



# AUTUMN 2017



**SOCIAL SERVICES DEPARTMENT  
SCHEDULE OF EVENTS**



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## Important Phone Numbers

Norwalk Social Services Center.....929-5544  
 11929 Alondra Boulevard  
 Norwalk Senior Center.....929-5580  
 14040 San Antonio Drive  
 Norwalk Child Development Program.....462-1713  
 11929 Alondra Boulevard

### Social Services Staff

Veronica Garcia  
 Director of Social Services.....929-5544  
 Sandra Benavides  
 Social Services Manager.....929-5544  
 Janine Andrade  
 Senior Center Manager.....929-5580  
 George Buchanan  
 Recreation Supervisor.....929-5677  
 Gloria Mendoza  
 Children’s Dental Clerk.....929-5546  
 Gabriela Regalado  
 Child Care Program Manager.....462-1713  
 Mike Stifel  
 Senior Services Coordinator.....929-5579

Dispute Resolution Program.....929-5603  
 (A.A.R.P.).....(800) 424-3410  
 ACCESS Services (Paratransit).....(800) 827-0829  
 Alzheimer’s Association.....(800) 660-1993  
 Child Abuse Hotline.....(800) 540-4000  
 Community Legal Services.....(800) 834-5001  
 Dial-A-Ride (Customer Service).....929-5550  
 Dial-A-Ride-Reservations.....929-7512  
 Elder Abuse Hotline.....(877) 477-3646  
 Family Caregiver Supporter Prog.....(800) 510-2020  
 Home Delivered Meals  
 (SASSFA Foundation).....699-3231 ext. 252  
 Info Line (LA County).....(800) 339-6993 or 211  
 In-Home Supportive Services.....(888) 944-4477  
 Long-Term Care Ombudsman.....(800) 334-9473  
 Medi-Cal, EBT (Food Stamps).....(866) 613-3777  
 Medicare.....(800) 633-4227  
 Social Security.....(800) 772-1213

### Norwalk City Council

Mayor Luigi Vernola  
 Vice Mayor Leonard Shryock  
 Councilmember Tony Ayala  
 Councilmember Jennifer Perez  
 Councilmember Margarita L. Rios



All telephone numbers in this brochure are within the (562) area code, unless otherwise indicated. Please visit us at...

[norwalk.org](http://norwalk.org)

# NORWALK SENIOR CENTER

14040 SAN ANTONIO DRIVE \* 929-5580

When you walk through the doors of the Norwalk Senior Center, you will become part of a group of vital individuals. Classes, health screenings, fitness activities, arts, games, weekday lunches, and more are offered on a regular basis. The center meets a wide variety of interests for adults age 50 and older. Social Services personnel are available to offer information and referrals for a variety of subjects. Opportunities to volunteer are also available. The Norwalk Senior Center offers an abundance of unique experiences that are sure to capture the hearts and interests of those who visit. Be sure to pick up a copy of our newsletter, "On the Go."

## Center Hours

**Monday - Friday 8:00 a.m. - 7:00 p.m.**

**Saturday 8:00 a.m. - 5:00 p.m.**

In keeping with the City of Norwalk holiday schedule, the Senior Center will be closed on Monday, September 4 in observance of Labor Day, Friday, November 10 in observance of Veteran's Day, and Thursday, November 23 and Friday, November 24 in observance of the Thanksgiving Holiday. For information regarding programs or services, please call **929-5580**.

## Tours

The Norwalk Senior Center has some fantastic trips for you! Enjoy the comfort of a deluxe bus as you travel to fun and interesting places. Tour registration must be made in person at the Norwalk Senior Center. Cash, check, or money orders are accepted. Space is limited. All tours are open until filled. Tours depart and return to Norwalk City Hall, 12700 Norwalk Blvd. For current trip information, please call **929-5580**.

### Yanks Air Museum with lunch on your own at the Shoppes of Chino Hills

**Wednesday, September 20**

**Depart at 10 a.m.**

**Return at 5 p.m.**

**Cost: \$12** (Lunch not provided)

**Location: Chino, CA**

**Walking required: HIGH**



Spanning across decades of labor intensive searching, Yanks Air Museum boasts one of the most extensive and rarest collections of American aircraft worldwide. The collection began in 1973 with the acquisition of the Beech Stagger-wing and from there grew to more than 200 aircraft. Many of the aircraft at Yanks are the only remaining specimens of their kind. After our guided tour, it's a short drive to the Shoppes of Chino Hills for lunch. You will have over 20 locations to choose for lunch, from pretzels to seafood, the Shoppes have it all. You will even have time to walk around and shop.

*Norwalk \*resident registration will be taken Tuesday, August 8 at 9 a.m. Open registration begins Tuesday, August 15. Numbers will be distributed at 8 a.m. (One number per person).*

*\*Photo identification with proof of residency required.*

### La Brea Tar Pits with lunch on your own at the Los Angeles Farmer's Market

**Wednesday, October 11**

**Depart at 9:30 a.m.**

**Return at 5:30 p.m.**

**Cost: \$10** (Lunch not provided)

**Location: Los Angeles, CA**

**Walking required: HIGH**



Experience the world's only active, urban Ice Age excavation site. It's science in action, right in the heart of Los Angeles. You'll get to see scientists at work, uncovering new Ice Age fossils in the tar pits – new discoveries made right before your eyes. Watch science in action in the Fossil Lab as Museum scientists are studying what these fossils are telling us about Ice Age L.A. and the environmental changes that are still having an impact on us today. On display are mammoths, saber-toothed cats, dire wolves, giant sloths, and more, found right here at the La Brea Tar Pits. After touring the Pits, it's off to lunch! With over 37 restaurants in the LA Farmers Market, you can choose a variety of foods from all over the world! You'll even have time to do some shopping.

*Norwalk \*resident registration will be taken Tuesday, September 5 at 9: a.m. Open registration begins Tuesday, September 12. Numbers will be distributed at 8 a.m. (One number per person).*

*\*Photo identification with proof of residency required.*

# NORWALK SENIOR CENTER

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## Norton Simon Museum Tour

**Wednesday, November 15**

**Depart: 10 a.m. & Return: 5 p.m.**

**Cost: \$20** (Lunch provided)

**Location: Pasadena, CA**

**Walking required: HIGH**



The Norton Simon Museum is known around the world as one of the most remarkable private art collections ever assembled. Over a thirty-year period industrialist Norton Simon (1907–1993) amassed an astonishing collection of European art from the Renaissance to the 20th century and a stellar collection of South and Southeast Asian art spanning 2,000 years. Approximately 1,000 works from the permanent collection of 12,000 objects are on view in the Norton Simon Museum's galleries and sculpture garden throughout the year. During your time there, you will be able to enjoy one of the following choices: Turkey Cobb Wrap, Ham Wrap, or an Albacore Tuna Salad Sandwich for lunch. Each lunch comes with boxed water, a garden salad, and a cookie.

*Norwalk \*resident registration will be taken Tuesday, October 10 at 9 a.m. Open registration begins Tuesday, October 17. Numbers will be distributed at 8 a.m. (One number per person). \*Photo identification with proof of residency required.*

## Special Activities

### 16<sup>th</sup> of September Celebration

There is no time for a siesta, so come and join our Fiesta! Help us celebrate Mexican Independence Day with the sounds of Mariachis! Includes two taquitos, guacamole, and a drink!  
*Norwalk \*resident registration will be taken Tuesday, August 22 at 9 a.m. Open registration begins Tuesday, August 29.*

**Wednesday, September 13**

**2 - 5 p.m.**

**Cost: \$3.00 per person**

*\*Photo identification with proof of residency required.*

### Fall Fashion Tea Party

Join us for an afternoon of tea, assorted pastries, finger sandwiches and entertainment with friends, new and old. Personal teacups are welcome, but will also be provided. After tea, it's time to strut your stuff and work the catwalk! Make sure to come dressed in your best Fall Fashion, seating is limited.

*Norwalk \*resident registration will be taken Wednesday, September 20 at 9 a.m. Open registration begins Wednesday, September 27.*

**Wednesday, October 18**

**2:30p.m.**

**Cost: \$6 per person**

*\*Photo identification with proof of residency required.*

## Halloween Mixer

It's a Halloween Dance that's sure to be a fright. Come dressed as your best and celebrate the night! Join us as we get our ghoul on and dance the night away! Costumes optional but encouraged!

*Norwalk \*resident registration will be taken Thursday, September 28 at 9 a.m. Open registration begins Thursday, October 5.*

**Thursday, October 26**

**6 - 8 p.m.**

**Cost: \$2 per person**

*\*Photo identification with proof of residency required.*

## Harvest Wreath Workshop

Looking for new ideas to decorate for Thanksgiving? Look no further! In this workshop you will learn how to design your own harvest wreath that would make any Thanksgiving holiday special. Space is limited.

*Norwalk \*resident registration will be taken Wednesday, October 4 at 9 a.m. Open registration begins Wednesday, October 11.*

**Wednesday, November 8**

**6 - 8 p.m.**

**Cost: \$5 per person**

*\*Photo identification with proof of residency required.*

## Holiday Dance

A winter chill is in the air! So let's get together for a Holiday affair. We'll raise a glass and toast the season, good friends are a must this Holiday season!

Join us at the Senior Center for an elegant evening as we celebrate the holidays. The evening will commence with your choice of a Prime Rib (Queen Cut) or Roast Turkey dinner, catered by Chris' & Pitt's, followed by a traditional apple cider toast to the holidays! The Sangria Band will entertain you as you dance the night away! (formal attire recommended)

*Norwalk \*resident registration will be taken Wednesday, November 1 at 9 a.m. Open registration begins Wednesday, November 8, 2017.*

**Thursday, December 21 • 5 - 9 p.m.**

**Cost: \$22**

## AARP Smart Driver Renewal Course

**Tuesday, September 12 • 1 - 5 p.m.**

**Tuesday, November 14 • 1 - 5 p.m.**

**Cost: \$15 for AARP Members & \$20 for Non-members**

*Payable to AARP by check or money order only*

Register for the Refresher Course! This course is a four hour class that condenses eight hours of information into four hours. The Refresher Course is only for those who have previously taken the eight (8) hour class.



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## AARP Smart Driver Safety Course 2 Part Class

Tuesday, October 17 • 12:30 - 5 p.m.

Wednesday, October 18 • 12:30 - 5 p.m.

**Cost: \$15 for AARP Members & \$20 for Non-members**

*Payable to AARP by check or money order only*

Upon completion, you may be eligible for a discount through your automobile insurance company.

## Candlelight Dinners

Stop by and enjoy a hot and hearty meal. Share an evening of warmth with friends and family. Doors open at 5:15 p.m. and meal service ends at 6:00 p.m. Prizes awarded. Dine-in only. Tickets will not be sold on the day of the dinner.

**Theme: Fiesta Americana**

Tuesday, September 12 • 5:45 - 6:30 p.m.

**Early Bird Cost: \$6.50 per person.** Tickets purchased after Saturday, September 9 are \$8 per person.

**Theme: Autumn Evening**

October 10, Tuesday, 5:45 - 6:30 p.m.

**Early Bird Cost: \$6.50 per person.** Tickets purchased after Saturday, October 7 are \$8 per person.

## Ongoing Activities

### FREE Ping Pong!

Come play ping pong with us! It is free to play so bring your friends for a great workout while having fun playing ping pong at the Senior Center! Participants play at their own risk.

**Ping Pong Table Schedule:**

Tuesday: 8:30 – 11:30 a.m.

Wednesday: 2 - 6:30 p.m.

Thursday: 8:30 - 11:30 a.m.

Saturday: 9 a.m. - 4:30 p.m.

### Karaoke Cabaret

Come one, come all, to our Karaoke Cabaret and enjoy an afternoon of singing, laughter, and fun. You can even bring your own Karaoke CD's to sing along to. Songbook available at the front desk of the Senior Center. Opportunity drawing for all brave souls who sing on stage!

**Saturdays, September 9, October 14, & November 11**  
1 - 4 p.m.

**Wednesdays, September 27, October 25, November 29**  
& December 27 • 2 - 5 p.m.

**Cost: Free**

## Meal Program for Seniors

Adults aged 60 and over are welcome to come enjoy a hot, delicious and healthy meal.

**Monday - Friday at 11:30 a.m.**

**Suggested Donation: 60 and older \$2.25**

**Under 60, Fee: \$4.25**

Menu available on our website.

Call 929-5544 or visit [norwalk.org](http://norwalk.org) for more information.

## Bingo!

Come try your luck at Bingo! Players age 18 and older are welcome.

**Monday & Friday**

**1:15 - 4:15 p.m.**

**Cost: 50¢ per 50/50 Paper card**

**\$1 per paper pack (8 sheets per pack)**

**\$2 per paper pack (8 sheets per pack)**

**\$1 per Double Action Paper card**

*(Sponsored by Norwalk Senior Citizens Center, Inc.)*

*Bingo will not be in session on Monday, September 4 in observance of Labor Day, Friday, November 10 in observance of Veteran's Day, and Friday, November 24 in observance of the Thanksgiving Holiday.*

## Fitness Room

Come in and enjoy the Senior Center's Fitness Room Monday through Saturday (open various times of the day). Cardio and weight equipment is available to those age 50 and older. Orientation with staff is required prior to use. We recommend that you consult your physician prior to any physical activity. Contact us today to schedule your orientation appointment.

**Monday**

**9 a.m. - 12:45 p.m.**

**3 - 6:30 p.m.**

**Tuesday**

**8 a.m. - 6:30 p.m.**

**Wednesday**

**9 a.m. - 6:30 p.m.**

**Thursday**

**8 a.m. - 6:30 p.m.**

**Friday**

**9 a.m. - 1:15 p.m.**

**3:45 - 6:30 p.m.**

**Saturday**

**8 a.m. - 4:30 p.m.**

## Computer Lab Hours

The Senior Center has a computer lab with five personal computers available for use for those age 50 and older. There is a 30-minute use limit when others are waiting.

**Monday - Friday**

**8 a.m. - 6:30 p.m.**

**Saturday**

**8 a.m. - 4:30 p.m.**

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## Billiards Room

**Monday - Friday** 8 a.m. - 6:30 p.m.  
**Saturday** 8 a.m. - 4:30 p.m.  
**Cost: Free**

## Pool Tournaments

Points will be awarded to Players who place 1st - 3rd. Players with the most points, at the end of the year, will be invited to our Year-End Shootout.

### Level A (Advanced players only).

**Every second Wednesday of the month** 12:30 p.m.

**Cost: Free**

Registration dates are pre-scheduled open to men and women age 50 and older. Call **929-5580** for registration dates.

### Level B (Novice players only)

**Every third Wednesday of the month** 12:30 p.m.

**Cost: Free**

*Registration dates are pre-scheduled open to men and women age 50 and older. Call 929-5580 for registration dates.*

## Volunteer Opportunities

Whether you are looking to donate your time, remain active, give back to the community, or are seeking to meet new people, there are opportunities for you to volunteer at the Norwalk Senior Center. Volunteers are needed to assist with various activities such as our weekday Nutrition Program, special events, stitching lap robes, Bingo program and overall support.

As a volunteer, you will enjoy volunteer meetings (including trainings and socials), an annual volunteer recognition celebration, and the personal satisfaction of making a difference in your own life as well as in the lives of the community.

Please call **929-5580** for further information, or stop by the Norwalk Senior Center and complete a volunteer application. We are waiting for you!

## Dances

### Weekly Western Dance

Join us for the liveliest Western Dance in Norwalk. The Senior Center is absolutely jumping every Thursday night! Come hoot and holler as you dance to your favorite Western tunes.

**Every Thursday** 5:30 p.m.

**Cost: Free**

*(There will be no Western Dance on Thursday, November 23, in observance of the Thanksgiving Holiday.)*

## Movie Madness

Join us for a FREE movie and popcorn! Newly released movies are featured for most of our shows. Schedule is subject to change due to film availability. For updated movie schedule, please call **929-5580**.

### Tuesday Movie Matinee

**Every Tuesday** 1:30 & 4:30 p.m.

**Cost: Free**

*(Every Second Tuesday of the Month, there will only be the 1:30 p.m. movie showing).*

### Saturday Movie Matinee

**Every third Saturday of the month** 11 a.m. & 2 p.m.

**Cost: Free**

## Supportive Services

Supportive services are available to Norwalk residents, age 60 years and older. These services assist clients with daily in-home assistance to help preserve and maintain their quality of life and to remain independent living in their home.

### Case Management\*

Norwalk residents, age 60 years and older, may be eligible for case management services. This service provides a personal assessment conducted by qualified social services staff to determine the types of comprehensive supportive services a senior at-risk may need. Supportive services are coordinated to address the specific needs for client safety and quality of life.

### Homemaking\*

Homemaking services are available to homebound, at-risk Norwalk residents, age 60 years and older. Homemaking services may provide temporary assistance with house cleaning, laundry and meal preparation in the client's residence.

### Personal Care\*

Personal Care services are available to frail/homebound, at-risk Norwalk residents 60 years of age and older. Personal Care services provide clients with in-home care vital to the activities of daily living to promote an optimal quality of life and maintain in-home independent living.

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## Registry Services\*

The Norwalk Senior Center maintains a registry of qualified in-home workers available for hire. The in-home workers are pre-screened and CPR/First Aid Certified. Staff is available to assist clients with the employment of an in-home worker.

*\*These services are free of cost and funded by the Los Angeles County Workforce Development, Aging Community Services. Please call 929-5580 for more information or to schedule an appointment with social services staff.*

## Home Delivered Meals

Home delivered meals are available for homebound qualifying Norwalk seniors, age 60 and older. For meal delivery information, please call SASSFA at **699-3231 ext 252**.

## Dial-A-Ride

Norwalk's Transit Department offers a Dial-A-Ride service available to Norwalk resident's age 60 and older and to physically disabled residents, regardless of age. Applications may be requested by calling **929-5533**. Applications are also available at the Norwalk Senior Center and the Social Services Center.

## Nutrition Van Service

Norwalk Transit System (NTS) provides Dial-A-Ride service to the Norwalk Senior Center Nutrition Program. If you are a Norwalk Dial-A-Ride patron and wish to have lunch weekdays, Monday through Friday at the Senior Center, you may enroll in the Nutrition Van Service, and you will not have to make appointments for your daily ride. You will need to call Norwalk Transit only if you do not want to be picked up for lunch. Use of this service does not guarantee a meal.

For more information on NTS Dial-A-Ride services, please call Transit Customer Service at **929-5550**.

## Bereavement Group

Join us if you have recently lost a loved one. Share with others who have experienced a loss and gain strength from those who are also dealing with their pain. Receive help in restarting your life. Share experiences and release your grief.

**Every Friday 10:00-11:00 a.m.**

**Cost: Free**

*Sponsored by the Telecare Corporation. Newcomers welcome.*

## CAL Fresh Assistance

Got questions about Food Stamps? A representative from the LA Regional Food Bank will be onsite to provide you with program information and application completion!

**Second Monday each month 9a.m.-12p.m.**

**Cost: Free**

## Health Insurance Counseling and Advocacy Program (HICAP)

Do you have questions about Medicare or related Health Insurance issues? Visit our HICAP Representative. Health Insurance Counseling and Advocacy Program (HICAP) provides free community education, counseling and advocacy on Medicare and related health insurance issues for patrons age 50 & older. Appointments are required, please call **929-5580**.

**First and Third Wednesday of every month 10 a.m. - 12 p.m.**

**Cost: Free**

*Sponsored by the Center for Healthcare Rights*

## IHSS Support Desk

Do you have questions about IHSS? Then come visit the IHSS Support Desk representative the first Friday of the month to find out how you can receive care in your home. In-Home Supportive Services (IHSS) Program helps pay for services provided to Medi-Cal recipients who are 65 years of age or older, or legally blind, or disabled adults and children, so they can remain safely in their home.

**First Friday of every month**

**9:30 - 11:30 a.m.**

**Cost: Free**

*Sponsored by Personal Assistance Service Council of Los Angeles (PASCLA)*

## Senior Home Repair Assistance Program

Staff from the Norwalk Community Development Department will be at the Norwalk Senior Center to provide information about the Home Repair Program and to assist with filling out of the application. No appointment is necessary.

**Wednesday, October 25**

**10 a.m.**

**Cost: Free**

## Health Services

The Norwalk Senior Center offers the following ongoing health services:

### Blood Pressure Screenings

**Thursdays, September 21, October 19 & November 16 9:30 a.m.**

**Cost: Free**

*(Sponsored by Pioneer Medical Group)*

### Dental Screening

**Friday, September 29 & October 27**

**10 a.m.**

**Cost: Free**

*(Sponsored by Northeast Dental)*



# NORWALK SENIOR CENTER

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## Seminars / Screenings

The Senior Center hosts many seminars and screenings on a monthly basis.

### Derma Scan

**Tuesday, September 12** 9:30 a.m.  
**Cost: Free**  
*(Sponsored by AppleCare Medical Group)*

### Neighborhood Watch

**Wednesday, September 13** 10 a.m.  
**Topic: Strategies for Preventing Hate Crimes**  
**Cost: Free**  
*(Sponsored by Norwalk Public Safety)*

### The History Lady

**Thursday, September 14** 10 a.m.  
**Cost: Free**  
*(Sponsored by HealthCare Partners)*

### 10 Myths about Medicine Use

**Tuesday, September 19** 10 a.m.  
**Cost: Free**  
*(Sponsored by Independence at Home)*

### Understanding the Safe Use of Pain Medications

**Tuesday, October 10** 10 a.m.  
**Cost: Free**  
*(Sponsored by Independence at Home)*

### Medicare 101

**Tuesday, October 24** 10 a.m.  
**Cost: Free**  
*(Sponsored by AppleCare Medical Group)*

### Doc Talk: Osteoporosis

**Thursday, October 26** 10 a.m.  
**Cost: Free**  
*(Sponsored by HealthCare Partners)*

### Neighborhood Watch

**Wednesday, November 8** 10 a.m.  
**Topic: Community Safety – Taking Back Your Neighborhood**  
**Cost: Free**  
*(Sponsored by Norwalk Public Safety)*

### MediCare 101

**Thursday, November 9** 10 a.m.  
**Cost: Free**  
*(Sponsored by HealthCare Partners)*

### Beating the Holiday Blues

**Thursday, November 16** 10 a.m.  
**Cost: Free**  
*(Sponsored by Independence at Home)*

### Norwalk Senior Center Library Service

Enjoy the convenience of checking out your favorite books without having to travel to the library. Anyone age 50 and older that uses the Norwalk Senior Center, and has a valid County of Los Angeles Public Library card is eligible for the program. If you do not have a library card; applications will be available during each visit for you to apply. Norwalk Library staff will deliver library materials to the Senior Center on the second and fourth Thursday of every month between the hours of 10:45 a.m. and 11:15 a.m. Returned materials will be picked up at the same time. For more information, contact the Norwalk Library at **868-0775** or the Norwalk Senior Center at **929-5580**.



### Senior Center Course Schedule

**Session 5**  
**August 21 - October 7**  
*(Classes will not meet on Monday, September 4, in observance of Labor Day)*  
**Session 5 Registration: Now being taken.**

**Session 6**  
**October 16 - December 2**  
*(Classes will not meet on Friday, November 10 in observance of Veteran's Day, and Thursday, November 23 and Friday, November 24 in observance of the Thanksgiving Holiday.)*

Session 6 Registration: Wednesday, October 4, at 9 a.m. Photo identification with proof of residency required for Norwalk residents. Numbers will be distributed, one per person, from the north side entrance of the Senior Center beginning at 8 a.m.



# NORWALK SENIOR CENTER

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## Fitness & Exercise

### City Walkers

The City Walkers meet three mornings a week at the Senior Center for 15 minutes of warm-up exercises followed by a brisk outdoor walk. It is a great opportunity to work out and enjoy the company of friends. Newcomers are welcome.

#### Session 5

**August 21 - October 6**

*(Class will not meet on Monday, September 4 in observance of Labor Day)*

#### Session 6

**October 16 - December 1**

*(Class will not meet on Friday, November 10 in observance of Veteran's Day and Friday, November 24 in observance of the Thanksgiving holiday)*

**Monday, Wednesday and Friday 8:30 - 9:30 a.m.**

**Cost: Free/7 weeks** (registration is required)

### Tai Chi Chuan

This course introduces older adults to an exercise tradition that is neither vigorous nor strenuous. Some benefits of Tai Chi include strengthening the muscles and organs, improvement in balance and mobility, relaxing the mind and body, improved blood circulation, and increased memory and concentration.

#### Fall Session

**Mondays, August 14 - December 11 1 - 2:30 p.m.**

**Cost: Free/ 18 weeks**

**Instructor: Layne**

*\*New students may register at anytime with instructor's approval.*

*(Sponsored by Cerritos College)*

*(Class will not meet on Monday, September 4 in observance of Labor Day.)*

### Yoga Fitness\*

Yoga balances the body, mind and spirit. Participants can expect positive improvements in health through stretching, strengthening and deep breathing exercises. Mats provided, or bring your own. Please wear loose or stretch clothing.

#### Session 5

**Friday, August 25 - October 13 1:45-3:45 p.m.**

#### Session 6

**October 20 - December 22 1:45-3:45 p.m.**

*(Class will not meet on Friday, November 10 in observance of Veteran's Day and Friday, November 24 in observance of the Thanksgiving holiday)*

**Cost: \$48/8 weeks**

**Instructor: Baughman**

### Yoga Stretch\*

Here is an opportunity to develop core body strength by increasing the strength and flexibility of major muscled groups. You will increase range of motion and become balanced and centered in body, mind, and spirit.

#### Fall Session

**Mondays & Wednesdays, August 14 - December 13**

**9:15 - 10:15 a.m.**

*(Class will not meet on Monday, September 4 in observance of Labor Day)*

**Cost: Free/ 18 weeks**

**Instructor: Jackson**

*(Sponsored by Cerritos College)*

## Dance

### Line Dance

Come one, come all and start off your Saturday with a bang! You don't have to be a "dancer" to enjoy the fun and fitness of moving to the many steps and routines of Line Dancing - and you don't need a partner! The class is great for both newcomers and those with experience.

#### Easy Session 5

**Saturday, August 26 - October 7 9 - 9:50 a.m.**

#### Easy Session 6

**Saturday, October 21 - December 2 9 - 9:50 a.m.**

**Cost: \$6/7 weeks Norwalk Resident**

**\$12/7 weeks Non-Resident**

**Instructor: Roe**

#### Intermediate\* Session 5

**Saturdays, August 26 - October 7 10 - 10:50 a.m.**

#### Intermediate\* Session 6

**Saturdays, October 21 - December 2 10 - 10:50 a.m.**

**Cost: \$6/7 weeks Norwalk Resident**

**\$12/7 weeks Non-Resident**

**Instructor: Roe**

## Decorative Arts

### Arts & Crafts

Show us your creativity! New crafts made each week! This class is great for everyone, so come join the fun!

#### Session 5

**Mondays, August 21 - October 9 10 - 11 a.m.**

*(Class will not meet on Monday, September 4, in observance of Labor Day)*

#### Session 6

**Mondays, October 16 - November 27 10 - 11 a.m.**

**Cost: \$2 materials fee**

**Instructor: Staff**

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## Fine Arts

Come join us for art classes and unleash your inner artist! Each week we will explore a new art topic, medium, movement, or artist to guide you into a creative learning process.

### Session 5

**Wednesdays, August 23 - October 4 12:30–2:30 p.m.**

### Session 6

**Wednesdays, October 18 - November 29 12:30 – 2:30 p.m.**

**Cost: \$2 materials fee**

**Instructor: Staff**

## China Painting\*

Learn how to adorn china using enamel, raised paste, and pen work. The class will also provide knowledge of color theory while painting landscapes, florals, and portraits.

**Fridays, 9:30 a.m. - 1 p.m.**

**Cost: Free**

**Instructor: Jones (Volunteer)**

*\*New students may register at anytime with instructor's approval.  
(Class will not meet on Friday, November 10 in observance of Veteran's Day,  
and Friday, November 24 in observance of the Thanksgiving Holiday.)*

## Crochet

Learn to crochet and knit in a friendly environment at an unbeatable price! Beginners and those with more experience are welcome. Learn different stitches and patterns, how to use basic tools and supplies, and how to determine which yarns are ideal for your projects. Students must provide their own equipment and materials.

### Session 5

**Wednesdays, August 23 - October 4 9 - 11 a.m.**

### Session 6

**Wednesdays, October 18 - November 29 9 - 11 a.m.**

**Cost: \$6/7 weeks Norwalk Resident**

**\$12/7 weeks Non-Resident**

**Instructor: Canales/Chavez**

## Swedish Weaving Social

Share your ideas, and meet new friends, as you create beautiful Afghans and other home decorative items such as placemats, table runners, pillows, bags, armchair covers, and hand towels. This beautiful form of weaving dates back hundreds of years and adds special warmth to any home décor. This group meets throughout the year. Participants must provide their own equipment and materials

**Mondays, 1 - 4 p.m.**

**Cost: Free**

**Instructor: Volunteers**

*(Class will not meet on Monday, September 4, in observance of Labor Day)*

## Lap Robe Making

Would you like to give back to the community? Then come join a dedicated group, of volunteers, that meets every Tuesday to make lap robe quilts. Every year these lap robes are donated to six local convalescent homes in and around Norwalk, as well as the Veteran's Hospital in Long Beach. Adults' age 50 and older that are interested in volunteering to make Lap Robes may drop by the Norwalk Senior Center.

**Tuesdays, 9:00 - 11:30 a.m.**

**Cost: Free**

## Quilting Social

Do you sew? Do you like making quilts? Then come down to our Quilting Social! Participants share ideas, timesaving tips, and discuss color theory, traditional and new patterns. Make new friends and work on individual projects. This group meets continually throughout the year. Participants must provide their own equipment and materials.

**Tuesdays, 12:30 - 4:30 p.m.**

**Cost: Free**

## Educational

### The American Cultural Experience\*

Are you interested in learning about what makes America? Join us to learn how our great nation became a democracy. We'll study historical events in the fields of science, technology, health, literature, politics, art, and learn how these events have shaped American.

#### Fall Session

**Fridays, August 18 - December 15 9 - 11 a.m.**

*(Class will not meet on Friday, November 10, in observance of Veteran's Day  
and Friday, November 24 in observance of the Thanksgiving holiday)*

**Cost: Free/ 18 weeks**

**Instructor: Dr. Levy**

*\*New students may register at anytime with instructor's approval.  
(Sponsored by Cerritos College)*

### Memoir Writing\*

Have you ever wanted to write your life's story but need inspiration? Come join this fun, interesting, and creative writing course. You will get to share thoughts and ideas with others while sharpening your writing skills. Fun for everyone!

#### Fall Session

**Thursdays, August 17 – December 14 2 - 4 p.m.**

*(Class will not meet on Thursday, November 23 in observance of the  
Thanksgiving holiday)*

**Cost: Free/ 18 weeks**

**Instructor: Mansell (Sponsored by Cerritos College)**

*\*New students may register anytime with instructor's approval.*



# SOCIAL SERVICES CENTER

11929 ALONDRA BOULEVARD \* 929-5544

The Norwalk Social Services Center offers a range of emergency services to Norwalk residents in crisis circumstances. Our goal is to assist individuals and families whose own resources have been exhausted, stabilize their situation, and seek long-term solutions. Bilingual (Spanish) staff is available to assist.

## Child Development Program - Cuidado de Niños

The City is currently accepting applications for its free or low-cost child care program. This service is available to low-income



working parents and/or current/terminated CalWorks participants. Local licensed day care facilities are utilized. For more information, please call **462-1713**.

## Children's Dental Program - Programa Dental para Niños

Low-cost dental care is available to those ages 5 to 21. This program is a cooperative effort between the City of Norwalk, Norwalk-La Mirada Unified School District, and the Children's Dental Clinic. Transportation is also available. For information, please call **929-5544**.

## Dispute Resolution Program - Programa de Resolución De Conflictos

The Social Services Center has a Dispute Resolution Program that can help you resolve tenant/landlord, consumer/merchant, small claims, business, and neighborhood disputes. Trained staff can help you settle your dispute and save you time and money. It is free, easy, and only one phone call away. For more information, please call **929-5603**.

## Job Announcement Board - Lista de Trabajos

Come visit our Job Announcement Board that lists current entry-level job openings in Norwalk and surrounding areas. Located in the lobby of the Social Services Center, 11929 Alondra Boulevard, this free service is an excellent resource and convenient tool for both the job seeker and local businesses with employment opportunities.

## Learn English - Aprenda Ingles

Instruction in English (ESL) with literacy training in reading, writing, and language. Every Friday from 10:30 a.m. to 12:30 p.m. Provided by Lutheran Social Services free of charge.

## Paralegal Services - Servicios Legales

Free paralegal services are available to qualifying Norwalk residents. This service is provided by Community Legal Services, and bilingual staff is available. Every first and third Wednesday from Noon to 5 p.m. Call **929-5544** for screening and appointment.

## Meal Program for Seniors - Programa de Comida para Personas Mayores

Adults aged 60 and over are welcome to come enjoy a hot and hearty meal. Monday - Friday at 11:30 a.m. Suggested Donation: 60 yrs. and older \$2.25; Under 60 yrs. \$4.25. Call **929-5544** for more information.

## Self-Help Support Groups

### Self-Help Support Groups - Grupos de Ayuda

Groups meet weekly at the Norwalk Social Services Center, 11929 Alondra Boulevard, to provide support, counseling, and information relating to various issues.

### Alcoholics Anonymous (AA) - Alcohólicos Anónimos

Meets Monday, Wednesday and Thursday, 8 p.m. to 9:30 p.m. Spanish only.

### Al-Anon - Al-Ano'n

Support group for family and friends of alcoholics. Meets Tuesday and Thursday, 7 p.m. to 9 p.m. Spanish only.

### Compulsive Eaters Anonymous (CEA- H.O.W.) - Comedores Compulsivos

Help and nutrition information to control and maintain your weight. Every Tuesday, 10 a.m. to 11:30 a.m., Spanish only. Every Thursday, 7 p.m. to 8:30 p.m., Spanish only.

### Neurotics Anonymous - Neuróticos Anónimos

Mondays and Wednesdays, 7 p.m. to 9:30 p.m., Spanish only.