
- 26 **Thursday** - Chicken meatballs with mashed potatoes & dinner roll
- 27 **Friday** - Pasta w/ cubed beef & cornbread
- 30 **Monday** - Chicken breast with tri-color pasta & dinner roll
- 31 **Tuesday** -Barbacoa beef with cilantro lime rice & orange juice

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 A.M. - 12:50 P.M.: Low Impact

12:50 P.M. - 1:50 P.M.: 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, October 12th, 9:00 A.M. - 11:00 A.M.
- **Technology Assistance**
(4 Appointments Available)
Tuesday, October 17th, 11:00 A.M. - 12:30 P.M.
- **Medicare HICAP Appointments**
(4 Appointments Available)
Monday, October 2nd, 16th
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, October 5th & 19th 10:45 A.M. - 12:00 P.M.
- **Senior Korean Parkinson Support Group**
Friday, October 13th, 10:00 A.M. - 11:00 A.M.
- **Alzheimer's Support Group**
Sponsored by the Alzheimer's Orange County
Tuesday, October 17th, 1:00 P.M. - 2:00 P.M.
English Speaking
- **Grief Support Group**
Friday, October 13th & 27th 11:00 A.M. - 12:30 P.M.

SENIOR TRANSPORTATION PROGRAM

Taxi Program-

Free trips from October 1, 2023 - February 1, 2024



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:

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: Offers rides to and from your Fullerton residence to locations for shopping, fitness, social events, and entertainment.

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! Fullerton Mysteries

Saturday, October 21st
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:

Votive Candle Holder

October 20th at 2:30 P.M.

October 27th at 4:30 P.M.



Beating the Holiday Blues

Tuesday, November 28th
11:00 A.M.- 12:00 P.M.

The holidays are a joyous season for many. For others, it's a time of blues. But it doesn't have to be. Join us to learn some ways that you can beat the holiday blues.



Taxi Transportation Update

Free trips are back just in time for the holiday seasons! The Fullerton Community Center, in partnership with Yellow Cab, will be bringing back our FREE Recreational and non-emergency medical trips. The limited time offer runs from October 1st, 2023 - February 1st, 2024. To obtain your application, please visit our front desk or call 714-738-6575.



Thursday Music at FCC

Join us on Thursday afternoons here at the Center & enjoy our free music programs!

Ukulele Jam,

1st Thursday of the month, 4:00-5:00 P.M.

Drum Circle,

2nd & 4th Thursday of the month, 4:00-5:00 P.M.

Sing-A-Long Dessert,

3rd Thursday of the month, 4:00-6:00 P.M.



Social Cookbook:

The Stories Behind Our Recipe

Wednesday, November 15th

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

Identity, culture, and memory. An interactive class in which we come together to recollect and share our most treasured recipes, unforgettable meals and the stories behind these memories.



Health Enhancing Class by Optum

1st Friday of each month

10:30 A.M. - 11:30 A.M.



Veteran Pin Ceremony by Optum

Monday, November 13th

10:00 A.M.- 11:00 A.M.




Program Updates


- No Tuesday Evening Dance October 17th.

- There will be no Festive Fitness with Deena until October 12th. Class will resume October 19th.

- NOCE will be on a break November 10th - 11th and November 23rd - November 25th.



October 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.

October 13th - The Blob (1958) is a drive-in favorite, this sci-fi classic follows teenagers Steve (Steven McQueen) and his best girl, Jane (Aneta Corseaut), as they try to protect their hometown from a gelatinous alien life form that engulfs everything it touches. The first to discover the substance and live to tell about it, Steve and Jane witness the blob destroying an elderly man and grow to a terrifying size. But no one else has seen the goo, and policeman Dave refuses to believe the kids without proof.
Rated Sci-fi

October 27th - In the Tall Grass A brother and sister enter a field of tall grass to rescue a boy, but they soon realize they cannot escape and something evil lurks in the grass.
Rated TV-MA

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 #13 Valley View Casino - October 17, 2023; On Sale Now

Price: \$45.00 Leaving at 9:00 A.M. Returning 6:00 P.M.

Valley View is located in Valley Center, CA in San Diego County. The site is requiring - date of birth, & drivers license or senior members card when signing up, please bring these if you are planning on joining us.

Trip #14 Peterson Automotive Museum - November 9, 2023; On Sale Now

Price: \$48.00 Leaving at 9:00 A.M. Returning by 5 P.M.

Located on Wilshire Boulevard, in the Miracle Mile neighborhood of Los Angeles. Petersen Museum has over 100 vehicles on display. Price includes transportation and admission, lunch will be on your own. There is a café with a variety of lunch & selections.

Trip #15 Christmas with Sinatra & Friends - December 7, 2023; On Sale Now

Price: \$110.00 Leaving at 10:00 A.M. Returning by 4:30 P.M.

Lunch & a show at Almansor Court in Alhambra. Lunch is your choice of roasted chicken or vegetarian pasta with a salad, vegetables, rolls, ice cream, & wine cover. There will be songs, sing-a-longs from scenes from White Christmas & a lot more!



Extended Trips

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 (AFC)

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)

New Years Celebration


December 29th 2023 - January 2, 2024 (8 days, 7 nights)

Price: \$2,999.00 per person double ; \$3,399.00 single

New Years Eve Dinner & Party with a San Francisco City Tour & the Monterey Bay Aquarium. Includes 5 Breakfasts, 2 Dinners staying at the Embassy Suites by Marriott. Round trip airfare, professional tour director & much more!

(Friendly Excursion)

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

MONDAY	TUESDAY	WEDNESDAY
8:00 Walking Group ● 2 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▲ 12:00 Medicare Counseling - HICAP 12:30 Bingo ● 1:00 Caring Companions	7:30 Pickleball ▲ 3 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 12:45 Loteria 6:00 Tuesday Evening Dance ▲	8:00 Walking Group ● 4 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 12:30 NOCE - Fit & Healthy with Kenny 4:00 Karaoke! ●
8:00 Walking Group ● 9 9:00 NOCE - Fun and Fitness with Janine 9:00 Longevity Stick Balance ● 9:00 Needlecraft Service Group ● 10:00 Medicare Q & A (SPANISH) + 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:30 Bingo ●	7:30 Pickleball ▲ 10 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 6:00 Tuesday Evening Dance ▲	8:00 Walking Group ● 11 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 12:30 NOCE - Fit & Healthy with Kenny 1:00 Museum & More, Cultural Excursions 4:00 Birthday Karaoke! ●
8:00 Walking Group ● 16 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 ▲ 12:00 Medicare Counseling - HICAP 12:30 Bingo ●	7:30 Pickleball ▲ 17 9:00 Departure Trip #13 - Valley View Casino 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 Tech Assistance Appointments 11:00 Sr. Lunch with Reservation 11:30 Chair Volleyball 12:45 Loteria 1:00 Alzheimer's Caregiver Support Group No Tuesday Evening Dance	8:00 Walking Group ● 18 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 12:30 NOCE - Fit & Healthy with Kenny 4:00 Karaoke! ●
8:00 Walking Group ● 23 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 ▲ 12:30 Bingo ●	7:30 Pickleball ▲ 24 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 ▲ 6:00 Tuesday Evening Dance ▲	8:00 Walking Group ● 25 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 12:30 NOCE - Fit & Healthy with Kenny 4:00 Karaoke! ●
<i>Similar Schedule to October 23rd</i> 30	<i>Similar Schedule to October 24th</i> 31	 <ul style="list-style-type: none"> ● Sponsored by the Senior Club ▲ Fee Based Classes + Free Seminars & Workshops

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:
Medicare: ¿Que hay de nuevo en 2024?
 Tuesday, November 7th

Senior Club Annual Members Meeting
 Friday, December 1st

Let's De-Stress Workshop
 Tuesday, December 5th

Thursday	Friday
9:00 NOCE- Crocheting & Knitting 5 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 12:30 Creative Coloring ● 1:00 Flu Vaccine Informational Workshop + 1:30 Korean Dance ▲ 2:00 It's Your Money Workshop 4:00 Senior Ukulele Jam No Festive Fitness With Deena	7:30 Pickleball ▲ 6 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 10:30 Health Enhancing Class + 11:00 Sr Lunch with Reservations 12:30 NOCE - Fit & Healthy with Kenny No Movie Today.
9:00 NOCE- Crocheting & Knitting 12 9:00 NOCE-Staying Mentally Sharp 9:00 Community Legal Aid Appointments 10:00 Diabetes Education Series (1 of 6) + 10:30 Korean Folk Singing 11:00 Table Tennis ▲ 11:00 Sr. Lunch with Reservations 12:30 Creative Coloring ● 1:00 Control Your Cholesterol Workshop + 1:30 Korean Dance ▲ 2:00 It's Your Money Workshop 4:00 Senior Drum Circle No Festive Fitness With Deena	7:30 Pickleball ▲ 13 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 - "The Blob" 2:00 Friday Trivia
9:00 NOCE- Crocheting & Knitting 19 9:00 NOCE-Staying Mentally Sharp 10:00 Diabetes Education Series (2 of 6)+ 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 ▲ 2:30 Optum Pumpkin Painting + 4:00 Senior Sing-a-Long	7:30 Pickleball ▲ 20 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 11:00 Sr. Lunch with Reservation 12:30 NOCE- Fit & Healthy with Kenny 2:30pm Crafternoon - Votive Candle Holder No Movie Today.
9:00 NOCE - Crocheting & Knitting 26 9:00 NOCE - Staying Mentally Sharp 10:00 Diabetes Education Series (3 of 6) + 10:30 Korean Folk Singing ▲ 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 11:30 Medicare Q & A (ENGLISH) + 12:00 Festive Fitness with Deena ● 12:30 Creative Coloring ● 1:30 Korean Dance ▲ 3:00 Senior Club Halloween Social 4:00 Senior Drum Circle ●	7:30 Pickleball ▲ 27 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 11:00 Memorial Celebration 12:30 NOCE - Fit & Healthy with Kenny 12:30 Friday Movie - "In the Tall Grass" 4:30 Crafternoon - Votive Candle Holder

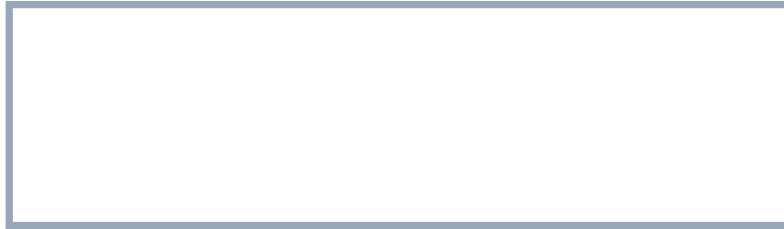


October 2023



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

October 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 Duarte

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.