

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 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.

Link: www.socalgas.com/coronavirus

Contact information: (877) 238-0092

Norwalk Senior Center Safe at Home

May 2021



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

THE NORWALK SENIOR CENTER PRESENTS:

Birthday In Paradise

drive-thru

SENIORS WITH A BIRTHDAY BETWEEN APRIL AND JUNE CAN ATTEND OUR BIRTHDAY DRIVE-THRU ON MAY 20TH!

1:00 P.M. - 3:00 P.M.
IT IS RECOMMENDED TO BEGIN LINING UP AT 12:40 P.M.

CALL AND RSVP A SPOT TODAY!
(562)929-5580

NORWALK SENIOR CENTER PRESENTS:

MIDNIGHT RIDE

FRIDAY, MAY 7 1:00 P.M.

TUNE TO CHANNEL 3 ON CHARTER SPECTRUM OR CHANNEL 32 ON FRONTIER FIOS

City activities and events are also available to watch on YouTube:
<https://youtube.com/user/Norwalktelevision>

Center Hours: M - F 8:00 a.m. - 6:00 p.m. Saturday/Sunday: Closed

WORD SEARCH

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

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

Searching for May

- APRIL
- BEEES
- BLOSSOM
- BUDS
- BULBS
- CROCUS
- DAFFODIL
- FLOWERS
- GARDEN
- GRASS
- GREEN
- GROWTH
- IRIS
- JUNE
- LADYBUG
- MARCH
- MAY
- MUD
- PICNIC



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

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

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

Local Markets Provide Special Shopping Days and Hours for Seniors

Northgate
 11660 Firestone Blvd, Norwalk, CA 90650
 Senior hours: 7:00 a.m. - 8:00 a.m. (Daily)
 Official hours: 8:00 a.m.-8:00 p.m.
 Phone: (562) 863-8203

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

Food 4-less
 10901 Imperial Hwy, Norwalk, CA 90650
 Senior Hours: T/W/F 7:00 a.m. - 7:30 a.m.
 Open · Closes 8:00 p.m.
 Phone: (562) 868-6685

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

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



BRAIN GAME ANSWERS

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

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

Rebus Puzzle #1: A change of scenery
 (hay + chain + J + off + scene + ear + "E")

Rebus Puzzle #2: Chevy chase
 (chef + "E" + CH + ace)

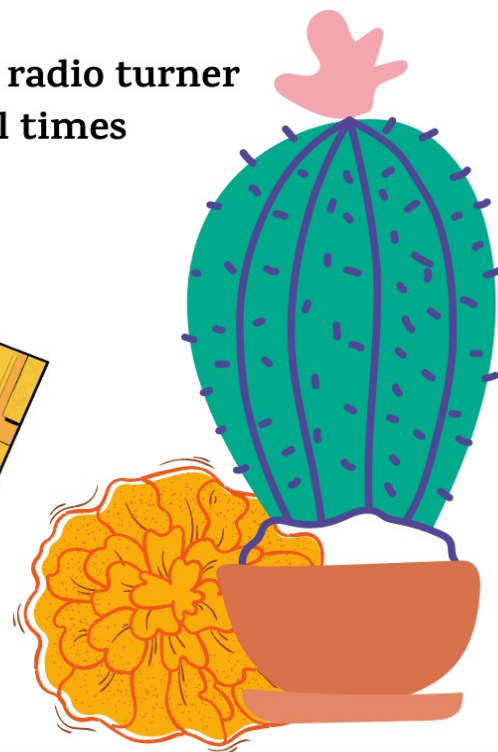
SPECIAL EVENT



PARKING LOT
LOTERIA

THURSDAY, MAY 27
SESSION 1: 10AM-11 PM
SESSION 2: 11:30-12:30

- All players must:**
- Have a vehicle with a working FM radio tuner
 - Remain in the vehicle at all times
 - Must wear a mask



Space is limited. Registration is required. Make your reservation by calling Norwalk Senior Center (562)929-5580

BRAIN HEALTH

COVID - PROTECT YOUR BRAIN, TOO.



The coronavirus can directly harm the brain as well as mental well-being.



Take steps to safeguard your brain health:



Consider getting the vaccine as soon as possible

The health risks of COVID increase with age. Keep wearing masks, physical distance, and wash hands.



Don't delay necessary medical appointments

Maintain routine check-ups for ongoing health conditions.



Watch out for signs of confusion and 'brain fog'

Sudden changes in mental health or behavior should be reported to a medical provider.



Take care of your mental health

Make time to relax and unwind; spend time outdoors in nature. Seek help if you are struggling to cope.



Stimulate your brain

Exercise your mind through activities you enjoy like reading or music - try something new!



Eat healthy, exercise

Nourish your body and brain with good nutrition and regular physical activity.



Stay socially connected

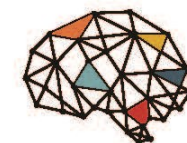
Find ways to connect with family and friends, safely and virtually.



Maintain a normal sleep schedule

Getting 7-8 hours of restful sleep is essential for your brain health.

COVID-19 and Brain Health: The Global Council on Brain Health's Recommendations on What to Do Now
GlobalCouncilonBrainHealth.org • Contact: GCBH@aarp.org
For more brain health tips see StayingSharp.org
DOI: https://doi.org/10.26419/pia.00104.002



Color Page

Happy Mother's Day



JUST FOR LAUGHS

Fun at the Movies

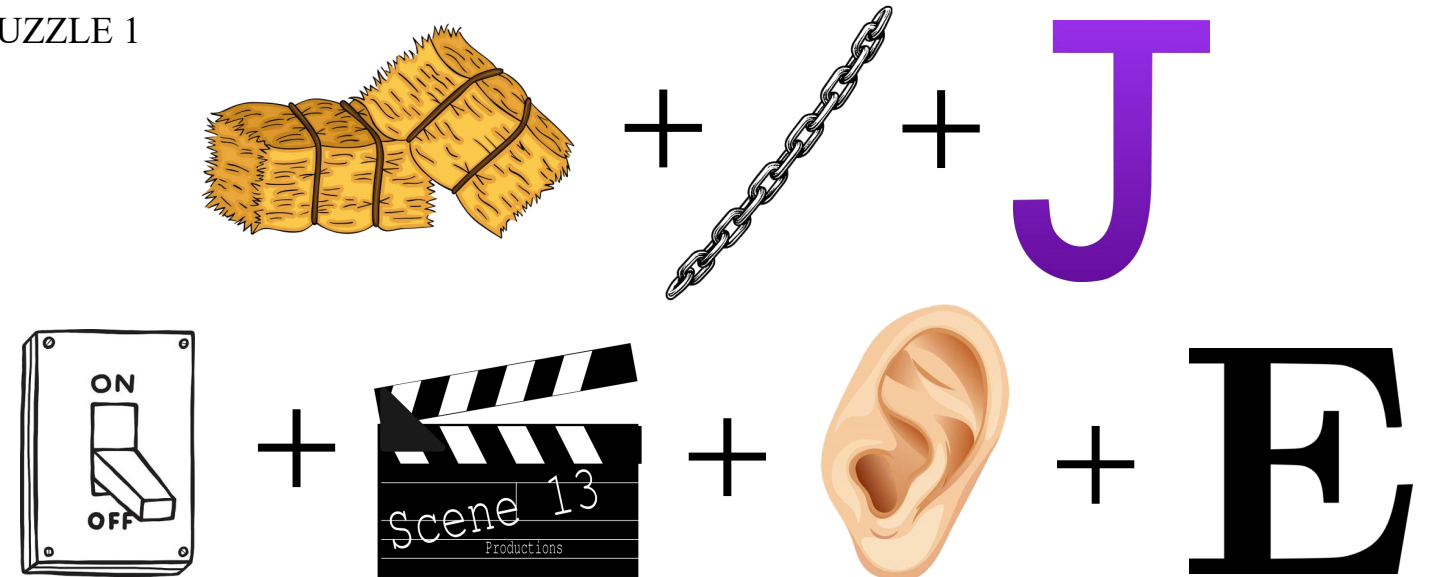
Last week Ronnie Walsh went to the movies at the Rialto Cinema in Bristol to see "Slumdog Millionaire" but because of two women loudly chatting together who were sitting in the row in front of him, Ronnie was unable to hear the dialogue clearly. Ronnie leaned forward and said in a stage whisper, 'Excuse me ladies but I can't hear.' 'I should hope not,' stormed the woman, 'this is a private conversation.'

Why Are You Crying?

When I went to lunch today, I noticed an old man sitting on a park bench sobbing his eyes out. I stopped and asked him what was wrong. He told me, 'I have a 22 year old wife at home. She rubs my back every morning and then gets up and makes me pancakes, sausage, fresh fruit and freshly ground coffee.' I continued, 'Well, then why are you crying?' He added, 'She makes me homemade soup for lunch and my favourite biscuits, cleans the house and then watches sports TV with me for the rest of the afternoon.' I said, 'Well, why are you crying?' He said, 'For dinner she makes me a gourmet meal with wine and my favourite dessert and then we cuddle until the small hours.' I inquired, 'Well then, why in the world would you be crying?' He replied, 'I can't remember where I live.'

SOLVE THE REBUS PUZZLES

PUZZLE 1



PUZZLE 2

