



FULLERTON SENIOR NEWS



FULLERTON COMMUNITY CENTER

340 W. COMMONWEALTH AVE. FULLERTON, CA. 92832

(714) 738-6575



CURRENT PROGRAMS:

Preparedness and Resilient: Adult & Senior Readiness



Fridays, May 3rd - May 17th
9:00 A.M. - 12:00 P.M.

Get ready and be prepared for an emergency or disaster. This **three-part** series is a discussion based and interactive class that supports personal preparedness at home, work, or where your travels might take you!
Presented by Fullerton Fire.

The Role of Physical & Mental Exercise for Brain Health



Wednesday, May 8th
10:00 A.M. - 11:00 A.M.

Join this presentation to learn how being active and engaged can promote brain health and memory.
Presented by Alzheimers of Orange County.

CalOptima Health Pace Presentation

Tuesday, May 21st
1:00 P.M. - 2:00 P.M.

Join us for an informative presentation on CalOptima Health PACE, a comprehensive healthcare program designed to support seniors with their healthcare needs. Presented by CalOptima Health Pace.

Flag Ironing Service Day



Tuesday, May 28th
8:00 A.M. - 1:00 P.M.

Every year, Community Center seniors proudly assist with the inspection, ironing and packing of the veterans' American flags used during Loma Vista Memorial Park's annual Memorial Day program. Volunteers are key to a successful and rewarding service day - please call 714-738-6305 as soon as possible if you can offer assistance. Volunteers are requested to bring an iron and a large towel for the service day, if possible. Thank you for your service on this special day!



Senior Prom!

Thursday, May 30th
5:00 P.M. - 8:00 P.M.
Doors open at 4:45 P.M.
\$2.00 Admission



Entertainment: DJ sponsored by Optum
Complimentary refreshments with photo booth, live music, and Hollywood themed night!

Memorial Day Recognition



Memorial Alter ~
May 28th - May 31st
Recognition Gathering ~
Friday, May 31st 10:00am - 11:00am

Please join us during Memorial week at the Fullerton Community Center to honor our fallen soldiers who served in our U.S. military personnel. You're invited to bring photographs or mementos to be displayed on an altar dedicated to your departed loved ones. A gathering will be held at the end of the week to honor and celebrate the lives of those who made the ultimate sacrifice.

Therapeutic Art Classes



Tuesday, May 7th/May 14th/May 21st
12:30 P.M. - 2:00 P.M.

Explore the transformative power of art with our no-cost creative therapy classes. Led by experienced instructors, these classes provide a non-judgmental space for self-expression and emotional growth. Delve into your emotions, reduce stress, and boost self-esteem through the artistic process. Beginners and seasoned artists alike are welcome—all supplies are provided. Registration Required.
Presented by Council on Aging

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

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,

April showers bring May flowers, all the flowers are now in bloom! We had 50 members for our trip to the Carlsbad Flower Fields.

We would like to take this opportunity to thank all the people on our social committee and our sponsors, Optum, Rutabegorz, Cal State Fullerton Athletic Department and all those who donated gift cards and baskets for making our Spring Social a huge success!

Save the date, July 11, 2024 will be our next social...watch for further information in our upcoming newsletter.

We had a great turnout for our new Bunco group. We meet the 4th Tuesday of each month at 12:30... Come join us!!

You are receiving this newsletter because you are a member of the Fullerton Senior Citizens Club... Did you know that this club had its beginning roots in 1958 with 45 members and officially became a social club in 1960 with 580 members. How wonderful to be a member of an organization that has been around for over 60 years!

Happy Mothers Day!!
Feliz Dia de las Madres!!

Sincerely,

Wendy Ocepek
Senior Club President

IN MEMORY OF...



Irene Roche
Louis Gioleni



Our Condolences go out to their loved ones

PAULETTE'S CORNER

Spotlighting our Senior Club Members



Meet Lori Waddell. She is a current member of the senior club. She loves to come to the Tuesday Night Dance and also loves to come to Karaoke on Wednesday night . She is a avid Elvis fan.

There is a lot of activity's offered at our center. Come check out our bulletin board or newsletter for classes and activities .

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.

MAY 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** - Ground turkey bolognese with bow tie pasta
- 2 **Thursday** - baked tilapia with Mexican rice and tortilla
- 3 **Friday** - Chicken Tamale with black beans and rice pudding
- 6 **Monday** -Box Lunch
- 7 **Tuesday** - Box Lunch
- 8 **Wednesday** - Box Lunch
- 9 **Thursday** -Box Lunch
- 10 **Friday** - chicken cordon bleu with lemon cake and dinner roll
- 13 **Monday** - Box Lunch
- 14 **Tuesday** -Box Lunch
- 15 **Wednesday** - Orange chicken with brown rice and spinach
- 16 **Thursday** - Pork carnitas with cilantro rice and fresh fruit
- 17 **Friday** - Baja fish stick tacos with black beans and milk
- 20 **Monday** - Caramel pork with jasmine rice and tropical mix
- 21 **Tuesday** - turkey pot roast with sweet potatoes and milk
- 22 **Wednesday** - macaroni and cheese with breadstick and carrots
- 23 **Thursday** - chicken meatballs with mashed potatoes and apple
- 24 **Friday** -BBQ mcrib with mashed potatoes and cornbread
- 27 **Monday** - CLOSED
- 28 **Tuesday** - Diced chicken with egg noodles and dinner roll
- 29 **Wednesday** - Split pea soup with tuna salad and fresh apple
- 30 **Thursday** -barbacoa beef and lime rice and tortilla
- 31 **Friday** -cubed beef with pinto beans and tortilla

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, May 9th, 1:00 P.M. - 3:00 P.M.
- **Medicare HICAP Appointments**
 (4 Appointments Available)
 Monday, May 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, May 9th & 16th 10:30 A.M.- 12:00 P.M.
- **Senior Korean Parkinson Support Group**
 Friday, May 10th, 10:00 A.M. - 12:00 P.M.
- **Alzheimer's Support Group**
 Sponsored by the Alzheimer's Orange County
 Tuesday, May 21st, 1:00 P.M. - 2:00 P.M.
 English Speaking
- **Grief Support Group**
 Friday, May 10th & 24th, 11:00 A.M. - 12:30 P.M.

SENIOR TRANSPORTATION PROGRAM

Taxi Program- FREE Promotion March 1st - July 31st, 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



ACTIVITIES

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

Discover Fullerton On Foot!

Saturday, May 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.



Social Security & Medicare Workshop

Monday, May 13th

12:30 P.M. - 1:30 P.M.

Learn about your social security options in retirement. Get answers to your Medicare questions!

Presented by Optum.

Tomatoes A-Z

Thursday, May 23rd

9:30 A.M. - 10:30 A.M.

Discover the fascinating world of tomatoes with the UC Master Gardeners of Orange County! From their rich history to fun facts, various varieties, cultivation techniques, and dealing with pests and diseases, this session covers everything you need to know about growing and using tomatoes. Whether you're a beginner or an expert, join us to explore the A to Z of tomatoes.



Phone Photography 101:

Understanding your Camera Settings

Wednesday, May 22nd

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

Do you love to take pictures? If you have a smartphone or a tablet, Learn about the different camera features you can use on your tablet or smartphone. Presented by Optum.



May 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.

May 10th - "Mother's Day" Sandy (Jennifer Aniston) is a stressed-out, single mom who learns that her ex-husband is marrying a younger woman. Her friend Jesse (Kate Hudson) is a fitness freak who doesn't tell her parents that she has a family. Bradley is a widower who's trying to raise two daughters on his own, while Miranda (Julia Roberts) is too busy with her career to worry about having children. When their respective problems start coming to a head, the Mother's Day holiday takes on a special meaning. Rated PG-13

May 24th - "The Adam Project" Time-travelling fighter pilot Adam Reed teams up with his 12-year-old self for a mission to save the future after unintentionally crash landing in 2022. Rated Pg-13

Art Programs

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

Crafternoons:

Water Color Poppy Painting

May 17th at 2:30 P.M.

May 24th at 4:30 P.M.



It's Your Estate

Thursdays, May 2nd - June 6th

2:00 P.M. - 3:30 P.M.

A free 6 week workshop to help you gain control of managing and preserving your assets. Learn from several local legal professionals as they share expertise in planning for safeguarding and passing on your assets to loved ones. Presented by Eclectic Associates



Medicare and Social Security Benefits (Korean)

메디케어와 소셜 연금 (한국어)

5월 9일, 목요일

오후 12시

무료 교육 세미나에 참석 하셔서 유익한 정보를 받아주세요.

어버이날 기념 다과와 음료가 제공됩니다.

Optum(옵팀)에서 제공합니다.

Open Mic

Wednesday, May 15th

10:00 A.M. - 1:00 P.M

Participants are encouraged to take part in this class by singing or playing an instrument, reading a favorite poem or short story, performing comedy or telling a joke - make sure to keep it PG! If you get stage fright, you're more than welcome to come and observe. Presented by SCAN.



Flowers with Love: Mother's Day Floral Arrangement Workshop

Friday, May 10th

2:00 P.M. - 4:00 P.M.

Join us in the afternoon to celebrate Mother's Day by creating a delightful flower arrangement and enjoying some fun together! Registration required. Presented by Optum.



Optum

Program Updates

- No Grocery Distribution May 2nd

- The Center will be closed Monday, May 27th in observance of Memorial Day

-No NOCE Classes the week of May 27th-May 31st



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.

Trip #00029 Morongo Casino or Cabazon Outlet Tuesday, June 18th

Price: \$37.00 per person Leaving 9:00 A.M. Returning 5:30 P.M.

Enjoy the day at Morongo Casino with lunch on your own. As an option, Cabazon Outlet will also be available for non gamblers for shopping and lunch on your own.



Extended Trips

Waterways & NW National Parks

July 19th - - 7 days, 9 meals

Price: \$3,349.00 per person double ; \$4,399.00 single

Trip includes: Mt Rainier National Park, Olympic National Park, Whale Watching Cruise and much more! (AFC Vacations)

Grand Sierras

August 18 - 22, 2024 - 6 meals

Price: \$1,499.00 per double \$1999.00 per person single

Trip includes: Mammoth lakes, Yosemite's Toulumne Meadows, Kings Canyon, Sequoia National Park and much more (Friendly Excursion)

Colorado Rockies & Roaring Trains




September 6th - 13th, 2024 (8 days, 7 nights) 10 meals

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

Includes Albuquerque 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>8:00 Walking Group ● 1 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 ● 6 9:00 Longevity Stick Balance ● 9:00 Needlecraft Service Group ● 9:00 NOCE - Staying Mentally Sharp 10:00 NOCE - Robin's Health & Wellness 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 (Hunt Branch Library) ● 1:00 Caring Companions ●</p>	<p>7:30 Pickleball ▲ 7 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 Therapeutic Art Class + 6:00 Tuesday Evening Dance</p>	<p>8:00 Walking Group ● 8 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 10:00 Physical/mental Exercise of Brain+ 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>No Line Dance Alive</p>
<p>8:00 Walking Group ● 13 9:00 Aquarium of the Pacific Trip 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 ▲ 12:30 Bingo (Hunt Branch Library) ● 12:30 Medicare 101 & social security Workshop +</p>	<p>7:30 Pickleball ▲ 14 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 Therapeutic Art Class + 6:00 Tuesday Evening Dance ▲</p>	<p>8:00 Walking Group ● 15 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 10:30 Chair Yoga 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 12:30 Open Mic Workshop + 4:00 Karaoke!</p> <p>No Line Dance Alive</p>
<p>8:00 Walking Group ● 20 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 ▲ 21 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 ▲ 12:30 Loteria 12:30 Therapeutic Art Class + 1:00 Cal Optima Health Pace Presentation 1:00 Alzheimer's Caregiver Support Group 6:00 Tuesday Evening Dance ▲</p>	<p>8:00 Walking Group ● 22 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 10:00 Phone Photography 101: Understanding your camera settings + 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 4:00 Karaoke!</p> <p>No Line Dance Alive</p>
 <p>27</p>	<p>28 Similar Schedule to May 21st Exclude: 12:30 Therapeutic Art Class 1:00 CalOptima Peace Presentation Include: 12:30 Bunco No NOCE Classes</p>	<p>29 Similar Schedule to May 22nd Exclude: 10:00 Phone Photography 101 No NOCE Classes No Line Dance Alive</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.- 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:
Museum and More

Wednesday, May 8th

What's In Your Soil

Wednesday, June 12th

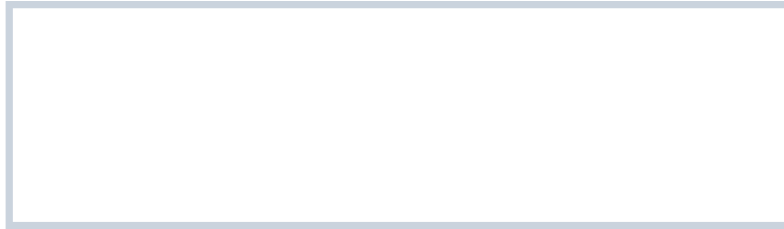
Butterfly's In Your Garden

Wednesday, June 24th

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 ▲ 2:00 It's Your Estate Workshop + 4:00 Senior Ukulele Jam ●	7:30 Pickleball ▲ 3 8:00 Walking Group ● 9:00 Preparedness & Readiness Workshop+ 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 9 9:00 NOCE-Staying Mentally Sharp 9:45 Thursday Trivia ● 10:30 Korean Folk Singing ▲ 11:00 Sr. Lunch with Reservation 12:00 Korean Medicare + 12:30 Creative Coloring 1:00 Community Legal Aid Appointments 1:30 Korean Dance ▲ 2:00 It's Your Estate Workshop + 4:00 Senior Drum Circle ● No Table Tennis No Grocery Distribution	7:30 Pickleball ▲ 10 8:00 Walking Group ● 9:00 Preparedness & Readiness Workshop+ 9:00 NOCE - Health & Wellness with Eunice 10:00 Korean Parkinson Support Group 11:00 Grief Support Group 11:00 Sr. Lunch with Reservation 11:30 Clase de Educacion para la Salud 12:30 Friday Movie - "Mother's Day" 12:30 NOCE - Fit & Healthy with Kenny
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 ● 11:00 Senior Club Board Meeting 1:30 Korean Dance ▲ 2:00 It's Your Estate Workshop + 4:00 Senior Sing-a-Long	7:30 Pickleball ▲ 17 8:00 Walking Group ● 9:00 Preparedness & Readiness Workshop+ 9:00 NOCE - Health & Wellness with Eunice 11:00 Sr. Lunch with Reservation 12:30 NOCE- Fit & Healthy with Kenny 2:30 Crafternoon - WaterColor Poppy Painting No Movie Today.
9:00 NOCE - Crocheting & Knitting 23 9:00 NOCE - Staying Mentally Sharp 9:30 Tomatoes A-Z Workshop + 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 It's Your Estate Workshop + 4:00 Senior Drum Circle	7:30 Pickleball ▲ 24 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 11:00 Sr. Lunch with Reservation 11:00 Grief Support Group 12:30 Friday Movie - "The Adam Project" 12:30 NOCE - Fit & Healthy with Kenny 4:30 Crafternoon - Watercolor Poppy Painting
<i>Similar Schedule to May 23rd</i> 30 Exclude: Tomatoe A-Z Workshop + Add: 5:00: Senior Prom No NOCE Classes	<i>Similar Schedule to May 24th</i> 31 Include: 9:00 Bulletin Collation 10:00 Memorial Recognition No NOCE Classes

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

May 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

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.