



# OCTOBER 2016

## SENIOR CENTER



### SENIOR CITIZEN COMMISSION

**Iris Rodriguez**  
Chair

**Maggie Guzman**  
Vice Chair

Commissioners  
**Virginia Diaz, Arlene Miranda,  
Natalie Orosco**

### SENIOR CENTER STAFF

**Eloise Beltran**  
Senior Center Coordinator

- Rebecca Bardales
- Joanna Palacios
- Melissa Marez
- Deirdrea Garcia
- Christina Fraijo

### FRONT OFFICE PHONE

(626) 430-2283

### FAX

(626) 430-2275

### HOURS OF OPERATION

Monday—Friday  
8:00 a.m.—4:00 p.m.

### SITE ADDRESS

16116 Arrow Highway  
Irwindale, CA 91706

### MAILING ADDRESS

5050 N. Irwindale Ave  
Irwindale, CA 91706

**WEBSITE:** [www.irwindaleca.gov](http://www.irwindaleca.gov)

MON	TUE	WED	THU	FRI
3.	4. <b>Walking Club</b> 8am Tuesdays & Thursdays	5. <b>Community Health Fair &amp; Flu Shots</b> <b>Free</b> 9am—12 noon	6. <b>Job Searching for Older Adults Workshop</b> 10am—11am	7. <b>Metro on the go!</b> Los Angeles zoo / Botanical Garden 8am—4:30pm
10. <b>Men's Haircuts</b> 8:30am—1pm	11. <b>Wii Practice</b> Every Tuesday 11am	12. <b>Tai Chi Class</b> Mondays & Wednesdays 9am—10am	13. <b>Ceramics Class</b> Every Thursday 10am—3pm	14. <b>Spanish A.A.R.P. Driving Workshop</b> 10am—2pm
17. <b>Hooks &amp; Loops Social</b> Every Monday 1pm	18. <b>Chair Volleyball</b> Every Tuesday 1pm	19. <b>Knit &amp; Crochet Social</b> Every Wednesday 1pm <b>Blood Pressure Check</b> Today 11am Provided By HealthCare Partners	20. <b>Bunco Time Today!</b> 1pm <b>Women's Hairstyling</b> Thursdays & Fridays By Appointment	21. <b>Spanish A.A.R.P. Driving Workshop</b> 10am—2pm 22. <b>Pala Casino Trip</b> 8am—6pm
24. <b>Men's Haircuts</b> 8:30am—1pm <b>Senior Citizen Commission Meeting</b> 9am	25. <b>Zumba class</b> Every Tuesday 10am	26. <b>Transportation Services</b> By Appointment Monday—Friday	27. <b>Transportation to Pharmacy</b> Monday—Friday 2:30pm	28. <b>Birthday Breakfast</b> Today 10am <b>PUMPKIN DECORATING</b> 12noon
31. <b>Halloween Dance</b> 12noon - 3pm				

# Irwindale Senior Center Happenings

## Classes / Clubs

Come in to the Senior Center for an Informational Flyer or call for more detailed information.

Tai Chi Class 1	Mon / Wed — \$7.50 / \$10
Tai Chi Class 2	Mon / Wed — \$7.50 / \$10
Production of Boutique Crafts	Mon — Free
Hooks & Loops Social	Mon — Free
Walking Club	Tue / Thurs — Free
Chair Volleyball	Tue — Free
Line Dance	Tue — \$5 / \$7.50
Zumba Gold	Tue — \$5 / \$7.50
Nintendo Wii	Tue — Free
Fun & Fitness	Wed / Fri — \$7.50—\$10
Ballet Folklorico	Wed -- Free
Knit & Crochet Social	Wed — Free
Book Club	Wed — Free
Chair Toning & Fitness	Thurs — \$10
Coloring Club	Thurs—Free
Yoga	Fri — Free

### SMILE - YOU ARE ON CAMERA

The Irwindale Senior Center may use photos, film, and videotape or otherwise reproduce the image and/or voice of any person who participates in any Senior Center program, class, workshop, meeting or special event and use the same for any purpose without any payment. Your participation in any Senior Center event constitutes



## General Information

### Registration

Registration takes place at the Irwindale Senior Center Monday—Friday from 8am – 3:30pm, unless otherwise noted.

### Lunch Registration

Please Make Reservations at least 24 hours in advance. Simply call or stop by the Senior Center to make reservation. For more information on the guidelines see the monthly menu.

### Refunds

If the Department cancels an activity or a trip, an automatic refund will be given. Any one wishing to receive a refund must fill out a refund request form located at the Senior Center.

### Informational Flyers

Flyers on all Daily Activities, Special Events, Trips, Classes, Clubs and New Programs are available at the Senior Center.

All sales must be completed  
1/2 hour before closing.

## Special Events / Activities

Community Health Fair / Free Flu Shots	Wednesday, October 5, 2016
Bunco	Thursday, October 20, 2016
Halloween Dance / Potluck	Monday, October 31, 2016

## Field Trips / UpComing Trips

Metro on the Go (using Public transportation)	Friday, October 7, 2016
Los Angeles Zoo & Botanical Garden	
Pala Casino Trip	Saturday, October 22, 2016
Welk Resort Theater & Buffet	Saturday, November 19, 2016

## Workshops

Job Searching for Older Adults	Thursday, October 6, 2016
Spanish AARP Driving Class	Friday, October 14, 2016
Spanish AARP Driving Class	Friday, October 21, 2016



30th  
Anniversary  
Celebration

