



November 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

MON	TUE	WED	THU	FRI
	1. Walking Club Tuesdays & Thursdays 8am	2. Knit & Crochet Social Every Wednesday 1pm	3. Movies Today American Sniper 1pm Ceramics Class Every Thursday	4. Metro on the Go! Farmer's Market & The Grove 8am—4:30pm
7. Men's Haircuts 8:30am—1pm Tai Chi Class Mondays & Wednesdays 9am—10am	8. Wii Practice Every Tuesday 11am	9. Workshop Healthy Happy Holidays 11am Blood Pressure Checks Today 9am—11am Sponsored By Baldwin Park Medical Center	10. Bingo Today! 1pm Sponsored by Care1st Health plan 	11. Pilgrim Place Festival in Claremont 9am-2pm
14. Hooks & Loops Social Every Monday 1pm	15. Chair Volleyball Every Tuesday 1pm	16. Holiday Boutique Today! 9am—2pm	17. Birthday Breakfast 10am Bunco Time Today! 1pm	18. Thanksgiving Dinner Dance 5pm—10pm
21. Men's Haircuts 8:30am—1pm	22. Zumba class Every Tuesday 10am	23. Blood Pressure Checks Today 9am—11am Sponsored By Baldwin Park Medical Center	24. Happy Thanksgiving from Senior Center Staff Senior Center Closed	25.  Senior center Closed
28. Senior Citizen Commission Meeting 9am	29. Transportation to Pharmacy Monday—Friday 2:30pm	30. Fun & Fitness Class Wednesday & Fridays 9am-10am		

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



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

Holiday Boutique	9am—2pm	Wednesday, November 16, 2016
Bingo	1pm—2:30pm	Thursday, November 10, 2016
Bunco	1pm– 3pm	Thursday, November 17, 2016
Thanksgiving Dinner Dance		Friday, November 18, 2016

Field Trips / UpComing Trips

Metro on the Go (using Public transportation)	Friday, November 4 , 2016
The Original Farmer's Market & The Grove	
Pilgrim Place Festival in Claremont	Friday, November 11, 2016
Welk Resort Theater & Buffet	Saturday, November 19, 2016

Workshops

Healthy Happy Holiday—How do you spell Holiday?

H – Healthy serving size
O – Only one indulgence
L – Leave something on the plate
I – Interact rather than indulge
D – Daily exercise
A – Alcohol in moderation
Y – You family traditions

These are some of the topics that will be covered, Hopefully making this year's holiday the best ever.

Wednesday, November 9, 2016 - 11am

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 your permission to use your likeness.

HOLIDAY CRAFT BOUTIQUE

Wednesday, November 16, 2016

9am-2pm

Come out and support craft vendors at our Annual Holiday Boutique at the Senior Center. The boutique will feature one - of - a kind crafts, handmade knitted scarves and hats, jewelry and much more.