



FULLERTON SENIOR NEWS



FULLERTON COMMUNITY CENTER

340 W. COMMONWEALTH AVE. FULLERTON, CA. 92832

(714) 738-6575



CURRENT PROGRAMS:

Eating Healthy when Eating out

Thursday, July 25th
12:00 P.M. - 1:00 P.M.



Discover tips and strategies to make nutritious choices while dining out. Don't miss this informative session!. Presented by Humana

Management of Osteoporosis

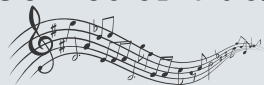
Thursday, July 18th
12:00 P.M. - 1:00 P.M.



This presentation will cover a range of strategies, including the various medications healthcare providers can use to help manage this condition. Don't miss this opportunity to gain valuable insights and practical tips for improving your health and well-being. Presented by OC Health Care Agency Behavioral Health Services..

Music Appreciation: Genres of Music

Friday, July 22nd
10:00 A.M. - 11:00 A.M.



Class participants will discuss varied genres of music including classical, jazz, rock n roll, hip hop and more. Participants will be encouraged to share a song from their favorite genre of music. Presented by SCAN.

Are You Hoping to Age in Place?

Monday, July 29th
10:00 A.M. - 11:00 A.M.



Join our workshop to explore the realities of staying at home as you age. We'll cover home remodeling, transportation options if you need to stop driving, affordability of in-home assistance, and strategies to combat loneliness and isolation. Presented by Senior Total Health Network

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 out!

Butterflies in your Garden

Wednesday, July 24th
9:30 A.M. - 10:30 A.M.



Did you know there are more than 170 species of butterflies that live in or visit Southern California? Join us to learn how to maintain an ecological partnership with flowering plants, and eliminate the use of harmful pest control methods, unnecessary fertilizers and additives. Presented by UC Master Gardeners of Orange County.

Breaking Through the Taboo: How do I know when a loved one needs more help

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



Learn to recognize signs of aging issues in loved ones, navigate tough conversations, and optimize their well-being. Bring your questions! Presented by Alzheimer's Orange County.

Save The Date...

Polly's Pies Dine In or Takeout



Thursday, August 22nd
12:00 PM - 9:00 PM



Location: 136 N Raymond Ave, Fullerton CA 92831

Polly's will donate 20% of the proceeds to the Fullerton Senior Club; look for coupon insert in August Newsletter!!

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)
 Gail Knife Chief (2024)
 Doug Gilmour (2025)
 Roberta Fullmer (2026)
 Phyllis Levin (2025)

APPOINTEES

Sunshine Chairperson: Ellie Honeycutt 264-6969
 Desk Coordinator: Esther Sanchez
 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

Hi Everyone!!

If you need to beat the heat, we have an air conditioned Senior Library-lounge for you to enjoy either to read a book, watch TV, play games or meet new friends. Hours 8:00 AM to 6:00 PM, Monday through Thursday, 8:00 AM to 12:00 PM Friday and Saturday.

The Hawaiian dance group meets on Tuesday's from 9:00 AM to 10:00 AM, and they are looking for new members to join their group. They will be performing at our Hawaiian Social July 11, 2024, thank you everyone for supporting our Senior Club by purchasing the tickets for our Hawaiian social, which sold out in a week!!!

Don't forget we have our senior lunch program presented by Meals on Wheels. Lunch is served Monday thru Friday beginning at 11:00 AM, sign up for lunch between 10:15 AM and 10:50 AM. Suggested donation is \$3.00.

If you like to sing, don't forget about our Karaoke on Wednesdays at 4:00 PM.

Come into our Travel Office and check out our extended trips, we have domestic and international trips available.

Look for next months newsletter for the Polly Pies Fundraiser flier on August 22, 2024.

Wishing everyone a safe and Happy 4th of July!!

Sincerely,

Wendy Ocepek
 Senior Club President

IN MEMORY OF...



Maria Gonzalez
Gary Hering
Theodore Schross
Becky Schross
Peter A. Perales



Our Condolences go out to their loved ones



PAULETTE'S CORNER

Spotlighting our Senior Club Members



Meet me! I am Paulette author of Paulette's Corner.

I am seeking senior members to interview for my column. Please contact me if you would like to be in our newsletter. I am at the center a couple times a week.

Thanks to all who have been in my column!



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 #1 The Academy of Motion Pictures Museum, Monday July 15th On Sale Now!!

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 On Sale Now!!

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.

Trip #3 Day at La Jolla Village and a stop at the Top Gun House, Tuesday, August 13, 2024

Price: \$45.00 per person, Leaving 9:00 A.M. Returning 5:30 P.M.

This Charming village has many art galleries, unique boutiques and fantastic dining options, for lunch on your own. On our way back we will stop at the famous Top Gun House, home of the High pie hand pies that are filled with locally picked fruits and mascarpone ice cream, you will have time to purchase and stroll on the pier.

Trip #4 Harrahs Casino, Tuesday, August 27, 2024 On sale July 2, 2024

Price: \$20.00 per person, Leaving 9:00 A.M. Returning 5:00 P.M.

Join us in Funnar California for a day of gambling!

Trip #5 Your Hit Parade, Wednesday, September 18, 2024 On sale July 2, 2024

Price: \$105.00 per person, Leaving 10:30 A.M. Returning 4:30 P.M.

Join us for lunch and shows at the Almansor Court in Alhambra, taking us down memory lane "to the years of 1935-1959 and the show "Your Hit Parade" There will be a countdown of top 10 hits from this era. Choice of roast chicken, rice pilaf, mixed vegetables or vegetarian pasta or vegan tartare. All meals include garden salad, dinner rolls, ice cream sundae and wine.



Extended Trips

Greek Isles, Italy & France

Wednesday, October 16th, 2024 - Friday, October 31st, 2024

Price: \$4,000 to \$6,000 dependent of deck and stateroom chosen. Included round trip airfare, transfers, cocktail party and welcome dinner. Professional tour directors, cabin gratuities and meals aboard ships (Friendly Excursions, 818-353-7726)

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!



ACTIVITIES

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

Discover Fullerton On Foot!

Saturday, July 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.

Medicare 101

Monday, July 8th
12:30 P.M. - 1:30 P.M.



Get your Medicare questions answered! We understand you may have questions or concerns, let us help you get the information you need. Bring a friend along!
Presented by Optum.

Turning 65 breakfast + Seminar

Saturday, July 27th
10:00 A.M. - 12:00 P.M.

Please join us for a morning of breakfast and essential Medicare information. Hosted by Boomers Insurance and Optum, this event requires pre-registration.

Medicare & Social Security Benefits (Korean)

Thursday, July 11th
12:00 P.M. - 1:00 P.M.



메디케어 제도 및 혜택 & 소셜연금 (한국어)
7월 11일, 목요일
오후 12시
무료 교육 세미나에 참석 하셔서 유익한 정보를 받아주세요.
간단한 다과가 제공됩니다.
Optum(옵툼)에서 제공합니다.

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.



July 12th - "Wonder" follows Auggie Pullman, a boy with a facial difference, as he attends mainstream school for the first time. His courage and kindness inspire his classmates and community to embrace empathy and acceptance. It's a heartwarming tale of friendship and individuality. Rated PG-13

July 26th - "The Proposal" A pushy boss forces her young assistant to marry her in order to keep her visa status in the U.S. and avoid deportation to Canada. Starring Ryan Reynolds, Sandra Bullock and Mary Steenburgen. Rated PG-13.

Art Programs

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

Crafternoons:

Terra Cotta - Bird Bath pots
July 19th at 2:30 P.M.
July 26th at 4:30 P.M.



Heart Health

Wednesday, July 10th
12:00 P.M. - 1:00 P.M.



Heart disease is the leading cause of death in the US. But there are some things you can do to lower the chances of developing heart problems. This program will offer you some ideas on changes you can make in your daily life to improve your heart health. Learn to be heart smart!
Presented by SCAN

Cyber Security Awareness

Friday, August 14th
10:00 A.M. - 11:00 A.M.



Technology may be intimidating, but it doesn't have to be! Learn about the latest online scams and measures you can take to protect yourself and your loved ones from becoming a victim. Presented by SCAN

Fall Risks and Senior Safety

Thursday, August 22nd
12:00 P.M. - 1:00 P.M.



The summertime is a chance for family and friends to connect and spend time together. Keeping yourself and your surroundings SAFE is key. Join us along with Assistance in Home Care and learn about Senior Safety and Fall Risks. Come and learn some great tips!
Presented by Assistance In Home Care

Meals on Wheels Presents

4th of July Celebration

Wednesday, July 3rd
9:00 A.M. - 1:00 P.M.
Doors open at 9:00 A.M.



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.

JULY 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** - Caramel Pork with rice, broccoli. and fruit mix
- 2 **Tuesday** - Turkey pot roast w/ sweet potatoes and greens
- 3 **Wednesday** - Pulled pork with macaroni salad and baked beans
- 4 **Thursday** - HOLIDAY CLOSURE
- 5 **Friday** - Macaroni & cheese with breadsticks & milk
- 8 **Monday** - Chicken breast with pasta and dinner roll
- 9 **Tuesday** - Barbacoa beef with lime rice, tortilla, & orange juice
- 10 **Wednesday** - Tuna salad with dinner roll and fresh apple
- 11 **Thursday** - Diced chicken with egg noodles and veggie blend
- 12 **Friday** - Cubed beef with Mexican rice, pinto beans & tortilla
- 15 **Monday** - Cubed beef with sweet potatoes and dinner roll
- 16 **Tuesday** - Egg drop soup with chicken salad and sliced peaches
- 17 **Wednesday** - Chicken Torta Sandwich with fruit mix & milk
- 18 **Thursday** - Beef cheeseburger with potato salad and SF gelatin
- 19 **Friday** - Veggie egg salad with blueberry muffin & pear crisp
- 22 **Monday** - Chicken salad w/ yogurt dressing and mandarin orange
- 23 **Tuesday** - Beef Cocido with beef broth, tortilla & veggie mix
- 24 **Wednesday** - Ground turkey Bolognese with pasta & dinner roll
- 25 **Thursday** - Baked tilapia with Mexican rice, tortilla., & sf pudding
- 26 **Friday** - Beef stir fry with jasmine rice and pineapple chunks
- 29 **Monday** - Pork chile verde with pinto beans, tortilla & fruit mix
- 30 **Tuesday** - Poppy seed chicken pasta with harvest salad & milk
- 31 **Wednesday** - Spinach & mushroom quiche with roasted potatoes

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, July 11th, 1:00 P.M. - 3:00 P.M.
- **Medicare HICAP Appointments**
 (4 Appointments Available)
 Monday, July 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, July 11th, 18th 10:30 A.M.- 12:00 P.M.
- **Senior Korean Parkinson Support Group**
 Friday, July 12th, 10:00 A.M. - 12:00 P.M.
- **Alzheimer's Support Group**
 Sponsored by the Alzheimer's Orange County
 Tuesday, July 16th, 1:00 P.M. - 3:00 P.M.
 English Speaking
- **Grief Support Group**
 Friday, July 12th & 26th, 11:00 A.M. - 12:30 P.M.

SENIOR TRANSPORTATION PROGRAM

Taxi Program- FREE Promotion March 1st - August 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



MONDAY	TUESDAY	WEDNESDAY
8:00 Walking Group ● 1 9:00 NOCE - Fun and Fitness with Janine ● 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 ▲ 2 9:00 Hawaiian Dance Lessons ▲ 9:00 NOCE-Staying Mentally Sharp 10:00 NOCE- Vince's Health & Exercise 10:30 Belly Dance Lesson 11:00 Sr. Lunch with Reservation 11:30 Korean Drumming ▲ 6:00 Tuesday Evening Dance ▲ <p style="text-align: center;">No Tai Chi Chuan</p>	8:00 Walking Group ● 3 8:30 Farmer's Market 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! ● <p style="text-align: center;">No Tai Chi Chuan</p>
8:00 Walking Group 8 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 Medicare 101 +	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- Vince'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 NOCE- Senior Topics for Older Adults 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:00 Heart Health + 12:30 NOCE - Fit & Healthy with Kenny 4:00 Birthday Karaoke with Optum ● <p style="text-align: center;">No Cultural Excursions for Seniors</p>
8:00 Walking Group ● 15 8:30 The Academy of Motion Pictures Museum Trip 9:00 NOCE - Fun and Fitness with Janine 9:00 Longevity Stick Balance 9:00 Needlecraft Service Group 9:00 Medicare Counseling - HICAP (Korean) 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 (English) 12:30 Bingo ● No Chair Yoga	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 - Vince's Health & Wellness 10:30 Belly Dance Lesson 11:00 Sr. Lunch with Reservation 11:30 Korean Drumming ▲ 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 How Do I Know When A Loved One Needs More Help? + 10:00 NOCE- Senior Topics for Older Adults 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 4:00 Karaoke! <p style="text-align: center;">No Chair Yoga</p>
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 Music Appreciation: Genres of Music + 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 ●	7:30 Pickleball 23 8:30 Trip #2 Point Fermin, Korean Friendship Bell and Redondo Pier 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 - Vince's Health & Wellness 10:30 Belly Dance Lesson 11:00 Sr. Lunch with Reservation 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 9:30 Butterflies In Your Garden + 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!
Similar to July 22nd 29 Add: 10:00 Are You Hoping to Age in Place? + Exclude: Music Appreciation: Genre of Music	Similar to July 23rd 30 Exclude: 12:30 Bunco 8:30 Trip #2 Point Fermin, Korean Friendship Bell and Redondo Pier	Similar to July 24th 31 Exclude: 9:30 Butterflies In Your Garden

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 Polly's Pie Fundraiser Day




Thursday, August 22nd

Bulbs

Thursday, August 15th

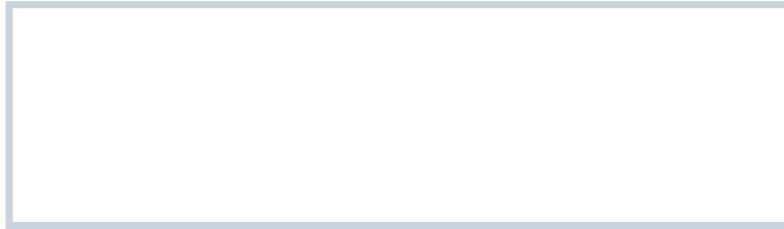
Dementia 101

Wednesday, August 4th

Thursday	Friday
4	5
 CENTER CLOSED	7:30 Pickleball ▲ 8:00 Walking Group ● 8:30 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 <p style="text-align: center;"><i>No Movie Today</i> <i>No Health Enhancing Class</i></p>
11	12
9:00 NOCE- Crocheting & Knitting 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 Korean Medicare + 12:30 Creative Coloring 1:00 Community Legal Aid Appointments 1:30 Korean Dance ▲ 3:00 Hawaiian Luau Social - SOLD OUT 4:00 Senior Drum Circle ● <p style="text-align: center;"><i>No Festive with Deena</i></p>	7:30 Pickleball ▲ 8:00 Walking Group ● 8:30 NOCE - Health & Wellness with Eunice 10:00 Korean Parkinson Support Group 11:00 Grief Support Group 11:00 Sr. Lunch with Reservation 12:30 Friday Movie - "Wonder" 12:30 NOCE - Fit & Healthy with Kenny 1:00 NOCE - Food Preparations & Good Nutrition for Older Adults <p style="text-align: center;"><i>No Clase de Educacion para la Salud</i></p>
18	19
9:00 NOCE - Crocheting & Knitting 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 Management of Osteoporosis + 12:30 Creative Coloring ● 1:00 Senior Club Board Meeting 1:30 Korean Dance ▲ 4:00 Senior Sing-a-Long <p style="text-align: center;"><i>No Festive with Deena</i></p>	7:30 Pickleball ▲ 8:00 Walking Group ● 8:30 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 - Terracotta Bird Bath Pots <p style="text-align: center;"><i>No Movie Today.</i></p>
25	26
9:00 NOCE - Crocheting & Knitting 9:00 NOCE - Staying Mentally Sharp 10:30 Korean Folk Singing ▲ 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:00 Eating Healthy When Eating Out+ 12:00 Festive Fitness w/ Deena ● 12:30 Creative Coloring ● 1:30 Korean Dance ▲ 4:00 Senior Drum Circle	7:30 Pickleball ▲ 8:00 Walking Group ● 9:00 Bulletin Collation 8:30 NOCE - Health & Wellness with Eunice 11:00 Sr. Lunch with Reservation 11:00 Grief Support Group 12:30 Friday Movie - "The Proposal" 12:30 NOCE - Fit & Healthy with Kenny 1:00 NOCE - Food Preparations & Good Nutrition for Older Adults 4:30 Crafternoon - Terracotta Bird Bath Pots
	 <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

July 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

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