



FULLERTON SENIOR NEWS



FULLERTON COMMUNITY CENTER

340 W. COMMONWEALTH AVE. FULLERTON, CA. 92832

(714) 738-6575



CURRENT PROGRAMS:

Meals on Wheels Presents...

St. Patrick's Celebration!



Friday, March 15th
9:00 A.M. - 12:00 P.M.

Live Entertainment, lunch, fun, & lots of dancing!
Dress up in your St. Patrick's Attire!

Lunch is \$5 for those under 60; over 60 a \$3 contribution is appreciated

Social Security & Medicare 101

Monday, March 11th
12:30 P.M. - 1:30 P.M.



An informative lecture to better understand how Medicare works for seniors. If you have any questions regarding your health plan, assistance will be provided. Presented by Optum.

Egg Decorating

Wednesday, March 27th
1:00 P.M. - 2:00 P.M.



Join us for a day filled with fun and creativity. There will be an egg scavenger hunt for our older adults and an activity to get creative with eggs! Registration Required! Presented by Optum

Stretch Your Grocery Dollar Workshop

Thursday, March 21st
10:00 A.M. - 11:00 A.M.



Many people believe eating healthy costs a fortune, however that is not the case. Join us to go over tips that allow for you to have healthy grocery options while not breaking your pockets! Presented by Humana

Nutrition Bingo

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



Come learn while playing a game! It's true, learn some interesting nutrition facts and how to eat healthier while playing an old favorite, Nutrition Bingo! Presented by SCAN

Legal & Financial Consideration in

Dementia Care

Thursday, March 14th
10:00 A.M. - 11:00 A.M.



A diagnosis of dementia makes planning for the future a priority. Learn about the steps involved in getting legal, financial, and future plans in place. Presented by Certified Elder Law Attorney.

Solo Aging

Monday, March 25th
10:00 A.M. - 11:00 A.M.



Please join us to discuss tips for living alone and how to prepare a support system for the future. This includes what documents to prepare and how to combat loneliness. Presented by Geriatric Care.

Fullerton Senior Club Reminder!

Please make sure to renew your Senior Club Membership of \$15. Due by March 26th, 2024

Thank you!



Save The Date...

Spring Fling Social

Thursday, April 4th
3:00 P.M. - 6:00 P.M.

\$4.00 Members
\$6.00 Non Members



Live Entertainment, dancing, refreshments!

SENIOR CLUB

SENIOR CLUB DIRECTORY

OFFICERS

President: Wendy Ocepek 393-1602
 Vice President: Katie Gobar 993-3111
 Secretary: Doris Trenary
 Treasurer: Wanda Williams
 Assistant Treasurer: Dianne Rodriguez
 Past President: Pauline Aguero

DIRECTORS

Danny Torres (2026)
 Marie McCombie (2026)
 Doug Gilmour (2025)
 Roberta Fullmer (2026)
 Phyllis Levin (2025)

APPOINTEES

Sunshine Chairperson: Ellie Honeycutt 264-6969
 Desk Coordinator:
 Newsletter Chairperson: Vicki Colvin
 Social Committee Chairperson: Phyllis Levin
 Travel Director: Carole Wright 869-3014
 Assistant Travel Director: Dianne Rodriguez
 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.

A MESSAGE FROM YOUR SENIOR CLUB PRESIDENT

Dear Fullerton Senior Club Members,

I can't believe it's March already just seems like we were just Celebrating the Holidays.

I want to thank Wanda Williams who has volunteered to start up a bunco group that will be meeting once a month on Tuesday afternoons, date and time will be determined at a later date. If you would like to play, please come into the office and sign up or give us a call. We are still looking for someone to start a bridge and pinochle group.

If you have any programs you would like to see please give us a call. If you like to play Bingo, we play Bingo every Monday from 12:30 to 3pm only \$.25 a card in the main hall.

If you like to sew, please consider joining our needle craft group that meets every Monday from 9 to 11 they make small lap quilts for hospice. These dedicated ladies have been doing this for 17 years. They also except donations of cotton fabric, batting, needles, thread and yarn.

Save the date for our spring fling social, Thursday April 4th. We will have live entertainment, dancing, and refreshments. \$4.00 members and \$6.00 for non members.

Don't forget to renew your membership dues only \$15 once a year due by March 26th so you can receive your monthly newsletter and participate in our programs.

Wishing you a happy St. Patrick's Day and Easter blessings.

Sincerely,

Wendy Ocepek
 Senior Club President

IN MEMORY OF...



Leo Paquin



Our Condolences go out to their loved ones

PAULETTE'S CORNER

Spotlighting our Senior Club Members



Meet Wanda Williams! Wanda is a longstanding member of the Senior Center. She is currently our Treasurer for the Senior Club. She has contributed as a volunteer at a number of activities at our Center. She loves all the classes offered here. She also coordinates the Bingo program on Mondays. Thank You Wanda for all your help! You are a Jewel!

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.

MARCH 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** - Cheese Tortellini with broccoli and dinner roll
- 4 **Monday** - Chicken Breast with pasta and veggies
- 5 **Tuesday** - Barbacoa beef with cilantro lime rice and tortilla
- 6 **Wednesday** - Tuna salad with pea soup and fresh apple
- 7 **Thursday** - Pasta w/ feta cheese salad & fruit - box lunch
- 8 **Friday** - Baked salmon with rice pilaf and broccoli
- 11 **Monday** - chicken salad with dinner roll and fruit - box lunch
- 12 **Tuesday** - Beef cheeseburger with potato salad and milk
- 13 **Wednesday** - Cubed beef with sweet potatoes and green beans
- 14 **Thursday** - Creamy pesto chicken with squash salad - box lunch
- 15 **Friday** - Veggie egg salad with mini blueberry muffin and milk
- 18 **Monday** - Tarragon chicken salad with spinach soup and orange
- 19 **Tuesday** - Mexican beef cocido with beef broth and tortilla
- 20 **Wednesday** - Ground turkey with bow tie pasta and dinner roll
- 21 **Thursday** - Beef stir fry with jasmine rice and pineapple chunks
- 22 **Friday** - Baked tilapia with Mexican rice and broccoli
- 25 **Monday** - Pork chile verde with pinto beans and fruit mix
- 26 **Tuesday** - Poppy seed chicken with pasta salad and sf crackers
- 27 **Wednesday** - Spinach & mushroom quiche with roasted potatoes
- 28 **Thursday** - Box Lunch
- 29 **Friday** - Colorful frittata with roasted potatoes and dinner roll

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

SENIOR TRANSPORTATION PROGRAM

Taxi Program- FREE Promotion March 1st - June 30th, 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.classpro.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!

New Deal Fullerton
Saturday, March 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.



Art Programs

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

Crafternoons:
 Collage Coasters
March 22nd at 2:30 P.M.
March 29th at 4:30 P.M.



Senior Zumba
Tuesday, March 19th
12:00 P.M. - 1:00 P.M.

Senior Zumba incorporates low-impact dance moves that are gentle on the joints while still offering a fantastic workout. You can groove to the rhythm, burn calories, and improve cardiovascular fitness without putting excessive stress on your body. Brought to you by Optum.



Healthy Relationships

Mondays, April 1st - April 29th
2:00 P.M. - 4:00 P.M.

Free 5-week educational group for those 50+ to learn what makes a healthy relationship, understanding triggers and aspects of unhealthy relationships. Presented by Human Options



메디케어 정부 보조와 호스피스 혜택 (한국어)
3월 14일, 목요일
오후 12시-오후 1시
 교육 세미나에 참석 하셔서 유익한 정보를 받아가세요.
 샌드위치와 음료가 제공될 예정입니다.
 Optum(옵툼)에서 제공합니다.



Laughter Yoga
Wednesday, April 10th
10:00 A.M. - 11:00 A.M.

Do you have enough laughter in your life? Did you know that you can turn laughing into exercise? Join us for Laughter Yoga where we will combine laughter with yoga breathing to make exercise fun! Yoga mats are not required, as exercises are conducted in chairs. Feel free to invite a friend! To join, please register with our front desk. Presented by SCAN.



Taxi Transportation Update

Free taxi trips are back! The Fullerton Community Center, in partnership with Yellow Cab, will be bringing back our FREE Recreational and non-emergency medical trips. The limited time off runs from March 1st, 2024 - June 30th, 2024.



March 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.

March 8th - "Wonder Woman" Before she was a wonder women, she was Diana, princess of the Amazons, trained to be an unconquerable warrior. Raised on a sheltered island paradise, Diana meets an American pilot who tells her about the massive conflict that's raging in the outside world. Rated PG-13

March 22nd- "Mulan: Live Action" To keep her ailing father from serving in the Imperial Army, a fearless young woman disguises herself as a man and battles northern invaders in China. Rated PG-13

Tomatoes A-Z
Thursday, May 23rd
9:30 A.M. - 10:30 A.M.

Whether you are a novice or a pro, you'll enjoy learning about tomatoes: their history, fun facts, the many varieties, their culture, diseases and pests, growing in the ground vs. growing in containers - and finally how to use them. Come hear US Master Gardeners of Orange County discuss the "A to Z" of tomatoes.



Program Updates

- There will be no Bingo on Monday, March 11th
- NOCE - Leap Classes will be on spring break from Monday, March 25th - Monday, April 1st

TRAVEL

Travel director: Carole Wright - Assistant Travel Director: Dianne Rodriguez
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 #00024 The Broad Museum and Farmers Market, Wednesday March 13th

Price: \$45.00 per person Leaving 9:30 A.M. Returning by 5:30 P.M.

The Broad is a contemporary Art Museum in Los Angeles. It is one of the world's leading collections of post war and contemporary art. It usually takes 1 1/2 hours to view all the exhibits, and we then will proceed to Farmers Market for lunch on your own. We should return around 5:30 P.M

Trip #00025 The Flower Fields of Carlsbad, Monday April 8th

Price: \$64.00 per person Leaving 9:00 A.M. Returning 5:30 P.M.

Kick off the spring season with a trip to the flower fields of Carlsbad, 50 acres of colorful flowers overlooking the pacific ocean, with themed gardens and the historic poinsettia display. We will hop aboard the tractor driven wagon for a tour of the flower fields and then navigate the pathways of the sweet pea maze. They also have a beautiful Armstrong nursery for the enjoyment and shopping. We look forward to you joining us!!



Extended Trips

Majestic Sedona

May 5th - 8th - 4 days, 3 nights

Price: \$1,199.00 per person double ; \$1,499.00 single

Trip additionally includes Sedona A2, Oak Creek Serome Copper Mining Town, Red Rock Touring, and Blazing Rach (Bobbi Luna)

Yellow Stone & The Wild West

June 21st - 27th - 7 days, 6 nights

Price: \$3,649.00 per double occupancy

Includes the round trip home pick up with Round trip airfare with 9 meals. Stops at Yellow Stone National Park, Old Faithful Geyser, Snake river Float Trip, Jackson, and much more. (AFC)

Colorado Rockies & Roaring Trains





September 6th - 13th, 2024 (8 days, 7 nights)

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

Includes Albarguerque City Tour, Pike's Peak Cog, Railing Scenre Colorado AmTrack Ride, Air Force, and more. Includes 7 Breakfasts, 3 Dinners (Friendly Excursion)

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



MONDAY	TUESDAY	WEDNESDAY
	 <p>● Sponsored by the Senior Club ▲ Fee Based Classes + Free Seminars & Workshops</p> 	 <p>Thursdays, 12:30pm - 2:30pm</p> <p>Get connected with others who also enjoy relaxing while letting your artistic side out. Coloring books and art supplies are provided.</p>
<p>8:00 Walking Group ● 4 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 ●</p>	<p>7:30 Pickleball ▲ 5 9:00 Tai Chi Chuan ● 9:00 Hawaiian Dance Lessons ▲ 9:15 Beginning Tai Chi Chuan 9:00 NOCE-Staying Mentally Sharp 10:00 NOCE- Robin's Health & Exercise 10:30 Belly Dance Lesson 11:00 Sr. Lunch with Reservation 11:30 Korean Drumming ▲ 6:00 Tuesday Evening Dance ▲</p> <p>No Loteria</p>	<p>8:00 Walking Group ● 6 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 9:00 Line Dance Alive ▲ 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 4:00 Karaoke! ●</p>
<p>8:00 Walking Group ● 11 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 11:00 Nutrition Bingo + 12:30 Medicare 101 +</p> <p>No Bingo</p>	<p>7:30 Pickleball-▲ 12 9:00 Tai Chi Chuan ● 9:15 Beginning Tai Chi Chuan ● 9:00 Hawaiian Dance Lessons ▲ 9:00 NOCE - Staying Mentally Sharp 10:00 NOCE - Robin's Health & Wellness 10:30 Belly Dance Lesson 11:00 Sr. Lunch with Reservation 11:30 Korean Drumming ▲ 6:00 Tuesday Evening Dance ▲</p>	<p>8:00 Walking Group ● 13 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 9:00 Line Dance Alive ▲ 9:30 The Broad Museum & Farmers Market 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 1:00 Cultural Excursions for Seniors ▲ 4:00 Birthday Karaoke with Optum</p>
<p>8:00 Walking Group ● 18 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 ▲ 11:00 Ipad Training Class + 12:00 Medicare Counseling - HICAP 12:30 Bingo ●</p>	<p>7:30 Pickleball ▲ 19 9:00 Tai Chi Chuan 9:15 Beginning Tai Chi Chuan 9:00 Hawaiian Dance Lessons ▲ 9:00 NOCE - Staying Mentally Sharp 9:00 NOCE - Robin's Health & Wellness 10:30 Belly Dance Lesson ▲ 11:00 Sr. Lunch with Reservation 11:30 Korean Drumming 12:00 Senior Zumba + 12:30 Loteria ● 1:00 Alzheimer's Caregiver Support Group 6:00 Tuesday Evening Dance</p>	<p>8:00 Walking Group ● 20 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 9:00 Line Dance Alive ▲ 10:30 Chair Yoga 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 4:00 Karaoke!</p>
<p>Similar Schedule to March 18th 25 Include: 10:00 Solo Aging Workshop + Exclude: 12:00 Medicare Counseling - HICAP</p> <p>No NOCE Classes</p>	<p>Similar Schedule to March 19th 26 Exclude: 12:30 Loteria 1:00 Alzheimer's Caregiver Support Group</p> <p>No NOCE Classes</p>	<p>Similar Schedule to March 20th 27 Include: 1:00 Egg Hunt & Decorating +</p> <p>No NOCE Classes</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:
Save the Date - Spring Fling Social



Thursday, April 4th

Sound Bath

Wednesday, April 10th

Health & Wellness Fair

Saturday, April 20th

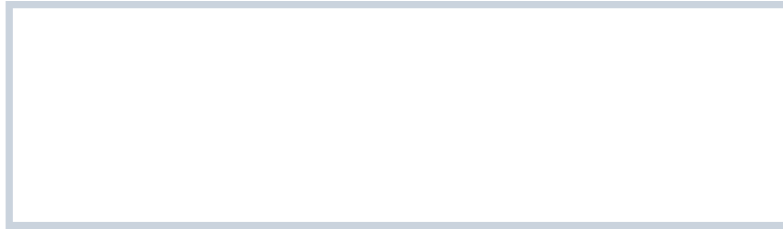
Thursday	Friday
NOCE - LEAP CLASSES Will be on break starting on Monday, March 25th through Monday, April 1st <ul style="list-style-type: none"> • Fun & Fitness Health with Janine • Staying Mentally Sharp • Robin's Healthy & Exercise • Fit & Healthy with Kenny • Crocheting & Knitting • Health & Wellness with Eunice 	7:30 Pickleball ▲ 1 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 11:00 Meals on Wheels Lunch 12:30 NOCE - Fit & Healthy with Kenny No Movie Today No Health Enhancing Class
9:00 NOCE- Crocheting & Knitting 7 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 ● 12:30 Tax Assistance Program - By Appointment 1:30 Korean Dance ▲ 4:00 Senior Ukulele Jam ● No Festive Fitness With Deena	7:30 Pickleball ▲ 8 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 10:00 Korean Parkinson Support Group 11:00 Grief Support Group 11:00 Sr. Lunch with Reservation 11:15 Clase de Educacion para la Salud 12:30 Friday Movie - "Wonder Woman" 12:30 NOCE - Fit & Healthy with Kenny
9:00 NOCE- Crocheting & Knitting 14 9:00 NOCE-Staying Mentally Sharp 9:00 Community Legal Aid Appointments 9:45 Thursday Trivia ● 10:00 Legal & Financial Consideration in Dementia Care + 10:30 Korean Folk Singing ▲ 10:30 Grocery Distribution 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:00 Korean Medicare + 12:30 Creative Coloring ● 12:30 Tax Assistance Program - By Appointment 1:30 Korean Dance 4:00 Senior Drum Circle No Festive Fitness With Deena	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 - Collage Coasters No Movie Today. 
9:00 NOCE - Crocheting & Knitting 21 9:00 NOCE - Staying Mentally Sharp 10:00 Stretch Your Grocery Dollar Workshop + 10:30 Korean Folk Singing ▲ 10:30 Grocery Distribution 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:30 Creative Coloring ● 12:30 Tax Assistance Program - By Appointment 1:30 Korean Dance ▲ 4:00 Senior Sing-a-Long No Festive Fitness With Deena	7:30 Pickleball ▲ 22 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 9:00 Bulletin Collation ● 11:00 Sr. Lunch with Reservation 11:00 Grief Support Group 12:30 Friday Movie - "Mulan" 12:30 NOCE - Fit & Healthy with Kenny 4:30 Crafternoon - Collage Coasters
<i>Similar Schedule to March 2nd</i> 28 Include: 4:00 Senior Drum Circle Exclude: 4:00 Senior Sing-a-long 10:30 Grocery Distribution / Strretch Your Groceries Workshop No NOCE Classes	<i>Similar Schedule to March 22nd</i> 29 Exclude: 11:00 Grief Support Group 12:30 Friday Movies 4:30 Crafternoons No NOCE Classes

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

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

**RENEW YOUR SENIOR
CLUB MEMBERSHIP FOR
2024**

**PLEASE CHECK YOUR
MAILING LABEL:
IF MAILING SHOWS
"2023 YOUR ARE STILL
DUE FOR MEMBERSHIP
RENEWAL FOR 2024"**



OR CURRENT RESIDENT

TIME - SENSITIVE MATERIAL

March 2024



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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

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.