



# FULLERTON SENIOR NEWS



FULLERTON COMMUNITY CENTER

340 W. COMMONWEALTH AVE. FULLERTON, CA. 92832

(714) 738-6575



## CURRENT PROGRAMS:

The Fullerton Senior Club Invites you to the...

### Senior Club Annual Members Meeting & Holiday Party

Club Membership Required

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

Lunch will be provided.  
Music Entertainment by DJ



The important business of the election of the Senior Club officers and new directors will be the purpose of the annual meeting and luncheon. All members are encouraged to attend and vote. It is also a time for members to gather and enjoy the warm spirit of the holidays. Guests will share a special holiday lunch along with fun door prize giveaways.

### 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



### Preguntas y respuestas sobre Medicare Miercoles, 6 de Diciembre

11:00 A.M. - 12:00 P.M.

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



### Medicare Q&A (ENGLISH)

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

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



### 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.



### Discover Fullerton On Foot!

Brea Dam

Saturday, December 16th  
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.



### Thursday Trivia!

Thursday, December 14th  
11:00 A.M. - 12:00 P.M.

Join us every 2nd Thursday for a fun themed trivia afternoon!



# 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,

As my tenure as your President comes to a close, I want to take a moment to reflect on our actions and achievements during my past two years. Firstly, I want to express my gratitude for your continued support and engagement in the Fullerton Senior Club. Starting with the areas where time constraints became a challenge, we are still in the process of transferring our financial institutions, and there remains a possibility that this transition will be completed by the end of the year. Additionally, while we made strides in some committees, the full establishment of standup committees proved challenging with a volunteer membership.

On a positive note, we have made significant progress in transitioning from manual accounting practices to software-enabled accounting, which will greatly streamline the Treasurer's responsibilities in the future. We have also taken steps to digitize our important documents, ensuring their security with multiple backups and cloud-based accessibility.

In terms of productivity, we successfully launched a YouTube channel, providing an effective way to communicate with our members going forward. This platform will enable us to share important information, events, and activities more conveniently, enhancing our engagement with you.

Furthermore, I'm delighted to share that during my tenure, we helped drive the enabling of video security cameras in collaboration with the City Manager, the Police Force, and the Community Center to enhance the overall safety of our center. This initiative has allowed us to monitor the comings and goings of individuals during our activities, ensuring the safety of our members at all times.

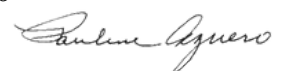
Looking ahead, I encourage continued growth in our communication and networking efforts with the Fullerton Community Center, Meals on Wheels, Fullerton City Hall, and other vendors. Strengthening these relationships will enable our club to expand its resources and personal connections.

Finally, I am incredibly proud of our collective achievement in overcoming the challenges posed by the COVID-19 pandemic. Our membership, which had dropped to 400 members during the pandemic, has remarkably rebounded to nearly one thousand members in less than two years. This represents a membership improvement of nearly 150%, and it is the accomplishment I hold most dear during my time as your President. Please note that there will be no mailed January 2024 FSN Newsletter. This decision has been made to limit postage and publishing costs during a month that is traditionally slow with news due to holidays. Instead, we will provide an "in-house" printed January 2024 FSN sheet that will include all of the election results that can be picked up at our office or accessed online.

Thank you for your unwavering support, and I am confident that the Fullerton Senior Club will continue to thrive in the years ahead. It was an honor to be your President for the past two years.

Sincerely,

Pauline President - Fullerton Senior Club



## IN MEMORY OF...



**Melvin B Bennett**



**Walter Fetti**

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.

### DECEMBER 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** - NO LUNCH
- 4 **Monday** - Caramel Pork with Jasmine Rice
- 5 **Tuesday** - Turkey Pot Roast with Mashed Potatoes
- 6 **Wednesday** - Macaroni and Cheese with Breadsticks
- 7 **Thursday** - Chicken Meatballs with Sweet Potatoes
- 8 **Friday** - Chicken Tinga with Tortilla Soup
- 11 **Monday** - Chicken Breast with Pasta
- 12 **Tuesday** - Barbacoa Beef with Cilantro Lime Rice
- 13 **Wednesday** - Tuna Salad with Pea Soup
- 14 **Thursday** - Sweet and Sour Chicken with Noodles
- 15 **Friday** - Chicken Cordon Bleu with Potatoes
- 18 **Monday** - Chicken Torta Sandwich with Fruit
- 19 **Tuesday** - Cheeseburger with Fruit
- 20 **Wednesday** - Lentil Veggie Soup with Barley Mushroom Salad
- 21 **Thursday** - Beef Pot Roast with Mashed Potatoes
- 22 **Friday** - Chicken Salad with Dinner Rolls
- 25 **Monday** - CENTER CLOSED
- 26 **Tuesday** - CENTER CLOSED
- 27 **Wednesday** - CENTER CLOSED
- 28 **Thursday** - CENTER CLOSED
- 29 **Friday** - CENTER CLOSED

## 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, December 14th, 9:00 A.M. - 11:00 A.M.
- **Medicare HICAP Appointments**  
 (4 Appointments Available)  
 Monday, December 4th, 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, December 7th & 21st 10:30 A.M.- 12:00 P.M.
- **Senior Korean Parkinson Support Group**  
 There will be no meeting in December.
- **Alzheimer's Support Group**  
 Sponsored by the Alzheimer's Orange County  
 Tuesday, December 19th, 1:00 P.M. - 2:00 P.M.  
 English Speaking
- **Grief Support Group**  
 Friday, December 8th & 22nd, 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.

## AFC Travel Show Thursday, January 25th 10:00 A.M. - 11:00 A.M.

Join us for a great presentation of the new trips being offered by AFC Travel. Discounts offered to those in attention on various trips when you reserve one of their trips. Light refreshments will be served.

## Sharpen your Mind! Memory Tips & Teasers

Wednesday, January 17th  
10:00 A.M. - 11:00 A.M.

Come play along and challenge your brain! Join this fun and interactive session to learn some strategies to practice improving memory and ways to maximize brain health. Presented by Alzheimer's Orange County





## Clase de Educacion para la Salud

Viernes, 12 de Enero  
11:30 A.M. - 12:30 P.M.

Únase a nosotros para una sesión informativa sobre opciones e información para promover la salud. Presentado por Optum.



## December 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.

**December 8th - 80 for Brady** A group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady. Starring Lily Tomlin, Jane Fonda, and Rita Moreno. Rated PG-13.

### December 22nd - Best Christmas Ever!

Every Christmas, without fail, Jackie sends a boastful holiday newsletter that makes her old college friend Charlotte feel like a lump of coal. When a twist of fate lands Charlotte, and her family on Jackie's snowy doorstep just days before Christmas, Charlotte seizes the opportunity to prove that her old friend's "perfect" life can't possibly be that perfect. But in her overzealous attempt to expose Jackie, Charlotte nearly ruins Christmas for both families and must team up with her old friend to reassemble the pieces. This holiday film stars Brandy Norwood, Jason Biggs and Heather Graham. Rated PG.

## Art Programs

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

### Crafternoons:

Holiday Ornaments

December 15th at 2:30 P.M.

December 22nd at 4:30 P.M.



## Health Enhancing Class

Friday, January 5th  
11:30 A.M. - 12:30 P.M.

Join us for an informational session for health promoting options and information. Presented by Optum.



## Presentacion de diferentes opciones de transporte con OCTA

Lunes, 29 de Enero  
9:00 A.M. - 10:30 A.M.

¿Tiene dificultades para moverte por la ciudad? Venga y escuche todo sobre los diferentes recursos que OCTA ofrece. OCTA crea diferentes soluciones sobre transportacion para personas mayores, ¡vengan a escucharlo todo!



## Program Updates

- The Center will be closed the week of:

Monday, December 25th - Friday, December 29th  
Monday, January 1st.

Programs will resume on Tuesday, January 2nd.

-NOCE will be on a break from Monday, December 18th - Monday January 15th.

Classes will resume on Tuesday, January 16th 2024.

-Sr. Line Dance Alive will be taking a break for the month of December.

-No Museums and More Excursions for the month of December. Stay tuned for January dates.



# 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 on December 18th, 2023 thru January 1st, 2024**

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

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

**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.

**AFC Travel Show, Thursday January 25, 2024 at 10am**

Please join us for a great presentation of the new trips being offered by AFC Travel. Discounts offered to those in attendance on various trips when you reserve one of their trips. We have many of their brochures in the Travel office. Light refreshments will be served . We would appreciate you signing up but not necessary for this event . Hope you can .



**We in Travel wish you a Very Merry Christmas,  
Happy Holidays and a Prosperous Peaceful New Year.**

**-Carole Wendy and Di**



## **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)

MONDAY	TUESDAY	WEDNESDAY
<h1>DECEMBER 2023</h1>  		
<p>8:00 Walking Group ● 4</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>11:00 Medicare Q&amp;A Workshop</p> <p>12:00 Medicare Counseling - HICAP</p> <p>12:30 Bingo ●</p> <p>1:00 Caring Companions ●</p>	<p>7:30 Pickleball ▲ 5</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>11:00 Let's De-Stress Workshop +</p> <p>11:30 Korean Drumming ▲</p> <p>12:45 Loteria</p> <p>6:00 Tuesday Evening Dance ▲</p>	<p>8:00 Walking Group ● 6</p> <p>8:30 Farmer's Market</p> <p>8:30 Tai Chi Chuan ●</p> <p>8:45 Beginning Tai Chi Chuan ●</p> <p>10:30 Chair Yoga ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>11:00 Preguntas y Respuestas sobre Medicare +</p> <p>12:30 NOCE - Fit &amp; Healthy with Kenny</p> <p>4:00 Birthday Karaoke! ●</p> <p style="text-align: center;"><b>No Sr. Line Dance Lessons</b></p>
<p>8:00 Walking Group ● 11</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>12:30 Bingo ●</p>	<p>7:30 Pickleball-▲ 12</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>11:00 A New Year, A Healthier you! +</p> <p>11:30 Korean Drumming ▲</p> <p>6:00 Tuesday Evening Dance ▲</p>	<p>8:00 Walking Group ● 13</p> <p>8:30 Farmer's Market</p> <p>8:30 Tai Chi Chuan ●</p> <p>8:45 Beginning Tai Chi Chuan ●</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 style="text-align: center;"><b>No Sr. Line Dance Lessons</b></p>
<p>8:00 Walking Group ● 18</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> <b>No NOCE- Fun and Fitness with Janine</b></p>	<p>7:30 Pickleball ▲ 19</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>1:00 Alzheimer's Caregiver Support Group</p> <p>6:00 Tuesday Evening Dance ▲</p> <p style="text-align: center;"><b>No Tai Chi Chuan</b> <b>No Loteria</b> <b>No Hawaiian Dance Lessons</b> <b>No NOCE - Staying Mentally Sharp</b> <b>No NOCE - Robin's Health &amp; Wellness</b></p>	<p>8:00 Walking Group ● 20</p> <p>8:30 Farmer's Market</p> <p>11:00 Sr. Lunch with Reservation</p> <p>4:00 Karaoke! ●</p> <p style="text-align: center;"><b>No Tai Chi Chuan</b> <b>No Chair Yoga</b> <b>No Sr. Line Dance Lessons</b> <b>No NOCE- Fit &amp; Healthy with Kenny</b></p>
<p> Merry Christmas  25</p> <p style="text-align: center;"><b>Center is Closed</b></p>	<p style="text-align: right;">26</p> <p style="text-align: center;"><b>Center is Closed</b></p>	<p style="text-align: right;">27</p> <p style="text-align: center;"><b>Center is Closed</b></p>

**Hours of Operation**

 Monday - Friday:  
 7:30 A.M. to 8:00 P.M.  
 Saturday:  
 8:00 A.M. to 3:00 P.M.

**SENIOR CLUB DESK HOURS:**

 Monday - Thursday:  
 9:00 A.M. to 1:00 P.M.  
 Friday:  
 9:00 A.M. to 12:00 P.M.

**FITNESS ROOM HOURS:**

 Monday - Friday:  
 7:30 A.M. to 8:00 P.M.  
 Saturday:  
 8 A.M. to 3:00 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,  
 8:00 A.M. to 1:00 P.M.  
 Open to the public,  
 1:30 P.M. to 6:00 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:**

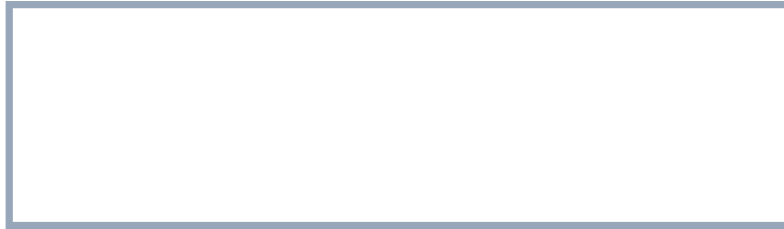
 AFC Travel Show  
 Thursday, January 25th

 Dispelling Common Myths  
 about Dementia  
 Wednesday, February 21st

Thursday	Friday
  <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>	7:30 Pickleball ▲ 1 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 12:00 Senior Club Annual Member's Meeting & Holiday Party ● 12:30 NOCE - Fit & Healthy with Kenny  <b>No Health Enhancing Class</b> <b>No Meals on Wheels Lunch</b> <b>No Movie Today</b>
9:00 NOCE- Crocheting & Knitting 7 9:00 NOCE-Staying Mentally Sharp 10:00 Departure Trip #15 - Christmas with Sinatra and Friends 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 ▲ 8 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 11:00 Grief Support Group 11:00 Sr. Lunch with Reservation 12:30 Friday Movie - "80 for Brady" 12:30 NOCE - Fit & Healthy with Kenny  <b>No Clase de Educacion para la Salud</b> <b>No Korean Parkinson Support Group</b>
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 ▲ 12:30 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 ▲ 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 2:30 Crafternoon - Holiday Ornament  <b>No Movie Today.</b>
9:00 Community Legal Aid Appointments ● 21 10:30 Korean Folk Singing ▲ 10:30 Grocery Distribution ● 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:30 Creative Coloring ● 1:30 Korean Dance ▲ 4:00 Senior Sing-a-Long  <b>No Senior Club Board Meeting</b> <b>No NOCE- Crocheting &amp; Knitting</b> <b>No NOCE- Staying Mentally Sharp</b>	7:30 Pickleball ▲ 22 8:00 Walking Group ● 11:00 Sr. Lunch with Reservation 11:00 Grief Support Group 12:30 Friday Movie - "Best Christmas Ever!" 4:30 Crafternoon - Holiday Ornament  <b>No Bulletin Collation</b> <b>No NOCE- Health &amp; Wellness with Eunice</b> <b>No NOCE- Fit &amp; Healthy with Kenny</b>
28  <b>Center is Closed</b>	29  <b>Center is Closed</b>

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

December 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

**Phone:** (714) 738-6575

**FAX:** (714) 738-6335

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