



**City of Norwalk Social Services Department**



# Table of Contents

Senior Center.....	2	Classes.....	7
Tours.....	2	Fitness & Exercise.....	7
Special Activities.....	3	Dance.....	8
Ongoing Activities.....	4	Decorative Arts.....	9
Dances.....	4	Fine Arts.....	9
Movie Madness.....	5	Educational.....	9
Supportive Services.....	5	Computer Classes.....	10
Health Services.....	6	Social Services Center.....	11
Seminars/Screenings.....	6	Self-Help Support Groups.....	11

## Important Phone Numbers

Norwalk Social Services Center.....	929-5544
11929 Alondra Boulevard	
Norwalk Senior Center.....	929-5580
14040 San Antonio Drive	
Norwalk Child Development Program.....	462-1713
12035 Firestone Boulevard	
<b>Social Services Staff</b>	
<b>Tak Hamabata</b>	
Director of Social Services.....	929-5544
<b>Veronica Garcia</b>	
Social Services Manager.....	929-5580
<b>Melody Baca</b>	
Senior Services Coordinator.....	929-5579
<b>Elizabeth Aumua</b>	
Recreation Coordinator.....	929-5677
<b>Gabriela Regalado</b>	
Child Care Program Manager.....	462-1713
<b>Gloria Mendoza</b>	
Children's Dental Clerk.....	929-5544
Dispute Resolution Program.....	929-5603

<b>American Association of Retired Persons</b>	
(A.A.R.P.).....	(888) 687-2277
ACCESS Services (Paratransit).....	(800) 827-0829
Alzheimer's Association.....	(800) 660-1993
<b>Area Agency on Aging - (LA County)</b>	
(Senior Information & Assistance).....	(800) 510-2020
Child Abuse Hotline.....	(800) 540-4000
Community Legal Services.....	(800) 834-5001
Dial-A-Ride.....	929-5550
Elder Abuse Hotline.....	(877) 477-3646
<b>Home Delivered Meals</b>	
(Oldtimers Foundation).....	(323) 582-6090 ext. 223
Info Line (LA County).....	(800) 339-6993
In-Home Supportive Services.....	(888) 944-4477
Long-Term Care Ombudsman.....	(800) 334-9473
Medi-Cal, (Food Stamps).....	807-7640
Medicare.....	(800) 633-4227
Retired Senior Volunteer Program.....	907-6545

## NORWALK CITY COUNCIL

**Mayor CHERI KELLEY**

**Vice Mayor GORDON STEFENHAGEN**

**Councilmember JESSE M. LUERA**

**Councilmember MICHAEL MENDEZ**

**Councilmember RICK RAMIREZ**



All telephone numbers in this brochure are within the (562) area code, unless otherwise indicated.

Please visit us at  
<http://www.ci.norwalk.ca.us>

# Senior Center



**Norwalk Senior Center • 14040 San Antonio Drive • 929-5580**

When you walk through the doors of the Norwalk Senior Center, you will become part of a group of vital individuals. Classes, health screenings, fitness activities, arts, games, weekday lunches, and more are offered on a regular basis. The Center meets a wide variety of interests for adults age 50 and older. Social Services personnel are available to offer information and referrals for a variety of subjects. Opportunities to volunteer are also available. The Norwalk Senior Center offers an abundance of unique experiences that are sure to capture the hearts and interests of those who visit. Be sure to pick up a copy of our newsletter, "On the Go."

## Center Hours

Monday-Friday 8:00 a.m.-8:00 p.m.

Saturday 8:00 a.m.-5:00 p.m.

In keeping with the City of Norwalk holiday schedule, the Senior Center will be closed on Monday, May 31, in observance of Memorial Day.

For information regarding programs or services, please call 929-5580.

Don't forget to "Spring Forward" and wind your clocks one hour ahead. Daylight Saving Time begins Sunday, March 14, 2010.

## Tours

The Norwalk Senior Center has some fantastic trips for you! Enjoy the comfort of a deluxe bus as you travel to fun and interesting places. Tour registration must be made in person at the Norwalk Senior Center. Cash, check, or money orders are accepted. Space is limited. All tours are open until filled. Tours depart and return to the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue. For current trip information, please call 929-5580. Norwalk \*resident registration begins Wednesday, March 3, 2010 at 9:00 a.m. Numbers will be distributed at 8:00 a.m. (one number per person). Numbers will be distributed from the north side entrance of the Senior Center. Open registration begins Wednesday, March 10. Trips may be cancelled due to low registration.

\*Photo identification with proof of residency required.

## Barona Valley Ranch Casino

**Date: Wednesday, March 24**

**Depart: 8:00 a.m.**

**Return: Approximately 6:00 p.m.**

**Cost: \$10.00 per person**

(Lunch not included)

**Location: San Diego, California**

**Walking required: Moderate**

With an assorted offering of slot machines and gaming tables, you are sure to find the opportunity you are looking for to break the bank. Attempt your luck at their Poker Room, off track betting, or one of the other featured games. Come and experience a thrilling time at this fantastic resort and casino. Try one of the many places to eat and satisfy your appetite while you dine at one of Barona's fine restaurants.



## Four Queens Hotel and Casino

**Date: Tuesday, May 18**

**Depart: 8:00 a.m.**

**Return: Thursday, May 20 at approximately 6:00 p.m.**

**Cost: \$130.00 per person double occupancy**

**\$140.00 per person single occupancy**

(Meals not included)

**Location: Las Vegas, Nevada**

**Walking required: HIGH**

Whether you choose to try your hand with "Lady Luck" or venture off to shop and sightsee, Las Vegas truly has it all. You'll spend three glorious days and two dazzling nights in the city that never sleeps, at the Four Queens Hotel and Casino.





# Senior Center

## Special Activities



### Karaoke Cabaret

Come one, come all, to our Spring Time Karaoke Cabaret and enjoy an afternoon of singing, laughter, and fun. You can even bring your own Karaoke CD's to sing along to. Songbook available at the Senior Center. Opportunity drawing for all brave souls who sing on stage!

March 16 Tuesday, 2:00-4:30 p.m.  
Cost: Free

### AARP Driver Safety Program

March 13 & 30 and May 8 & 15 Saturday, 9:00 a.m.-1:00 p.m.  
Cost: \$12.00 for AARP Members and \$14.00 for Non-members (Check or Money Order Only, Payable to AARP) Upon completion, you may be eligible for a discount through your automobile insurance company. Attendance at both sessions is required.



### Dance Workshop

Come and have a blast as you learn how to Salsa, Swing and Square Dance! Each workshop will provide a different style of dance to learn and enjoy! Bring your friends and dance all afternoon long! Ticket sales for Norwalk residents begins Monday, March 15. Photo identification with proof of residency required. Open ticket sales begin Monday, March 22 at 9:00 a.m. Contact the Senior Center at 929-5580 after March 1 for more details.

March: Salsa Dance Times and Dates TBD  
April: Swing Dance Times and Dates TBD  
May: Square Dance Times and Dates TBD  
Cost: \$3.00 per person

### Memorial Day BBQ

Join us as we celebrate Memorial Day at the Norwalk Senior Center! Enjoy your choice of hamburgers or cheeseburgers with all the fixings and sides! There will be games, music, and raffles to help make your afternoon a great one! Norwalk resident ticket sales will begin on Monday, May 3 at 9:00 a.m. Photo Identification with proof of residency required. Open ticket sales will begin on Monday, May 10 at 9:00 a.m. Last day to buy tickets is Wednesday, May 26.

May 29 Saturday, 12:00-2:00 p.m.  
Cost: \$3.00 per person

### Candlelight Dinners

Stop by and enjoy a hot and hearty meal. Share an evening of warmth with friends and family. Doors open at 5:45 p.m. and meal service ends at 6:15 p.m. Prizes will be awarded. Dine-in only. Tickets will not be sold on the day of the dinner.

March 9 Tuesday, 6:00-6:45 p.m.  
Cost: \$5.75 per person. Norwalk resident tickets sales begin Tuesday, February 16, 2010. Photo identification with proof of residency required. Open ticket sales begin Monday, February 22, 2010. Tickets purchased after Saturday, March 6 are \$7.25 per person.

April 13 Tuesday, 6:00-6:45 p.m.  
Cost: \$5.75 per person. Norwalk resident ticket sales begin Monday, March 15, 2010. Photo identification with proof of residency required. Open ticket sales begin Monday, March 22, 2010. Tickets purchased after Saturday, April 10 are \$7.25 per person.

May 11 Tuesday, 6:00-6:45 p.m.  
Cost: \$5.75 per person. Norwalk resident ticket sales begin Monday, April 19, 2010. Photo identification with proof of residency required. Open ticket sales begin Monday, April 26, 2010. Tickets purchased after Saturday, May 8 are \$7.25 per person.

### Bunco Social

Come and enjoy a fun-filled night! It's the game where everyone is a winner! It's as easy as 1-2-3. Prizes will be awarded.

March 9 Tuesday, 6:45 p.m.  
Cost: Free

May 11 Tuesday, 6:45 p.m.  
Cost: Free

# Senior Center



## Yahtzee Social

Come try your luck and earn points by rolling specific combinations of five dice. Prizes will be awarded.

April 13 Tuesday, 6:45 p.m.

Cost: Free



## Ongoing Activities

## Meal Program for Seniors

Adults age 60 and over are welcome to come enjoy a hot and hearty meal. Call **929-5544** for more information.

Monday-Friday 11:30 a.m.

Suggested Donation: Ages 60 and over-\$2.00; Under Age 60-\$4.00

## Norwalk Certified Farmer's Market

Every Tuesday 9:00 a.m.-1:00 p.m.  
Excelsior High School parking lot (south side of Alondra Boulevard, west of Pioneer Boulevard). Come early to ensure the best selection of vegetables, fruits, and flowers. EBT (food stamps) are accepted.

## Bingo!

Come try your luck at Bingo! Players age 18 and over are welcome.

Monday and Friday 1:15-4:15 p.m.

Cost: 25¢ per Hard Bingo card

50¢ per 50/50 Paper card

\$1.00 per Double Action Paper card

(Sponsored by Norwalk Senior Citizens Center, Inc.)

Bingo will not be in session on Monday, May 31, in observance of Memorial Day.

## Fitness Room

Come in and enjoy the Senior Center's Fitness Room Monday through Saturday (open various times of the day). Aerobic and weight equipment is available to those age 50 and over. We recommend that you consult your physician prior to physical activity. Orientation with staff is required prior to use. Contact us today to schedule your appointment.

## Computer Lab Hours

The Senior Center has personal computers available for use for those age 50 and over. There is a 30-minute use limit when others are waiting.

Monday-Thursday 8:00 a.m.-7:30 p.m.

Friday 8:00 a.m.-1:15 p.m.  
(Closed 1:15-5:45 p.m.)

5:45-7:30 p.m.

Saturday 8:00 a.m.-4:30 p.m.

## Billiards Room

Monday-Friday 8:00 a.m.-7:30 p.m.

Saturday 8:00 a.m.-4:30 p.m.

Cost: Free



## Pool Tournaments

Level A (Advanced players only)

Every second Thursday of the month

10:00 a.m.

Cost: Free

Registration dates are pre-scheduled and open to players age 50 and over. Call **929-5580** for registration dates.

Level B (Novice players only)

Every third Thursday of the month

10:00 a.m.

Cost: Free

Registration dates are pre-scheduled and open to players age 50 and over. Call **929-5580** for registration dates.

## Dances

### Weekly Western Dance

Join us for the liveliest Western Dance in Norwalk. The Senior Center is absolutely jumping every Thursday night! Come hoot and holler as you dance to your favorite Western tunes.

Every Thursday

5:30 p.m.

Cost: Free





# Senior Center

## Movie Madness

Join us for a FREE movie and popcorn! We feature newly released movies for most of our shows. Schedule is subject to change due to film availability. For updated movie schedule, please call **929-5580**.

## Wednesday Movie Matinee

Every Wednesday

1:30 p.m. and 5:30 p.m.

Cost: Free

## Saturday Movie Matinee

Saturday, March 20, April 17, May 15

1:00 p.m. and 3:00 p.m.

Cost: Free

## Volunteer Opportunities

Whether you are looking to donate your time, remain active, give back to the community, or are seeking to meet new people, there are opportunities for you to volunteer at the Norwalk Senior Center. Volunteers are needed to assist with various activities such as our weekday Nutrition Program, special events, stitching lap robes, Bingo program and overall support.

As a volunteer, you will enjoy monthly volunteer meetings (including trainings and socials), an annual volunteer recognition celebration, and the personal satisfaction that you have made a difference in your own life as well as in the life of the community.

Please call **929-5580** for further information, or stop by the Norwalk Senior Center and complete a volunteer application. We are waiting for you!

## Supportive Services

These services are specially targeted to mature adults age 60 and over with limited financial resources that require supportive services to remain independent in their own home.

## Case Management

Coordinated services are provided through a personal assessment conducted by qualified Social Service personnel to ensure that all avenues of service are accessed and provided through medical providers, social service agencies, and other government agencies.

## Home Based Care Services\*

The Home Based Care Program (HBCP) provides supported services to assist with services such as personal care (bathing, grooming, and feeding), homemaking (house cleaning, laundry, and meal preparation), and companionship to help older adults (age 60 and over) maintain in-home independent living and to support caregivers in their caregiving role.

## Registry Services\*

The Norwalk Senior Center maintains a registry of workers that are available for hire to work in private homes of residents age 60 and over. These workers have been pre-screened and trained in CPR and First Aid. Guidelines on how to be an employer and choosing the right in-home worker are available.

## Home Delivered Meals\*

Home delivered meals are available for homebound seniors, age 60 and over. For information on eligibility and meal delivery, please call the Old-timers Foundation at **(323) 582-6090**.

## Health Insurance Counseling & Advocacy Program (HICAP)\*

Every second and fourth Wednesday from 10:00 a.m. to 1:00 p.m. HICAP provides free, unbiased information from a trained volunteer for people on Medicare to help you make informed choices. Appointment is required.

\*Project is funded in part by the Los Angeles Area Agency on Aging.

## File of Life

The File of Life is a medical information packet designed to provide emergency personnel with necessary medical data to begin immediate treatment. The File of Life is available to seniors age 60 and over at the Norwalk Senior Center. Appointment is required.

## Dial-A-Ride

Norwalk's Transit Department offers a Dial-A-Ride service available to Norwalk residents age 60 and older and to physically disabled residents, regardless of age. Applications may be requested by calling **929-5533**. Applications are also available at the Norwalk Senior Center and the Social Services Center.

# Senior Center



## Nutrition Van Service

Norwalk Transit System (NTS) provides Dial-A-Ride service to the Norwalk Senior Center Nutrition Program. If you are a Norwalk Dial-A-Ride patron and wish to have lunch Monday through Friday at the Senior Center, you may enroll in the Nutrition Van Service, and you will not have to make appointments for your daily ride. You will need to call Norwalk Transit only if you do not want to be picked up for lunch. Use of this service does not guarantee a meal.

For more information on NTS Dial-A-Ride services, please call Transit Customer Service at **929-5550**.

## Bereavement Group

Join us if you have recently lost a loved one. Share with others who have experienced a loss and gain strength from those who are also dealing with their pain. Receive help in restarting your life. Share experiences and release your grief. Sponsored by Low Cost Community Counseling Center. Newcomers are welcome.

Every Friday 1:00-2:00 p.m.  
Cost: Free

## Caregivers' Circle

Join our Caregivers' Circle if you are an adult child or spouse involved in caring for a parent, relative, or mate. Draw strength from other individuals facing the same challenges. Newcomers are welcome.

Third Thursday of every month 3:30-4:30 p.m.  
Cost: Free

## Health Services

The Norwalk Senior Center offers the following ongoing health services:

### Blood Pressure Screenings

(Sponsored by Pioneer Medical Group)

March 16  
April 20  
May 18  
Tuesdays  
9:30-11:30 a.m.  
Cost: Free



## Seminars / Screenings

The Senior Center hosts many seminars and screenings on a monthly basis.

### Safe Senior Mobility Seminar

March 3 Wednesday, 9:30 a.m.  
Cost: Free  
(Sponsored by DMV)

### Dental Screening

March 5 Friday, 10:30 a.m.  
Cost: Free  
(Sponsored by All Friends Dental)

### Dental Screening

April 2 Friday, 10:00 a.m.  
Cost: Free  
(Sponsored by All Friends Dental)

### Dental Screening

May 7 Friday, 10:30 a.m.  
Cost: Free  
(Sponsored by All Friends Dental)

## Norwalk Senior Center Library Service

Enjoy the convenience of checking out your favorite books without having to travel to the library. Anyone age 50 and older that uses the Norwalk Senior Center, and has a valid County of Los Angeles Public Library card is eligible for the program. If you do not have a library card; applications will be available during each visit for you to apply. Norwalk Library staff will deliver library materials to the Senior Center on Thursdays between the hours of 10:45 a.m. and 11:15 a.m. Returned materials will be picked up at the same time. For more information, contact the Norwalk Library at **868-0775** or the Norwalk Senior Center at **929-5580**.





# Senior Center

## Senior Center Course Schedule

### Norwalk Senior Center

Session 2

March 1-April 17

Session 2 Registration: Wednesday, February 17 at 9:00 a.m. Photo identification with proof of residency required for Norwalk residents. Numbers will be distributed, one per person, from the north side entrance of the Senior Center beginning at 8:00 a.m.

Session 3

April 26-June 12

Session Registration: Wednesday, April 14 at 9:00 a.m. Photo identification with proof of residency required for Norwalk residents. Numbers will be distributed, one per person, from the north side entrance of the Senior Center beginning at 8:00 a.m.

## Fitness & Exercise

### City Walkers

How about taking a walk with us! Taking 10,000 steps a day is recommended for good health. The City walkers meet three mornings a week at the Senior Center for 15 minutes of warm-up exercises followed by a brisk outdoor walk. It is a great opportunity to work out and enjoy the company of friends. Newcomers are always welcome.

Session 2

March 1-April 16

Session 3

April 26-June 11

Monday, Wednesday, and Friday 8:30-9:30 a.m.

(Class will not meet Monday, May 31)

Cost: Free/7 weeks (registration is required)

### Gentle Stretch\*

This is an easy and relaxing class designed to limber and stretch your muscles. You will learn exercises to improve flexibility, balance, and coordination. Please wear loose or stretch clothing.

February 5-June 18

Friday, 12:30-1:30 p.m.

(Class will not meet Friday, April 2 & 9)

Cost: \$5.00 age 55 and older/18 weeks

\$10.00 age 50-54/18 weeks

Instructor: Baughman

\*New students may register on first day of class with payments to be made directly to Norwalk/La Mirada Unified School District. (Sponsored by Norwalk/La Mirada Unified Adult School)

### Senior Fitness\*

This basic course incorporates unique exercise routines to move, stretch, and tone your muscles. Students may also improve flexibility, cardiovascular system and relieve stress.

(Spring Session)

January 12-May 18

(Class will not meet Tuesday, March 30)

Cost: Free/18 weeks

Instructor: Savoy

\*New students may register at anytime with instructor's approval.

(Sponsored by Cerritos College)

(Spring Session)

January 14-May 20

(Class will not meet Thursday, April 1)

Cost: Free/18 weeks

Instructor: Savoy

\*New students may register at anytime with instructor's approval.

(Sponsored by Cerritos College)

Tuesday, 8:30-9:30 a.m.

Thursday, 8:15-9:15 a.m.



### Yoga Fitness\*

Yoga balances the body, mind and spirit. Participants can expect positive improvements in health through stretching, strengthening and deep breathing exercises. Mats are provided, or bring your own. Please wear loose or stretch clothing.

February 5-June 18

Friday, 1:45-3:45 p.m.

(Class will not meet Friday, April 2 & 9)

Cost: \$10.00 age 55 and older/18 weeks

\$15.00 age 50-54/18 weeks

Instructor: Baughman

\*New students may register on first day of class with payments to be made directly to Norwalk/La Mirada Unified School District.

(Sponsored by Norwalk/La Mirada Unified Adult School)

# Senior Center



## Yoga Stretch\*

Here is an opportunity to develop core body strength by increasing the strength and flexibility of major muscle groups. You will increase range of motion and become balanced and centered in body, mind, and spirit.

(Spring Session)

January 11-May 17

(Class will not meet Monday, March 29)

Cost: Free/18 weeks

Instructor: Jackson

\*New students may register at any time with instructor's approval.

(Sponsored by Cerritos College)

Monday, 9:00-11:00 a.m.

(Spring Session)

January 13-May 19

(Class will not meet Wednesday, March 31)

Cost: Free/18 weeks

Instructor: Jackson

\*New students may register at any time with instructor's approval.

(Sponsored by Cerritos College)

Wednesday, 9:00-11:00 a.m.

## Tai Chi Chuan

This course introduces older adults to an exercise tradition that is neither vigorous nor strenuous. Some benefits of Tai Chi include strengthening the muscles and organs, improvement in balance and mobility, relaxing the mind and body, improved blood circulation, and increased memory and concentration.

(Spring Session)

January 11-May 17

(Class will not meet Monday, March 29)

Cost: Free/18 weeks

Instructor: Layne

\*New students may register at any time with instructor's approval.

(Sponsored by Cerritos College)

Monday, 1:00-2:30 p.m.



## Dance

### Tap Dance

Have you ever watched the old musicals with their wonderful tap-dancing productions and thought, "I wish I could do that." Well, it's never too late to start learning. Men and women are welcome to join this class to learn the basics, complete dance routines, and have opportunities to perform in front of an audience. No promises of making you a Fred or Ginger, but you'll have great time learning. Tap shoes required.

Session 2: March 4-April 15

Thursday, 9:30-10:30 a.m.

Session 3: April 29-June 10

Cost: \$5.50/7 weeks Norwalk Resident

\$11.00/7 weeks Non-Resident

Instructor: Twins School of Dance

### Line Dance

Come one, come all and start off your Saturday with a bang! You don't have to be a "dancer" to enjoy the fun and fitness of moving to the many steps and routines of Line Dancing - and you don't need a partner! The class is great for both newcomers and those with experience.

Easy

Session 2: March 6-April 17

Saturday, 9:00-9:50 a.m.

Session 3: May 1-June 12

Cost: \$5.50/7 weeks Norwalk Resident

\$11.00/7 weeks Non-Resident

Instructor: Roe

Intermediate\*

Session 2: March 6-April 17

Saturday, 10:00-10:50 a.m.

Session 3: May 1-June 12

Cost: \$5.50/7 weeks Norwalk Resident

\$11.00/7 weeks Non-Resident

Instructor: Roe





# Senior Center

## Decorative Arts



### China Painting\*

You will learn how to adorn china using enamel, raised paste, and pen work. Students will learn how to hand paint landscapes, florals, and portraits. The class will also provide instruction in design and color theory.

Every Friday

9:30 a.m.-1:00 p.m.

Cost: Free

Instructor: Jones (Volunteer)

\*New students may register at any time with instructor's approval.

## Crochet

Learn to crochet and knit in a fun and friendly environment at an unbeatable price! This creative class is appropriate for the beginner and those with more experience. Learn different stitches and patterns, how to use basic tools and supplies, how to read patterns, and how to determine which yarns are ideal for your projects. Students must provide their own equipment and materials.

Session 2: March 3-April 14

Wednesday, 9:00-11:00 a.m.

Session 3: April 28-June 9

Cost: \$5.50/7 weeks Norwalk Resident

\$11.00/7 weeks Non-Resident

Instructor: Gonzales/Canales

## Swedish Weaving\*

This beautiful form of weaving dates back hundreds of years and adds special warmth to any home decor. Come learn, share ideas, and meet new friends, as you create beautiful Afghans and other home decorative items such as placemats, table runners, pillows, bags, armchair covers, and hand towels. This class meets continually throughout the year. Students must provide their own equipment and materials.

Every Monday

1:00-4:00 p.m.

(Class will not meet on Monday, May 31)

Cost: Free

Instructor: Volunteers

\*New students may register at any time with instructor's approval.

## Quilting Social\*

Do you sew? Can you use a sewing machine? Then come learn to quilt! If you are a quilter or have always wanted to learn how to quilt, the quilting social is a place for you. Members share ideas, learn color theory, make new friends, work on individual projects, learn traditional and new patterns, and receive timesaving tips. This class meets continually throughout the year. Students must provide their own equipment and materials.

Every Tuesday

12:30-4:30 p.m.

Cost: Free

\*New students may register at any time with instructor's approval.

## Fine Arts

### Piano Keyboard

This class is designed for anyone wishing to learn new skills or polish the skills they have. Games and rhythm exercises will be used to promote learning musical terms and to help students feel the beat. You will learn to read music and play at your own pace. Students will need the book "Alfred's Basic Adult Piano Course" (Book Two for those more advanced), which can be found in most music stores for about \$10.

Session 2: March 2-April 13

Tuesday, 9:00-11:00 a.m.

Session 3: April 27-June 8

Cost: \$11.00/7 weeks Norwalk Resident

\$22.00/7 weeks Non-Resident

Instructor: Gay

### Chorus\*

If you enjoy singing the standards, show tunes, and holiday favorites then come join our class for a round of lively songs. Students will learn different styles of music while also learning correct posture and breathing for singing. During the year the chorus (known as the Norwalk Senior Serenaders) is often invited to perform at nursing homes in the community and at the Norwalk Senior Center.

Every Wednesday

1:00-3:00 p.m.

Cost: Free

Instructor: Gay (Volunteer)

\*New students may register at any time with instructor's approval.

# Senior Center



## Educational

### The American Cultural Experience\*

Are you interested in learning about what makes America the great country it is? Join us to study the significant historical events that transformed our great nation to a democracy and a progressive people. We'll study historical events in the fields of science, technology, health, literature, politics, art, and learn how these events have shaped what we call the modern American experience.

(Spring Session)

January 14-May 20

(Class will not meet Thursday, April 1)

Thursday, 9:00-11:00 a.m.

Cost: Free/18 weeks

Instructor: Dr. Levy

\*New students may register at any time with instructor's approval.

(Sponsored by Cerritos College)

### Memoir Writing\*

Have you ever wanted to write your life's story? Have you been looking for the inspiration to get started? Come join this fun, interesting, and creative writing course. You will get to share thoughts and ideas with others while sharpening your writing skills. Fun for everyone!

(Spring Session)

January 14-May 20

(Class will not meet Thursday, April 1)

Thursday, 2:00-4:00 p.m.

Cost: Free/18 weeks

Instructor: Mansell

\*New students may register any time with instructor's approval.

(Sponsored by Cerritos College)

## Computer Classes

### Introduction to Personal Computers

In this class, you will gain a basic understanding of how a computer works, terminology, proper keyboarding techniques, and acquire an introduction to Microsoft Windows.

Session 2: March 5-April 23

Friday, 1:30-3:25 p.m.

Session 3: April 30-June 18

Friday, 1:30-3:25 p.m.

Cost: \$32.00/8 weeks Norwalk Resident/Non-Resident

Instructor: Geiger

### Introduction to Microsoft PowerPoint



Participants will learn the skills to create impressive, eye-catching, and creative presentations for community organizations, church groups, work, friends or family. Students will learn all the basics of PowerPoint, including working with photo slides, drawings, clip-art, action graphics, text options, transitions, and other finishing touches.

Session 2: March 5-April 23

Friday, 3:30-5:25 p.m.

Cost: \$32.00/8 weeks Norwalk Resident/Non-Resident

Instructor: Geiger

### Introduction to the Internet



Participants will learn how to navigate (browse) the Internet and Web Pages, search the Web for information, create a free e-mail address, retrieve/send e-mails, learn how to send attachments, incorporate photos, and much more.

Session 3: April 30-June 18

Friday, 3:35-5:30 p.m.

Cost: \$32.00/8 weeks Norwalk Resident/Non-Resident

Instructor: Geiger



# Norwalk Social Services

**Norwalk Social Services Center • 11929 Alondra Boulevard • 929-5544**

The Norwalk Social Services Center offers a range of emergency services to Norwalk residents in crisis circumstances. Our goal is to assist individuals and families whose own resources have been exhausted, stabilize their situation, and seek long-term solutions. Bilingual (Spanish) staff are also available to assist.

**Child Development Program - Cuidado de Niños:** The City is currently accepting applications for its free and low-cost child care program. This service is available to low-income working parents and/or current/terminated CalWorks participants. Local licensed day care facilities are utilized. For more information, please call **462-1713**.

**Children's Dental Program - Programa Dental para Niños:** Low-cost dental care is available to school age children, grades K through 12. This program is a cooperative effort between the City of Norwalk, Norwalk-La Mirada Unified School District, and the Children's Dental Clinic. Transportation is also available. For information, please call **929-5546**.

**Counseling - Consejería:** Individual and family counseling services are provided by Low Cost Community Counseling to Norwalk residents every Friday 11:00 a.m. to 3:00 p.m. Se habla Español. Call **929-5544** for an appointment.

Counseling services for children are provided by Community Family Guidance Center (Norwalk residents). Every Thursday, 2:00 p.m. to 3:00 p.m. Se habla Español. Call **929-5544** for an appointment.

**Dispute Resolution Program - Programa de Resolución De Conflictos:** The Social Services Center has a Dispute Resolution Program that can help you resolve tenant/landlord, consumer/merchant, small claims, business, and neighborhood disputes. Trained staff can help you settle your dispute and save you time and money. It is free, easy, and only one phone call away. For more information, please call **929-5603**.

**Food Stamp Outreach Program - Programa de Estampillas para Comida:** The L.A. County Department of Public Social Services will provide assistance with the Food Stamp Application Process. This free service will be offered every 2nd Tuesday of the month from 1:00 to 3:00 p.m. Call **929-5544** for information.

**Job Announcement Board - Listado de Trabajos:** Come visit our Job Announcement Board that lists current entry-level job openings in Norwalk and surrounding areas. Located in the lobby of the Social Services Center, 11929 Alondra Boulevard, this free service is an excellent resource and convenient tool for both the job seeker and local businesses with employment opportunities.

**Learn English - Aprenda Ingles:** Instruction in English (ESL) with literacy training in reading, writing, and language. Every Friday from 12:30-2:30 p.m. Provided by Lutheran Social Services free of charge.

**Paralegal Services - Servicios Legales:** Free paralegal services are available to qualifying Norwalk residents. This service is provided by Community Legal Services, and bilingual staff is available. Every Wednesday from Noon to 5:00 p.m. Call **929-5544** for screening and appointment.

**Meal Program for Seniors - Programa de Comida para Personas Mayores:** Adults age 60 and over are welcome to come enjoy a hot and hearty meal. Monday-Friday at 11:30 a.m. Suggested Donation: Age 60 and over-\$2.00; Under age 60-\$4.00. Call **929-5544** for more information.

## Self-Help Support Groups

**Self-Help Support Groups - Grupos de Ayuda:** Groups meet weekly at the Norwalk Social Services Center, 11929 Alondra Boulevard, to provide support, counseling, and information relating to various issues.

**Alcoholics Anonymous (AA) - Alcohólicos Anónimos:** Meets Monday and Friday, 7:30-9:30 p.m., Spanish only

**Al-Anon - Al-Ano'n:** Support group for family and friends of alcoholics. Meets Tuesday, 7:00-9:00 p.m., and Friday, 8:00-10:00 p.m., Spanish only

**Compulsive Eaters Anonymous (CEA) - Comedores Compulsivos:** Help and nutrition information to control your weight. Every Tuesday, 10:00-11:30 a.m., Spanish only, and Every Thursday, 7:00-8:30 p.m., Spanish only

**Domestic Violence - Violencia Doméstica:** Court-mandated classes Provided by Low Cost Community Counseling. Every Wednesday, 6:00-8:00 p.m., English only. Call **868-9919** to register.

**Neurotics Anonymous - Neuroticos Anonimos:** Mondays and Wednesdays, 7:00-9:30 p.m., Spanish only

**Parenting Class:** Provided by SPIRITT Family Services - Cost: Free Mondays, 5:15-6:45 p.m., English only

**Women's Support Group - Grupo de Apoyo para Mujeres:** Various issues discussed in small, confidential, and supportive group meetings. Provided by Low Cost Community Counseling Every Thursday, 6:30-8:30 p.m., English only

# Census Day is April 1, 2010

## Make Sure You are Counted!

### What is Census 2010?

Census 2010 is a count of every person in the United States on April 1, 2010. This includes people of all ages, races, ethnic groups, citizens and non-citizens. It is required to be conducted every 10 years by the U.S. Constitution

### Why does the census matter?

Each year, the Federal Government distributes over \$300 billion to cities based partially on the Census data. This money is used to repair our roads, provide funding for our Police and Fire Departments, provide funding for our schools, and many other services. If Norwalk is under counted by just 100 people, the City could lose \$1,000,000 over the next 10 years in this funding. Businesses use census data to locate supermarkets, new housing, and other facilities. Census data is used to determine how many representatives we have in the State and Federal governments. The Census only happens every 10 years. This is your chance to be counted!

### Is it safe?

The Census Bureau just wants to know who's here so they can help provide services for our community. Individual responses remain confidential for 72 years. Federal law prohibits the Census Bureau from sharing individual census questionnaire responses with anyone, including other federal, state, and local agencies and any law enforcement entity.

United States™  
**Census**  
**2010**

## Census 2010 Timeline

### October 2009-January 2010

City Staff is working with the Census Bureau to ensure the Census Bureau's address list is accurate

### March 2010

Census questionnaires will be mailed to every household in the country

### April 1

Census Day! Make sure you fill out and mail your questionnaire back to the Census Bureau at the address provided

### May-July 2010

Census takers will visit households to follow up with those that did not return the questionnaire by mail.

### December 2010

The results are in! The Census Bureau reports the population counts to the President

### Where can I get more info?

For more information on Census 2010, please visit: <http://2010.census.gov>

### What Should I expect?

It is quick and easy! The 2010 Census questionnaire is one of the shortest in history. With only 10 questions, it should take only 10 minutes to complete.