



# FULLERTON SENIOR NEWS



FULLERTON COMMUNITY CENTER

340 W. COMMONWEALTH AVE. FULLERTON, CA. 92832

(714) 738-6575



## CURRENT PROGRAMS:

### 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.

### Senior Exercise Demo

Tuesday, April 2nd  
12:30 P.M. - 1:30 P.M.



This class will focus on teaching various movements to improve strength, flexibility, and balance. Presented by CrossFit Fullerton.

### Stop Falling! Home Safety and Preventing Falls & Injuries

Monday, April 15th  
11:30 A.M. - 12:30 P.M.



1 in 4 people over 65 will experience a fall this year, often resulting in serious injuries and medical needs. This workshop offers tools to identify and prevent fall risks, empowering individuals to maintain their safety and independence. Presented by SCAN.

### Fullerton Health & Wellness Fair!

Saturday, April 20th  
10:00 A.M. - 1:00 P.M.



The City of Fullerton invites you to attend the 2024 Health & Wellness Fair! Don't miss the chance to meet with health professionals and local business's that can help you reach your goals. FREE Admission!

### Spring Fling Social

Thursday, April 4th  
3:00 P.M. - 6:00 P.M.  
Doors open at 2:45 P.M.



\$4.00 Members; \$6.00 Non Members  
Entertainment: 5 Star Band sponsored by Optum  
Complimentary refreshments with live entertainment, drawings and lots of dancing!

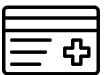
### Preguntas y respuestas sobre Medicare

Lunes, Abril 8th  
12:30 P.M. - 1:30 P.M.

¡Únase a nosotros para ayudarle a que profesionales respondan sus preguntas sobre Medicare!  
Presentado por Optum.

### Medicare Preventive Services

Monday, April 22nd  
10:00 A.M. - 11:00 A.M.



Did you know Medicare covers a range of preventive services to keep you healthy? Join HICAP (Health Insurance Counseling and Advocacy Program) to learn about the variety of preventive tests, exams, shots, screenings, counseling, and education that are available mostly at no cost. These services can help you find problems early, when treatment works best, and help keep you from getting certain diseases. Presented by HICAP.

### Grow it Now: Spring Vegetables

Wednesday, April 24th  
12:30 P.M. - 1:30 P.M.



Ready to dig into the garden again? Now is the time to plant warm season vegetables to feed your family over the summer months. Let us help you get the information you need to grow your own set of crops!  
Presented by UC Master Gardeners of Orange County

# f 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,

Happy Spring!!

Be sure to check out all of our activities happening this month!

Our Spring Fling Social will be on Thursday, April 4, 2024 from 3:00 PM to 6:00 PM \$4.00 for members, \$6.00 non-members. The 5 star band will be performing for your dancing pleasure, sponsored by Optum. Refreshments will be served.

Come join Meals on Wheels for a great cup of coffee and conversation each morning at 9:30 AM \$0.75 for a large cup of coffee, you won't be disappointed.

Bingo is offered every Monday from 12:30 PM to 3:00 PM, only \$0.25 per card! Cash prizes \$1.00 to \$5.00.

Come join our Bunco group every 4th Tuesday from 12:30 PM to 3:00 PM. On Thursdays join our Creative Coloring Group from 12:30 PM to 2:30 PM.

If you like to sing join our Karaoke group every Wednesday from 4:00 PM to 8:00 PM.

We're still looking for volunteers to join our team! Various programs are available. Please give us a call if you're interested in volunteering. Don't forget to renew your membership, only \$15.00 per year.

Sincerely,

Wendy Ocepek  
Senior Club President

## IN MEMORY OF...



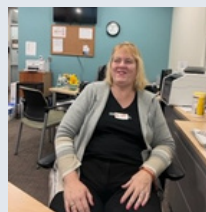
**Joan Kawase**  
**Shirley Finch**



Our Condolences go out to their loved ones

## PAULETTE'S CORNER

Spotlighting our Senior Club Members



Meet Anita Gilligan! She is currently a volunteer for the membership desk at the community center.

Anita enjoys volunteering in her community and her church. She Loves crafting and spending time with her grandchildren. She currently has a cat that is 20 years old!

Thank you Anita for helping our Senior Club. Your smile and And cheery attitude are precious!

# 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.

### APRIL 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 **Monday** - Mexican corn soup with chicken salad & roll
  - 2 **Tuesday** - Vegetable Lasagna with tossed salad & broccoli
  - 3 **Wednesday** - Orange chicken with brown rice and SF pudding
  - 4 **Thursday** - Pork carnitas bowl with cilantro rice & tortilla
  - 5 **Friday** - Baja fish sticks tacos with black beans & tortillas
  - 8 **Monday** - Caramel pork with rice and fruit mix
  - 9 **Tuesday** - Turkey pot roast with sweet potatoes & collard greens
  - 10 **Wednesday** - Macaroni & cheese with breadstick & pineapple juice
  - 11 **Thursday** - Chicken meatballs with mashed potatoes & dinner roll
  - 12 **Friday** - Baked ham w/ pineapple glaze & yams w/ marshmallow
  - 15 **Monday** - Chicken breast with pasta & dinner roll
  - 16 **Tuesday** - Barbacoa beef with cilantro lime rice & sf custard
  - 17 **Wednesday** - Split pea soup with tuna salad & dinner roll
  - 18 **Thursday** - Diced chicken with egg noodles & veggie blend
  - 19 **Friday** - Cubed beef with Mexican rice & pinot beans
  - 22 **Monday** - Chicken torta sandwich with tropical fruit mix
  - 23 **Tuesday** - Beef cheeseburger with potato salad & sf fruited gelatin
  - 24 **Wednesday** - Lentil Veggie soup with blueberry muffin & egg salad
  - 25 **Thursday** - Braised cube beef with sweet potatoes & green beans
  - 26 **Friday** - Vietnamese chicken salad with dinner roll & peaches
  - 29 **Monday** - Spinach soup with chicken salad & orange
  - 30 **Tuesday** - Mexican beef Cocido with beef broth & vegetable mix

## 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)



## 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, April 11th, 9:00 A.M. - 11:00 A.M.
- **Medicare HICAP Appointments**  
 (4 Appointments Available)  
 Monday, April 1st & 15th  
 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, April 4th, 11th & 18th 10:30 A.M.- 12:00 P.M.
- **Senior Korean Parkinson Support Group**  
 Friday, April 12th, 10:00 A.M. - 12:00 P.M.
- **Alzheimer's Support Group**  
 Sponsored by the Alzheimer's Orange County  
 Tuesday, April 16th, 1:00 P.M. - 2:00 P.M.  
 English Speaking
- **Grief Support Group**  
 Friday, April 12th & 26th, 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.**

# ACTIVITIES

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

## Discover Fullerton On Foot!

**Saturday, April 20th**  
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.

## The Importance of Sleep for Cognition

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

A presentation focusing on how sleep affects the brain, how much sleep and what kind of sleep adults need for optimal health, and how to develop your own hygiene for better brain function. Presented by Alzheimer's of Orange County.

## Tech 101

**Thursday, April 18th**  
12:00 P.M. - 1:00 P.M.



You're never too old to learn something new, even technology! Join us to learn basic information about computers, the internet, smartphones, and tablets. Presented by Humana.

## Sound Bath

**Wednesday, April 10th**  
12:30 P.M. - 2:00 P.M.



Immerse yourself in the transformative power of sound frequencies, tapping into the body's natural rhythm to induce deep relaxation and release blockages, promoting profound peace and well-being. Presented by Optum.

## April 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.*

**April 12th - "Wall - E"** (Waste Allocation Load Lifter Earth-Class) is the last robot left on Earth, programmed to clean up the planet, one trash cube at a time. However, after 700 years, he's developed one little glitch—a personality. He's extremely curious, highly inquisitive, and a little lonely.

**April 26th - "I Am Greta"** Greta Thunberg starts school striking for the climate. She skips school and sit outside the parliament to show the politicians that if they don't care about her future, why should she? A film about acting to stop climate change before it's too late.

## Art Programs

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

### Crafternoons:

Rock Zodiac Painting  
**April 19th** at 2:30 P.M.  
**April 26th** at 4:30 P.M.



## Turning 65

**Tuesday, April 16th**  
12:00 P.M. - 1:00 P.M.



As you approach Medicare eligibility (age 65), you may have health coverage questions. This seminar is designed to help you find confidence in making the right Medicare decisions. Whether you are planning to retire or will continue to work it is important to know your Medicare options. Presented by C&C Family Insurance Services

## Medicare & Social Security benefits

메디케어와 소셜 시큐리티 혜택 (한국어)

4월 11일, 목요일

오후 12시-오후 1시

무료 교육 세미나에 참석 하셔서 유익한 정보를 받아주세요. 샌드위치와 음료가 제공될 예정입니다.

Optum(옵텀)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.

## Program Updates

- No NOCE - Leap Classes on Monday, April 1st. Classes will resume Tuesday, April 2nd.



# 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 #00027 Aquarium of the Pacific, Monday May 13th**

**Price: \$70.00 per person Leaving 9:00 A.M. Returning by 4:30 P.M.**

Join us on a trip to Southern California's largest aquarium in Long Beach. Over 100 exhibits and 12,000 animals, situated on Rainbow Harbor across from the Queen Mary and next to Shoreline Village where you can shop and enjoy lunch on your own.

**Trip #00028 The Queen Mary, Glory Days, Monday June 3rd**

**Price: \$65.00 per person Leaving 8:30 A.M. Returning 4:30 P.M.**

Join us as we delve into the ship's expansive past, her construction, her time as a troopship during WWII and of course, her glory days as the world's most luxurious and technological ocean liner.

**Upcoming Trips: Temecula Olive Oil Tour/ Tasting, Morongo Casino/Outlet Center, Catalina and Solvang/Chumash Casino. Let us know if you're interested or any suggestions.**



## 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
8:00 Walking Group ● 1 9:00 Longevity Stick Balance ● 9:00 Needlecraft Service Group ● 10:30 Chair Yoga ▲ 10:30 Senior Programs Office Hours 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:00 Medicare Counseling - HICAP 12:30 Bingo ● 1:00 Caring Companions ● 2:00 Healthy Relationships Workshop+ <b>No NOCE Classes</b>	7:30 Pickleball ▲ 2 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 ▲ 12:30 Senior Exercise Demo + 6:00 Tuesday Evening Dance ▲ <b>No Loteria</b>	8:00 Walking Group ● 3 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! ● <b>No Chair Yoga</b>
8:00 Walking Group ● 8 8:00 Trip Departure Flower Field Carlsbad 9:00 Carlsbad Flower Fields Trip 9:00 NOCE - Fun and Fitness with Janine 9:00 Longevity Stick Balance ● 9:00 Needlecraft Service Group ● 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:30 Bingo ● 12:30 Medicare 101 Spanish Workshop + 2:00 Healthy Relationships Workshop + <b>No Chair Yoga</b>	7:30 Pickleball ▲ 9 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 ▲	8:00 Walking Group ● 10 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 9:00 Line Dance Alive ▲ 10:00 Laughter Yoga + 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 12:30 Sound Bath with Optum 1:00 Cultural Excursions for Seniors ▲ 4:00 Birthday Karaoke with Optum ● <b>No Chair Yoga</b>
8:00 Walking Group ● 15 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 + 11:30 Home Safety & Preventing Falls + 12:00 Medicare Counseling - HICAP 12:30 Bingo ● 2:00 Healthy Relationships Workshop +	7:30 Pickleball ▲ 16 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 ▲ 12:00 Turning 65 Workshop 12:30 Loteria 1:00 Alzheimer's Caregiver Support Group 6:00 Tuesday Evening Dance ▲	8:00 Walking Group ● 17 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 9:00 Line Dance Alive ▲ 10:00 Important of Sleep for Cognition + 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny
8:00 Walking Group ● 22 9:00 NOCE - Fun and Fitness with Janine 9:00 Longevity Stick Balance ● 9:00 Needlecraft Service Group ● 10:00 Medicare Preventive Services + 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:30 Bingo ● 2:00 Healthy Relationships Workshop +	7:30 Pickleball ▲ 23 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 12:30 Bunco ● 6:00 Tuesday Evening Dance	8:00 Walking Group ● 24 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 12:30 Grow it Now: Spring Vegetables + 4:00 Karaoke!
<i>Similar Schedule to April 22nd</i> 29 <b>Exclude:</b> 10:00 Medicare Preventive Services	<i>Similar Schedule to April 23rd</i> 30 <b>Exclude:</b> 12:00 Senior Zumba	 <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>

**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.- 4:00 P.M. (M)**
**11:00 A.M.- 3:00 P.M. (TH)**

**PICKLE BALL**
**TUESDAYS & FRIDAYS**
**7:30 A.M. - 12:30 A.M. (T)**
**7:30 A.M. - 11:30 A.M. (F)**
**\$3 RESIDENT/ \$4 NON-  
 RESIDENT DROP IN**

 All players welcome from beginning  
 to advanced. Singles and doubles  
 play available.

**LOOKING FORWARD:**
**The Role of Physical & Mental  
 Exercise for Brain Health**





Monday, May 8th

**Open Mic**

Wednesday, May 15th

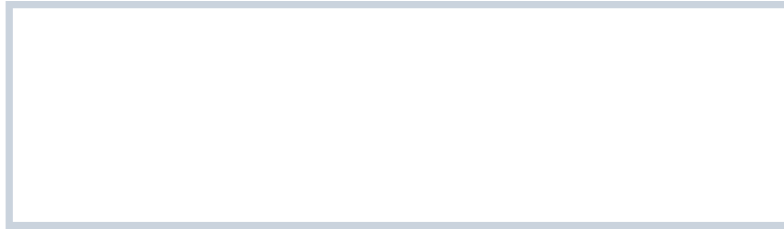
**Photography Series**

Wednesday, May 22nd

Thursday	Friday
9:00 NOCE- Crocheting & Knitting 4 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 ▲ 3:00 Spring Fling Social ▲ 4:00 Senior Ukulele Jam ●  <b>No Festive Fitness With Deena</b>	7:30 Pickleball ▲ 5 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 11:00 Meals on Wheels Lunch 12:30 NOCE - Fit & Healthy with Kenny  <b>No Movie Today            No Health Enhancing Class</b>
9:00 NOCE- Crocheting & Knitting 11 9:00 NOCE-Staying Mentally Sharp 9:00 Community Legal Aid Appointments 9:45 Thursday Trivia ● 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 ● 1:30 Korean Dance 4:00 Senior Drum Circle  <b>No Festive Fitness With Deena</b>	7:30 Pickleball ▲ 12 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 - "Wall-E" 12:30 NOCE - Fit & Healthy with Kenny
9:00 NOCE - Crocheting & Knitting 18 9:00 NOCE - Staying Mentally Sharp 10:30 Korean Folk Singing ▲ 10:30 Grocery Distribution 11:00 Sr. Lunch with Reservation 11:00 Senior Club Board Meeting 11:00 Table Tennis ▲ 12:30 Creative Coloring ● 1:30 Korean Dance ▲ 4:00 Senior Sing-a-Long  <b>No Festive Fitness With Deena</b>	7:30 Pickleball ▲ 19 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 - Rock Zodiac Painting  <b>No Movie Today.</b>
9:00 NOCE - Crocheting & Knitting 25 9:00 NOCE - Staying Mentally Sharp 10:30 Korean Folk Singing ▲ 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:30 Creative Coloring ● 1:30 Korean Dance ▲ 4:00 Senior Drum Circle  <b>No Festive Fitness With Deena</b>	7:30 Pickleball ▲ 26 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 - "I am Greta" 12:30 NOCE - Fit & Healthy with Kenny 4:30 Crafternoon - Rock Zodiac Painting
 <b>April</b> 	 <b>2024</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

April 2024



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

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