



FULLERTON SENIOR NEWS



FULLERTON COMMUNITY CENTER

340 W. COMMONWEALTH AVE. FULLERTON, CA. 92832

(714) 738-6575



CURRENT PROGRAMS:

Dementia 101

Wednesday, September 4th
10:00 A.M. - 11:00 A.M.



Forgetting names, misplacing keys, or momentary confusion can be normal aging or early dementia symptoms. Not all dementia is Alzheimer's. Understanding the differences is crucial for planning and prognosis. Join us to review common types of dementia, presented by Alzheimer's OC.

What's Bugging Your Plants

Wednesday, September 18th
9:30 A.M. - 10:30 A.M.



Are garden insects bugging you? Join UC Master Gardeners of Orange County to learn effective, eco-friendly pest control methods. Get the latest tips on keeping pests away and encouraging beneficial insects while protecting the environment.

Medicare 2025 w/ Humana

Thursday, September 19th
12:00 P.M. - 1:00 P.M.



Get the latest updates and information on your Medicare options for the upcoming year. Presented by Humana.

Peripheral Neuropathy Breakthrough

Wednesday, September 11th
10:00 A.M. - 11:00 A.M.



Learn how cutting edge therapies combine ancient healing practices with modern research to help neuropathy patients regain balance, end foot pain, and restore feeling without drugs or surgery. Presented by Dr. Joshua Park with Empowered You Acupuncture

Save the date...

Halloween Bash Social

Thursday, October 24th
3:00 PM - 6:00 PM

Entertainment - 5 Star Band
Sponsored by Optum

Costumes Welcomed!

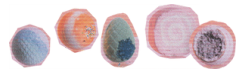
Costume Contest; winner gets a prize!

Complimentary refreshments, drawings & lots of dancing



Sound Bath (Hunt Branch Library)

Friday, September 13th
4:30 P.M. - 6:00 P.M.



This is an immersion of your mind, body and spirit into sound frequencies which the soul needs, wants and craves! Tapping into the body's natural frequency, the sound vibrates throughout the body in a level we can't normally tap into. The sound resonates directly into our cellular memory releasing blockages and creating a profound sense of peace and relaxation. Presented by Optum.

Tea and Big Hats Social Party

Wednesday, September 25th
12:00 P.M. - 1:00 P.M.



Enjoy an evening of old-fashioned hat wearing, with a contest for the best big hat. We'll provide tea and mini sandwiches, recreating a tea party from the early 1900s. We encourage all to attend! Presented by Optum.

Join us for...

Fullerton Senior Follies!

Thursday, September 26th
2:00 PM - 5:00 PM

\$2 Admission



Don't miss our annual senior talent show!
Showcasing music, dances, comedy, and more!!

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:
 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:
 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 membresia
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!!

Summer is winding down, school is back in session, and the first day of Autumn is right around the corner!! I don't know about you, but I'm looking forward to cooler days.

Our nominating committee has been appointed for our upcoming elections on December 6, 2024. The following positions will be vacant and are up for election: Treasurer, Assistant Treasurer, Secretary, and Director. If you or someone you know who has been a club member for 2 years and are interested, please call our office and you will be directed to our nominating committee. (714) 738 - 6353.

If you would like to cool down and get some exercise at the same time, please sign up for our indoor water aerobics. Tuesday and Thursday mornings, with all levels available. Check your newsletter for times.

If you are just looking for exercise, our gym is available for \$5.00 a month for all club members.

On September 27th from 10:00am - 11:00am we will be having a representative for Guide Dogs of the Blind giving a presentation and sharing all the opportunities you CAN be a part of. Come meet the puppy raisers and their dogs.

Don't forget our upcoming Social on October 24, 2024, from 3:00pm to 6:00pm. We will be having the 5 Star Band for your dancing and entertainment. Start thinking about your costumes, there will be a costume contest!!

If you like walking down memory lane, join us for the Hit Parade Luncheon. Enjoy a wonderful lunch with wine while you relax and enjoy the show. The show will be at the Almansor in Alhambra: Wednesday, September 18, 2024 Leaving at 10:30am. Returning at 4:30pm.

Sincerely,

Wendy Ocepek
Senior Club President

Guide Dogs for the Blind Presentation Friday, September 27th 10:00 A.M. - 11:00 A.M.



Guide Dogs for the Blind harnesses the power of partnerships - connecting people, dogs, and communities - to transform the lives of individuals with visual impairments. Join us for an engaging presentation featuring these incredible dogs in person!

PAULETTE'S CORNER

Spotlighting our Senior Club Members



Meet Loretta Larson. She is a longstanding member of our senior center. Loretta likes socializing with friends at our center. She loves volunteering at the front desk, helping with social events, and singing Karaoke with friends.

Thank you for volunteering your time, it is greatly appreciated!!

 **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 #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 now!!

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)

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)

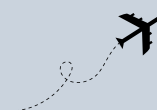
New Year's Rose Parade

December 30, 2024 - January 1, 2025; 2 breakfasts 2 dinners

Price: \$999.00 per double \$1,199.00 per person single

Trip includes: Professional tour guide, the Float Barn, Huntington Library, Art Collections and Botanical Gardens. Day 2 we will visit Farmer's Market and the Grove, you will have time to relax and freshen up before enjoying the New Year's eve Party/ January 1, 2025 we will experience the Tournament of Roses Parade in our reserved grandstand seats on the shady side of the street
Bobbi Lona (750) 889 - 2687

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!

Muck Walk: The Muckenthaler Mansion
Saturday, September 21st
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.

Grandparents Day

Friday, September 6th
2:00 P.M. - 4:00 P.M.



Enjoy an evening of fun activities, perfect for spending time with fellow friends or bringing your grandchildren along. Celebrate this special day with us and create wonderful memories together! Presented by Optum.

Social Security Benefits & pension (Korean)

Thursday, September 12th
12:00 P.M. - 1:00 P.M.

메디케어 제도 및 혜택 & 소셜연금 (한국어)

9월 12일, 목요일

오후 12시

무료 교육 세미나에 참석 하셔서 유익한 정보를 받아주세요.

간단한 다과가 제공됩니다.

Optum(옵툼)에서 제공합니다.



Cooking for One

Wednesday, September 25th
10:00 A.M. - 11:00 A.M.



Join us for our class where you'll learn practical tips and easy recipes tailored for solo cooking. Perfect for seniors looking to simplify meal prep and enjoy nutritious, delicious meals. Presented by Humana.



September 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.



September 13th - "Yes Day" A mom and dad who usually say no decide to say yes to their kids wildest requests - with a few ground rules - on a whirlwind day of fun and adventure. Rated PG-13

September 27th - "Tall Girl" High School's brutal. Being a tall girl wearing size 13 Nikes doesn't help. But when a cute - and taller - new student arrives, things start looking up. Rated PG-13

Art Programs

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

Crafternoons:

Spooky Step by Step Painting

September 20th at 2:30 P.M.

September 27th at 4:30 P.M.



It's Your Money Series

Thursdays, September 5th - October 10th
2:00 P.M. - 3:30 P.M.

Join us for the "It's Your Money Series"! This informative class covers essential topics including Overview & Tax Changes, Financial Planning, Medical Care Planning, Investment World Overview, Equity & Fixed Income Investing, and Money & Your Mind. Empower yourself with knowledge to make informed financial decisions. Don't miss out on this valuable opportunity!

Presented by Eclectic Associates.

Medicare 101

Monday, September 9th
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.

Mental Health Seminar

Monday, September 23rd
10:00 A.M. - 11:00 A.M.



Join us for an informative seminar on mental health. Learn about strategies to maintain emotional well-being, manage stress, and navigate the challenges of aging. Presented by Help Therapy.

Become a Fullerton Cert Volunteer today!

Mondays, September 9th - 23rd AND
Wednesdays, September 11th - 25th

Participants will learn basic disaster response skills - fire safety, light search and rescue, and disaster preparedness. Must be Fullerton Residents and possess a valid California Driver's License. To register call (714) 446 - 1454

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.

SEPTEMBER 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.

- 2 **Monday** - CENTER CLOSED
- 3 **Tuesday** - Chicken breast w/ mashed potatoes & hawaiian roll
- 4 **Wednesday** - Cubed beef with egg noodles and veggie blend
- 5 **Thursday** - Chicken meatballs with veggie blend & fresh orange
- 6 **Friday** - Tinga chicken w/ rice, tortilla, & SF pudding
- 9 **Monday** - Chicken breast with pasta, dinner roll, and fruit mix
- 10 **Tuesday** - Barbacoa Beef with rice, tortilla, and 1% milk
- 11 **Wednesday** - Tuna salad with tomato salad, corn, beans, and orange
- 12 **Thursday** - Diced chicken breast w/ egg noodles, crackers, & peaches
- 13 **Friday** - Pulled pork with baked beans, coleslaw, and cornbread
- 16 **Monday** - Chicken breast with peas & carrots and brown rice
- 17 **Tuesday** - Beef cheeseburger with pepper salad & pineapple chunks
- 18 **Wednesday** - Veggie egg salad with soup, bread, and fresh orange
- 19 **Thursday** - Pork loin with mixed veggie, sweet potatoes, and dinner roll
- 20 **Friday** - Chicken tamarin with pineapple fried rice and canned pears
- 23 **Monday** - Beef goulash with egg noodles, carrot bread, and fresh fruit
- 24 **Tuesday** - Cubed beef with beef broth, banana, and SF pudding
- 25 **Wednesday** - Turkey bolognese with bow tie pasta and dinner roll
- 26 **Thursday** - Baked tilapia with broccoli, tortilla, and SF pudding
- 27 **Friday** - Cubed beef with carrots, brown rice, and pineapple chunks
- 30 **Monday** - Pork carnitas with green peas, rice, and RS ambrosia

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



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, September 12th, 1:00 P.M. - 3:00 P.M.

- **Medicare HICAP Appointments**
(4 Appointments Available)
Monday, September 2nd & 16th
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, September 5th, 12th, 19th
10:30 A.M.- 12:00 P.M.

- **Senior Korean Parkinson Support Group**
Friday, September 13th, 10:00 A.M. - 12:00 P.M.

- **Alzheimer's Support Group**
Sponsored by the Alzheimer's Orange County
Tuesday, September 17th, 1:00 P.M. - 3:00 P.M.
English Speaking

- **Grief Support Group**
Friday, September 13th & 27th, 11:00 A.M. - 12:30 P.M.

SENIOR TRANSPORTATION PROGRAM

Taxi Program-

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:

\$3 within Fullerton/\$7 outside of Fullerton (selective cities)
Offers free 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. Limit 8 trips per month (4 round trips)

Recreational Trips:



Offers free rides to and from your Fullerton residence to locations for shopping, fitness, social events, and entertainment. Rates are per trip. Limit 8 trips per month (4 round trips)

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
<p style="text-align: center;"> ★ LABOR ★ ★ ★ ★ DAY ★ ★ ★ Center Closed </p>	<p>7:30 Pickleball ▲ 9:00 Hawaiian Dance Lessons ▲ 9:00 NOCE - Staying Mentally Sharp 10:00 NOCE - Health & Wellness with Robin 10:30 Belly Dance Lesson ▲ 11:00 Sr. Lunch with Reservation 11:30 Korean Drumming ▲ 6:00 Tuesday Evening Dance ▲</p> <p style="text-align: center;">No Tai Chi Chuan</p>	<p>8:00 Walking Group ● 8:30 Farmer's Market 9:00 Line Dance Alive ▲ 10:00 Dementia 101 Workshop+ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 4:00 Karaoke</p> <p style="text-align: center;">No Tai Chi Chuan No Chair Yoga</p>
<p>8:00 Walking Group 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 w/ Optum+ 1:00 Caring Companions</p>	<p>7:30 Pickleball ▲ 9:00 Hawaiian Dance Lessons ▲ 9:00 Tai Chi Chuan ● 9:15 Beginning Tai Chi Chuan 9:00 NOCE - Staying Mentally Sharp 10:00 NOCE - Health & Wellness with Robin 10:30 Belly Dance Lesson ▲ 11:00 Sr. Lunch with Reservation 11:30 Korean Drumming ▲ 6:00 Tuesday Evening Dance ▲</p>	<p>8:00 Walking Group ● 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan 9:00 Line Dance Alive ▲ 10:00 Peripheral Neuropathy Breakthrough 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 1:00 Museum & More: Cultural Excursions 4:00 Birthday Karaoke with Optum</p>
<p>8:00 Walking Group ● 9:00 NOCE - Fun and Fitness with Janine 9:00 Longevity Stick Balance 9:00 Needlecraft Service Group 9:00 Medicare Counseling - HICAP (Korean) 10:00 Ipad Training Class + 10:30 Chair Yoga ▲ 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 ●</p>	<p>7:30 Pickleball ▲ 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- Health & Wellness with Robin 10:30 Belly Dance Lesson 11:00 Sr. Lunch with Reservation 11:30 Korean Drumming ▲ 12:30 Loteria + 6:00 Tuesday Evening Dance ▲</p>	<p>8:00 Walking Group ● 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 9:00 Your Hit Parade Trip 9:00 Line Dance Alive ▲ 9:30 What's Bugging Your Plants + 10:30 your Hit parade Trip 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 ● 9:00 NOCE - Fun and Fitness with Janine 9:00 Longevity Stick Balance 9:00 Needlecraft Service Group 10:00 Mental Health Seminar 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 ●</p>	<p>7:30 Pickleball ▲ 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 - Health & Wellness with Robin 10:30 Belly Dance Lesson ▲ 11:00 Sr. Lunch with Reservation 11:30 Korean Drumming ▲ 12:30 Bunco 6:00 Tuesday Evening Dance ▲</p>	<p>8:00 Walking Group ● 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 9:00 Line Dance Alive ▲ 10:00 Cooking for One Workshop + 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:00 Tea & Big Hats Social Party + 12:30 NOCE - Fit & Healthy with Kenny 4:00 Karaoke: Novelty week!</p>
<p>Similar to September 23rd Exclude: Mental Health Seminar</p>	 <h1 style="font-size: 2em;">September 2024</h1> 	

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:
Cultural Excursions w/ Seniors



Wednesday, October 9th

Pumpkin Painting Class

Wednesday, October 23rd

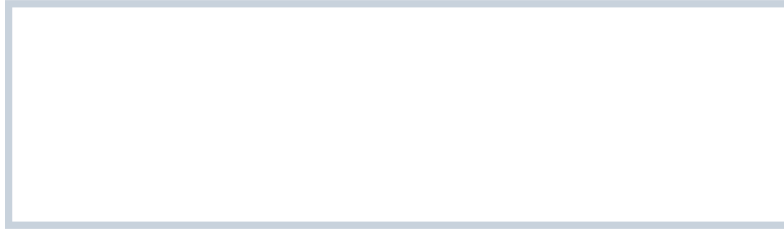
Senior Club Halloween Bash Social

Thursday, October 24th

Thursday	Friday
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 ▲ 12:30 Creative Coloring 1:30 Korean Dance ▲ 2:00 It's Your Money Workshop + 4:00 Senior Ukulele Jam No Festive with Deena	5 7:30 Pickleball ▲ 6 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 2:00 Grand Parent Day + No Movie Today No Health Enhancing Class
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 ▲ 2:00 It's Your Money Workshop + 4:00 Senior Drum Circle ● No Festive with Deena	12 7:30 Pickleball ▲ 13 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 - "Yes Day" 12:30 NOCE- Fit & Healthy with Kenny 1:00 NOCE - Food Preparations & Good Nutrition for Older Adults 4:30 Sound Bath (Hunt Branch Library) +
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 Medicare 2025 w/ Humana + 12:00 Festive Fitness w/ Deena 12:30 Creative Coloring ● 1:00 Senior Club Board Meeting 1:30 Korean Dance ▲ 2:00 It's Your Money Workshop + 4:00 Senior Ukulele Jam	19 7:30 Pickleball ▲ 20 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 - Spooky Step by Step Painting No Movie Today. 
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 Festive Fitness w/ Deena ● 12:30 Creative Coloring ● 1:30 Korean Dance ▲ 2:00 It's Your Money Workshop + 2:00 Fullerton Senior Follies + 4:00 Senior Drum Circle	26 7:30 Pickleball ▲ 27 8:00 Walking Group ● 8:30 NOCE - Health & Wellness with Eunice 9:00 Bulletin Collation 10:00 Guide Dogs for the blind Presentation + 11:00 Sr. Lunch with Reservation 11:00 Grief Support Group 12:30 Friday Movie - "Tall Girl" 12:30 NOCE - Fit & Healthy with Kenny 1:00 NOCE - Food Preparations & Good Nutrition for Older Adults 4:30 Crafternoon - Spooky Step by Step 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

September 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 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.