



FULLERTON SENIOR NEWS



FULLERTON COMMUNITY CENTER

340 W. COMMONWEALTH AVE. FULLERTON, CA. 92832

(714) 738-6575



CURRENT PROGRAMS:

Soil: What's In Your Soil Workshop

Wednesday, June 12th
9:30 A.M. - 10:30 A.M.



Unlock the secrets to a thriving garden by learning about soil composition, texture, and structure, as well as aeration and drainage. Explore composting, mulching, and fertilizing for sustainable gardening. Gain practical steps to assess and enhance your soil for a fruitful garden.

Presented by UC Master Gardeners of Orange County.

Nutrition for a Healthier Mind

Wednesday, June 19th
10:00 A.M. - 11:00 A.M.



Join this presentation to learn what foods you should eat and what foods you should avoid for a healthier brain and body. Presented by Alzheimer's Orange County.

Bollywood Laughter Yoga

Thursday, June 27th
10:00 A.M. - 11:00 A.M.



Bollywood Laughter Yoga Dance combines Bollywood style aerobic dancing, laughter exercises and breathing exercises, which will make you feel refreshed and energized. The dance moves are taken from the Bollywood movies. They are very simple and are done seated. Presented by SCAN.

Ice Cream Social W/ Optum!

Monday, June 24th
1:00 P.M. - 3:00 P.M.



Join us for a delightful summer kickoff with a sweet treat: ice cream! Indulge in a scoop of joy as we gather for a fun-filled afternoon. Sponsored by Optum

Hawaiian Luau Social

Thursday, July 11th

3:00 P.M. - 6:00 P.M.

Doors open at 2:45 P.M.

\$8 Members; \$10 Non Members

Entertainment: Dj Jose Miranda Sponsored by Optum

Catered by Touch of Paradise

Performance by our Hawaiian Dancers

Tickets sold to first 110 people ONLY, sale starts June 3rd



Therapeutic Art Classes

Tuesday, June 4th/June 11th/June 18th

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 separately per class.** Presented by Council on Aging



Medicare Essentials - Understanding Medicare Basics

Monday, June 24th

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



Get a grasp on your Medicare coverage with the Medicare Essentials seminar! Whether you're new to Medicare or a current beneficiary, this seminar covers key topics like benefits, coverage options, costs, and saving opportunities. Presented by HICAP

Nutrition Bingo

Tuesday, June 25th

1:00 P.M. - 2:00 P.M.



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

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,

June already!! Schools out for summer, but here at the Community Center the Senior Club does not take a break... Our Programs still continue and we hope you are participating in our Bunco, Bingo, Karaoke, Creative Coloring, Walking Group, Needlecraft Service Group, day trips with our Travel Dept and many more.

Stop in our Senior Club Office, we have a new suggestion box, we would appreciate your constructive suggestions.

We are having our Social on July 11th, 2024 between 3:00pm and 6:00pm and we will be having a Hawaiian Luau with dinner, dancing, door prizes and our 50/50 raffle. Our own Hawaiian dancers will perform. Tickets go on sale June 3, 2024 in the Senior Club Office. Hours 9:00am to 1:00pm Monday thru Thursdays, Fridays until 12:00pm. Members will be \$8.00, non members \$10.00, tickets for the first 110 people only. Our DJ, Jose Miranda will provide music for you dancing pleasure... Sponsored by OPTUM.

We would like to thank the National Charity League, Fullerton Chapter, for the kind donations of beautiful floral bouquets for all our tables in the dining room, and our Senior Club Office.

SAVE THE DATE: Thursday, August 22nd, 2024 from 12:00pm to 9:00pm for our Polly's Pie fundraiser at Fullerton location on Raymond. Polly's will donate 20% of the proceeds to our Fullerton Senior Club.

Are you looking for a way to give back?

Are you not ready to fully retire?

We have something for you... there are many programs that can use your talents, skills and time to make seniors lives better. Pick up an application in our senior club office today or for more information, please call (714) 738 - 6353

Wishing all fathers a very Happy Father's Day!!

Sincerely,

Wendy Ocepek
 Senior Club President

Senior Dance Programs

Discover the joy of movement and connection with our senior dance programs designed to bring joy and promote physical well-being. Join us for a journey of self-expression and connection through the universal language of dance.

- **Hawaiian Dance, Tuesdays 9:00am - 10:00am**
- **Middle Eastern/Belly Dance, Tuesdays 10:30am - 11:45am**
- **Line Dance Alive, Wednesdays 9:00am - 11:30am**
- **Korean Dance, Thursdays 1:30 pm - 2:45 pm**



PAULETTE'S CORNER

Spotlighting our Senior Club Members



Meet Molly Muro. She is an outstanding member of our Senior Club!
 She is currently the Bingo caller every Monday afternoon at our Senior Center.
 She has previously served as our Senior Club Secretary. She loves taking classes at our Center. She actively participates in staying mentally sharp, exercise class, and our creative coloring class.
 She enjoys going on trips with the Community Center and our Senior Center.
 Thank you for your dedication to our Senior Center.

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.

JUNE 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.

- 3 **Monday** - Chicken torta sandwich with fruit mix
- 4 **Tuesday** - Beef cheeseburger with sf fruited gelatin
- 5 **Wednesday** - Veggie egg salad with blueberry muffin and milk
- 6 **Thursday** - Braised cubed beef w/ sweet potatoes & roll
- 7 **Friday** - Vietnamese chicken salad with sliced peaches
- 10 **Monday** - Spinach soup with chicken salad and orange
- 11 **Tuesday** - Mexican beef cocido with tortilla and vegetable mix
- 12 **Wednesday** - Ground turkey bolognese with pasta and fruit mix
- 13 **Thursday** - Baked tilapia with mexican rice with broccoli & tortilla
- 14 **Friday** - Roast beef with baked potato and pudding cake
- 17 **Monday** - Pork chile verde with pinot beans and carrots
- 18 **Tuesday** - BOX LUNCH
- 19 **Wednesday** - Spinach & mushroom quiche with roasted potatoes
- 20 **Thursday** - Vietnamese diced chicken with brown rice & pudding
- 21 **Friday** - Hot dog with baked beans, coleslaw and SF ice cream
- 24 **Monday** - Chicken salad with mushroom salad and dinner roll
- 25 **Tuesday** - Vegetable lasagna with tossed salad and cauliflower
- 26 **Wednesday** - Chicken orange chicken with brown rice and pudding
- 27 **Thursday** - Pork carnitas bowl with cilantro rice and veggie mix
- 28 **Friday** - Baja fish stick tacos and black beans with tortillas

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, June 13th, 1:00 P.M. - 3:00 P.M.
- **Medicare HICAP Appointments**
 (4 Appointments Available)
 Monday, June 3rd & 17th
 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, June 6th, 13th, 20th 10:30 A.M.- 12:00 P.M.
- **Senior Korean Parkinson Support Group**
 Friday, June 14th, 10:00 A.M. - 12:00 P.M.
- **Alzheimer's Support Group**
 Sponsored by the Alzheimer's Orange County
 Tuesday, June 18th, 1:00 P.M. - 2:00 P.M.
 English Speaking
- **Grief Support Group**
 Friday, June 14th & 28th, 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, June 15th
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 Benefits & Pension (Korean)

소셜연금과 개인연금 (한국어)
6월 13일, 목요일
오후 12시



무료 교육 세미나에 참석 하셔서 유익한 정보를 받아가세요.
간단한 다과가 제공됩니다.
Optum(옵텀)에서 제공합니다.

Lunch & Learn Seminar

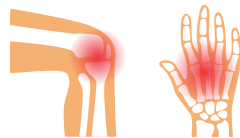
Wednesday, June 26th
12:30 P.M. - 2:30 P.M.



Don't miss this opportunity to enjoy a delicious lunch while gaining essential knowledge to make informed decisions about your healthcare!
Presented by Bankers Life.

Doc Talk: Arthritis

Thursday, June 20th
12:30 P.M. - 1:30 P.M.



Discover valuable insights into arthritis with Dr. Bhavesh Jansari. This informative session will cover what arthritis is and provide effective management tips to improve your quality of life.
Presented by Humana.

June 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.



June 14th - "The Son" Building a life with a new family following a divorce, an overachieving father faces new obstacles when his troubled teenage son moves in with them. Starring High Jackson, Laura Dern, and Vanessa Kirby. Rated PG-13

June 28th - "Top Gun: Maverick" After thirty years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads TOP GUN's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it. Starring Tom Cruise, Miles Teller, and Val Kilmer. Rated PG-13

Art Programs

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

Crafternoons:

Watermelon Painting

June 21st at 2:30 P.M.

June 28th at 4:30 P.M.



Preguntas y respuestas sobre Medicare

Monday, June 10th

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



¡Únase a nosotros para ayudarle a que profesionales respondan sus preguntas sobre Medicare!

Presentado por Optum.

Zumba!

Thursday, June 20th

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



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

Sip and Paint Class

Thursday, June 27th

2:30 P.M. - 4:30 P.M.



Spend a delightful afternoon painting a serene sunset with hot air balloons while sipping on sparkling cider. Perfect for seniors looking to explore their creativity and socialize. All materials will be provided, and no prior painting experience is necessary. Presented by Optum.

NEW Upcoming NOCE - LEAP Classes!

Sessions start June 3rd!

- **Books Come Alive for Older Adults**
 - Mondays, 12:00pm - 1:50pm

- **Senior Topics for Older Adults**
 - Wednesdays, Senior Topics for Older Adults

- **Food Preparation and Good Nutrition for Older adults**
 - Fridays, 1:00pm - 2:50pm





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 #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.

Trip #1 The Academy of Motion Pictures Museum, Monday July 15th

Price: \$69.00 per person Leaving 8:30 A.M. Returning by 5:00 P.M.

Unparalleled collection of exhibitions and programs illuminating the fascinating world of cinema. Lunch on your own at either of the restaurants in the museum.

Trip #2 Point Fermin, Korean Friendship Bell and Redondo Pier, Tuesday July 23

Price: \$49.00 per person Leaving 8:30 A.M. Returning 5:00 P.M.

Join us as we tour the lighthouse built by the Federal Government in 1874 to the light of the entrance to the Los Angeles Harbor.

The Korean Friendship Bell was donated in 1976 to the people of Los Angeles by the people of the republic of Korea to celebrate the bicentennial of the U.S. independence and to honor veterans that served in the Korean War.



Extended Trips

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 Scenic Colorado AmTrack Ride, Air Force, and more. (Bobbi Lona)

Muir Wood, Monterey and San Luis Obispo

September 24th - 27th, 2024 (4 days, 3 nights) 3 Breakfasts

Price: \$899.00 per person double ; \$1,499.00 single

Trip includes: Golden gate Bridge, Muir Woods National Monument, Sausalito, Fisherman's Wharf & Pier 39, 17 Mile Scenic Drive, Monterey - Cannery Row, San Luis Obispo, SLO Farmers Markets and Solvang (Friendly Excursion)

Hearst Castle at Christmas Time

December 15th - 17th, 2024 (3 Days & 2 Nights) 2 Breakfasts

Price: \$789.00 per double \$999.00 per person single

Trip includes: Cambria Christmas Market, Christmastime Tour of Hearst Castle, Coastal California, Santa Barbara, Solvang, San Luis Obispo and San Simeon (Friendly Excursion)

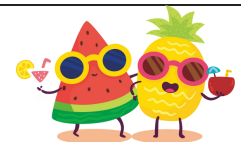
Stop in the Travel Office - We have many brochures of great trips!



MONDAY	TUESDAY	WEDNESDAY
8:00 Walking Group ● 3 8:30 Queen Mary Trip 9:00 Longevity Stick Balance ● 9:00 Needlecraft Service Group ● 9:00 NOCE - Staying Mentally Sharp 9:00 Medicare Counseling - HICAP (Korean) 10:30 Chair Yoga ▲ 10:30 Senior Programs Office Hours 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:00 NOCE Books Come Alive for Older Adults 12:00 Medicare Counseling - HICAP (English) 12:30 Bingo ● 1:00 Caring Companions ●	7:30 Pickleball ▲ 4 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	8:00 Walking Group ● 5 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 9:00 Line Dance Alive ▲ 10:00 NOCE- Senior Topics for Older Adults 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 4:00 Karaoke! ●
8:00 Walking Group 10 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 NOCE Books Come Alive for Older Adults 12:30 Bingo ● 12:30 Preguntas y respuestas sobre Medicare + 	7:30 Pickleball ▲ 11 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 ▲	8:00 Walking Group ● 12 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 9:00 Line Dance Alive ▲ 9:30 What's In Your Soil Workshop + 10:00 NOCE- Senior Topics for Older Adults 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 ●
8:00 Walking Group ● 17 9:00 NOCE - Fun and Fitness with Janine 9:00 Longevity Stick Balance 9:00 Needlecraft Service Group 9:00 Medicare Counseling - HICAP (Korean) 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 11:00 Ipad Training Class + 12:00 NOCE Books Come Alive for Older Adults 12:00 Medicare Counseling - HICAP 12:30 Bingo ●	7:30 Pickleball ▲ 18 9:00 Trip: Morongo Casino or Cabazon Outlet 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 Alzheimer's Caregiver Support Group 6:00 Tuesday Evening Dance ▲	8:00 Walking Group ● 19 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 9:00 Line Dance Alive 10:00 Nutrition for a healthier mind workshop+ 10:30 Chair Yoga 11:00 Sr. Lunch with Reservation 4:00 Karaoke! <p style="text-align: center;">No NOCE Classes</p>
8:00 Walking Group 24 9:00 NOCE - Fun and Fitness with Janine 9:00 Longevity Stick Balance 9:00 Needlecraft Service Group 10:00 Understanding Medicare basics + 10:30 Chair Yoga 11:00 Sr. Lunch with Reservation 11:00 Table Tennis 12:00 NOCE Books Come Alive for Older Adults 12:30 Bingo ● 1:00 Ice Cream Social w/ Optum +	7:30 Pickleball 25 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 12:30 Bunco ● 1:00 Nutrition Bingo + 6:00 Tuesday Evening Dance ▲	8:00 Walking Group ● 26 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 9:00 Line Dance Alive 10:00 NOCE- Senior Topics for Older Adults 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:30 Lunch & Learn Seminar + 12:30 NOCE - Fit & Healthy with Kenny 4:00 Karaoke!



June 2024



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 P.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:
Senior Club Hawaiian Luau




Thursday, July 11th

Butterflies In Your Garden Workshop

Wednesday, July 24th

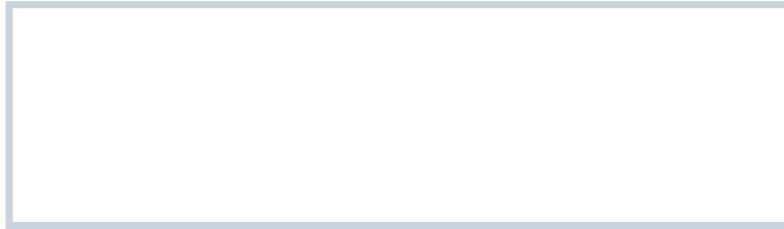
Senior Club Polly's Pie Fundraiser Day

Thursday, August 22nd

Thursday	Friday
9:00 NOCE- Crocheting & Knitting 6 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 ▲ 7 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 11:00 Sr. Lunch with reservations 12:30 NOCE - Fit & Healthy with Kenny 1:00 NOCE - Food Preparations & Good Nutrition for Older Adults No Movie Today No Health Enhancing Class
9:00 NOCE- Crocheting & Knitting 13 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 12:00 Festive Fitness w/ Deena 12:00 Korean Medicare + 12:30 Creative Coloring 1:00 Community Legal Aid Appointments 1:30 Korean Dance ▲ 4:00 Senior Drum Circle ●	7:30 Pickleball ▲ 14 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 11:30 Clase de Educacion para la Salud 12:30 Friday Movie - "The Son" 12:30 NOCE - Fit & Healthy with Kenny 1:00 NOCE - Food Preparations & Good Nutrition for Older Adults
9:00 NOCE - Crocheting & Knitting 20 9:00 NOCE - Staying Mentally Sharp 10:30 Korean Folk Singing ▲ 10:30 Grocery Distribution 11:00 Sr. Lunch with Reservation 11:00 Zumba + 11:00 Table Tennis ▲ 12:30 Creative Coloring ● 12:30 Doc Talk: Arthritis + 1:00 Senior Club Board Meeting 1:30 Korean Dance ▲ 4:00 Senior Sing-a-Long	7:30 Pickleball ▲ 21 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 11:00 Sr. Lunch with Reservation 12:30 NOCE- Fit & Healthy with Kenny 1:00 NOCE - Food Preparations & Good Nutrition for Older Adults 2:30 Crafternoon - Watermelon Painting No Movie Today. 
9:00 NOCE - Crocheting & Knitting 27 9:00 NOCE - Staying Mentally Sharp 10:00 Bollywood Laughter Yoga + 10:30 Korean Folk Singing ▲ 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:00 Festive Fitness w/ Deena ● 12:30 Creative Coloring ● 1:30 Korean Dance ▲ 2:30 Sip & Paint Class + 4:00 Senior Drum Circle	7:30 Pickleball ▲ 28 8:00 Walking Group ● 9:00 Bulletin Collation 9:00 NOCE - Health & Wellness with Eunice 11:00 Sr. Lunch with Reservation 11:00 Grief Support Group 12:30 Friday Movie - "Top Gun: Maverick" 12:30 NOCE - Fit & Healthy with Kenny 1:00 NOCE - Food Preparations & Good Nutrition for Older Adults 4:30 Crafternoon - Watermelon Painting
	 <ul style="list-style-type: none"> ● Sponsored by the Senior Club ▲ Fee Based Classes + Free Seminars & Workshops

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

June 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

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