

Norwalk Senior Center

14040 San Antonio Drive
Norwalk, CA 90650
(562) 929-5580
www.norwalk.org

Important Phone Numbers & Websites

Adult Protective Services.....	(800) 824-0780.....	www.css.lacounty.gov/aps.aspx
City Hall Information Line.....	(562) 929-5760	www.norwalk.org
Dial-A-Ride (Norwalk).....	(562) 929-5550.....	www.norwalk.org/trans_services.asp
Dial-A-Ride Reservations.....	(562) 929-7512	
Medicare.....	(800) 633-4227.....	www.medicare.org
ACCESS.....	(800) 827-0829.....	www.accessla.org
Norwalk Social Service Center.....	(562) 929-5544.....	www.norwalk.org/socialservices2.asp
Norwalk Sheriff Department.....	(562) 863-8711.....	www.sheriff.lacounty.gov
Norwalk Public Safety.....	(562) 929-5732.....	www.norwalk.org/publicsafety2.asp
Social Security Administration.....	(800) 772-1213.....	www.socialsecurity.gov

UTILITY INFORMATION

Utility Company: Golden State Water

Information on Late Fees: Implemented a temporary moratorium on residential service disconnections for non-payment due to financial hardships.

For customers who choose to pay in-person with cash at a participating KUBRA-EZ PAY retail location, Golden State Water will refund the \$1.95 service fee while customer service offices remain closed due to this emergency.

Link: <https://www.gswater.com/covid-19-updates/>

Contact Information: (800) 999-4033

email: customerservice@gswater.com

Utility Company: Liberty Utilities

Information on Late Fees: Liberty Utilities has suspended service disconnections for non-payment. This temporary suspension, through at least May 1, 2020, includes residential and business customers.

Link: <https://bit.ly/3aUqH20>

Contact information: (800) 727-5987

Utility Company: Norwalk Water

Information on late Fees: During this national emergency, Water shut-offs have been cancelled and there is a moratorium on late fees and penalties.

Contact information: (562) 929-5766

email: waterbilling@norwalkca.gov

Utility Company: Edison

Information on late fees: To help with financial challenges due to COVID-19, Edison is temporarily suspending disconnections for customers unable to pay their bill. Some Authorized Payment Agencies may close or provide intermittent service. They will waive late payment charges if this affects ability to pay make a timely payment.

Link: <https://www.sce.com/residential/assistance>

Contact information: (800) 655-4555

Utility company: Gas Company

Information on late fees: Residential Customers Service Disconnects for our customers who are having a hard time paying their bills are temporarily suspended EVEN IF you receive an automated 48 hour shut off notice.

Link: www.socalgas.com/coronavirus

Contact information: (877) 238-0092

Norwalk Senior Center

May 2020

Safe at Home



Norwalk Senior Center ♦ 14040 San Antonio Drive Norwalk, CA 90650 ♦ (562) 929-5580

Steps to Help Protect Against Coronavirus COVID-19

Help Us Flatten the Curve

- Avoid close contact with people who are sick
- Wash your hands often with soap and water for at least 20 seconds (sing the “Happy Birthday” song twice)
- If soap is not available, use hand sanitizer with at least 60% alcohol
- Avoid touching your eyes, nose, and mouth
- If you are sick, stay home, unless you need medical care
- Cover your cough, or sneeze, with a tissue, then throw the tissue in the trash
- If a tissue isn't available, cough, or sneeze, into your elbows. **DO NOT** use your hands
- Clean and disinfect frequently touched objects and surfaces, such as doorknobs hand rails and tabletops, using a regular household cleaning spray or wipe
- If you need to leave your home, cover your nose and mouth with a facemask, scarf, or a bandana. Make sure your nose and mouth are covered

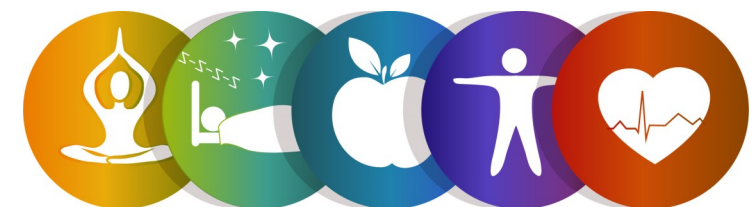
Contact your doctor if you develop any of the following symptoms:

- Fever,
- cough and shortness of breath

Or if you have been in close contact with a person known to have the disease

Tips to Maintain Health & Wellness While at Home!

- Drink lots of water, this is important for maintaining a strong immune system
- Keep your meals as nutritious as possible (low salt, low fat, and full of vitamins and minerals)
- Clean your house as often as you can
- Stock up on your medications
- Go on a ‘News Diet’ - Stay informed, but avoid watching only news
- Laugh (a lot) - laughing releases endorphins, which make you feel good, watch a comedy
- Reach out to family & friends - Stay in touch with the people close to you, especially those who are also social distancing.
- Do a puzzle - keeping your brain active is just as important as exercising
- Listen to relaxing music
 - KUSC (91.5 on FM) plays Classical
 - KJAZZ (88.1 on FM) plays Jazz
- Exercise
 - Keep active, watch Silver Sneaker Workouts, go to:
 - YouTube Silver Sneakers
- Do not hesitate to seek help if you notice coronavirus symptoms



Center Hours: M - F 8:00 a.m. - 7:00 p.m. Saturday 8:00 a.m. - 5:00 p.m.

Word Search

A E B O A H O O N M R T U A A A
 F N I W A L D H I N A U U W N R
 E H I W A A A C A T P C T O A I
 O E A L R S H B O D M I L I T Z
 A I S O O I H K A I I T O N N O
 I I L S G R A I N M N C U I O N
 F O G A E D A N N O A E I S M A
 C U N R H N E C M G A N S N B M
 G L T T O S N R H H T N I O K O
 K Q U A O E E E B T N O A C E H
 F O E T H V G T T O R C N S N A
 S C A L I F O R N I A O A I T L
 U P U O C I X E M W E N N W U K
 A L A S K A D E L A W A R E C O
 A K S A R B E N E W Y O R K K B
 V I R G I N I A D I R O L F Y H

Make sure to look for words going forwards, backwards, up, down or diagonally.

UNITED STATES

- ALABAMA
- ALASKA
- ARIZONA
- CALIFORNIA
- COLORADO
- CONNECTICUT
- DELAWARE
- FLORIDA
- GEORGIA
- HAWAII
- IDAHO
- IOWA
- KENTUCKY
- LOUISIANA
- MICHIGAN
- MINNESOTA
- MONTANA
- NEBRASKA
- NEW MEXICO
- NEW YORK
- NORTH CAROLINA
- OHIO
- OKLAHOMA
- SOUTH DAKOTA
- TENNESSEE
- UTAH
- VERMONT
- VIRGINIA
- WASHINGTON
- WISCONSIN

SUDOKU

Basic Rules:

- Fill the grid so the numbers 1 through 9 appear in each row and column
- Fill the grid so the numbers 1 through 9 appear in each 3x3 box.
- The numbers 1 through 9 may only appear once in each row, column or box

	1						4	
2	6			7			5	8
4		7				9		1
		4	8		7	1		
	7							8
		1	6		5	4		
1		8				2		9
3	9			6			1	5
	5						3	

	6				3	4	5		
7				6					
2				7					4
8		3							2
	2		3	4	1				6
	7						3		9
9				2					6
						6			1
			1	7	5				3

Local Markets Provide Special Shopping Days and Hours for Seniors

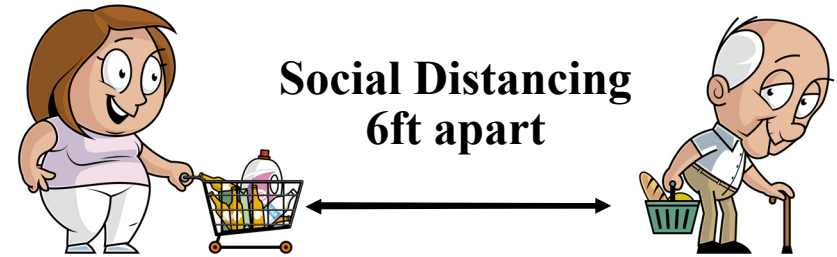
Northgate
 11660 Firestone Blvd, Norwalk, CA 90650
 Senior hours: 7am-8am (Daily)
 Official hours: 8am-8pm
 Phone: (562) 863-8203

Stater Bros.
 12523 Alondra Blvd, Norwalk, CA 90650
 Senior Hours: 7:45 am -8:00am (Daily)
 Official Hours 8am- 9PM
 Phone: (562) 921-3908

Food 4- less
 10901 Imperial Hwy, Norwalk, CA 90650
 Senior Hours: T/W/F 7am-7:30am
 Open · Closes 8PM
 Phone: (562) 868-6685

Smart and Final
 10935 Firestone Blvd, Norwalk, CA 90650
 Senior Hours: 7:30am -8:00am (Daily)
 Official hours: 8:00am-8:00pm
 Phone: (562) 863-7057

Target
 12051 Imperial Hwy, Norwalk, CA 90650
 Senior Hours: Wednesday 8am-9am
 Official hours 8:00am-9:00pm
 (Daily EXCEPT WEDNESDAY)
 Phone: (562) 409-5036



BRAIN GAME ANSWERS

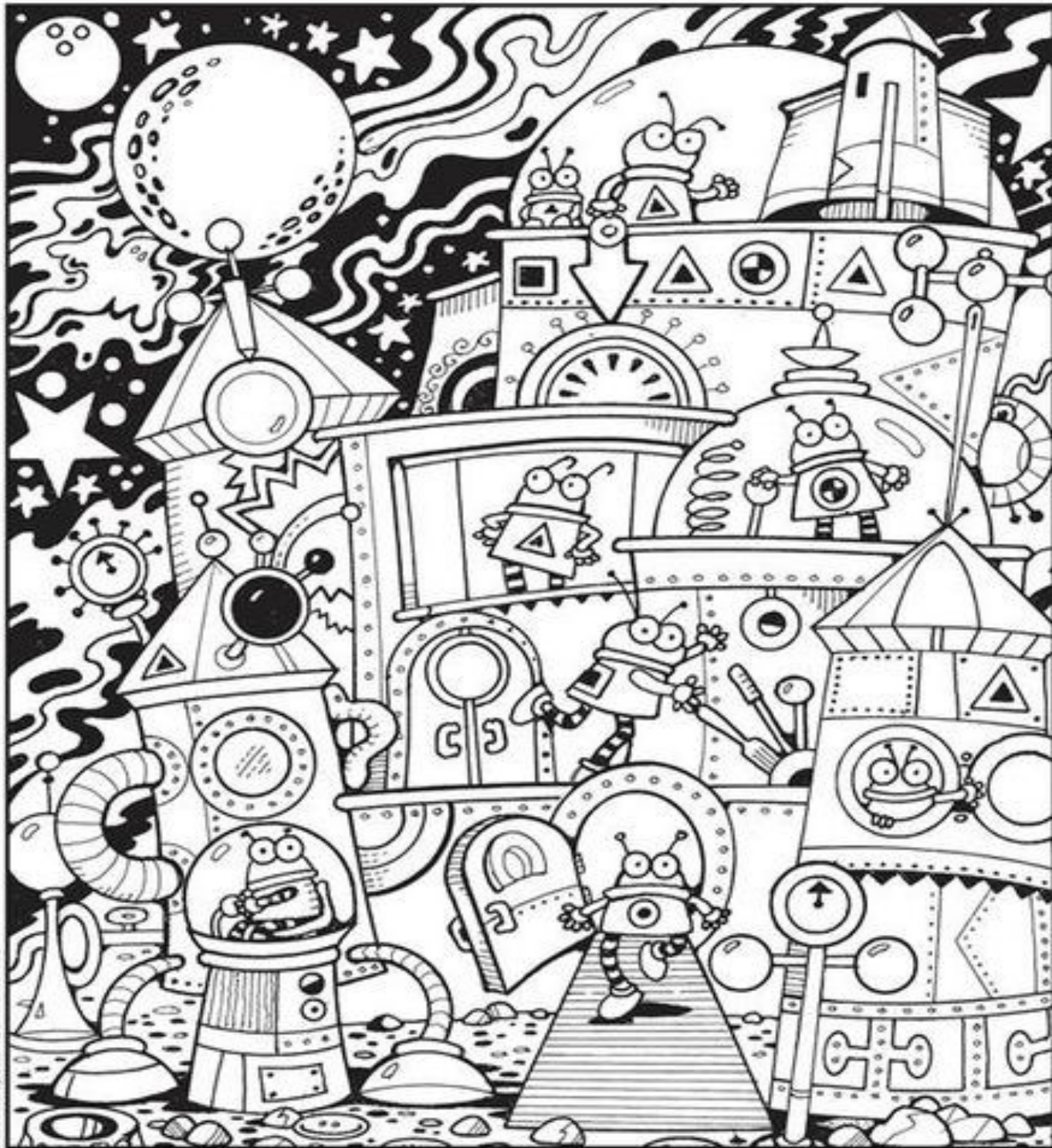
8	1	5	3	9	2	6	4	7
2	6	9	1	7	4	3	5	8
4	3	7	5	8	6	9	2	1
5	2	4	8	3	7	1	9	6
6	7	3	9	4	1	5	8	2
9	8	1	6	2	5	4	7	3
1	4	8	7	5	3	2	6	9
3	9	2	4	6	8	7	1	5
7	5	6	2	1	9	8	3	4

6	9	8	2	3	4	5	1	7
7	3	4	6	1	5	9	8	2
2	1	5	8	7	9	6	3	4
8	4	3	9	6	7	1	2	5
5	2	9	3	4	1	7	6	8
1	7	6	5	8	2	3	4	9
9	8	7	1	2	3	4	5	6
3	5	2	4	9	6	8	7	1
4	6	1	7	5	8	2	9	3



Highlights

Hidden Pictures™



In this big picture find a barbell, bowl, bowling ball, bugle, button, crown, eyeglasses, fork, ghost, horseshoe, key, lollipop, magnifying glass, nail, needle, paintbrush, pennant, ring, slice of watermelon, snake, tack, teacup, trowel, and worm

JUST FOR LAUGHS

Write It Down

There was an elderly couple who in their old age noticed that they were getting a lot more forgetful, so they decided to go to the doctor. The doctor told them that they should start writing things down so they don't forget. They went home and the old lady told her husband to get her a bowl of ice cream. "You might want to write it down," she said. The husband said, "No, I can remember that you want a bowl of ice cream." She then told her husband she wanted a bowl of ice cream with whipped cream. "Write it down," she told him, and again he said, "No, no, I can remember: you want a bowl of ice cream with whipped cream." Then the old lady said she wants a bowl of ice cream with whipped cream and a cherry on top. "Write it down," she told her husband and again he said, "No, I got it. You want a bowl of ice cream with whipped cream and a cherry on top." So he goes to get the ice cream and spends an unusually long time in the kitchen, over 30 minutes. He comes out to his wife and hands her a plate of eggs and bacon. The old wife stares at the plate for a moment, then looks at her husband and asks, "Where's the toast?"

Careful What You Dream For

A woman was taking an afternoon nap. When she woke up, she told her husband, "I just dreamed that you gave me a pearl necklace. What do you think it means?" "You'll know tonight," he said. That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it to find a book entitled "The Meaning of Dreams."

Where are We?

A husband and wife were driving through Louisiana. As they approached Natchitoches, they started arguing about the pronunciation of the town. They argued back and forth, then they stopped for lunch. At the counter, the husband asked the blonde waitress, "Before we order, could you please settle an argument for us? Would you please pronounce where we are very slowly?" She leaned over the counter and said, "Burr-gerrr Kiiing."

I'M A SENIOR

And proud of it!

I'm the life of the party... even when it lasts until 8 p.m.
 I'm very good at opening childproof caps with a hammer.
 I'm usually interested in going home before I get to where I am going.
 I'm good on a trip for at least an hour without my aspirin, beano, and antacid.
 I'm the first one to find the bathroom wherever I go.
 I'm awake many hours before my body allows me to get up.
 I'm smiling all the time because I can't hear a word you're saying.
 I'm very good at telling stories. Over and over and over and over.
 I'm aware that other people's grandchildren are not as bright as mine.
 I'm so cared for – long term care, eye care, private care, dental care.
 I'm not grouchy, I just don't like traffic, waiting, crowds, children, politicians.
 I'm positive I did housework correctly before my mate retired.
 I'm sure everything I can't find is in a secure place.
 I'm now spending more time with my pillows than with my mate.
 I'm realizing that aging is not for sissies.
 I'm anti-everything now: anti-fat, anti-smoke, anti-noise, anti-inflammatory.
 I'm walking more (to the bathroom) and enjoying it less.
 If you are what you eat, I'm Shredded Wheat and All Bran.
 I'm sure they are making adults much younger these days.
 I'm in the initial stage of my golden years. SS, CD's, IRA'S, AARP.
 I'm wondering if you're only as old as you feel, how could I be alive at 150?
 I'm supporting all movements now...by eating bran, prunes, and raisins.
 I'm a walking storeroom of facts, I've just lost the key to the storeroom.
 I'm a SENIOR CITIZEN, and I think I am having the time of my life!!!!



NORWALK CITY COUNCIL

Mayor
Jennifer Perez

Vice Mayor
Tony Ayala

Councilmembers
Rick Ramirez,
Margarita L. Rios,
Ana Valencia

Jesus M. Gomez
City Manager

Color Pages



From "Nature Mandalas Coloring Book" - www.art-is-fun.com/nature-mandalas

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