



## 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 Manager

- Rebecca Bardales
- Joanna Palacios
- Jade Lopez
- 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)

# January 2018

MON	TUE	WED	THU	FRI
1. Senior Center Closed	2. Senior Center Closed	3. Senior Center Closed	4. Senior Center Closed	5. Senior Center Closed
8. Men's Haircuts 8:30am—1pm  Tai Chi 1 & 2 Mondays & Wednesdays 9am & 10am	9. Quilting Tuesdays 9am  Wii Practice Tuesdays 11am	10. Tai Chi 1 & 2 Mondays & Wednesdays 9am & 10am  Library outreach 10am	11. Walking Club Tuesdays & Thursdays 8am  Ceramics Class Thursdays 10am—3pm	12. Metro Trip Norton Simon Museum 10am-4pm
15. Hooks & Loops Social Mondays 1pm	16. Balance and Mobility Tuesdays 11am  Chair Volleyball Tuesdays	17. Fun & Gentle Dance Wednesdays & Fridays 9am  Knit & Crochet Social Wednesdays 1pm	18. Bunco Today! Chair Zumba Thursdays 10am  Hawaiian Dance 10am	19. Chair Yoga 1 & 2 Friday 11am & 1pm
22. Men's Haircuts 8:30am—1pm  Senior Citizen Commission Meeting 9am	23. Zumba class Tuesdays 10am	24. Belly Dance Wednesdays 10am  Library outreach 10am	25. Bingo Today! Chair Toning Thursdays 9am  Healthy Aging and Exercise Thursdays 1pm	26. Birthday Breakfast 10am
29. Canasta Mondays 1pm  Ballet Folklorico Mondays & Wednesdays 1pm	30. Line Dance Class Tuesdays 9am  Mexican Train Tuesdays 1pm	31.		27. Agua Caliente Casino 8am-6pm

# 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
Computer Class	Wed—\$7.50—\$10
Basic Belly Dance	Wed—Free
Ballet Folklorico	Wed—Free
Knit & Crochet Social	Wed—Free
Book Club	Wed—Free
Chair Zumba	Thurs— \$5.00-\$7.50
Hawaiian Dance Class	Thurs—Free
Chair Toning & Fitness	Thurs—\$10
Coloring Club	Everyday—Free
Yoga	Fri—Free
Quilting Class	Tue—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. 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 or at [www.irwindaleca.gov](http://www.irwindaleca.gov)

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

## Special Events / Activities

**Bunco (Valentine's Theme) Sponsored by Regal Medical Group**  
Thursday, January 18, 2018 from 1pm-3:30pm

**Bingo** Thursday, January 25, 2018 from 1pm-2:30pm

### Valentine's Dance

Friday, February 9, 2018 from 12noon-3pm

## Field Trips / UpComing Trips

### Metro on the Go (using Public transportation)

Norton Simon Museum Friday, January 12, 2018 from 8am– 4pm

### Agua Caliente Casino

Saturday, January 27, 2018 8am– 6pm

## Health Screening / Guest Speakers

### Legal Services Workshop

By Law Offices of Sara Polinsky  
Wednesday, January 17 from 10:30am—12noon

### Hearing and Hearing Aid Cleaning

Provided by Miracle Ear  
Wednesday, January 24, at 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.

**IRWINDALE SENIOR CENTER STAFF WOULD LIKE  
TO WISH EVERYONE A VERY  
HAPPY NEW YEAR!**