



FULLERTON SENIOR NEWS



FULLERTON COMMUNITY CENTER

340 W. COMMONWEALTH AVE. FULLERTON, CA. 92832

(714) 738-6575



CURRENT PROGRAMS:

Mind Your Brain: Strategies for Cognitive Strength at Any Age

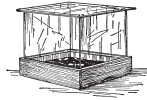
Wednesday, October 9th
10:00 A.M. - 11:00 A.M.



Learn about the six pillars of brain health, age-related changes in memory and learning, possible risks and threats to brain health, and practical steps to protect your brain health and lower your risk of cognitive decline. Presented by Alzheimer's OC.

Pass Down Plant - Propagating

Thursday, October 10th
1:00 P.M. - 2:00 P.M.



A Pass Down Plant is shared from other gardens. UC Master Gardeners will teach you to propagate plants, including dividing perennials, starting cuttings, and seed management, as well as basics of irrigation, fertilization, and pest control.

Breakfast w/ Boomer's

Saturday, October 26th
10:00 A.M. - 11:30 A.M.



New to Medicare? Join us over a plate of breakfast while we cover how Medicare works, enrollment, benefits, costs, and more! Presented by Boomer's Insurance.

Grief Support Group: Memorial Service

Friday, October 25th
11:00 A.M. - 1:00 P.M.



Please join our grief support group and community members in honoring and remembering those who passed over the past year. Presented by Vitas Healthcare Corporation.

Save the date...

Halloween Bash Social

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

Members: \$5, Nonmembers: \$7

Entertainment - 5 Star Band

Sponsored by Optum

Costumes Welcomed!

Costume Contest; winner gets a prize!

Complimentary refreshments, drawings & lots of dancing



Navigating through your 2025 AEP Enrollment Options

Monday, October 28th
10:00 A.M. - 11:30 A.M.



Understanding Annual Enrollment Period can be difficult, but don't let it be! Sign up today to learn more about your enrollment options.

Presented by C&C Family Insurance Services

Pumpkin Painting Class

Wednesday, October 23rd
2:30 P.M. - 4:30 P.M.



Please join us this fall for a fun and eventful evening of pumpkin painting! All materials provided. Presented by Optum.

Lunch & Learn Series

Thursday, October 17th
12:30 P.M. - 2:30 P.M.



Join us for lunch as we explore the ABCs of Medicare and the latest updates for 2025. We'll also cover a key topic: the biggest gap in Medicare—long-term care. Lunch will be provided. Please note that pre-registration is required. Presented by Banker's Life.

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 Agüero

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 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!!

Autumn is finally here and I love the fall weather, pumpkins, colored leaves and of course the pumpkin spice lattes.

Our annual Halloween Bash is October 24, 2024 from 3:00pm to 6:00pm. Members are \$5.00 and Non-Members are \$7.00. We will be having a costume contest with prizes, 50/50, and dancing to the 5 Star Band. Refreshments will be served.

Please see your enclosed remittance envelope for your membership for 2025. Still only \$15.00 per year. What a bargain!!! only \$1.25 per month.

We're still looking for people to volunteer and help us grow our club. Call the office at (714) 738 - 6353 if interested.

Once again it's almost time for our Annual Meeting and elections, which will be on December 6, 2024 from 12:00pm to 3:00pm. This will be a members only event, catered by Touch of Paradise. Entertainment by DJ Jose Miranda.

The November newsletter will provide an introduction via their statements and photo with voting at the annual meeting.

We also have Korean Cultural Programs which include Korean Drumming, Korean Folk Singing, and Korean Dance. Call (714) 738 - 6575 for further information.

By joining our club you will find something for everyone!!!

Happy Halloween,

Wendy Ocepek
 Senior Club President

Check out Bunco!

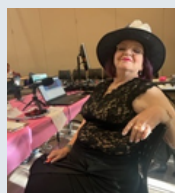
4th Tuesday of each month
 12:30 P.M. - 03:00 P.M.



Join the fun and excitement of Bunco, the engaging dice game! Roll the dice and enjoy socializing with friends while playing this entertaining game!

PAULETTE'S CORNER

Spotlighting our Senior Club Members



Meet Valorie Martinez. She is a new senior center member. She is a fashion diva. She loves clothes especially her beautiful hats.

Valorie is an army veteran. She worked fixing vehicles in the army. She loves coming to karaoke and helps with the setting up. Thank you Valorie for your service !!!



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 #6 Julian is sold out!!

Trip #7 Soboba Casino, Thursday, November 14, 2024

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

Come and gamble with us! Join us for a day of fun at Soboba Casino

Trip #8 Christmas with the Beach Boys, Tuesday December 10, 2024

Price: \$102.00 per person, Leaving 11:00 A.M. Returning 5:00 P.M.

Roll in the season at a true California themed musical event at the Grand in Long Beach. A Beach Boys Tribute Holiday Style, come and spend Christmas with "Surfin". Lunch will be a Baby Arugula Salad, Honey ham or Butternut Ravioli with scalloped potatoes, seasonal vegetables and pumpkin cheesecake for dessert.

Trip #501 Golden Nugget Las Vegas, Tuesday, January 14, 2025 thru Thursday, January 16, 2025

Price: \$280.00 per person double \$310.00 per person single, Leaving 9:00 A.M. Returning 5:00 P.M.

Start the new year off with a two night trip to Las Vegas, staying at the beautiful Golden Nugget on Fremont Street.



Extended Trips

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

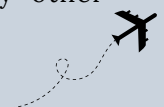
Count Down to Mardi Gras

February 25th - March 2nd, 2025; 5 Breakfasts, 2 Dinners

Price: \$2999.00 per double \$3499.00 per single

Trip Includes: Round trip airfare, professional tour director, luggage handling/ Pre Mardi Gras parades with seating, Bayou Airboat Ride, walking Tour of the French Quarter. Many other highlights. 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!

Fullerton Mysteries
Saturday, October 19th
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)

Tuesday, October 15th
12:00 P.M. - 1:00 P.M.
 무료 건강 세미나: 당뇨 건강 관리
 주치의: 마이클 허, MD 내과학
 10월 15일, 목요일
 오후 12시
 무료 건강 세미나에 참석 하셔서 유익한 정보를 받아주세요.
 간단한 샌드위치가 제공됩니다.
 Optum(옵툼)에서 제공합니다.



Preguntas y respuestas sobre Medicare

Monday, October 14th
12:30 P.M. - 1:30 P.M.



¡Únase a nosotros para ayudarle a que profesionales respondan sus preguntas sobre Medicare!
 Presentado por Optum.

October 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.

October 11th - "The Nightmare Before Christmas" The film follows the misadventures of Jack Skellington, Halloween town's beloved pumpkin king, who has become bored with the same annual routine of frightening people in the "real world." When Jack accidentally stumbles on Christmas town, all bright colors and warm spirits, he gets a new lease on life -- he plots to bring Christmas under his control by kidnapping Santa Claus and taking over the role. Rated PG-13

October 25th - "Hocus Pocus 2" Three young women accidentally bring back the Sanderson Sisters to modern day Salem and must figure out how to stop the child-hungry witches from wreaking havoc on the world. Rated PG-13



Art Programs

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

Crafternoons:

Fall Wood Ornaments
October 18th at 2:30 P.M.
October 25th at 4:30 P.M.



Day of the Dead Alter

October 29th - November 4th



A community ofrenda will be on display at the Fullerton community center to honor our lost loved ones. Feel free to bring a photo of any loved one to place on the Ofrenda.

Dietary Supplements for Brain Health: What The Science Says

Wednesday, October 16th
10:00 A.M. - 11:00 A.M.



AARP reports that over a quarter of U.S. adults 50+ take dietary supplements for brain health. Join us for insights from the National Institutes of Health (NIH) and independent scientists! Presented by OC Health Care Agency.

Housing Options for Older Adults

Thursday, October 3rd
12:00 P.M. - 1:00 P.M.



Join us for a workshop on housing options for older adults, exploring various living arrangement. Learn about resources and strategies to help make informed decisions for yourself or your loved ones. Presented by Humana.

Community Health Fair: 2024 Medi-Cal Expansion

Saturday, October 19th
9:00 A.M. - 2:00 P.M.



Join us at our Community Health Fair for a day for wellness and community support. Enjoy health and wellness vendors, interactive booths, free health screenings, face painting, food vendors, and more! The event will be held at 3232 Topaz Ln, Fullerton, CA.

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.

OCTOBER 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 **Tuesday** - Chicken pasta w/ poppy seed dressing & dinner roll
- 2 **Wednesday** - Salisbury steak w/ sweet potatoes & peaches
- 3 **Thursday** - Turkey roast w/ veggie blend and mandarin orange
- 4 **Friday** - Chicken strips & veggies w/ brown rice & fruit mix
- 7 **Monday** - Chicken salad with tortilla soup and dinner roll
- 8 **Tuesday** - Vegetable lasagna with chicken meatballs & fruit
- 9 **Wednesday** - Diced chicken breast with veggies & dinner roll & fruit mix
- 10 **Thursday** - BOX LUNCH
- 11 **Friday** - Fish sticks taco w/ pico de gallo and beans w/ mini tortillas
- 14 **Monday** - Pork loin with broccoli and brown rice and fruit mix
- 15 **Tuesday** - Turkey roast w/ gravy & sweet potatoes & dinner roll
- 16 **Wednesday** - Cubed beef with egg noodles and dinner roll and milk
- 17 **Thursday** - BOX LUNCH
- 18 **Friday** - Tinga chicken with lime rice and tortilla with sf pudding
- 21 **Monday** - Chicken breast with tri-color pasta and dinner roll
- 22 **Tuesday** - Barbacoa beef with lime rice and tortilla and fresh orange
- 23 **Wednesday** - Tuna salad with lima beans and dinner roll with orange
- 24 **Thursday** - Diced chicken breast with egg noodles and canned peaches
- 25 **Friday** - Cubed beef with broccoli and rice with tortilla
- 28 **Monday** - Chicken breast with brown rice and dinner roll w/ fruit
- 29 **Tuesday** - Veggie egg salad with salad and lentil soup with bread
- 30 **Wednesday** - Beef cheeseburger with pepper salad and pineapple chunks
- 31 **Thursday** - Cream of pumpkin soup w/ pasta & pistachio pudding

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.classpro.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, October 10th, 1:00 P.M. - 3:00 P.M.
- **Medicare HICAP Appointments**
 (4 Appointments Available)
 Monday, October 7th & 21st
 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, October 3rd, 10th, 17th
 10:30 A.M.- 12:00 P.M.
- **Senior Korean Parkinson Support Group**
 Friday, October 11th, 10:00 A.M. - 12:00 P.M.
- **Alzheimer's Support Group**
 Sponsored by the Alzheimer's Orange County
 Tuesday, October 15th, 1:00 P.M. - 3:00 P.M.
 English Speaking
- **Grief Support Group**
 Friday, October 11th & 25th, 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 |
|--|---|---|
|  | 7:30 Pickleball ▲ 1 9:00 Tai Chi Chuan 9:00 Hawaiian Dance Lessons ▲ 9:00 NOCE - Staying Mentally Sharp 9:15 Beginning Tai Chi Chuan 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 ▲ | 8:00 Walking Group ● 2 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan 9:00 Line Dance Alive ▲ 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 4:00 Karaoke |
| 8:00 Walking Group 7 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 Medicare Counseling - HICAP (English) 12:00 NOCE Books Come Alive for Older Adults 12:30 Bingo ● 1:00 Caring Companions | 7:30 Pickleball ▲ 8 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 ▲ | 8:00 Walking Group ● 9 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan 9:00 Line Dance Alive ▲ 10:00 Mind your Brain: Strategies for Cognitive Strength + 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 |
| 8:00 Walking Group ● 14 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 Medicare 101 w/ Optum + 12:30 Bingo ● | 7:30 Pickleball ▲ 15 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 ▲ 12:00 Korean Doc Talk: 12:30 Loteria + 1:00 Alzheimer's Caregiver Support Group 6:00 Tuesday Evening Dance ▲ | 8:00 Walking Group ● 16 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 9:00 Line Dance Alive ▲ 10:00 Dietary Supplements for Brain Health: What the Science Says Workshop + 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 4:00 Karaoke! |
| 8:00 Walking Group ● 21 8:30 Departure Trip #6: Day in Julian 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 + 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:00 Medicare Counseling - HICAP (English) 12:00 NOCE Books Come Alive for Older Adults 12:30 Bingo ● No Chair Yoga | 7:30 Pickleball ▲ 22 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 ▲  | 8:00 Walking Group ● 23 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 9:00 Line Dance Alive ▲ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 2:30 Pumpkin Painting w/ Optum + 4:00 Karaoke: Novelty week! No Chair Yoga |
| Similar to October 21st 28 Include: 10:00 Navigating AEP Enrollment Options 2025+ | Similar to October 22nd 29 Exclude: 12:30 Bunco | Similar to October 23rd 30 Exclude: 2:30 Pumpkin Painting w/ Optum + |

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:
OCTA Bus Riding Workshop





Monday, November 4th

Civic Center Walk

Saturday, November 16th

Senior Club Members Annual Meeting

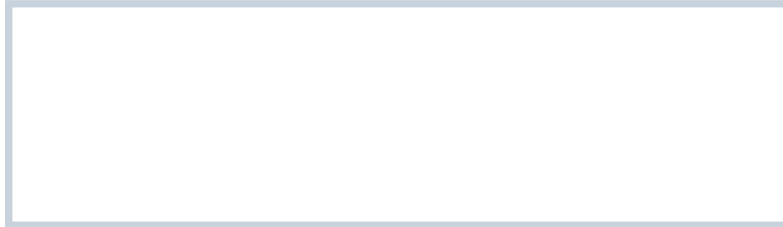
Friday, December 6th

| Thursday | Friday |
|---|---|
| 9:00 NOCE- Crocheting & Knitting 3 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 1:30 Korean Dance ▲ 2:00 It's Your Money Workshop + 4:00 Senior Ukulele Jam  | 7:30 Pickleball ▲ 4 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 |
| 9:00 NOCE - Crocheting & Knitting 10 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 Pass Down Plant-Propagating Workshop + 1:00 Community Legal Aid Appointments 1:30 Korean Dance ▲ 2:00 It's Your Money Workshop + 4:00 Senior Drum Circle ● | 7:30 Pickleball ▲ 11 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 - "The Nightmare Before Christmas" 12:30 NOCE- Fit & Healthy with Kenny 1:00 NOCE - Food Preparations & Good |
| 9:00 NOCE - Crocheting & Knitting 17 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 ● 12:30 Lunch & Learn Workshop + 1:00 Senior Club Board Meeting 1:30 Korean Dance ▲ 4:00 Senior Ukulele Jam | 7:30 Pickleball ▲ 18 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 - Fall Wood Ornaments No Movie Today.  |
| 9:00 NOCE - Crocheting & Knitting 24 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 ▲ 4:00 Senior Drum Circle | 7:30 Pickleball ▲ 25 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: Memorial Service + 12:30 Friday Movie - "Hocus Pocus 2" 12:30 NOCE - Fit & Healthy with Kenny 1:00 NOCE - Food Preparations & Good Nutrition for Older Adults 4:30 Crafternoon - Fall Wood Ornaments |
| Similar to October 24th 31 No Sing-A-Long w/ dessert social  |  <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

**PLEASE CHECK YOUR
MAILING LABEL
IF MAILING SHOWS
"2024 YOU ARE STILL
DUE FOR MEMBERSHIP
RENEWAL FOR 2025"**



OR CURRENT RESIDENT

**MAIL-IN ENVELOPE
ENCLOSED**

TIME - SENSITIVE MATERIAL

October 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 | 446-5030 |
| 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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