



# March 2018



## SENIOR CITIZEN COMMISSION

**Virginia Diaz**  
Chair

**Maggie Guzman**  
Vice Chair

Commissioners

**Arline Miranda, Natalie Orosco,  
Iris Rodriguez**

## 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)

MONDAY




TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



5. <b>Men's Haircuts</b> 8:30am - 1pm	6. <b>Quilting</b> Tuesdays 9am	7. <b>Billiards Tournament</b> 9am	1. <b>Healthy Aging and Exercise</b> Thursdays 1pm	2. <b>Rhythm Dance</b> 1pm
<b>Tai Chi 1 &amp; 2</b> Mondays & Wednesdays 9am & 10am	<b>Wii Practice</b> Tuesdays 11am	<b>Library Outreach</b> 10am	<b>Ceramics Class</b> Thursdays 10am—3pm	8. <b>Walking Club</b> Tuesdays & Thursdays 8am
12. <b>Hooks &amp; Loops Social</b> Mondays 1pm	13. <b>Balance and Mobility</b> Tuesdays 11am	14. <b>Crafts with Dee</b> 1pm	15. <b>Bunco Today!</b> 1pm	9. <b>Metro on the Go Trip Santee Alleys</b> 9am—3:30pm
19. <b>Men's Haircuts</b> 8:30am - 1pm	20. <b>Zumba</b> Tuesdays 10am	21. <b>Library Outreach</b> 10am	22. <b>Bingo Today!</b> 1pm	16.  <b>St. Patrick's Day Dance &amp; Potluck</b> 12Noon—3pm
		<b>Spring Boutique</b> 9am-2pm	<b>Chair Zumba</b> Thursdays 10am	
26. <b>Canasta</b> Mondays 1pm	27. <b>Line Dance Class</b> Tuesdays 9am	28. <b>Fun &amp; Gentle Dance</b> Wednesdays & Fridays 9am	<b>Chair Toning</b> Thursdays 9am	23. <b>Chair Yoga</b> 11am
<b>Senior Citizen Commission Meeting</b> 9am	<b>Mexican Train</b> Tuesdays 1pm			30. <b>Easter Egg Hunt</b> 11am
				31. <b>Shen Yun Field Trip</b> 11:30am - 5pm

# Irwindale Senior Center Happenings

## Classes / Clubs

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

### Crafts With Dee

Wednesday, March 14, 2018 from 1pm–3pm

### Bunco

Thursday, March 15, 2018 from 1pm–3:30pm

### St Patrick's Day Dance & Potluck

Friday, March 16, 2018 from 12noon--3pm

### Spring Boutique

Wednesday, March 21, 2018 from 9am--2pm

### Bingo

Thursday, March 22, 2018 at 1pm

## Field Trips / Upcoming Trips

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

Santee Alleys, Friday, March 9, 2018, 8am

### Shen Yun - Senior Field Trip

Saturday, March 31, 2018 from 11:30am– 5pm

## Health Screening / Guest Speakers

### Emergency Hazard Preparedness Presentation

Presented by Caremore/Anthem Healthcare

Tuesday, March 20, 2018 from 10:30am—11:30am

**Free Emergency Kits.** Must pre register at front desk

### Upcoming Events

#### Spring Time Dance

Friday, April 20, 2018

#### Diabetes Workshop (6 week series)

Starting Wednesday, April 18, 2018

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.