



FULLERTON SENIOR NEWS



FULLERTON COMMUNITY CENTER

340 W. COMMONWEALTH AVE. FULLERTON, CA. 92832

(714) 738-6575



A group of volunteers gathers to fold and label the Fullerton Senior Newsletter in preparation for mailing



Congratulations to all the performers and participants in our Senior Follies!



Here we have Mayor Dunlap participating in our successful Polly's Pie fundraiser!

CURRENT PROGRAMS:

Fullerton Senior Club Reminder!!

Please make sure to renew your Senior Club Membership of \$15.



Hop on Board: OCTA Bus Riding Workshop

Monday, November 4th
10:00 A.M. - 11:30 A.M.

Please let us help you gain the confidence to successfully ride the OC Bus and receive OCTA information, 2 free day passes, and enjoy a small prize raffle. Presented by OCTA.

What You'll Learn:

- Bus Riding Basics
- Fare Options
- Payment Methods
- Trip Planning
- Bus Schedules and Maps
- ADA Accessibility
- Safety Guidelines



Protein: Are you getting enough?

Thursday, November 7th
12:00 P.M. - 1:00 P.M

Discover the importance of protein in your diet, learn about recommended daily intake, and explore delicious sources of protein to incorporate into your meals. This interactive session will help you maintain a balanced and nutritious diet. Presented by Humana

Veterans Day Recognition

Friday, November 8th
10:00 A.M. - 11:00 A.M.



Join us for a special Veterans Day recognition as we honor those who have served. Enjoy light refreshments and a warm gathering as we express our gratitude and celebrate their contributions.

Drought Tolerant Gardening

Thursday, November 14th
1:00 P.M. - 2:00 P.M.



Join us for a presentation on gardening in Southern California's Mediterranean climate. They will share tips for designing drought-tolerant gardens, including selecting, planting, watering, and maintaining the right plants. Learn how to create a thriving garden while conserving water! Presented by UC Master Gardeners of OC.

Brain Boot Camp

Wednesdays, November 6th - 13th
10:00 A.M. - 11:00 A.M.



Join us for a fun, UCLA Longevity Center evidence-based, two session intensive course that teaches healthy brain lifestyles and enhances memory ability. Presented by Alzheimer's OC.

Medicare Q&A W/ C&C Family Insurance

Wednesday, November 6th
10:00 A.M. - 11:00 A.M.

¡Acompáñenos a una sesión informativa para obtener respuestas a sus preguntas sobre Medicare! Medi-Cal no es Medicare. Presentado por C&C Family Insurance.

Senior Club Annual Members

Meeting & Holiday Party

Friday, December 6th
12:00 P.M. - 3:00 P.M.

Doors Open 11:30 A.M.

Lunch Limited to the First 140 Senior Club Current Members

RSVP PREFERRED: DEADLINE NOVEMBER 21ST
Call (714) 738 - 5306 (Travel)



Dance to the Sounds by DJ Jose Miranda (Sponsored by Optum)
Catered by Touch of Paradise
Door prize opportunities will be included!

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

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

APPOINTEES

Sunshine Chairperson: Ellie Honeycutt 264-6969
 Desk Coordinator: Roberta Fullmer
 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: Cristina Mcloon
 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!!

November is a time to celebrate Thanksgiving. I am thankful to have served as the President of your club and for all your support. I'm thankful for all the volunteers and members that support our club and all of our activities. I'm very grateful for how our club has grown over the last year!!

Don't forget our annual meeting and elections are coming up on December 6, 2024 from 12:00 to 3:00, you must be a member to attend. Lunch will be served, for your dancing pleasure DJ Jose Miranda, door prizes and photos with Santa and Mrs Claus. Reservations are preferred and we will be taking them beginning on November 5, 2024 on the Travel Number (714) 738 - 5306.

I would like to thank Gail Weinert and all puppy raisers from the Brea Chapter of the Guide Dogs of the blind for a wonderful presentation. It was very interesting and informative and we loved being able to interact with the dogs.

Thank you to all the participants in the Follies. A big thank you to Katie Gobar, Doug Gilmour, Phyllis Levin, and Erika Lorenzana for putting on a wonderful show.

We would like to send out thanks to Optum, Gail Knife Chief, Ester Sanchez, and Wanda William for their participations with the Tea and Big Hat Social Party.

The Senior Club will be hosting their second "Special New Member Event" on November 15, 2024, which will be held by invitation only to new members. This event will be an information session and networking event.

Don't forget to renew your membership, still only \$15.00 per year... \$1.25 a month.

I'm wishing you all a Happy Thanksgiving!!

Wendy Ocepek
 Senior Club President

IN MEMORY OF...



George Tsuda



Our Condolences go out to their loved ones



PAULETTE'S CORNER

Spotlighting our Senior Club Members



Meet Pauline Baker. She is a long-standing member of the senior club. She loves going to karaoke and learning to crochet at our Knitting and crochet class. She was in charge of our Fundraisers at Polly's pie. There will be another fundraiser after the first of the year look for information Pertaining to that in our newsletter. Thank you Pauline for volunteering your time. You r smile lights up a room!



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. Payments must be made on December 10, 2024



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

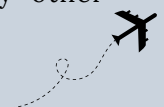
Count Down to Mardi Gras!

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

Price: \$2999.00 per double \$3499.00 per person 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!

Civic Center

Saturday, November 16th

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.



Art Programs

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

Crafternoons:

Beeswax Candlerolling/Fall Wood Ornaments

November 15th at 2:30 P.M.

November 22nd at 4:30 P.M.



2025 Medicare Benefits (Korean)

Thursday, November 14th

12:00 P.M. - 1:00 P.M.

2025 메디케어 혜택 설명회

11월 14일, 목요일

오후 12시

무료 교육 세미나에 참석 하셔서 유익한 정보를 받아가세요.

간단한 다과가 제공됩니다.

Optum(옵툼)에서 제공합니다.

Optum

Mental Health Seminar

Monday, November 18th

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.

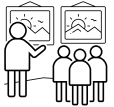


Cultural Excursions: Museum & More

Wednesday, November 13th

1:00 P.M. - 4:00 P.M.

Fullerton Museum Center (\$12 Fee)



Join the FCC staff for guided tours of Orange County's most fascinating museums, and cultural historic sites. Fees include transportation, admission, and guided tour.

Holiday Safety and Scams

Thursday, November 21st

12:00 P.M. - 1:00 P.M.



The holidays are a great chance for family and friends of all ages to connect and spend time together. Keeping yourself and your surroundings SAFE is key. Join us along with Assistance in Home Care for a presentation on Holiday Safety and Scams. Come and learn some great tips

Promise Me A Rose Garden

Thursday, December 12th

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



If you have roses, this presentation is a great refresher on the basics such as selection, planting, care and feeding, integrated pest management and pruning. In addition, UC Master Gardeners of Orange County will focus on specific types of roses such as shrubs, miniature roses and old garden roses.

November 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.



November 8th - "Coco" Despite his family's generations-old ban on music, young Miguel dreams of becoming an accomplished musician like his idol Ernesto de la Cruz. Desperate to prove his talent, Miguel finds himself in the stunning and colorful Land of the Dead. After meeting a charming trickster named Héctor, the two new friends embark on an extraordinary journey to unlock the real story behind Miguel's family history. Rated PG.

November 22nd - "Finding 'Ohana" A summer in rural Oahu takes an exciting turn for two Brooklyn-raised siblings when a journal pointing to long-lost treasure sets them on an epic adventure with new friends, and leads them to reconnect with their Hawaiian heritage. Rated PG.

Program Updates

- **The Center will be closed Monday, November 11th in Observance of Veterans Day**
- **The Center will be closed November 28th - 29th for Thanksgiving**
- **NOCE will be on a break on November 25th - November 29th**

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.

NOVEMBER 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 **Friday** - Chicken strips with veggie blend and fried rice
- 4 **Monday** - Chicken salad with dinner roll and mandarin orange
- 5 **Tuesday** - Mexican beef cocido with cubed beef and SF pudding
- 6 **Wednesday** - Turkey Bolognese with pasta and dinner roll
- 7 **Thursday** - Baked tilapia with Mexican rice, broccoli, and tortilla
- 8 **Friday** - Roast beef w/ baby baked potatoes & veggie blend
- 11 **Monday** - CENTER CLOSED
- 12 **Tuesday** - Chicken pasta with spring mix and fresh orange
- 13 **Wednesday** - Salisbury steak with brown gravy and sweet potatoes
- 14 **Thursday** - Turkey roast with veggie blend and rice pilaf
- 15 **Friday** - Chicken strips with lemongrass sauce and fruit mix
- 18 **Monday** - Chicken salad with tortilla soup and canned pears
- 19 **Tuesday** - Vegetable lasagna with chicken meatballs and lentil salad
- 20 **Wednesday** - Diced chicken breast with rice pilaf and fruit mix
- 21 **Thursday** - BOX LUNCH
- 22 **Friday** - Roast turkey w/ mashed potatoes & pumpkin pie
- 25 **Monday** - Pork loin with broccoli and brown rice & fruit mix
- 26 **Tuesday** - Turkey roast w/ sweet potatoes and collard greens & roll
- 27 **Wednesday** - Sliced ham with sweet potatoes and parker house roll
- 28 **Thursday** - CENTER CLOSED
- 29 **Friday** - CENTER CLOSED

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, November 14th, 1:00 P.M. - 3:00 P.M.

- **Medicare HICAP Appointments**
 (4 Appointments Available)
 Monday, November 4th & 18th
 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, November 7th, 14th, 21st
 10:30 A.M.- 12:00 P.M.

- **Senior Korean Parkinson Support Group**
 Friday, November 8th, 10:00 A.M. - 12:00 P.M.

- **Alzheimer's Support Group**
 Sponsored by the Alzheimer's Orange County
 Tuesday, November 19th, 1:00 P.M. - 3:00 P.M.
 English Speaking

- **Grief Support Group**
 Friday, November 8th & 22nd, 11:00 A.M. - 12:30 P.M.

SENIOR TRANSPORTATION PROGRAM

Taxi Program-

Free trips from November 1st, 2024 - January 31st, 2025

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 free rides to and from your Fullerton residence to non-emergency medical appointments and prescription pick-ups. Trips must be within Orange County.

Recreational Trips:

Offers free rides to and from your Fullerton residence to locations for shopping, fitness, social events, and entertainment. Trips must be within Orange County.


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			
 <h1 style="font-size: 4em; margin: 0;">November 2024</h1>					
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 + 10:00 OCTA Bus Riding Workshop + 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	4	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 ▲ No Loteria	5	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 Medicare Q&A Workshop + 10:00 Brain Boot Camp + 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 4:00 Karaoke! ●	6
 <p>Center Closed</p>	11	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 ▲ 6:00 Tuesday Evening Dance ▲	12	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 Brain Boot Camp + 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! ●	13
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 Mental Health Seminar + 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 ●	18	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 ▲ 1:00 Alzheimer's Caregiver Support Group 6:00 Tuesday Evening Dance ▲	19	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 ▲ 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 4:00 Karaoke! ●	20
Similar to November 18th Include: 10:00 Medicare Options (Korean) + Exclude: ipad training class/HICAP/mental health seminar No NOCE Classes	25	Similar to November 19th Include: 12:30 Bunco ● Exclude: 1:00 Alzheimer's Caregiver Support Group No NOCE Classes	26	Similar to November 20th No NOCE Classes	27

Thursday	Friday
 <p>● Sponsored by the Senior Club ▲ Fee Based Classes + Free Seminars & Workshops</p>	7:30 Pickleball ▲ 1 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;">No Movie Today</p>
9:00 NOCE - Crocheting & Knitting 7 9:00 NOCE - Staying Mentally Sharp 10:30 Korean Folk Singing ▲ 10:30 Grocery Distribution 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:00 Festive Fitness w/ Deena 12:00 Protein: Are you Getting Enough Workshop + 12:30 Creative Coloring 1:30 Korean Dance ▲ 4:00 Senior Ukulele Jam	7:30 Pickleball ▲ 8 8:00 Walking Group ● 8:30 NOCE - Health & Wellness with Eunice 10:00 Korean Parkinson Support Group 10:00 Veterans Day Recognition + 11:00 Grief Support Group 11:00 Sr. Lunch with Reservation 12:30 Friday Movie - "Coco" 12:30 NOCE- Fit & Healthy with Kenny 1:00 NOCE - Food Preparations & Good
9:00 Trip #7: Soboba Casino 14 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 Festive Fitness w/ Deena 12:30 Creative Coloring ● 1:00 Community Legal Aid Appointments 1:00 Drought Tolerant Gardening Workshop + 1:30 Korean Dance ▲ 4:00 Senior Drum Circle	7:30 Pickleball ▲ 15 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 - Beeswax Candle rolling/Fall Wood Ornaments <p style="text-align: center;">No Movie Today.</p>
9:00 NOCE - Crocheting & Knitting 21 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 Holiday Safety & Scams Workshop+ 12:00 Festive Fitness w/ Deena 12:30 Creative Coloring ● 1:00 Senior Club Board Meeting 1:30 Korean Dance ▲ 4:00 Senior Ukulele Jam	7:30 Pickleball ▲ 22 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 - "Finding 'Ohana" 12:30 NOCE - Fit & Healthy with Kenny 1:00 NOCE - Food Preparations & Good Nutrition for Older Adults 4:30 Crafternoon - Beeswax Candle rolling/Fall Wood Ornament
28	29

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 Members Meeting & Holiday Party

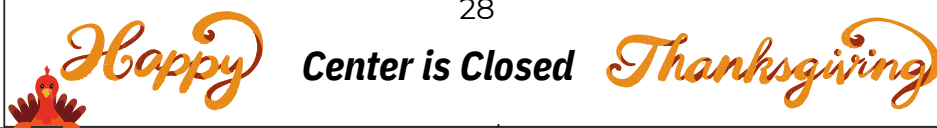
Friday, December 6th

Fall Asleep, Stay Asleep Workshop

Monday, December 16th

Self Empowerment Series

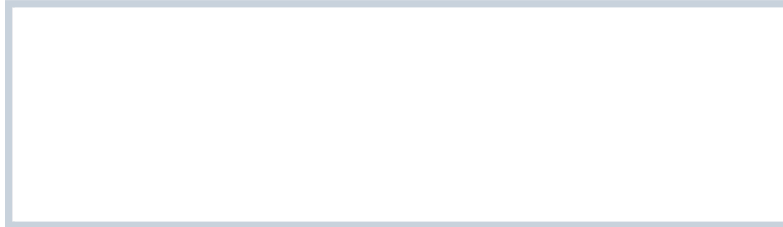
Tuesday, January 21st



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

TIME - SENSITIVE MATERIAL

November 2024



Page 8

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

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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The Information Deadline is the 5th of the month.

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