



# 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...

### Senior Club Annual Members Meeting & Holiday Party

Friday, December 1st  
12:00 P.M. - 3:00 P.M.

Lunch will be provided.  
Music Entertainment by DJ

Club Membership Required  
To RSVP, call 714-738-5306



Medicare Q&A (ENGLISH)  
Wednesday, November 8th  
10:00 A.M. - 11:00 A.M.



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

Medicare Q&A (SPANISH)  
Wednesday, November 8th  
11:00 A.M. - 12:00 P.M.



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

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. Sponsored by SCAN.

### Medicare: What's New in 2024 - HICAP

Tuesday, November 7th (SPANISH)  
11:15 A.M. - 12:15 P.M.

Wednesday, November 8th (ENGLISH)  
12:00 P.M. - 1:00 P.M.



Join HICAP to learn about upcoming changes in 2024 and if those changes may impact you. Know your options to ensure your healthcare coverage best meets your needs.

Ipad Training for Seniors  
Monday, November 13th  
11:00 A.M. - 12:00 P.M.



Join Tech Expert, Danny Torres, to learn Ipad basics with Youtube examples! Members can check out an Ipad for on site use. Senior Citizen Club of Fullerton members only.

### 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.

Sponsored by SCAN.



### Veteran Pin Ceremony by Optum

Monday, November 13th

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

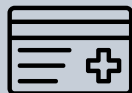


Publicly acknowledge the military service and sacrifices made by the Veteran & his/her family. The ceremony gives an opportunity for each veteran to share part of his or her story. Sponsored by Optum

### Medicare Q&A (KOREAN)

Thursday, November 9th

11:30 A.M. - 12:30 P.M.



메디케어 세미나에 참석 하셔서 유익한 정보를 받아가세요. 샌드위치와 음료가 제공될 예정입니다. Optum(옵툼)에서 제공됩니다

# SENIOR CLUB

## SENIOR CLUB DIRECTORY

### OFFICERS

President: Pauline Agüero  
 Vice President: Danny Torres  
 Secretary: Doris Trenary  
 Treasurer: Wanda Williams  
 Assistant Treasurer: 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.

## A MESSAGE FROM YOUR SENIOR CLUB PRESIDENT

Dear Members,

What a blast our Halloween party was! The creativity in costumes was truly a remarkable sight. In the main hallway, coinciding with Día de Muertos, it was wonderful to see the creative Ofrendas that remember and celebrate our loved ones. As November starts, we salute our club's veterans in honor of 11/11.

Don't forget to reserve December 1st, 12 Noon, for our pivotal MEMBERS MEETING. We need your input in deciding the FSC Executive leadership. Dive into this edition to familiarize yourself with the candidates and cast a meaningful vote. DJ Professor, Tom Donini, will be there to keep our spirits high with his tunes!

Thinking of taking a leadership role? Gain insights by attending our Monthly Leadership Board meetings. A quick reminder: For first-time members signing up in November & December 2023, you'll get the rest of 2023 AND 2024 for the current rate of only \$10. There's no better time to join! The membership rate will increase to \$15 for everyone on January 1st.

Join us on November 13th for Danny Torres' session on "iPad Training for Seniors". A big thank you to Miriam Martinez from Optum for her generous contribution towards the entertainment at our annual event.

Please note: the Fullerton Community Center will not be accessible on 11/23 & 11/24.

May your Thanksgiving be filled with joy, warmth, and the company of your dear ones.

Best Wishes,

## IN MEMORY OF...

**Gary Rickert** 

**Vera Yeager** 

Our Condolences go out to their loved ones

# 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.

### NOVEMBER 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 **Wednesday** - Tuna Salad with dinner roll and apple
- 2 **Thursday** - Diced chicken with egg noodles and dinner roll
- 3 **Friday** - Cubed beef w/ Ranchera sauce with beans and rice
- 6 **Monday** - Chicken torta sandwich w/ french roll & fruit
- 7 **Tuesday** - Beef cheeseburger w/ potato salad & gelatin
- 8 **Wednesday** - Lentil veggie soup with blueberry muffin & pear
- 9 **Thursday** - Roast beef with baked potato and apple pie
- 10 **Friday** - **NO LUNCH**
- 13 **Monday** - Tarragon chicken salad with spinach soup & orange
- 14 **Tuesday** - Beef cocido with cubed beef and tortillas & salsa
- 15 **Wednesday** - Ground turkey with bow tie pasta and dinner roll
- 16 **Thursday** - Baked tilapia with rice broccoli and SF pudding
- 17 **Friday** - Roast turkey with sweet potatoes and assorted cake
- 20 **Monday** - Pork chile verde with pinto beans and mixed veggies
- 21 **Tuesday** - Poppy seed chicken with pasta salad and crackers
- 22 **Wednesday** - Sliced ham with mashed potatoes and pumpkin pie
- 23 **Thursday** - **CENTER CLOSED**
- 24 **Friday** - **CENTER CLOSED**
- 27 **Monday** - Chicken salad with corn soup and peaches
- 28 **Tuesday** - Vegetable lasagna with broccoli and SF fruited gelatin
- 29 **Wednesday** - Orange chicken with brown rice and SF pudding
- 30 **Thursday** - Boxed lunches

## 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, November 9th, 9:00 A.M. - 11:00 A.M.
- **Technology Assistance**  
 No Available Appointments,  
 Program will return January 2024.
- **Medicare HICAP Appointments**  
 (4 Appointments Available)  
 Monday, November 6th, 20th  
 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, November 2nd & 16th 10:30 A.M.- 12:00 P.M.
- **Senior Korean Parkinson Support Group**  
 Friday, November 10th, 10:00 A.M. - 11:00 A.M.
- **Alzheimer's Support Group**  
 Sponsored by the Alzheimer's Orange County  
 Tuesday, November 21st, 1:00 P.M. - 2:00 P.M.  
 English Speaking
- **Grief Support Group**  
 Friday, November 10th 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.**

## 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:**  
**8:00 A.M. - 9:00 A.M.:** All Levels  
**11:50 A.M. - 12:50 P.M.:** Low Impact  
**12:50 P.M. - 1:50 P.M.:** Low/High Impact  
**12:50 P.M. - 1:50 P.M.:** All Levels (Fridays)



\$6 per class. **No Cash.** Reservations Required.  
 Create an account online at  
[app.iclasspro.com/portal/fastswim](http://app.iclasspro.com/portal/fastswim)



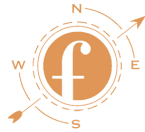


# ACTIVITIES

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

## Discover Fullerton, On Foot!

Storybook Ranches Trail  
**Saturday, November 18th**  
**8:30 A.M. - 10:30 A.M.**



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

## Medicare 101

**Friday, November 3rd**  
**9:00 A.M. - 10:00 P.M.**



Medicare education in the simplest form. Join us for an informative lecture to better understand on how Medicare works for seniors. If you have any questions regarding your health plan, assistance will be provided.

## Let's De-Stress Workshop

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



Stress is a normal part of life, but how you deal with that stress makes a big difference to your health. Come connect with others and learn tips on how to better manage the stress in your life. We will end the session with a gratitude meditation.

Presented by SCAN



## A New Year, A Healthier You

**Tuesday, December 12th**  
**11:00 A.M. - 12:00 P.M.**



Thinking about your New Year's Resolutions? Coming up with them is easy enough but keeping them is sometimes harder to do. Join us to learn how to make AND keep New Year's Resolutions for a healthier you! Presented by SCAN.

## November 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.**

**November 10th - The Burial** is about Willie E. Gary (Jamie Foxx), an unconventional lawyer, helps Jeremiah Joseph O'Keefe (Tommy Lee Jones), a funeral home owner with financial troubles, save his family business from a corporate behemoth. Rated R.

**No Movie on Nov 23rd due to Holiday.**

## Art Programs

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

### Crafternoons:

Wind Chimes  
**November 16th** at 2:30 P.M.  
**November 17th** at 4:30 P.M.



## Health Enhancing Class

**1st Friday of each month (ENGLISH)**  
**11:30 A.M. - 12:30 P.M.**  
**2nd Friday of each month (SPANISH)**  
**11:30 A.M. - 12:30 P.M.**



Join us for an informational session for Health Promoting Options and Information.

Presented by Optum.

## Medicare Q & A (English)

**Monday, December 4th**  
**11:00 A.M. - 12:00 P.M.**



Let us help you answer questions you may need help understanding in the Medicare world. Presented by Optum

## Korean Programs

Please join us for traditional programming and activities to enhance a healthy lifestyle!

**Korean Singing,**  
 Thursdays, 10:30 A.M.-12:00 P.M.  
**Korean Dance,**  
 Thursdays, 1:30 P.M. -2:45 P.M.  
**Korean Drum Circle,**  
 Tuesdays, 4:00 P.M. -5:00 P.M.



## Program Updates

- The Center will be closed Saturday, November 11th, in observance of Veterans Day.
- The Center will be closed November 23rd -24th for Thanksgiving.
- NOCE will be on a break on November 10th and November 23rd - November 24th.
- Festive Fitness With Deena will be on break, Class will resume December 7th.





# 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

**Travel Office will be closed November 20th - 24th, Thanksgiving week**

## **CLUB MEMBERSHIP REQUIRED TO BOOK TRAVEL EVENTS**

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

**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 Almanson 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!

**Trip #401 Laughlin, Nevada at the Aquarius Casino Resort; On Sale Now**

**January 15th - 17th, 2024 - 2 nights**

**Price: \$260.00 per person double ; \$310.00 single**

Located on the Riverwalk. Four Restaurants, a coffee shop/café, and 4 bars/lounges. Rooms have many amenities, such as refrigerator, coffee maker, & hair dryer.



## 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)



We wish you all a most Happy Thanksgiving, & we are so grateful for all of your support - Carole, Wendy, & D



MONDAY	TUESDAY	WEDNESDAY
 <h1 style="text-align: center;">November 2023</h1> 	 <ul style="list-style-type: none"> <li>● Sponsored by the Senior Club</li> <li>▲ Fee Based Classes</li> <li>+ Free Seminars &amp; Workshops</li> </ul>	<p>8:00 Walking Group ● 1</p> <p>8:30 Farmer's Market</p> <p>8:30 Tai Chi Chuan ●</p> <p>8:45 Beginning Tai Chi Chuan ●</p> <p>9:00 Sr. Line Dance Lessons ▲</p> <p>10:30 Chair Yoga ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>12:30 NOCE - Fit &amp; Healthy with Kenny</p> <p>4:00 Karaoke! ●</p>
<p>8:00 Walking Group ● 6</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>10:30 Chair Yoga ▲</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>1:00 Caring Companions ●</p>	<p>7:30 Pickleball ▲ 7</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 &amp; Exercise</p> <p>10:30 Belly Dance Lesson ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>11:15 Medicare: Que hay de nuevo en 2024? +</p> <p>11:30 Korean Drumming</p> <p>12:45 Loteria</p> <p>6:00 Tuesday Evening Dance ▲</p>	<p>8:00 Walking Group ● 8</p> <p>8:30 Farmer's Market</p> <p>8:30 Tai Chi Chuan ●</p> <p>8:45 Beginning Tai Chi Chuan ●</p> <p>9:00 Sr. Line Dance Lessons ▲</p> <p>10:30 Chair Yoga ▲</p> <p>10:00 Medicare Q &amp; A (English) +</p> <p>11:00 Medicare Q &amp; A (Spanish) +</p> <p>12:00 What's New in 2024 HICAP +</p> <p>11:00 Sr. Lunch with Reservation</p> <p>12:30 NOCE - Fit &amp; Healthy with Kenny</p> <p>1:00 Museum &amp; More, Cultural Excursions ▲</p> <p>4:00 Birthday Karaoke! ●</p>
<p>8:00 Walking Group ● 13</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>10:00 Veteran Pin Ceremony - Optum +</p> <p>10:30 Chair Yoga ▲</p> <p>11:00 Ipad Training Workshop +</p> <p>11:00 Sr. Lunch with Reservation</p> <p>11:00 Table Tennis ▲</p> <p>12:30 Bingo ●</p>	<p>7:30 Pickleball ▲ 14</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 &amp; Wellness</p> <p>10:30 Belly Dance Lesson ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>11:30 Korean Drumming ▲</p> <p>6:00 Tuesday Evening Dance ▲</p>	<p>8:00 Walking Group ● 15</p> <p>8:30 Farmer's Market</p> <p>8:30 Tai Chi Chuan ●</p> <p>8:45 Beginning Tai Chi Chuan ●</p> <p>9:00 Sr. Line Dance Lessons ▲</p> <p>10:30 Chair Yoga ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>12:30 NOCE - Fit &amp; Healthy with Kenny</p> <p>1:30 Social Cookbook Workshop +</p> <p>4:00 Karaoke! ●</p>
<p>8:00 Walking Group ● 20</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>12:00 Medicare Counseling - HICAP</p> <p>12:30 Bingo ●</p> <p style="text-align: center;"><b>No Chair Yoga</b></p>	<p>7:30 Pickleball ▲ 21</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 &amp; Wellness</p> <p>10:30 Belly Dance Lesson ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>11:30 Korean Drumming ▲</p> <p>11:30 Chair Volleyball</p> <p>12:45 Loteria</p> <p>1:00 Alzheimer's Caregiver Support Group</p> <p>6:00 Tuesday Evening Dance ▲</p> <p style="text-align: center;"><b>No Tech Assistance Appointments</b></p>	<p>8:00 Walking Group ● 22</p> <p>8:30 Farmer's Market</p> <p>8:30 Tai Chi Chuan ●</p> <p>8:45 Beginning 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 &amp; Healthy with Kenny</p> <p>4:00 Karaoke! ●</p> <p style="text-align: center;"><b>No Chair Yoga</b></p>
<p><i>Similar Schedule to November 20th</i> 27</p> <p><i>Add: 10:30 Chair Yoga</i></p> <p><i>Exclude: Medicare Counseling - HICAP</i></p>	<p><i>Similar Schedule to November 21st</i> 28</p> <p><i>Add: 11:00 Beating the Holiday Blues</i></p> <p><i>Exclude: Chair Volleyball</i></p>	<p><i>Similar Schedule to November 22nd</i> 29</p> <p><i>Add: 10:30 Chair Yoga</i></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.



**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:**

**Senior Club Annual Members Meeting & Holiday Party**  
Friday, December 1st

**Medicare Q & A (English)**  
Wednesday, December 6th

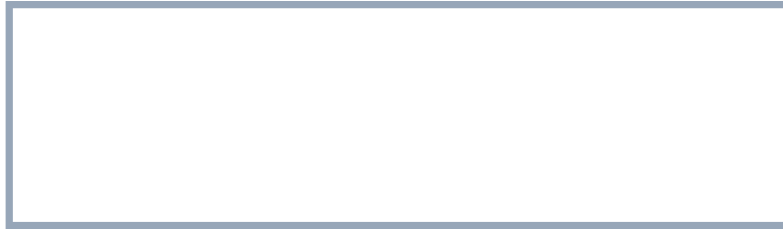
**Let's De-Stress Workshop**  
Tuesday, December 5th

Thursday	Friday
9:00 NOCE- Crocheting & Knitting 2 9:00 NOCE-Staying Mentally Sharp 10:30 Korean Folk Singing ▲ 10:30 Grocery Distribution 11:00 Table Tennis ▲ 11:00 Sr. Lunch with Reservations 12:30 Creative Coloring ● 1:30 Korean Dance ▲ 4:00 Senior Ukulele Jam  <b>No Festive Fitness With Deena</b>	7:30 Pickleball ▲ 3 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 11:30 Health Enhancing Class (English) + 11:00 Sr Lunch with Reservations 12:30 NOCE - Fit & Healthy with Kenny  <b>No Movie Today.</b>
9:00 Trip #14 Peterson Automotive Museum 9 9:00 NOCE- Crocheting & Knitting 9:00 NOCE-Staying Mentally Sharp 9:00 Community Legal Aid Appointments 10:30 Korean Folk Singing 11:00 Table Tennis ▲ 11:00 Sr. Lunch with Reservations 11:30 Medicare Q & A (Korean) + 12:30 Creative Coloring● 1:30 Korean Dance ▲ 2:00 Thursday Trivia ● 4:00 Senior Drum Circle  <b>No Festive Fitness With Deena</b>	7:30 Pickleball ▲ 10 8:00 Walking Group ● 10:00 Korean Parkinson Support Group 11:00 Grief Support Group 11:30 Health Enhancing Class (Spanish) + 12:30 Friday Movie - "The Burial"  <b>No Sr. Lunch</b> <b>No Health and Wellness with Eunice</b> <b>No Fit &amp; Healthy with Kenny</b>
9:00 NOCE- Crocheting & Knitting 16 9:00 NOCE-Staying Mentally Sharp 10:30 Korean Folk Singing ▲ 10:30 Grocery Distribution 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:30 Creative Coloring ● 1:00 Senior Club Board Meeting 1:30 Korean Dance ▲ 2:30 Crafternoon - Wind Chimes ▲ 4:00 Senior Sing-a-Long ●  <b>No Festive Fitness With Deena</b>	7:30 Pickleball ▲ 17 8:00 Bulletin Collation 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 11:00 Sr. Lunch with Reservation 12:30 NOCE- Fit & Healthy with Kenny 4:30pm Crafternoon - Wind Chimes ▲  <b>No Movie Today.</b>
<div style="display: flex; justify-content: space-between;"> <span>23</span> <span>24</span> </div>  <p><b>Center is Closed</b></p>	
Similar Schedule to November 16th 30 Exclude: Grocery Distribution Senior Club Board Meeting Crafternoons Sing - A - Long	<b>Day Changed!</b> Thursday Trivia  2nd Thursday of the month at 2 PM



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

November 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 Duarte

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**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.**

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