



SENIOR CENTER



SENIOR CITIZEN COMMISSION

Maggie Guzman
Chair

Iris Rodriguez
Vice Chair

Commissioners
**Virginia Diaz, Arline 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

October 2017

MON	TUE	WED	THU	FRI
<p>2. Men's Haircuts 8:30am—1pm</p> <p>Lunch with the Chief 11:30am-12:30pm</p>	<p>3. Line Dance Class Tuesdays 9am</p> <p>Balance and Mobility Tuesdays 11am-12pm</p>	<p>4. Annual Health Fair 9am-12pm Free Flu Shots 9am-12pm</p>	<p>5. Walking Club Tuesdays & Thursdays 8am</p> <p>Healthy Aging/Exercise Thursday 1pm</p>	<p>6. Women's Hairstyling Fridays 9am-11:30am</p> <p>Fun and Gentle Dance Wednesdays and Fridays 9am-10am</p>
<p>9. Tai Chi Class Mondays & Wednesdays 9am & 10am</p>	<p>10. Zumba Gold Tuesdays 10am-11pm</p> <p>Chair Volleyball Tuesdays 1pm-2:30pm</p>	<p>11. Library Outreach 10am</p> <p>Crafts with Dee 1pm</p> <p>Book Club 1pm</p>	<p>12. Hawaiian Dancing Thursdays 10am-11am</p> <p>Afternoon Movie Patriots Day 1pm</p>	<p>13. Metro Trip Santee Alleys 9am-4pm</p>
<p>16. Men's Haircuts 8:30am—1pm</p> <p>Hooks & Loops Social Mondays 1pm</p>	<p>17. Wii Practice Tuesdays 11am-12pm</p> <p>Mexican Train Dominos Tuesdays 1pm</p>	<p>18. Belly Dancing Wednesdays 10am-11am</p> <p>Knit & Crochet Social Wednesdays 1pm</p>	<p>19. Chair Toning Thursdays 9am-10am</p> <p>Witches Hat Bunco 1pm</p>	<p>20. Chair Yoga 11:00am & 1pm</p> <p>Fun and Gentle Dance Wednesdays and Fridays 9am-10am</p>
<p>23. Senior Commission Meeting 9am.</p>	<p>24. Quilting Class Tuesdays 9am-1pm</p> <p>Healthy Eating Fruits and Veggies 11am-12pm</p>	<p>25. Library Outreach 10am</p> <p>Hearing Screening 11am-12pm</p> <p>Book Club 1pm</p>	<p>26. Ceramics Thursdays 10am-3pm</p> <p>Chair Zumba Thursdays 10am-11am</p>	<p>27. Birthday Breakfast 10am</p> <p>Pumpkin Decorating 12pm</p> <p>Grocery Bag Bunco 1pm</p>
<p>30. Men's Haircuts 8:30am—1pm</p> <p>Tai Chi Class Mondays & Wednesdays 9am & 10am</p>	<p>31. Halloween Dance and Potluck 12pm-3pm</p> <p>Trunk or Treat 6pm-8pm (Irwindale Park Parking lot)</p>	<p>Free Legal Services Call for Appointment First Wednesday of the Month</p>	<p>Senior Trip Pirate's Dinner Adventure Saturday, October 28th 2:30pm-8:30pm</p>	

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 — Free
Tai Chi Class 2	Mon / Wed — Free
Production of Boutique Crafts	Mon — Free
Hooks & Loops Social	Mon — Free
Quilting Class (New Class)	Tue—Free
Walking Club	Tue / Thurs — Free
Chair Volleyball	Tue — Free
Healthy Aging and Exercise	Tue — Free
Line Dance	Tue — \$5 / \$7.50
Zumba Gold	Tue — \$5 / \$7.50
Balance and Mobility (New Class)	Tue— Free
Nintendo Wii	Tue — Free
Fun & Gentle Dance	Wed / Fri — \$7.50 / \$10
Ballet Folklorico	Wed — Free
Belly Dancing	Wed — Free
Knit & Crochet Social	Wed — Free
Book Club	Wed — Free
Chair Toning & Fitness	Thurs — \$10
Hawaiian Dancing	Thurs — Free
Chair Yoga 1 & 2	Fri — Free
Chair Zumba	Thurs—\$5 / \$7.50

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.



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. Anyone 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.**

**Residents can sign up for
Thanksgiving Dinner/Dance
Beginning on
Monday, October 16, 2017**

Special Events / Activities

Movie—Patriot's Day

Thursday, October 12, 2017 from 1pm-3pm

Pumpkin Decorating

Friday, October 27, 2017 at 12pm

Halloween Dance & Potluck

Tuesday, October 31, 2017 from 12pm-3pm

Field Trips / Upcoming Trips

Metro on the Go (using Public transportation)

Santee Alleys — Friday, October 13, 2017 9am-4pm

Pirate's Dinner Adventure

Saturday, October 28, 2017 2:30pm-8:30pm

Metro on the Go (using Public transportation)

Original Farmer's Market — Friday, November 10, 2017 8am-5pm

Saboba Casino

Saturday, November 4, 2017 8am-6pm

Residents register October 2, 2017

Screenings

Hearing screenings will be held on
October 25th
from 11am to 12pm.

**Annual Health Fair & Free Flu Shots
Wednesday, October 4, 2017
9am-12pm**

