



FULLERTON SENIOR NEWS



FULLERTON COMMUNITY CENTER

340 W. COMMONWEALTH AVE. FULLERTON, CA. 92832

(714) 738-6575



CURRENT PROGRAMS:

Cyber Security Awareness

Wednesday, 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

Master Gardeners: Bulbs

Thursday, August 15th
1:00 P.M. - 2:00 P.M.

Discover the beauty of gardening with bulbs! UC Master Gardeners of Orange County will explain the differences between bulbs, corms, tubers, and rhizomes. Learn about planting, soil prep, and which bulbs need refrigeration. Add stunning color to your garden and create beautiful cut flowers for your home and friends.

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

Doc Talk w/ Podiatrist

Wednesday, August 28th
10:00 A.M. - 11:00 A.M.

Join us for Doc Talk with a podiatrist focusing on foot health for seniors! Learn about common foot issues, prevention tips, and treatments to keep your feet healthy and pain-free. Don't miss this opportunity to get expert advice and ask your questions. Presented by Optum.

Meals on Wheels Presents...



Hawaiian Luau day Luncheon

Friday, August 16th
9:00 A.M. - 12:00 P.M.

Music. Food. Dancing
Join us in your best Hawaiian attire!



Sponsored by: Meals on Wheels Orange County

Presentación de diferentes opciones de transporte con OCTA

Tuesday, August 20th
10:00 A.M. - 11:30 A.M.



Permitanos ayudarlo a tener confianza al viajar en el autobus! Obtenga información de OCTA, dos pases de un día gratuito y la oportunidad de ganar un premio pequeño. Presentado por OCTA

Warning Signs vs. Normal Aging

Wednesday, August 21st
10:00 A.M. - 11:00 A.M.

As we age, our body and brain go through changes that may affect our learning and problem solving, recall, vision, hearing, and mobility. In this class, attendees will learn what changes are normal and what may warrant further evaluation. Presented by Alzheimer's OC.

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; coupons also available in Senior Club Office.

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)
 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
 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!!

It's halfway through the summer and we just celebrated with a fabulous luau... such a great success!!

I would like to thank Optum for sponsoring DJ Jose Miranda, thank you Hawaiian dancers, Touch of Paradise, social committee, travel club, Rutabegorz & Curry Hut. Thanks to all of you for making our luau a great success.

Don't forget our next social is on October 24, 2024, it's time to get those Halloween costumes ready.

On the third Thursday of every month at 4:00, please join our sing along, we would love to have more beautiful voices.

Enclosed is the Polly's Pies fundraiser flier. You must present the flier when dining for the senior club to get the proceeds. Mark the date: August 22, 2024

Don't miss out on our upcoming trips for the summer!!!

Beat the heat and travel to the beautiful coast of La Jolla with us. Tuesday, August 13, 2024.
 Leaving at 9:00 am, returning at 5:00pm.

If you like to gamble join us on our trip to Harrahs Casino. Tuesday, August 27, 2024.
 Leaving at 9:00am. Returning at 5:00pm.

If you like walking down memory lane, join us for the Hit Parade Luncheon, where you'll be transported back to the 1935 to 1959 era to enjoy the best of the top 10's. Enjoy a wonderful lunch with wine while you relax and enjoy the show. Wednesday, September 18, 2024.
 Leaving at 10:30am. Returning at 4:30pm.

We hope to see you on some of our trips and don't forget the sing along too!!

Enjoy the rest of your summer!

Sincerely,

Wendy Ocepek
 Senior Club President

Creative Coloring!

Thursdays, 12:30 PM - 2:30 PM



Pick out the adult coloring book of your choice and your preferred art supplies. Get connected with others who also enjoy this relaxing, engrossing activity with additional dividends - sharing, learning from one another and creating friendships in the process!

PAULETTE'S CORNER

Spotlighting our Senior Club Members



Meet Carol Wright . She is a long standing member of 10 years. She currently is the director of the senior travel club. She and her staff arrange great and exciting trips.

Carol likes the exercise classes, reading, and playing bingo at our center. Thanks Carol for your commitment to our center. What a gal!!



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 #3 Day at La Jolla Village, Tuesday, August 13, 2024 On sale now!!

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, with lunch on your own.

Trip #4 Harrahs Casino, Tuesday, August 27, 2024 On sale now!!

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

Join us in Funner California for a day of gambling!

Trip #5 Your Hit Parade, Wednesday, September 18, 2024 On sale now!!

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

Join us for lunch and show 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 10 hits from this era. Choice of chicken piccata, rice pilaf, mixed vegetables or vegetarian pasta or vegan tartare. All meals include garden salad, dinner rolls, ice cream sundae and wine.

Trip #6 Day in Julian, Monday October 21, 2024 On sale August 1, 2024

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

We will travel to Julian and stop at Dudley's Bakery, known for fabulous breads, pies and desserts. Browse through quaint shops and purchase your favorite apples. Enjoy lunch on your own at one of the restaurants in town.



Extended Trips

Coastal Maine

September 7th, 2024 or October 5, 2024

Price: \$3400.00 per double

Rate includes roundtrip airfare, professional travel directors. 9 meals included, stops in Boston, Portland Head Lighthouse, Kennebunkport, Lobster Boat Cruise plus many other excursions. (AFC 800-369-3693)

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)

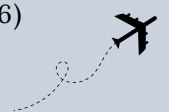
Hearst Castle at Christmas Time

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

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 Excursions, 818 353-7726)

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, August 17th
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, August 12th
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.

Ipod Training Class w/ Optum

Monday, August 19th
10:00 A.M. - 11:00 P.M.

Join our exclusive iPad Training for Senior Citizen Club of Fullerton members! Learn iPad basics with YouTube examples. No tech background needed! Check out iPads with internet for on-site use. Partnering with Optum. Light refreshments provided.

Social Security Benefits & pension (Korean)

Thursday, August 8th
12:00 P.M. - 1:00 P.M.

소셜연금과 개인연금 (한국어)
8월 8일, 목요일
오후 12시



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

August 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.

August 9th - "Elemental" In a city where fire, water, land, and air residents live together, a fiery young woman and a go-with-the-flow guy discover something elemental: how much they actually have in common. Animated film. Rated PG-13

August 23rd - "La La Land" Sebastian (Ryan Gosling) and Mia (Emma Stone) are drawn together by their common desire to do what they love. But as success mounts they are faced with decisions that begin to fray the fragile fabric of their love affair, and the dreams they worked so hard to maintain in each other threaten to rip them apart. Rated PG-13.

Art Programs

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

Crafternoons:

Linocut
August 16th at 2:30 P.M.
August 23rd at 4:30 P.M.



Fullerton Senior Follies Auditions

Thursday, August 12th
2:00 P.M. - 5:00 P.M.



Do you sing? Dance? Tell jokes? Do magic? Play a musical instrument? Whatever your performing talent is, share it at our Fullerton Senior Follies! Performers aged 60 and up are invited to audition to be part of this fun community event. Sign up at our front desk or call (714) 738 - 6575

Silver Sneaker Exercise Class

Wednesday, August 7th
10:00 A.M. - 11:00 A.M.



Join our Exercise Class! Stay active and healthy with low-impact workouts tailored to your fitness level. Enjoy a supportive and fun environment while improving strength, balance, and flexibility. Presented by Optum.

Senior Zumba

Thursday, August 15th
12:00 P.M. - 1:00 P.M.



Zumba offers low-impact dance moves that are gentle on the joints, providing a fantastic workout. The modified choreography ensures a safe and enjoyable experience, helping seniors burn calories and improve cardiovascular fitness without excessive stress. Stay active, have fun, and embrace the joy of dance with OPTUM.

Lunch & Learn Series

Thursday, August 29th
12:30 P.M. - 2:30 P.M.



Join our Lunch and Learn series for seniors, focusing on Medicare Advantage and Medicare Supplement plans. Understand how to bridge the 70% gap not covered by Medicare. Enjoy a meal while gaining valuable insights to make informed healthcare decisions. Sign up now to secure your spot! Presented by Bankers Life.

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.

AUGUST 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 **Thursday** - Diced chicken with veggies and egg noodles
- 2 **Friday** - Cubed beef with broccoli, rice, and tortilla
- 5 **Monday** - Chicken breast with brown rice and fruit mix
- 6 **Tuesday** - Beef cheeseburger w/ pineapple chunks and milk
- 7 **Wednesday** - Veggie egg salad with lentil veggie soup & bread
- 8 **Thursday** - Pork loin with sweet potatoes and dinner roll
- 9 **Friday** - Chicken tamarin with pineapple fried rice and pears
- 12 **Monday** - Chicken salad w/ dinner roll & mandarin orange
- 13 **Tuesday** - Beef cocido with beef broth, veggie mix & banana
- 14 **Wednesday** - Turkey bolognese with bow tie pasta & dinner roll
- 15 **Thursday** - Baked tilapia with broccoli and SF pudding
- 16 **Friday** - Chicken strips with coleslaw salad & coconut iced cake
- 19 **Monday** - Pork carnitas with green peas and cilantro lime rice
- 20 **Tuesday** - Chicken pasta with spring mix and dinner roll
- 21 **Wednesday** - Salisbury steak with gravy, sweet potatoes & peaches
- 22 **Thursday** - Roast turkey with veggie blend and mandarin orange
- 23 **Friday** - Diced chicken with veggie blend and brown rice
- 26 **Monday** - Chicken salad with tortilla soup and dinner roll
- 27 **Tuesday** - Vegetable lasagna with chicken meatballs & lentil salad
- 28 **Wednesday** - Diced chicken breast with veggie blend with fruit mix
- 29 **Thursday** - Pork chile verde with pinto beans, tortilla & fruit mix
- 30 **Friday** - Poppy seed chicken pasta with harvest salad & milk

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



Many of these programs are funded in part through a grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors and administered by the Office on Aging. Through this partnership, these programs are provided at no cost for older adults ages 60+.

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, August 8th, 1:00 P.M. - 3:00 P.M.

- **Medicare HICAP Appointments**
 (4 Appointments Available)
 Monday, August 5th & 19th
 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, August 1st, 8th, 15th 10:30 A.M.- 12:00 P.M.

- **Senior Korean Parkinson Support Group**
 Friday, August 9th, 10:00 A.M. - 12:00 P.M.

- **Alzheimer's Support Group**
 Sponsored by the Alzheimer's Orange County
 Tuesday, August 20th, 1:00 P.M. - 3:00 P.M.
 English Speaking

- **Grief Support Group**
 Friday, August 9th & 23rd, 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.

MONDAY	TUESDAY	WEDNESDAY
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;">  <h1 style="font-size: 48px; margin: 0;">August</h1> </div> <div style="text-align: center;">  <h1 style="font-size: 48px; margin: 0;">2024</h1> </div> </div>		 <p style="margin-top: 20px;"> Sponsored by the Senior Club Fee Based Classes Free Seminars & Workshops </p>
<p>8:00 Walking Group ●</p> <p>9:00 Longevity Stick Balance ●</p> <p>9:00 Needlecraft Service Group</p> <p>9:00 Medicare Counseling - HICAP (Korean)</p> <p>10:00 Ipad Training Class +</p> <p>10:30 Chair Yoga ▲</p> <p>10:30 Senior Programs Office Hours</p> <p>11:00 Sr. Lunch with Reservation</p> <p>11:00 Table Tennis ▲</p> <p>12:00 Medicare Counseling - HICAP (English)</p> <p>12:30 Bingo ●</p> <p>1:00 Caring Companions ●</p> <p style="text-align: right; font-weight: bold;">5</p> <p style="text-align: center; font-weight: bold; margin-top: 10px;">No NOCE Classes</p>	<p>7:30 Pickleball ▲</p> <p>9:00 Hawaiian Dance Lessons ▲</p> <p>9:00 Tai Chi Chuan ●</p> <p>9:15 Beginning Tai Chi Chuan</p> <p>10:30 Belly Dance Lesson ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>11:30 Korean Drumming ▲</p> <p>6:00 Tuesday Evening Dance ▲</p> <p style="text-align: right; font-weight: bold;">6</p> <p style="text-align: center; font-weight: bold; margin-top: 10px;">No NOCE Classes</p>	<p>8:00 Walking Group ●</p> <p>8:30 Farmer's Market</p> <p>8:30 Tai Chi Chuan ●</p> <p>8:45 Beginning Tai Chi Chuan</p> <p>9:00 Line Dance Alive ▲</p> <p>10:30 Chair Yoga ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>4:00 Karaoke! ●</p> <p style="text-align: right; font-weight: bold;">7</p> <p style="text-align: center; font-weight: bold; margin-top: 10px;">No NOCE Classes</p>
<p>8:00 Walking Group</p> <p>9:00 NOCE - Fun and Fitness with Janine</p> <p>9:00 Longevity Stick Balance ●</p> <p>9:00 Needlecraft Service Group ●</p> <p>10:00 Medi-Cal Coverage Options w/ HICAP +</p> <p>10:30 Chair Yoga ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>11:00 Table Tennis ▲</p> <p>12:00 NOCE Books Come Alive for Older Adults</p> <p>12:30 Bingo ●</p> <p>12:30 Medicare 101 w/ Optum+</p> <p style="text-align: right; font-weight: bold;">12</p>	<p>7:30 Pickleball ▲</p> <p>9:00 Trip #3 Day at La Jolla Village</p> <p>9:00 Tai Chi Chuan ●</p> <p>9:00 Hawaiian Dance Lessons ▲</p> <p>9:15 Beginning Tai Chi Chuan</p> <p>9:00 NOCE-Staying Mentally Sharp</p> <p>10:00 NOCE- Health & Wellness with Robin</p> <p>10:30 Belly Dance Lesson</p> <p>11:00 Sr. Lunch with Reservation</p> <p>11:30 Korean Drumming ▲</p> <p>6:00 Tuesday Evening Dance ▲</p> <p style="text-align: right; font-weight: bold;">13</p>	<p>8:00 Walking Group ●</p> <p>8:30 Farmer's Market</p> <p>8:30 Tai Chi Chuan ●</p> <p>8:45 Beginning Tai Chi Chuan ●</p> <p>9:00 Line Dance Alive ▲</p> <p>10:00 NOCE- Senior Topics for Older Adults</p> <p>10:00 Cyber Security Awareness Workshop +</p> <p>10:30 Chair Yoga ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>12:30 NOCE - Fit & Healthy with Kenny</p> <p>1:00 Museum & More: Cultural Excursions</p> <p>4:00 Birthday Karaoke with Optum ●</p> <p style="text-align: right; font-weight: bold;">14</p>
<p>8:00 Walking Group ●</p> <p>9:00 NOCE - Fun and Fitness with Janine</p> <p>9:00 Longevity Stick Balance</p> <p>9:00 Needlecraft Service Group</p> <p>9:00 Medicare Counseling - HICAP (Korean)</p> <p>10:00 Ipad Training Class +</p> <p>10:30 Chair Yoga ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>11:00 Table Tennis ▲</p> <p>12:00 NOCE Books Come Alive for Older Adults</p> <p>12:00 Medicare Counseling - HICAP (English)</p> <p>12:30 Bingo ●</p> <p style="text-align: right; font-weight: bold;">19</p>	<p>7:30 Pickleball ▲</p> <p>9:00 Tai Chi Chuan ●</p> <p>9:15 Beginning Tai Chi Chuan ●</p> <p>9:00 Hawaiian Dance Lessons ▲</p> <p>9:00 NOCE - Staying Mentally Sharp</p> <p>10:00 Presentacion de diferentes opciones de transporte con OCTA +</p> <p>10:00 NOCE- Health & Wellness with Robin</p> <p>10:30 Belly Dance Lesson ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>11:30 Korean Drumming ▲</p> <p>12:30 Loteria</p> <p>1:00 Alzheimer's Caregiver Support Group</p> <p>6:00 Tuesday Evening Dance ▲</p> <p style="text-align: right; font-weight: bold;">20</p>	<p>8:00 Walking Group ●</p> <p>8:30 Farmer's Market</p> <p>8:30 Tai Chi Chuan ●</p> <p>8:45 Beginning Tai Chi Chuan ●</p> <p>9:00 Line Dance Alive ▲</p> <p>10:00 Warning Signs vs. Normal Aging +</p> <p>10:00 NOCE- Senior Topics for Older Adults</p> <p>10:30 Chair Yoga ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>12:30 NOCE - Fit & Healthy with Kenny</p> <p>4:00 Karaoke!</p> <p style="text-align: right; font-weight: bold;">21</p>
<p>Similar to August 19th</p> <p style="text-align: right; font-weight: bold;">26</p> <p>Exclude: 9:00 Medicare Counseling - HICAP 11:00 Ipad Training Class</p>	<p>Similar to August 20th</p> <p style="text-align: right; font-weight: bold;">27</p> <p>Include: 9:00 Trip #4 Harrahs Casino / 12:30 Bunco Exclude: 10:00 OCTA Presentacion 12:30 Loteria / 1:00 Alzheimer Support Group</p>	<p>Similar to August 21st</p> <p style="text-align: right; font-weight: bold;">28</p> <p>Exclude: 10:00 Warning Signs vs. Normal Aging</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 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:
Ipad Training Class

Monday, September 2nd

Fullerton Senior Follies

Thursday, September 26th

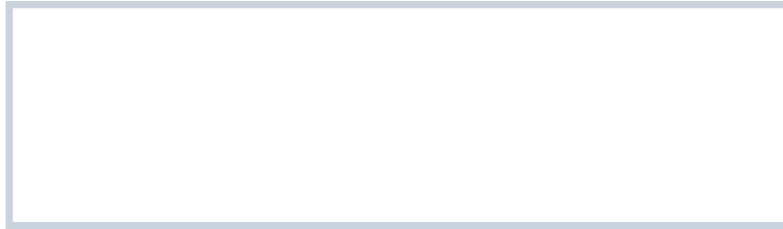
Pumpkin Painting Class

Wednesday, October 23rd

Thursday	Friday
9:00 NOCE- Crocheting & Knitting 1 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 ● 12:30 Creative Coloring 1:00 Community Legal Aid Appointments 1:30 Korean Dance ▲ 4:00 Senior Ukulele Jam ●	7:30 Pickleball ▲ 2 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 No Movie Today No Health Enhancing Class
10:30 Korean Folk Singing ▲ 8 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 ▲ 4:00 Senior Drum Circle ● No Festive with Deena No NOCE Classes	7:30 Pickleball ▲ 9 8:00 Walking Group ● 10:00 Korean Parkinson Support Group 11:00 Grief Support Group 11:00 Sr. Lunch with Reservation 12:30 Friday Movie - "Elemental" No Clase de Educacion para la Salud No NOCE Classes
9:00 NOCE - Crocheting & Knitting 15 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 Senior Zumba + 12:30 Creative Coloring ● 1:00 Senior Club Board Meeting 1:00 Master Gardeners: Bulbs Workshop + 1:30 Korean Dance ▲ 4:00 Senior Sing-a-Long No Festive with Deena	7:30 Pickleball ▲ 16 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 - Linocut No Movie Today.
9:00 NOCE - Crocheting & Knitting 22 9:00 NOCE - Staying Mentally Sharp 10:30 Korean Folk Singing ▲ 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:00 Fall Risks & Senior Safety + 12:00 Festive Fitness w/ Deena ● 12:30 Creative Coloring ● 1:30 Korean Dance ▲ 4:00 Senior Drum Circle	7:30 Pickleball ▲ 23 8:00 Walking Group ● 8:30 NOCE - Health & Wellness with Eunice 9:00 Bulletin Collation 11:00 Sr. Lunch with Reservation 11:00 Grief Support Group 12:30 Friday Movie - "La La Land" 12:30 NOCE - Fit & Healthy with Kenny 1:00 NOCE - Food Preparations & Good Nutrition for Older Adults 4:30 Crafternoon - Linocut
Similar to August 22nd 29 Include: 12:30 Lunch & Learn Series + Exclude: 12:00 Fall Risks & Senior Safety 4:00 Senior Drum Circle	Similar to August 23rd 30 Exclude: 11:00 Grief Support Group 12:30 Movies

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

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OR CURRENT RESIDENT

TIME - SENSITIVE MATERIAL

August 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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The Information Deadline is the 5th of the month.

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