

Social Services Department Schedule of Activities

SUMMER'24

Schedule of Events June-September



City of Norwalk
Dept. of Recreation & Park Services
13000 Clarkdale Ave.
Norwalk, CA 90650

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Norwalk City Council

Mayor **Margarita L. Rios**

Vice Mayor **Tony Ayala**

Councilmember **Jennifer Perez**

Councilmember **Rick Ramirez**

Councilmember **Ana Valencia**

Important 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

Gabriela Regalado,
Director of Social Services 929-5544

Daniel Abrego,
Interim Senior Center Manager..... 929-5580

A.A.R.P. (800) 424-3410

ACCESS Services (Paratransit) (800) 827-0829

Alzheimer’s Association..... (800) 272-3900

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 Support Program...(800) 540-4442

Home Delivered Meals 929-5580

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

Mental Health Crisis Hotline988

Social Security..... (800) 772-1213

All telephone numbers in this brochure are within the (562) area code, unless otherwise indicated. Please visit us at <http://www.norwalk.org>

Norwalk Senior Center

Norwalk Senior Center • 14040 San Antonio Drive • 929-5580

The Norwalk Senior Center invites you to get to know us better. We are here to engage you with a wide variety of interests for adults aged 50 and older. Let us expand your horizons, and enrich your lives, with classes, excursions, fitness activities, health screenings, and our weekday lunch program. Social Services personnel are available to offer information and referrals for a variety of services. Be sure to pick up a copy of our newsletter, "On the Go." You can also visit us at <http://www.norwalk.org>

Center Hours:

Monday – Thursday: 8:00 a.m. – 6:00 p.m.

Friday: 8:00 a.m. – 5:00 p.m.

Saturday: 8:00 a.m. – 1:00 p.m.

Sunday: Closed



In keeping with the City of Norwalk holiday schedule, the Norwalk Senior Center will be closed on Thursday, July 4, 2024, in observance of Independence Day and Monday, September 2, 2024, in observance of Labor Day. For information regarding programs or services, please call 929-5580.

My Senior Center



All visitors, and volunteers, entering the building will be required to use our automated check-in system. The system is designed specifically for senior centers, and is key tag based, meaning, after enrolling, visitors can simply swipe their key tag across a digital scanner to check in. MySeniorCenter software registration

is required for enrolling in activities, tours and purchasing tickets. Staff members are available, at the front desk, to help seniors operate the new check-in system.

Volunteer Opportunities

If you are looking for a rewarding experience serving and enriching your community, volunteering at the senior center may be the right fit for you. Our volunteers discover new interests, meet new people and develop new skills. Volunteer opportunities range from assisting with various activities such as Nutrition program, Bingo program and community garden, and event preparation.

Currently accepting volunteer applications for nutrition program, bingo, and community garden.

Please call **929-5580** for more information or stop by the Norwalk Senior Center and complete a volunteer application.

Special Activities

Excursions

The Norwalk Senior Center has some fantastic excursions for you! Enjoy the comfort of a deluxe bus as you travel to fun and interesting places. Excursion registration must be made in person at the Norwalk Senior Center. Cash, check, or money orders are accepted. Space is limited. All excursions are open until filled. Excursions depart and return to the Norwalk Senior Center, 14040 San Antonio Drive. For current trip information, please call **929-5580**.



La Mirada Theatre -

50 Years of Rock N' Roll

Date: Saturday, July 27, 2024

Depart: 12:30 p.m.

Return: Approximately 5:30 p.m.

Cost: \$20.00 (Lunch not included)

Location: La Mirada, California

Walking required: Low



Shake, rattle and rock with us to the La Mirada Theatre! From the birth of rock & roll in the 1940's to the glory years of the 50's, 60's, and 70's, and all the way through the 80's. Join us as we enjoy a tribute to everyone's favorite music genre!

Norwalk resident* registration now being taken. Open registration begins Wednesday, June 26, 2024, at 9:00 a.m. Numbers will be distributed at 8:00 a.m. (One number per person)

***Photo identification with proof of residency required Refund Cut-off Date: Wednesday, July 10**

Special Activities

Bellflower Symphony Orchestra

Date: Saturday, August 24, 2024

Depart: 5:30 p.m.

Return: Approximately 10:00 p.m.

Cost: \$20 (Dinner not included)

Location: Bellflower, California

Walking required: Moderate

Enjoy a melodic evening out in the park and get lost in the beautiful sounds of The Bellflower Symphony Orchestra led by musical director Heriberto Ramos. In this picnic under the stars, bring your blankets, chairs and snacks for an evening of fun.

Norwalk resident registration begins Wednesday, July 24, 2024, at 9:00 a.m. Open registration begins Wednesday, July 31, 2024, at 9:00 a.m. Numbers will be distributed at 8:00 a.m. (One number per person).*

**Photo identification with proof of residency required Refund Cut-off Date: Wednesday, August 7, 2024*

USC Pacific Asia Museum

Date: Wednesday, September 11, 2024

Depart: 9:00 a.m.

Return: Approximately 6:00 p.m.

Cost: \$20.00 (Lunch not included)

Location: Pasadena, California

Walking required: High

Established in 1971, the museum is one of few U.S. institutions dedicated to the arts and culture of Asia and the Pacific Islands, serving the city of Los Angeles and the Greater Southern California region. USC Pacific Asia Museum creates inspiring encounters with the art, history and culture of Pacific Asia to promote intercultural understanding in the service of elevating our shared sense of humanity. In addition, we will walk the Paseo Colorado with an opportunity to grab lunch at one of the several restaurants within walking distance.

Norwalk resident registration begins Wednesday, August 7, 2024, at 9:00 a.m. Open registration begins Wednesday, August 14, 2024, at 9:00 a.m. Numbers will be distributed at 8:00 a.m. (One number per person)*

**Photo identification with proof of residency required Refund Cut-off Date: Wednesday, August 21*

Keeping It Crafty – Uncle Sam's Patriotic Workshop

Date: Tuesday, July 9, 2024 • 3:00 – 5:00 p.m.

Cost: \$5.00

Uncle Sam wants YOU! To come and join in on the fun and celebrate Independence Day at his workshop. Join us at the Senior Center as we make a patriotic inspired craft led by our very own recreation staff.

Registration is now open. Call **929-5580** for more information.

Game Night – Jeopardy

Date: Tuesday, July 16, 2024 • 3:00 – 5:00 p.m.

Cost: \$5.00

Join us for an afternoon game of “Jeopardy” and test your knowledge. Contestants are given general knowledge clues in the form of answers, and they must identify the person, place, thing or idea that the clue describes, phrasing each response in the form of a question. Maybe you can be our next “Jeopardy” Senior Center champion.

Registration is now open. Call **929-5580** for more information.

70's Groovy Mixer

Date: Thursday, July 25, 2024 • 6:00 – 8:00 p.m.

Cost: \$5.00

Get down and groovy with us at the Norwalk Senior Center! Wear your disco threads and Senior Center staff will provide the beat! For a good time, just bring your dancing feet!

Norwalk resident may purchase tickets beginning Thursday, June 20, 2024 at 9:00 a.m. Open ticket sales begin Thursday, June 27, 2024 at 9:00 a.m. (One ticket per person).*

**Photo identification with proof of residency required*

Call 929-5580 for more information.

Senior Center Lobby Olympics

Date: Friday, July 26, 2024 – Friday, August 9, 2024
10 a.m.

Cost: Free

On your mark, get set, go! Join the Norwalk Senior center for “**Summer Lobby Olympics**”, where your inner competitive spirit and activity level will be challenged. The games will include a variety of fun and easy games that will have you competing against familiar opponents. Champions will receive medals and an opportunity to stand on the winners’ podium.

No pre-registration required. Call **929-5580** for more information.

Keeping It Crafty

– International Woman's Equality Day

Date: Tuesday, August 6, 2024 • 3:00 – 5:00 p.m.

Cost: \$5.00

In honor of International Woman's Equality Day, we will engage in a heartwarming craft to celebrate the remarkable achievements of women worldwide. This creative endeavor will serve as a symbol of appreciation for the inspiring women who have made significant contributions. Join us in this craft workshop led by our very own recreation staff.

Norwalk resident registration begins Tuesday, July 9, 2024 at 9:00 a.m. Open registration begins Tuesday, July 16, 2024 at 9:00 a.m.*

**Photo identification with proof of residency required*

Call 929-5580 for more information.

Special Activities

Keeping It Crafty – Seashell Wind Chimes

Date: Tuesday, August 20, 2024 • 3:00 – 5:00 p.m.

Cost: \$5.00

Sign up to create a beautiful handmade natural melody seashell wind chime that is the perfect addition to add to your beach themed home decor for a calm and relaxing atmosphere. As the wind blows, you will be surrounded by magical soothing sounds and relaxing energy.

Norwalk resident registration begins Tuesday, July 23, 2024 at 9:00 a.m. Open registration begins Tuesday, July 30, 2024 at 9:00 a.m.*

**Photo identification with proof of residency required*

Call 929-5580 for more information.



End of Summer Bash

Date: Thursday, August 29, 2024 • 5:00 – 8:00 p.m.

Cost: \$15.00

It's the End of Summer, so let's grill and chill. Join us for an evening of food, fun, and great music. As the season of stunning sunsets ends, most of us experience that inevitable feeling of disappointment. Fight the urge by joining us at our awesome End of Summer Bash. Let's celebrate in style and enjoy an evening with friends, center staff and fun!

Norwalk residents may purchase tickets beginning Thursday, August 1, 2024 at 9:00 a.m. Open ticket sales begin Thursday, August 8, 2024 at 9:00 a.m. (One ticket per person).*

**Photo identification with proof of residency required*

Call 929-5580 for more information.

Game Night – The Price is Right

Date: Thursday, September 5, 2024 • 3:00 – 5:00 p.m.

Cost: \$5.00

Do you recall the classic game show 'The Price is Right' that graced TV screens across the globe, especially during the 70s? Now, let's transport back to those exciting times with our simple, yet delightful format of this iconic show.

Norwalk resident registration begins Tuesday, August 6, 2024 at 9:00 a.m. Open registration begins Tuesday, August 13, 2024, at 9:00 a.m.*

**Photo identification with proof of residency required*

Call 929-5580 for more information.



Keeping It Crafty – Grandparents Day Craft

Date: Thursday, September 12, 2024 • 4:00 – 6:00 p.m.

Cost: \$5.00

Grandparents Day is a special occasion to celebrate the love, wisdom, and cherished moments shared with our beloved grandparents. Sign up and create more memories together in our craft workshop with a grandparent day inspired, Do-It-Yourself heartwarming keepsake led by our recreation staff.

Norwalk resident registration begins Tuesday, August 20, 2024 at 9:00 a.m. Open registration begins Tuesday, August 27, 2024 at 9:00 a.m.*

**Photo identification with proof of residency required*

Call 929-5580 for more information.

16th of September Celebration

Date: Monday, September 16, 2024 • 9:00 – 11:00 a.m.

Cost: Free

There is no time for a siesta, so come and join our Fiesta! Join us to celebrate Mexican Independence with the sounds of live music! Indulge in some sweet bread and coffee.

No registration required. Call **929-5580** for more information.

Havana Nights Mixer

Date: Thursday, September 26, 2024 • 6:00 – 8:00 p.m.

Cost: \$5.00

Imagine warm breezes, salsa rhythms and that liberating, salty smell of the sea. This tropical party theme promises an escape from the ordinary. Sign up and join us as we transport to the charming streets of Havana. Raffles, dancing and fun guaranteed! Tropical style outfits encouraged.

Norwalk residents may purchase tickets beginning Wednesday, August 28, 2024 at 9:00 a.m. Open ticket sales begin Wednesday, September 4, 2024 at 9:00 a.m. (One ticket per person).*

**Photo identification with proof of residency required*

Call 929-5580 for more information.

Ongoing Activities

Daily Luncheon Program for Seniors

Monday – Friday 11:30 a.m. – 12:30 p.m.
Suggested Contribution: 60 and older: \$2.00
Under 60 fees: \$4.00

Adults 60 years of age and older are welcome to come enjoy a hot and healthy meal.

Reminder, please be sure to sign in, and seated, by no later than 11:15 a.m. to be guaranteed lunch.

In keeping with the City of Norwalk holiday schedule, the Norwalk Senior Center will be closed on Thursday, July 4, 2024, in observance of Independence Day holiday and Monday, September 2, 2024, in observance of Labor Day holiday.

Call **929-5580** or visit <http://www.norwalk.org> for more information.

“The Senior Nutrition program is funded in part by Los Angeles County Department of Aging & Disabilities.”

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:

Monday	8:30 a.m. – 10:00 a.m. 11:30 a.m. – 3:00 p.m.
Tuesday	8:30 a.m. – 3:00 p.m.
Wednesday	8:30 a.m. – 10:00 a.m. 11:30 a.m. – 3:00 p.m.
Thursday	11:30 a.m. – 3:00 p.m.
Friday	8:30 a.m. – 10:00 a.m. 11:30 a.m. – 3:00 p.m.



The Keystone Karaoke Lounge

Thursdays, July 18, August 15 and September 19
2:00 – 5:00 p.m.
Cost: Free

Take the stage and sing your favorite songs in front of your friends at the Senior Center Keystone Karaoke Lounge. Enjoy an afternoon of singing, laughter, and fun. Come listen to all the performances provided by all the brave souls who take the center stage! Snacks available for purchase.

Bingo!

Fridays • 1:15 – 4:15 p.m.
Sales begin at 12:00 p.m.
Cost: 50¢ per 50/50 Paper card
\$3.00 per paper pack (8 sheets per pack)
\$1.00 per Double Action Paper card
\$2.00 Power Ball

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

(Sponsored by Norwalk Senior Citizens Center, Inc.)



Fitness Room

Come in and enjoy the Senior Center's Fitness Room Monday through Friday (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	8:30 a.m. – 10:00 a.m. 11:30 a.m. – 5:00 p.m.
Tuesday	8:30 a.m. – 5:00 p.m.
Wednesday	8:30 a.m. – 10:00 a.m. 11:30 a.m. – 5:00 p.m.
Thursday	11:30 a.m. – 5:00 p.m.
Friday	8:30 a.m. – 10:00 a.m. 11:30 a.m. – 5:00 p.m.
Saturday	8:30 a.m. – 12:00 p.m.

Schedule subject to change

Ongoing Activities



Computer Lab Hours

The Norwalk 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 – Thursday 8:30 a.m. – 5:00 p.m.
Friday 8:30 a.m. – 4:00 p.m.
Saturday 8:30 a.m. – 12:00 p.m.

See the front desk or call 929-5580 for more information.

Resume Building Assistance

First and Third Tuesday of every month
2:00 – 4:00 p.m.

Are you looking for a job but do not know where to start? How about starting by building an impressive resume? Our recreation staff can assist in review of an existing resume.

Call **929-5580** to make an appointment or for more information.

Senior Center Tech Review

First and Third Wednesday of every month
1:00 – 3:00 p.m.
Cost: Free

Having trouble using your devices? Accessing your emails? Logging in to your laptop or tablet? Using social media applications? Our friendly senior center staff can assist in answering many technology related questions about your devices. Call **929-5580** or visit the front desk for more information.



Billiards Room

Monday – Thursday 8:30 a.m. – 5:00 p.m.
Friday 8:30 a.m. – 4:00 p.m.
Saturday 8:30 a.m. – 12:00 p.m.

Billiards Tournaments*

Tuesday, July 30 • 10:00 a.m.
Tuesday, August 27 • 10:00 a.m.
Tuesday, September 24 • 10:00 a.m.
Cost: \$5.00

Let's rack 'em up! Sign up and show us your skills for a chance to win prizes. Participants will compete versus other seniors in various formats. Space is limited, call **929-5580** for more information.

**Date subject to change without notice*



Supportive Services

Supportive Services Program (SSP)

The Supportive Services Program is available to Norwalk residents, age 60 years and older. These services assist clients with an in-home assessment by a qualified social services staff to evaluate functional limitations. The goal of the program is to help preserve and maintain the quality of life for older adults to remain independent at home. Qualifying older adults may receive Case Management, Homemaking, Personal Care and/or Respite services. These services are free of cost and funded by the Los Angeles County Aging & Disabilities Department. For more information or to schedule an appointment with social services staff please call **929-5580**.

Case Management

This service provides assistance in the form of assessing needs, developing a care plan, coordinating services and providing follow-up and reassessment as required.

Homemaking

This service assists temporary disabled older adults with instrumental activities of daily living. Service including but not limited to light housekeeping, laundry and meal preparation.

Personal Care

This service assists temporary disabled older adults with activities of daily living. Service, including but not limited to bathing, dressing, grooming, feeding and toileting.

Respite

This service provides temporary relief to family caregivers of frail older adults by providing companion care in the home while the caregiver is temporarily absent.

Registry

The Norwalk Senior Center maintains a registry of qualified self-employed in-home workers who are prescreened and CPR/First Aid Certified and are available for hire. Clients willing to utilize personal resources to hire and pay an in-home worker may be matched with a self-employed in-home worker from the registry.



Home Delivered Meals

Home delivered meals are available for homebound qualifying Norwalk seniors, age 60 and older. For meal delivery information, please call the Norwalk Senior Center at **929-5580**.

Dial-A-Ride

Norwalk's Transit Department offers a Dial-A-Ride service available to Norwalk resident's aged 60 and older and to physically disabled residents, regardless of age. Applications may be requested by calling **929-5550**. Applications are also available at the Norwalk Senior Center and the Social Services Center.

Cal-Fresh Assistance

**First and Third Tuesday of each month
9:00 – 11:00 a.m.**

Do you have questions about Cal-Fresh? A Cal-Fresh outreach worker from the Los Angeles Regional Food Bank will be available to provide program information and assistance with application completion.

Peer Support Group – Hope and Well Being

**Every Monday of each month • 10:00 – 11:00 a.m.
(No meeting on Monday, September 2, 2024,
in observance of Labor Day.)**

**Location: Norwalk Senior Center, Virtually on
Microsoft Teams Meeting or Call-In**

Participants are invited to join in discussing topics intended to support community growth and well-being through peer support, art and personal experiences. This group is bilingual in English and Spanish.

**Access Virtually by phone (323) 776-6996
Microsoft Teams Conference ID: 283 956 208#
Call 929-5580 for more information.**

Veteran Service Officer (VSO) Weekly meeting with Veterans

**Dates: Every Wednesday
Times: 8:15 a.m. – 3:00 p.m.**

Location: Norwalk Senior Center

A Veteran Service Officer (VSO), from Los Angeles County Department of Military & Veterans Affairs (MVA) is available to meet with Veterans on a weekly basis. Every Wednesday, Veterans are able to make an appointment to meet one on one with a Veteran Service Officer. The VSO's one on one meetings allow veterans the ability to get individualized assistance with their VA benefits. We look forward to continuing providing services to our Veterans.

Seminars/Screenings

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

Hoarding (Korean)

Date: Tuesday, July 2, 2024 • 1:00 – 2:00 p.m.

Location: Norwalk Senior Center

Hoarding is having too many things making it difficult to manage the clutter in your home and having trouble or the inability to throw things away. The Los Angeles County Department of Mental Health is hosting a presentation on hoarding. Participants will learn to identify the differences between collecting, cluttering, and hoarding. Join us to learn how to help yourself or someone you love who may have a significant problem with hoarding. This class will be conducted in Korean Language.

Leaving a Legacy: Estate Planning Basics

Date: Wednesday, July 3, 2024 • 10:00 – 11:00 a.m.

Location: Norwalk Senior Center

Join us, as an attorney from St. John's Community Health Legal Services Program hosts an informative presentation on estate planning, where we'll cover all the essentials. Learn how to protect your assets and ensure your loved ones are well taken care of. Legal experts will cover topics such as wills, trusts, powers of attorney, and advance health care directives. Don't miss this opportunity to learn and ask questions. Mark your calendars and bring your friends and family! Attending the presentation is completely free! See you there!

Senior Scam Prevention Series: Car Repair

Date: Tuesday, July 9, 2024 • 1:00 – 2:00 p.m.

Location: Norwalk Senior Center

Many car owners complain that auto repair shops have tried to take advantage of them with various scams – for example, pushing unnecessary maintenance or charging for repairs that are never made. Staff from the California Department of Financial Protection and Innovation will be providing a presentation on how to avoid car repair scams. Join us to learn tips on how to prevent becoming a victim of a car repair scam.

Hoarding

Date: Wednesday, July 10, 2024 • 1:00 – 2:00 p.m.

Location: Norwalk Senior Center

Hoarding is having too many things making it difficult to manage the clutter in your home and having trouble or the inability to throw things away. The Los Angeles County Department of Mental Health is hosting a presentation on hoarding. Participants will learn to identify the differences between collecting, cluttering, and hoarding. Join us to learn how to help yourself or someone you love who may have a significant problem with hoarding. This will be a bilingual class, conducted concurrently in English and Spanish.

AARP Smart Driver Course

Date: Monday, July 15 and Wednesday, July 17

1:00 – 5:00 p.m.

Cost: \$20 for AARP members, \$25 for non-members

Location: Norwalk Senior Center

Join us for an in-person course to update your driving skills. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. This 8-hour class is taught over two days, and attendance at both classes is required to receive a certificate of completion. When you take the AARP Smart Driver course, you could be eligible for a multi-year discount on your auto insurance. * Pre-registration is required, please call the Senior Center at (562) 929-5580 for more information.

**(Check with your auto insurance agent for discount information.)*

How Much is Too Much (Korean)

Date: Tuesday, July 16, 2024 • 1:00 – 2:00 p.m.

Location: Norwalk Senior Center

Join us and the Los Angeles Department of Mental Health for a presentation on substance use. You will learn about the different forms of substance use and how their use can affect seniors physically and emotionally. You will also learn how they can impact the effect of your prescribed medications. This class will be conducted in Korean Language.

Senior Safety Program: Heat Awareness

Date: Wednesday, July 24, 2024 • 10:00 – 11:00 a.m.

Location: Norwalk Senior Center

An extreme heat event is a series of hot days, much hotter than average for a particular time and place. Extreme heat is deadly and kills more people than any other weather condition. Global climate change is making extreme heat episodes more frequent, more severe, and longer lasting. But we can take action and prepare. Join us as the Public Safety Department hosts a presentation on heat awareness. Learn how to protect yourself and your loved ones against heat related hazards.

Managing your Medication (Korean)

Date: Tuesday, July 30, 2024 • 1:00 – 2:00 p.m.

Location: Norwalk Senior Center



Join us, as the Los Angeles Department of Mental Health hosts a presentation on medication management. You will learn about the importance of sticking to your medication regimen and other useful information on the proper use of medications. Get tips on what to ask your doctor and pharmacist when you get a new prescription. This class will be conducted in Korean Language.

Instagram



Follow us on Social Media!

Facebook



Seminars/Screenings

Leaving a Legacy Workshop: Advance Healthcare Directives

Date: Wednesday, July 31, 2024 • 2:00 – 3:00 p.m.

Location: Norwalk Senior Center

Join us, as an attorney from St. John's Community Health Legal Services Program hosts an informative workshop on Advance Healthcare Directives. Learn how to make important medical decisions in advance and ensure your wishes are respected. Legal experts will guide you through a step-by-step process and answer any questions you may have. Don't miss this opportunity to gain peace of mind and take control of your healthcare choices.

Resiliency (Korean)

Date: Tuesday, August 6, 2024 • 1:00 – 2:00 p.m.

Location: Norwalk Senior Center

Everyone has challenging events that occur in their lives, but how can we better cope with the stress of these life events? Join us, as the Los Angeles Department of Mental Health hosts a presentation on resiliency. This is an ability that can be developed in anyone. Come learn tips on cultivating this valuable skill. This class will be conducted in Korean Language.

Diabetes Presentation

Date: Wednesday, August 7, 2024 2:00 – 3:00 p.m.

Location: Norwalk Senior Center

Diabetes is a chronic health condition that affects how your body turns food into energy. If untreated, diabetes can cause serious health issues such as heart disease, vision loss, and kidney disease. Join us and a health educator from the Los Angeles County Department of Public Health if you are interested in learning about the signs and symptoms of diabetes, and how to prevent it.

Senior Scam Prevention Series: Consumer Protections

Date: Tuesday, August 13, 2024 • 1:00 – 2:00 p.m.

Location: Norwalk Senior Center

Join us, as Staff from the California Department of Financial Protection and Innovation hosts a presentation on consumer protection. Learn how to stop unfair, deceptive, and fraudulent business practices. Come learn about your rights and responsibilities.

Bullying (Korean)

Date: Tuesday, August 20, 2024 • 1:00 – 2:00 p.m.

Location: Norwalk Senior Center

Bullying can occur at any time throughout our lives. Join us and the Los Angeles Department of Mental Health for a presentation on bullying. Come learn how to recognize it and tips on what to do if you feel it is happening to you. This class will be conducted in Korean Language.

Understanding Vision Loss

Date: Wednesday, August 21, 2024 • 10:00 – 11:00 a.m.

Location: Norwalk Senior Center

Join us and staff from the Braille Institute for a presentation on understanding vision loss. You will learn statistics and definitions of the different kinds of vision loss, eye diseases and their effects on vision. You will also learn about the Braille Institute's purpose and its various departments. Living a fulfilling life with vision loss is possible.

Late-Life Transitions

Date: Monday, August 26, 2024 • 10:00 – 11:00 a.m.

Location: Norwalk Senior Center

As we age, we all face key social, physical, and psychological changes. Join us and the Los Angeles Department of Mental Health for a presentation that identifies late-life transitions which can affect the way we function. Host will offer tips on maintaining a positive self-view, feeling good about our past, and making the most of life in the face of these changes.

Late-Life Transitions (Korean)

Date: Tuesday, September 3, 2024 • 1:00 – 2:00 p.m.

Location: Norwalk Senior Center

As we age, we all face key social, physical, and psychological changes. Join us and the Los Angeles Department of Mental Health for a presentation that identifies late-life transitions which can affect the way we function. Host will offer tips on maintaining a positive self-view, feeling good about our past, and making the most of life in the face of these changes. This class will be conducted in Korean Language.

Grief and Loss

Date: Wednesday, September 4, 2024 • 10:00 – 11:00 a.m.

Location: Norwalk Senior Center

Grief that comes with loss is a common stressor facing older adults and can be a challenging experience. Join us, as the Los Angeles Department of Mental Health hosts a presentation that defines grief and loss. Explaining the components of the grief process and describing the symptoms of grief to prepare participants for what to expect from loss. Tips will be shared on ways to improve our ability to cope and move on from loss.



Seminars/Screenings

Senior Scam Prevention Series: Wills and Trusts

Date: Tuesday, September 10, 2024 • 1:00 – 2:00 p.m.

Location: Norwalk Senior Center

An Estate Plan should protect your interests, assets, and loved ones. What it should not do is cause harm or distress. Unfortunately, there are people and unscrupulous companies out there that prey on vulnerable people who don't understand Estate Planning. Join us, as staff from the California Department of Financial Protection and Innovation host a presentation on wills and trust scams. You will learn tips that you should follow to decrease your chances of becoming a victim of an estate planning scam/fraud.

The Basics of the Flu

Date: Wednesday, September 11, 2024 • 10:00 – 11:00 a.m.

Location: Norwalk Senior Center

Join us, as the Department of Public Health hosts a presentation on the basics of the Flu. You will learn to define what the flu is, how to describe flu symptoms, how it spreads, when treatment or medical care is needed, and things you can do to prevent from getting the Flu. A discussion will also be held on the flu vaccine and how to protect yourself by getting vaccinated.

Grief and Loss (Korean)

Date: Tuesday, September 17, 2024 • 1:00 – 2:00 p.m.

Location: Norwalk Senior Center

Grief that comes with loss is a common stressor facing older adults and can be a challenging experience. Join us, as the Los Angeles Department of Mental Health hosts a presentation that defines grief and loss. Explaining the components of the grief process and describing the symptoms of grief to prepare participants for what to expect from loss. Tips will be shared on ways to improve our ability to cope and move on from loss. This class will be conducted in Korean Language.



Cardiovascular Disease

Date: Wednesday, September 18, 2024 • 10:00 – 11:00 a.m.

Location: Norwalk Senior Center

Cardiovascular diseases (CVDs) are the leading cause of death globally. CVDs are a group of disorders of the heart and blood vessels and include coronary heart disease, cerebrovascular disease, rheumatic heart disease and other conditions. Join us and a health educator from the Los Angeles County Department of Public Health for this presentation if you are interested in learning about CVD statistics, risk factors, signs, and symptoms, and how to prevent/control CVD.

Senior Safety Program: Emergency Preparedness

Date: Wednesday, September 25, 2024 • 10:00 – 11:00 a.m.

Location: Norwalk Senior Center

Join us, as the City of Norwalk Public Safety Department conducts a presentation on emergency preparedness. A public safety officer will provide information on how to protect yourself, your family, and your home during an earthquake by identifying risk factors. Come to this important presentation to learn how to stay safe before, during, and after an earthquake as well as other disasters.

Senior Center Sponsored Classes

Summer Session #1: July 1 – August 16, 2024

**Resident* Registration: Wednesday, June 19, 2024,
at 9:00 a.m.**

**Non-Resident Registration: Wednesday, June 26, 2024,
at 9:00 a.m.**

Summer Session #2: August 26 – October 11, 2024

**Resident* Registration: Wednesday, August 14, 2024,
at 9:00 a.m.**

**Non-Resident Registration: Wednesday, August 21, 2024,
at 9:00 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 8:00 a.m.*

(Classes will not meet Thursday, July 4, 2024 in observance of Independence Day holiday, and Monday, September 2, 2024 in observance of Labor Day holiday.)

Cerritos College Sponsored Classes

Summer Session: May 20 – August 9, 2024

Fall Session: August 19 – December 20, 2024

Fitness & Exercise

Yoga Stretch 1*

Monday, Wednesday & Friday 9:00 – 10:00 a.m.
(Summer Session): May 20 – August 9, 2024
(Fall Session): August 19 - December 20, 2024

Yoga Stretch 2*

Monday, Wednesday & Friday 10:00 – 11:00 a.m.
(Summer Session): May 20 – August 9, 2024
(Fall Session): August 19 - December 20, 2024

*(Class will not meet on Monday, September 2, 2024
in observance of Labor Day holiday.)*

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

Cost: Free

Instructor: Jackson

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

Tai Chi Chuan*

Monday, 1:00 – 2:00 p.m.
(Summer Session): May 20 – August 9, 2024
(Fall Session): August 19 - December 20, 2024

*(Class will not meet on Monday, September 2, 2024
in observance of Labor Day holiday.)*

Are you looking for a way to exercise that is neither vigorous nor strenuous, then come learn Tai Chi. 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.

Cost: Free

Instructor: Layne

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

Balance and Mobility*

Monday, 2:00 – 3:00 p.m.
(Summer Session): May 20 – August 9, 2024
(Fall Session): August 19 - December 20, 2024

*(Class will not meet on Monday, September 2, 2024
in observance of Labor Day holiday.)*

Are you looking for a way to improve your balance and mobility, then this is the class for you. Regular balance training can help reduce the risk and fear of falling by improving strength, flexibility, concentration, awareness, and movement patterns. This can result in a significant improvement in quality of life!

Cost: Free/18 weeks

Instructor: Layne

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

Dance Fitness with Patty

Monday & Wednesday, 10:15 – 11:15 a.m.
Summer Session #1: July 1 – August 14, 2024
Summer Session #2: August 26 – October 14, 2024

*(Class will not meet on Monday, September 2, 2024
in observance of Labor Day holiday.)*

Let's get moving to the beat with Patty. Enjoy a fun, and energetic, low impact exercise routine that will get your week started right. Groove your way to a healthier you.

Cost: Free/7 weeks Norwalk Resident

\$26.00/7 weeks Non-Resident

Instructor: Sandoval

*CIRCL Mobility™ /Zumba Gold Chair

Thursdays, 9:00 – 9:50 a.m.

Summer Session #1: July 11 – August 22, 2024
Summer Session #2: August 29 – October 10, 2024

CIRCL Mobility™ (30 MINS)-Revolutionary new program designed to unlock the body's potential through flexibility, breath work, and mobility exercises, so participants can move better, longer. Based on the cutting-edge science of functional movement. Helps participants release physical restrictions, restore core capabilities, and renew their range of motion. Followed by Zumba GOLD CHAIR (15 MINS), low impact music-based class focusing on coordination, cardiovascular health. Participants can take class seated or standing.

**All participants MUST wear tennis shoes, comfortable workout clothes and bring a water bottle.*

Cost: Free/7 weeks Norwalk Resident

\$15.00/7 weeks Non-Resident

Instructor: Ramirez

*ZUMBA® Gold Toning

Thursdays, 10:00 a.m. – 10:50 a.m.
Summer Session #1: July 11 – August 22, 2024
Summer Session #2: August 29 – October 10, 2024



This class is for older adults, who want to focus on muscle conditioning and light weight activity at a slower pace with a redefining total body workout using hand weights 1-3 lbs. max. Class focuses on low to moderate intensity strength training exercises that are essential to prevent a dramatic reduction in muscle mass, muscle strength, atrophy and sarcopenia (loss of skeletal muscle mass). Walk in ready to have a blast and tone up, leave exhilarated and empowered! ALL FITNESS LEVELS WELCOME! Hand weights available in class for use.

**All participants MUST wear tennis shoes, comfortable workout clothes and bring a water bottle.*

Cost: Free/7 weeks Norwalk Resident

\$15.00/7 weeks Non-Resident

Instructor: Ramirez

Fitness & Exercise

Dancin' Feet – Hybrid Line Dance

Fridays, 10:15 – 11:15 a.m.

Summer Session #1: July 5 – August 16, 2024

Summer Session #2: August 30 – October 11, 2024

Come alone or come with your friends and start your Friday with our hybrid Line Dance class. Enjoy the fun and fitness of moving to dance steps and line dance basics. You do not even need a partner! This class is great for both newcomers and those with experience.

Cost: Free/7 weeks Norwalk Resident

\$15.00/7 weeks Non-Resident

Instructor: Sandoval

NEW Line Dance - Beginner

Saturday, 9:00 a.m. – 10:00 a.m.

Summer Session #1: July 6 – August 17, 2024

Summer Session #2: August 31 – October 12, 2024

Join us for a lively morning of line dancing fun at the Senior Center. Come groove to the music and meet new friends while you learn the steps of the latest and greatest line dances. Line Dance is a choreographed routine that has a repeated sequence of steps. No experience required.

Cost: \$10.00/7 weeks Norwalk Resident

\$20.00/7 weeks Non-Resident

Instructor: Jones

Decorative Arts

Fine Arts - Intermediate Class

Tuesdays, 10:00 – 12:00 p.m.

Summer Session #1: July 16 – August 22, 2024

Summer Session #2: August 29 – October 10, 2024

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.

Cost: \$10.00/ 7 weeks Norwalk Resident

\$20.00/7 weeks Non-Resident

Instructor: Lujan

Fine Arts - Beginner Class

Tuesdays, 1:00 – 3:00 p.m.

Summer Session #1: July 16 – August 22, 2024

Summer Session #2: August 27 – October 8, 2024

Want to learn a new skill? Thought about becoming an artist? This introductory course provides older adults with knowledge on different art mediums, art topics, and different artistic styles. No prior creative or artistic skills required.

Cost: \$10.00/7 weeks Non-Resident

\$20.00/7 weeks Non-Resident

Instructor: Lujan

Drum Circle Wellness

12:45 – 1:45 p.m.

Second and last Tuesday of the month

Bring your love of music and join us for a communal class gathering where you will play drums, and other percussion instruments simultaneously alongside others, allowing for a diverse blend of rhythms and beats. No prior experience necessary, all musical levels welcome. Bring your drum or other hand percussion instrument; we will have some instruments available to loan as well.

Cost: Free

Instructor: Dell

Swedish Weaving Social

Ongoing • Mondays, 1:00 – 4:00 p.m.

(Class will not meet on Monday, September 2, 2024 in observance of Labor Day holiday.)

Come to our Swedish Weaving Social to share your ideas, and make 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 continually throughout the year. Participants must provide their own equipment and materials.

Cost: Free

Instructor: Volunteers

Lap Robe Making

Ongoing • Tuesdays, 9:00 – 11:30 a.m.



Do you like to sew? Are you looking for a way 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 Veterans Hospital in Long Beach. Adults aged 50 and

older that are interested in volunteering to make lap robes may drop by the Norwalk Senior Center on Tuesdays.

Cost: Free

Instructor: Volunteers

Decorative Arts

Crochet Social

Ongoing • Wednesdays, 9:00 – 11:00 a.m.

Learn to crochet and knit in a fun and friendly environment at an unbeatable price! This creative class is appropriate for the beginner and those with more experience. Learn different stitches and patterns, how to use basic tools and supplies, how to read patterns, and how to determine which yarns are ideal for your projects. Students must provide their own equipment and materials.

Cost: Free • Instructor: Volunteers

Quilting Social

Ongoing • Wednesdays, 12:30 – 4:30 p.m.

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.

Cost: Free • Instructor: Volunteers

Education

The American Cultural Experience*

Fridays, 9:00 – 11:00 a.m.

(Fall Session): August 23 – December 20, 2024

(Class will not meet on Friday, November 29, 2024, in observance of Thanksgiving holiday.)

Are you interested in learning about what makes America the great country it is? Join us to study the significant historical events that transformed our great nation to a democracy and a progressive people. We'll study historical events in the fields of science, technology, health, literature, politics, art, and learn how these events have shaped what we call the modern American experience.

Cost: Free/ 18 weeks • Instructor: Dr. Levy

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

Special Topic Speaking Series*

Thursdays, 3:00 – 5:00 p.m.

(Fall Session): August 22 – December 19, 2024

(Class will not meet on Thursday, November 28, 2024, in observance of Thanksgiving Day holiday)

Join us, each week, as we present and discuss current events and significant historical events that have shaped and affected the country. Topics range from the Women's Rights Movement to the latest issues. Come and see what events are shaping our country, society, and planet.

Cost: Free/ 18 weeks • Instructor: Dr. Levy

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

Norwalk Social Services

Norwalk Social Services Center • 11929 Alondra Boulevard • 929-5544

Center Hours

Monday – Thursday • 8:00 a.m. – 6:00 p.m.

Friday • 8:00 a.m. – 5:00 p.m.

In keeping with the City of Norwalk holiday schedule, the Social Services Center will be closed on Thursday, July 4, 2024, in observance of Independence Day and Monday, September 2, 2024 in observance of Labor Day. For information regarding programs or services, please call 929-5544.

Child Development Program - Cuidado de Niños



The City is continuously accepting applications for its free or low-cost Childcare program. This service is available to low-income parents and/or current/terminated CalWorks participants. Childcare must be provided in Norwalk. For more information, please call 462-1713.

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.

Food Pantry - Despensa de Alimentos

Tuesdays and Thursdays • 9:00 – 5:00 p.m.

Emergency food services available for families or individuals experiencing food insecurities. Open to the public. For more information, please call 929-5544.

Daily Luncheon Program for Seniors*

- Programa de Almuerzo para Personas Mayores*

Monday – Friday • 11:30 – 12:30 p.m.

Adults 60 years of age and older are welcome to come enjoy a hot and healthy meal.

Suggested Contribution: 60 yrs. and older \$2.00, \$4.00 fee for participants under 60 yrs. For more information, please call 929-5544.

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 Every Monday and Tuesday • 6:00 – 8:00 p.m.

A fellowship of people who come together to solve their drinking problem. Spanish only.

Al-Anon - Al-Ano'n

Every Wednesday • 7:00 – 9:00 p.m.

Support group for family and friends of alcoholics. Spanish only.

Cal-Fresh

Second and Fourth Thursday, by appointment only
9:00 – 11:00 a.m.

A Cal-Fresh representative will be in our office to assist community members complete their application for food assistance. To schedule an appointment, please call 929-5544.

CEA-H.O.W.

Every Tuesday • 10:00 – 11:30 a.m.

CEA-H.O.W. is a fellowship of men and women who meet to share their experience, strength and hope. Our purpose is to help others and ourselves who suffer from the self-destruction of compulsive eating. Spanish Only.

Community Legal Aid- Servicios Legales

Second and Fourth Wednesday, by appointment only
10:00 – 2:00 p.m.

Free Legal Service for Norwalk Residents who meet income eligibility guidelines only. Legal aid helps with family law, domestic violence, immigration, consumer affairs, government benefits and housing. To schedule an appointment, please call 929-5544.

L.A.D.Y.

Second and Fourth Thursday • 6:00 – 8:00 p.m.

Mentoring opportunity for young women ages 15-23 who have been affected by: financial instability, relationships, mental/health challenges, education and personal growth. The program will focus on dealing with these issues through a series of workshops, excursions and one-on-one mentoring. For more information, please call 929-5544.



FREE Men's Support Group at Norwalk Social Services Center

Starting soon

Are you interested in joining a Men's group where mental health is key and maintaining a healthy lifestyle is a priority? This group will hold mindfulness practices and discussions will be held on all topics related to Men's mental health. For more information, please call (562) 929-5544.

Los Angeles County Mental Health

First and Third Wednesday • 8:30 – 11:30 a.m.

Offers referral for individuals in need of counseling or other mental health services. For more information, please call 929-5544.

Eastern Los Angeles Energy Assistance Team (ELEAT)

Free financial assistance for electric and gas utility bills provided by ELEAT. Available to low-income families and individuals. Rental or homeowners may qualify. Valid California I.D., proof of income (last 30 days) and an electric gas bill required for application approval. To schedule an appointment, please call (888) 351-4061.

National Alliance on Mental Illness (NAMI)

Second and Fourth Wednesday • 6:00 – 8:00 p.m.

In NAMI's family support groups, families come together in care groups and help each other by using their experiences and learning about coping with mental illness. Group available in Spanish only. For more information or to register please call Silvia Reyes at 448-4816.

Neurotics Anonymous

Every Thursday • 6:00 – 8:00 p.m.

If you suffer from fear, anxiety, loneliness, anger, depression, or other emotions that may make life unbearable, you are encouraged to seek help from Neurotics Anonymous. Spanish only. For more information, please call 929-5544.

Promotores

Monday and Friday • 10:00 – 11:30 a.m.

Free educational program designed for parents, family members, and caregivers, of children, and adolescents, with emotional or behavioral difficulties. This support group is available in Spanish only. For more information, please call 929-5544.

Special Programming

Senior Scam Prevention Series

Second Thursday of every month • 10:00 – 11:00 a.m.

The City of Norwalk Social Services Department is collaborating with the California Department of Financial Protection and Innovation for the Senior Scam Prevention Series. Seniors will learn about ways to prevent common scams.

Senior Movie Matinee - Dias de Pelicula

First and Third Tuesday of every month • 9:00 – 11:00 a.m.

Free movie matinee days at the Social Services Center for seniors. Popcorn included. For more information, please call 929-5544.

Senior Karaoke Mornings

First and Third Friday of every month • 9:30 – 11:00 a.m.

You're going to Hollywood! Showcase your singing in the form of Karaoke. All seniors are encouraged to participate and sing their hearts out in this judgment free environment.

Senior Loteria

Second and Fourth Friday of every month • 9:00 – 10:30 a.m.

All seniors are invited to come and join us as we play the Mexican version of Bingo, Loteria! Participants are rewarded with Mexican candies as they test their luck.

Senior Club Dances

Senior Nutrition Dances

**- Bailes del Programa de Nutrición para personas Mayores
Dates TBD every month • 9:00 – 11:00 a.m.**

Join the Senior Nutrition dances once a month at the Social Services Center. Dances are themed according to Holiday and vary in day of the week. For more information and to RSVP, please call 929-5544. Limited space.

International Senior Club Dance

- Baile del Club Internacional

First Saturday of every month • 12:00 p.m. – 4:00 p.m.



Enjoy a Saturday afternoon filled with music, dancing and snacks, hosted by the International Senior Club. A \$5.00 donation required. For more information, please call 929-5544.

United Parents Club Dance

- Baile del Club de Padres Unidos

Second Saturday of every month • 7:00 – 11:00 p.m.

Join the United Parents Club in an evening of music and dancing! Food will be sold and a donation of \$15.00 is required. For more information, please call 219-9934.

Tardeada hosted on select dates. Please contact Social Services for more information, 929-5544.

Alondra Senior Club Dance

- Baile del Club de Alondra

Third Saturday of every month • 7:00 – 11:00 p.m.

Enjoy an evening of music and dancing with the Alondra Senior Club. Food will be sold and a \$15.00 donation is required. For more information, please call 474-1033.

Tardeada hosted on select dates. Please contact Social Services for more information, (562) 929-5544

Family Programming

Family Zumba Nights

6:30 – 7:30 p.m.

First Four Wednesdays of the month

A fun and easy way to keep your family active with Zumba. To register, please call 929-5544.

Pack 2 School Event

Date: Thursday, August 15, 2024 5:00 – 7:00 p.m.

Cost: Free

Location: Social Services Center

Welcome Back to School! Students will pack and decorate tote bags, pencil cases, bookmarks and other supplies to get ready for the upcoming school year. To register please call 929-5544. Space and school supplies are limited.

Piñata Party

Date: Thursday, September 5, 2024 • 5:00 – 7:00 p.m.

Cost: Free

Location: Social Services Center



Brighten up your day and make your own mini Piñata at the Social Services Center's Piñata Party! Our recreation staff will lead a class with systematic instructions on how to create the colorful sculpture. Snacks and light refreshments will be provided. To register please call 929-5544. Space is limited.