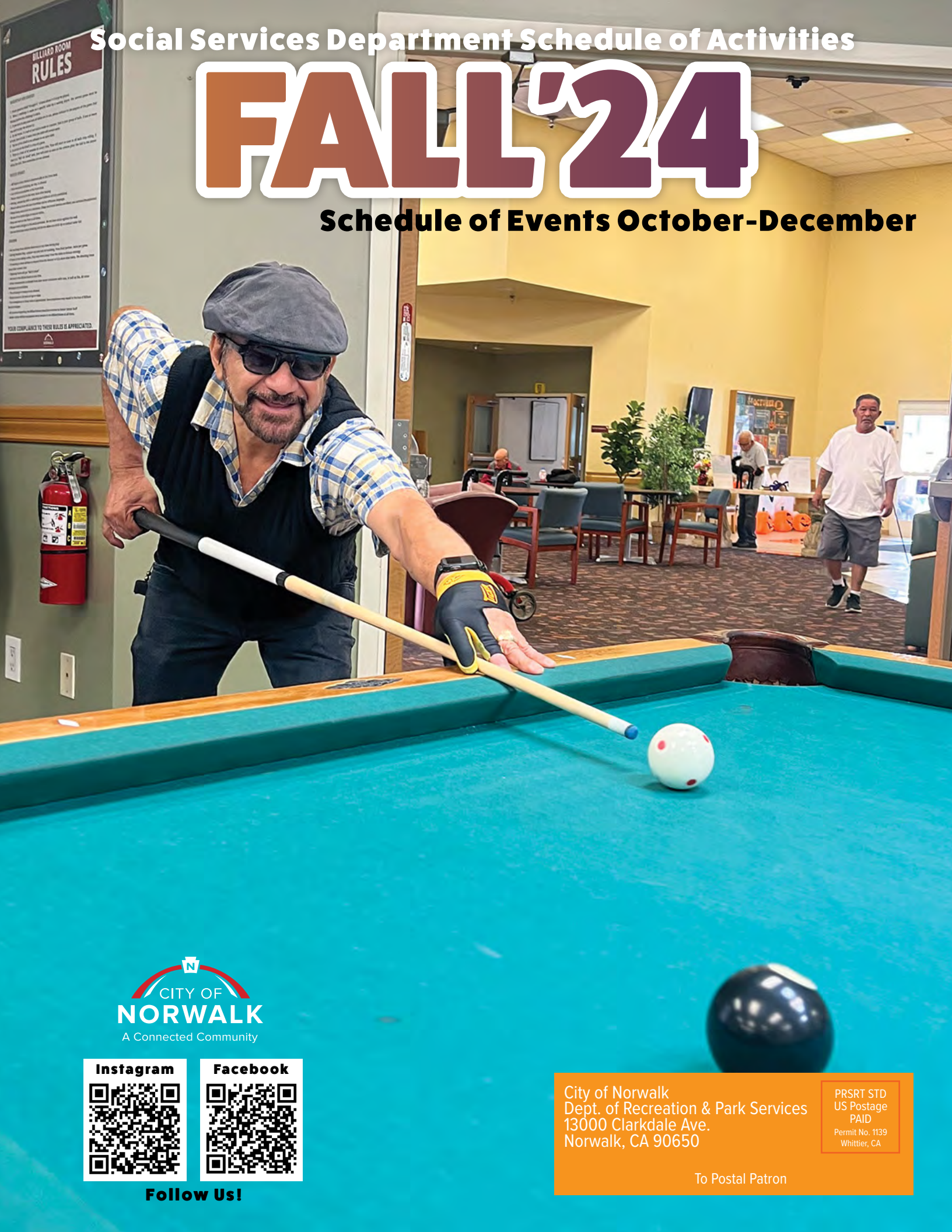


Social Services Department Schedule of Activities

FALL'24

Schedule of Events October-December



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

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Angel Tree

You Can Help Brighten the Life of a Child!

The City of Norwalk Angel Tree Project: “A Gift of Clothing” is an annual project that benefits less fortunate children (grades K-5) in our community. We invite you to make a difference in a child’s life by becoming an Angel Tree contributor this coming holiday season. Simply select an Angel Tree Tag, purchase an article of clothing, and return the wrapped gift with the Angel Tree Tag to the Norwalk Social Services Center, Norwalk Senior Center, Norwalk Arts & Sports Complex, or City Hall by Monday, December 2. Your gift, toys, and other goodies will be given to these children at a holiday celebration in December. You can also help by providing a monetary donation that directly benefits children.

Please call the Norwalk Social Services Center at 929-5544 for more information.



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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,
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>



In keeping with the City of Norwalk holiday schedule, the Norwalk Senior Center will be closed on Monday, November 11 in observance of Veterans Day, Thursday, November 28 and Friday, November 29 in observance of the Thanksgiving holiday, Wednesday, December 25 in observance of Christmas Day and Wednesday, January 1, 2025 in observance of New Year's Day. For information regarding programs or services, please call 929-5580.

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

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, 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 trips 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**.



USC Pacific Asia Museum

Date: Wednesday, October 2, 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 and grab lunch at one of the several restaurants within walking distance.

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

Special Activities

Movie Night

Date: Tuesday, October 8, 2024 • 6:00 – 8:00 p.m.

Cost: Free (Space is limited)

You are invited to join us for an evening showing of “Ghostbusters: Frozen Empire” in the Senior Center lobby. In Ghostbusters: Frozen Empire, the Spengler family returns to where it all started -- the iconic New York City firehouse -- to team up with the original Ghostbusters, who’ve developed a top-secret research lab to take busting ghosts to the next level. But when the discovery of an ancient artifact unleashes an evil force, Ghostbusters new and old must join forces to protect their home and save the world from a second Ice Age. Limited seating available and reservations are required. Light snacks will be provided.

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

Game Night – Fear Factor

Date: Thursday, October 10, 2024 • 3:00 – 5:00 p.m.

Cost: \$5.00

Welcome to Fear Factor, where contestants will battle each other in, our version of extreme “stunts”. These modified Senior Center “stunts” are designed to challenge the contestants both physically and mentally. If the contestant is too afraid to complete a stunt, they will be eliminated. Last contestant standing, will be declared the winner.

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

Keeping It Crafty – Monster Mash Painting Glass

Date: Tuesday, October 15, 2024 • 3:30 – 5:00 p.m.

Cost: \$10.00

Embrace the Halloween spirit by participating in this charming DIY project. Our recreation staff will assist attendees in crafting decorative candle holders using supplies like paint and wine glasses. Invite a friend and register now! Registration is now open.

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

Dia de los Muertos Ofrenda

Date: Monday, October 21 – Saturday, November 2

Cost: Free

Dia de los Muertos, Day of the Dead celebrations are based on the belief that the souls of the ones gone can come back to this world on these days. To honor those who are no longer with us, please bring a copy of a picture of your dearly departed loved one to display, and we will supply the ofrenda, and decorations/props. Pictures must be no larger than 5”x7”.

If you are interested in participating, pictures can be submitted beginning Monday, October 7, 2024. Last day to turn in pictures, is Friday, October 25.

Call **929-5580** for more information

The Nightmare Before Christmas

– Halloween Mixer

Date: Thursday, October 24, 2024 • 5:00 – 8:00 p.m.

Cost: \$15.00

When witches go riding and black cats are seen, the moon laughs and whispers “’tis Halloween!” You are cordially invited to a frightfully fun dance party, join us as we get our boogie on. Costumes are optional but highly encouraged. Light refreshments will be available for purchase.

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

Halloween Nutrition Entertainment and Costume Parade

Date: Thursday, October 31, 2024 • 9:00 – 11:00 a.m.

Cost: Free

Get ready for a morning of funny frights and ghostly giggles, as we celebrate Halloween. Join us for dancing and come dressed in your best costume to enter our contest for a chance to win prizes. Costumes are optional but highly encouraged! No pre-registration required.

Call **929-5580** for more information.

Trivia Night – *Hispanic Edition

Date: Tuesday, November 5, 2024 • 3:30 – 5:00 p.m.

Cost: \$5.00

**Event will be held in Spanish*

Register and join Senior Center staff for an eventful night full of brain teasers, music, laughs and good times! Test your knowledge on Latin American culture and take a chance at winning fun prizes! Come learn more about Latino culture and make new friends!

Norwalk resident* registration begins Tuesday, October 8, 2024 at 9:00 a.m. Open registration begins Tuesday, October 15, 2024 at 9:00 a.m.

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

Call 929-5580 for more information.

Veterans Day Recognition Services

Date: Thursday, November 7, 2024 • 2:30 – 4:00 p.m.

Cost: Free

You are cordially invited to salute our nation’s heroes. We are eternally grateful to all those men and women who fought and served for our country. We will be honoring all those who served with a special small ceremony and light refreshments.

For more information, and to RSVP call **929-5580**.

Special Activities

Movie Night

Date: Tuesday, November 12, 2024 • 6:00 – 8:00 p.m.

Cost: Free (Space is limited)

You are invited to join us for an evening showing of “Saving Mr. Banks” in the Senior Center lobby. A story of P. L. Travers, a London author who is financially broke, visits Los Angeles to meet Walt Disney, who is keen to adapt her ‘Mary Poppins’ for the cinema. However, his methods do not meet her approval. Limited seating available and reservations are required. Light snacks will be provided.

*Norwalk *resident registration begins Tuesday, October 15, 2024 at 9:00 a.m. Open registration begins Tuesday, October 22, 2024 at 9:00 a.m.*

Call 929-5580 for more information.



Keeping It Crafty – Haystack Jack Strawman Craft

Date: Wednesday, November 13, 2024 • 3:00 – 5:00 p.m.

Cost: \$10.00

Sweater weather is better together, oh my gourdness, it's Fall! Join us for an engaging and creative crafting experience as we construct a strawman using a variety of materials, guided by our dedicated recreation staff.

Norwalk resident registration begins Thursday, October 10, 2024 at 9:00 a.m. Open registration begins Thursday, October 17, 2024 at 9:00 a.m.*

**Photo identification with proof of residency required*

Call 929-5580 for more information.

Movie Night

Date: Tuesday, December 3, 2024 • 6:00 – 8:00 p.m.

Cost: Free (Space is limited)

You are invited to join us for an evening showing of “Christmas with the Kranks” in the Senior Center lobby. The movie is about Luther and Nora Krank, who are finally alone for the holidays, and plan to eschew the Christmas traditions and take a cruise in the Caribbean instead. This doesn't sit well with their Christmas-obsessed neighbors Vic Frohmeyer and Walt Scheel, who are determined to win the annual “best decorated street” competition, and the Kranks soon find themselves social outcasts because of their lack of Christmas spirit. All seniors in attendance will be able to sit in their own chair to watch the movie while enjoying a light snack. Reservations are required.

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

Call 929-5580 for more information.

Keeping It Crafty – Fishbowl Snowman

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

Cost: \$10.00

“Do you want to build a snowman? Come on let's go and play”. Join us for some fun. We invite you to participate in a craft workshop at the Senior Center, facilitated by our recreation staff. With the holiday season approaching, this winter DIY decoration is an ideal activity for the festivities.

Norwalk resident registration begins Thursday, November 7, 2024 at 9:00 a.m. Open registration begins Thursday, November 14, 2024 at 9:00 a.m.*

**Photo identification with proof of residency required*

Call 929-5580 for more information.

Senior Center Spirit Week

Date: Monday, December 9 – Friday, December 13

Cost: Free

Join in on the holiday festivities and show us your Senior Center spirit. Beginning Monday, each day will have a different theme chosen by recreation staff. The theme will be based on the holiday season and your participation is highly encouraged!

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

Deck the Halls Sing-Along

Date: Tuesday, December 17, 2024 • 3:00 – 5:00 p.m.

Cost: Free

The best way to spread holiday cheer is singing loud for all to hear. Come and wear your ugliest sweater and be ready for some fun! Join us as we transform our lobby into a Christmas carol sing-along karaoke cabaret. Light refreshments will be provided.

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

Holiday Dance

Date: Thursday, December 19, 2024 • 5:00 – 9:00 p.m.

Cost: \$25.00



We invite you to the Senior Center for an elegant holiday celebration. The evening will begin with a delightful dinner, leading into a customary apple cider toast in honor of the season. Enjoy live entertainment that will keep you dancing throughout the night!

**Formal attire recommended*

*Norwalk *resident may purchase tickets beginning Thursday, November 14, 2024 at 9:00 a.m. Open ticket sales begin Thursday, November 21, 2024 at 9:00 a.m. (One ticket per person).*

**Photo identification with proof of residency required*

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 Monday, November 11 in observance of Veterans Day, Thursday, November 28 and Friday, November 29 in observance of Thanksgiving Day, Wednesday, December 25 in observance of Christmas Day and Wednesday, January 1 in observance of New Year's Day. For information regarding programs or services, please call 929-5580.

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 | 8:00 a.m. – 10:00 a.m. 11:30 a.m. – 3:00 p.m. |
| Tuesday | 8:00 a.m. – 3:00 p.m. |
| Wednesday | 8:00 a.m. – 10:00 a.m. 11:30 a.m. – 3:00 p.m. |
| Thursday | 11:30 a.m. – 3:00 p.m. |
| Friday | 8:00 a.m. – 10:00 a.m. 11:30 a.m. – 3:00 p.m. |
| Saturday | 8:00 a.m. – 12:00 p.m. |



The Keystone Karaoke Lounge

Thursdays, October 17 and November 14
 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
 \$4.00 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 aged 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 | 8:00 a.m. – 10:00 a.m. 11:30 a.m. – 5:00 p.m. |
| Tuesday | 8:00 a.m. – 5:00 p.m. |
| Wednesday | 8:00 a.m. – 10:00 a.m. 11:30 a.m. – 5:00 p.m. |
| Thursday | 11:30 a.m. – 5:00 p.m. |
| Friday | 8:00 a.m. – 10:00 a.m. 11:30 a.m. – 5:00 p.m. |
| Saturday | 8:00 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 8:00 a.m. – 5:00 p.m.

Friday 8:00 a.m. – 4:00 p.m.

Saturday 8:00 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 8:00 a.m. – 5:00 p.m.

Friday 8:00 a.m. – 4:00 p.m.

Saturday 8:00 a.m. – 12:00 p.m.

Billiards Tournaments*

Tuesday October 29 • 10:00 a.m.

Tuesday November 26

Tuesday December 17 – Invitation only

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 and time subject to change without notice*



Seminars/Screenings

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

Know the Scams, Don't be a Victim (Korean)

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

Location: Norwalk Senior Center

As technology improves and as the older adult population increases, financial abuse of older adults is becoming more frequent. This presentation, provided by the Los Angeles County Department of Mental Health defines financial exploitation, how to identify common scam techniques and presents tips on preventing, and dealing, with scams. This class will be conducted in Korean Language.

Social Isolation

Date: Wednesday, October 2, 2024 • 10:00 – 11:00 a.m.

Location: Norwalk Senior Center

Join us and the Los Angeles County Department of Mental Health to learn about how isolation can affect mental and physical health. Get ideas on how to manage isolation and make simple changes in your life to live a healthy and productive life. This will be a bilingual class, conducted concurrently in English and Spanish.

Senior Scam Prevention Series: Financial Abuse

Date: Tuesday, October 8, 2024 • 1:00 – 2:00 p.m.

Location: Norwalk Senior Center

Staff from the California Department of Financial Protection and Innovation will be providing a presentation on financial elder abuse. Participants will learn how to prevent and address financial elder abuse. This presentation will share and discuss actual cases of financial elder abuse and outcomes.

High Blood Pressure

Date: Wednesday, October 9, 2024 • 10:00 – 11:00 a.m.

Location: Norwalk Senior Center



High blood pressure, or hypertension, is a condition that occurs when blood pressure in the arteries is consistently higher than normal. High blood pressure often has no symptoms, and over time, if left untreated can cause serious health conditions. Join us and staff

from the Los Angeles County Department of Public Health if you are interested in learning important information about key terms, statistics, risk factors, symptoms, lifestyle modifications, and medications all related to high blood pressure.

AARP Smart Driver Course

Date: Monday, October 14 and Wednesday, October 16

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.)*

Social Isolation (Korean)

Date: Tuesday, October 15, 2024 • 1:00 – 2:00 p.m.

Location: Norwalk Senior Center

Join us and the Los Angeles County Department of Mental Health (DMH) to learn about how isolation can affect mental and physical health. Get ideas on how to manage isolation and make simple changes in your life to live a healthy and productive life. This class will be conducted in Korean Language.

Mobile Vaccination Clinic

Date: Monday, October 21, 2024 • 10:00 a.m. – 3:00 p.m.

Location: Norwalk Senior Center

The Los Angeles County Department of Public Health will be providing free flu and COVID -19 vaccinations to older adults 50 years and older.

Holiday Blues (Korean)

Date: Tuesday, October 29, 2024 • 1:00 – 2:00 p.m.

Location: Norwalk Senior Center

Holidays can be a challenging time for seniors who have suffered losses, are feeling alone and without family or social support. This presentation provided by the Los Angeles County Department of Mental Health discusses strategies to combat feelings of sadness or “the blues” during the winter holidays. This class will be conducted in Korean Language.

Emotional Intelligence (Korean)

Date: Tuesday, November 5, 2024 • 1:00 – 2:00 p.m.

Location: Norwalk Senior Center

This Los Angeles County Department of Mental Health presentation defines the components of emotional intelligence and explains how emotional intelligence impacts an individual's daily functioning as it pertains to interpersonal relationships. It also imparts tips on improving one's emotional intelligence to improve one's quality of life. This class will be conducted in Korean Language.

Instagram



Follow us on Social Media!

Facebook



Seminars/Screenings

Senior Scam Prevention Series: Scams Targeting Veterans

Date: Tuesday, November 12, 2024 • 1:00 – 2:00 p.m.

Location: Norwalk Senior Center

A representative from the California Department of Financial Protection and Innovation will be hosting a presentation about scams targeting military veterans, including what to watch out for and how to prevent them. Participants will also learn how to report scams if necessary.

Healthy Food Presentation and Demonstration

Date: Wednesday, November 13, 2024 • 10:00 – 11:00 a.m.

Location: Norwalk Senior Center

Join us and staff from the Los Angeles County Department of Public Health (LACDPH) for an insightful learning opportunity regarding nutritional information. Come learn about managing a balanced diet and the importance eating healthy. Watch a live demo as staff from LACDPH prepare healthy food options.

Stress Management (Korean)

Date: Tuesday, November 19, 2024 • 1:00 – 2:00 p.m.

Location: Norwalk Senior Center

This presentation provided by the Los Angeles County Department of Mental Health defines stress and describes different forms of stress. Come learn the ways in which stress can impact one's life. Presenter will offer tips to assist older adults in dealing with stress more effectively to improve their quality of life. This class will be conducted in Korean Language.

Senior Safety Program: Holiday Security

Date: Wednesday, November 27, 2024 • 10:00 – 11:00 a.m.

Location: Norwalk Senior Center

The Holiday season is always a special time of year, but it is also a time when people become vulnerable to theft and holiday crime. City of Norwalk Public Safety Department staff will be conducting a presentation on holiday security. Sharing reminders and tips with the precautions we can all take to have a safe and happy Holiday season.



AARP Smart Driver Course

Date: Monday, December 2 and Wednesday, December 4
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.)*

Discover Your Passion (Korean)

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

Location: Norwalk Senior Center

Discovering our passion can give new meaning to our lives. Join us, as the Los Angeles Department of Mental Health hosts a presentation on discovering your passion. Come learn how to reflect on feelings of joy and happiness. The discussion will lead to the (re)discovery of passion and purpose by exploring a whole mindset. This class will be conducted in Korean Language.

Senior Scam Prevention Series: Holiday Scams

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

Location: Norwalk Senior Center

Holidays are meant to be about joy and goodwill. Unfortunately, criminals use this season to take advantage and prey on the innocent in a variety of ways. A representative from the California Department of Financial Protection and Innovation will be hosting a presentation on holiday scams. Participants will learn what to watch out for and how to prevent and report scams if needed. Learn about how to save money by planning for future expenses.



Classes

ON-GOING

Peer Support Group- Mondays 10:00 – 11:00 a.m.
Cal Fresh- 1st/3rd Tuesday 9:00 – 11:00 a.m.
Veterans Corner- Wednesdays 8:15 a.m.-3:00 p.m.

Senior Center Sponsored Classes Registration Information

- First come, first served
- Numbers will be distributed at 8:00 a.m. from the North side entrance
- Registration begins at 9:00 a.m.
- One number per registrant
- Only one person may register for classes per number

**Photo Identification with proof of residency required*

Senior Center Sponsored Classes

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.

Fall Session #1: October 21 – December 6, 2024
Resident* Registration: Wednesday, October 9, 2024,
at 9:00 a.m.

Non-Resident Registration: Wednesday, October 16, 2024,
at 9:00 a.m.

(Classes will not meet Monday, November 11, 2024 in observance of Veterans Day holiday, and Thursday, November 28 and Friday, November 29, 2024 in observance of Thanksgiving holiday.)

Cerritos College Sponsored Classes

Fall Session: August 19 – December 20, 2024

(Classes will not meet Monday, November 11, 2024 in observance of Veterans Day holiday, and Thursday, November 28 and Friday, November 29, 2024 in observance of Thanksgiving holiday.)

Fitness & Exercise

Yoga Stretch 1*

Monday & Wednesday 9:00 – 10:00 a.m.
(Fall Session): August 19 – December 18, 2024

Yoga Stretch 2*

Monday & Wednesday 10:00 – 11:00 a.m.
(Fall Session): August 19 – December 18, 2024

(Classes will not meet Monday, November 11, 2024 in observance of Veterans 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.
(Fall Session): August 19 – December 16, 2024

(Classes will not meet Monday, November 11, 2024 in observance of Veterans 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.
(Fall Session): August 19 – December 16

(Classes will not meet Monday, November 11, 2024 in observance of Veterans 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 #2: August 26 – October 9, 2024
Fall Session #1: October 21 – December 9, 2024

(Classes will not meet Monday, November 11, 2024 in observance of Veterans 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

Fitness & Exercise



*CIRCL Mobility™ /Zumba Gold Chair

Thursdays, 9:00 – 9:50 a.m.

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

Fall Session #1: October 24 – December 12, 2024

*(Classes will not meet Thursday, November 28
in observance of Thanksgiving holiday.)*

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 #2: August 29 – October 10, 2024

Fall Session #1: October 24 – December 12, 2024

*(Classes will not meet Thursday, November 28, 2024
in observance of Thanksgiving holiday.)*



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

Dancin' Feet – Hybrid Line Dance

Fridays, 10:15 – 11:15 a.m.

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

Fall Session #1: October 25 – December 13, 2024

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

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 #2: August 31 – October 12, 2024

Fall Session #1: October 26 – December 7, 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

NEW City Steppers

Tuesday and Thursdays 9:00 – 10:00 a.m.

Fall Session #1: October 21 – December 10, 2024

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

Get your steps in! Exercise is a fundamental activity to staying healthy, so, why not join us and enjoy some fresh air and meet new friends. The Walking Club will meet two mornings a week at the Senior Center for 15 minutes of warm-up exercises followed by an outdoor walk. We recommend that you consult your physician prior to any physical activity. All fitness levels are welcome.

Cost: Free/7 weeks (registration is required)

Instructor: Staff



Decorative Arts

Fine Arts - Intermediate Class

Tuesdays, 10:00 – 12:00 p.m.

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

Fall Session #1: October 22, 2024 – December 3, 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 #2: August 27 – October 8, 2024

Fall Session #1: October 22, 2024 – December 3, 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 Norwalk 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.

(Classes will not meet Monday, November 11, 2024 in observance of Veterans 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

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



Educational

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)

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 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)

Norwalk Social Services

Norwalk Social Services Center • 11929 Alondra Boulevard • (562) 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, November 28 and Friday, November 29, 2024 in observance of Thanksgiving, Wednesday, December 25, 2024 in observance of Christmas Day and Wednesday, January 1, 2025 in observance of New Year Day. For information regarding programs or services, please call (562) 929-5544.

Child Development Program - Cuidado de Niños

The City is continuously accepting applications for its free or low-cost Child Care 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 (562) 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 (562) 929-5544.

Daily Luncheon Program for Seniors*

- Programa de Almuerzo para Personas Mayores*

Monday – Friday • 11:00 – 12:00 p.m.

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

Suggested Contribution: 60 yrs. and older \$2.00, \$4.00 fee for participants under 60 yrs. For more information, please call (562) 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 & 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 (562) 929-5544.

CEA-H.O.W.

Date: 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 & 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 (562) 929-5544.

L.A.D.Y.

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

Mentoring opportunity for young women ages 15-23 who have been affected by COVID-19 and find themselves struggling with any of the following: financial stability, 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 (562) 929-5544.



Men's Support Group

Starting soon



Are you interested in joining a Men's group ages 15-25 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 (562) 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 & 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 (562) 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 (562) 929-5544

Promotores

Monday • 10:00 a.m. – 11:30 a.m.
and Friday • 12:30 p.m. – 2:00 p.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 (562) 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 - Días de Pelicula

First & 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 (562) 929-5544.

Senior Karaoke Mornings

First & 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 & 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 candy 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 (562) 929-5544. Limited space.

International Senior Club Dance

- Baile del Club Internacional

First Saturday of every month • 12:00 – 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 (562) 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 (562) 219-9934.

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

Spooky Masks & Bags

Date: Thursday, October 3, 2024 • 5:00 – 7:00 p.m.

Cost: Free • Location: Social Services Center

BOO! Join our recreation staff to learn how to create your own ghoulish mask to wear and decorate your very own trick-or-treat bag to use during the festive season. Snacks and light refreshments will be provided. To register please call (562) 929-5544. Space is limited.

Frankenweenie Fright Delights

Date: Thursday, October 17, 2024 • 5:00 – 7:00 p.m.

Cost: Free

Location: Social Services Center

Spooky treats have never tasted so sweet. Join us as we make frightful delights while watching the Halloween Disney movie, “Frankenweenie.” Snacks and refreshments will be provided. To register please call (562) 929-5544. Space is limited.



Pumpkin Patch Pageant

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

Cost: Free

Location: Social Services Center

Join us for a family fun night of Pumpkin Painting! Participants will design and accessorize their very own pumpkins then compete in Recreation Staff’s very own Pumpkin Patch Pageant. Snacks and light refreshments will be provided. To register please call (562) 929-5544. Space is limited.

Let’s Talk Turkey! Arts and Crafts

Date: Thursday, November 21, 2024 • 5:00 – 7:00 p.m.

Cost: Free

Location: Social Services Center

Gobble, Gobble! Showcase what you are thankful for this Fall season by designing your own turkey and other autumn arts and crafts. Snacks and light refreshments will be provided. To register please call (562) 929-5544. Space is limited.

Christmas Craft and Cinema

– “The Polar Express”

Date: Thursday, December 19, 2024 • 5:00 – 7:00 p.m.

Cost: Free

Location: Social Services Center

All aboard the Social Services Polar Express! Join in on the winter fun and make your own Gingerbread house while watching “The Polar Express.” A Hot Cocoa Bar will be available for all participants to make their own warm beverage. To register please call (562) 929-5544. Space is limited.