

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..... | 3 | Decorative Arts..... | 9 |
| Dances..... | 4 | Fine Arts..... | 9 |
| Movie Madness..... | 4 | 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 | (A.A.R.P.).....(888) 687-2277 |
| 11929 Alondra Boulevard | ACCESS Services (Paratransit).....(800) 827-0829 |
| Norwalk Senior Center.....929-5580 | Alzheimer's Association.....(800) 660-1993 |
| 14040 San Antonio Drive | Area Agency on Aging - (LA County) |
| Norwalk Child Development Program.....462-1713 | (Senior Information & Assistance).....(800) 510-2020 |
| 12035 Firestone Boulevard | Child Abuse Hotline.....(800) 540-4000 |
| Social Services Staff | Community Legal Services.....(800) 834-5001 |
| Tak Hamabata | Dial-A-Ride.....929-7512 |
| Director of Social Services.....929-5544 | Elder Abuse Hotline.....(877) 477-3646 |
| Veronica Garcia | Home Delivered Meals |
| Social Services Manager.....929-5580 | (Oldtimers Foundation).....(323) 582-6090 ext. 223 |
| Melody Baca | Info Line (LA County).....(800) 339-6993 |
| Senior Services Coordinator.....929-5579 | In-Home Supportive Services.....(888) 944-4477 |
| Elizabeth Rock | Long-Term Care Ombudsman.....(800) 334-9473 |
| Recreation Coordinator.....929-5677 | Medi-Cal, EBT (Food Stamps).....(866)613-3777 |
| Gabriela Regalado | Medicare.....(800) 633-4227 |
| Child Care Program Manager.....462-1713 | Retired Senior Volunteer Program.....907-6545 |
| Gloria Mendoza | Social Security.....(800) 772-1213 |
| Children's Dental Clerk.....929-5544 | |
| Dispute Resolution Program.....929-5603 | |

Norwalk City Council

Mayor - Gordon Stefenhagen

Vice Mayor - Jesse M. Luera

Councilmember - Cheri Kelley

Councilmember - Mike 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>

Norwalk 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."

NEW Center Hours: Effective Monday, August 9, 2010

Monday - Friday 8:00 a.m. - 7:00 p.m. • Saturday 8:00 a.m. - 1:00 p.m.

In keeping with the City of Norwalk holiday schedule,

the Senior Center will be closed Monday, September 6, in observance of Labor Day, Thursday, November 11 in observance of Veterans Day.

The Senior Center will close early, at 6:00 p.m. on Wednesday November 24 and will be closed all day Thursday and Friday, November 25 and 26 in observance of Thanksgiving.

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

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. For Fall tours, Norwalk *resident registration begins Wednesday, September 1, 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, September 8. For Winter Tours, Norwalk Resident registration begins Wednesday, November 3, 2010 at 9:00 a.m. Numbers will be distributed at 8:00 a.m. (One number per person). Open registration begins Wednesday, November 10. Trips may be cancelled due to low registration.

*Photo identification with proof of residency required.

San Manuel Indian Bingo and Casino

Date: Wednesday, October 13, 2010

Depart: 8:00 a.m.

Return: Approximately 6:00 p.m.

Cost: \$10.00 per person

Location: Highland, CA

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, 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 shop for a day filled with fun!



Newport Harbor Christmas Parade

Date: Wednesday

December 15, 2010

Depart: 2:00 p.m.

Return: Approximately 10:00 p.m.

Cost: \$82.00 per person

Location: Newport, CA

Walking required: Moderate

Start your day off with dinner at The Five Crowns Restaurant. The chef will prepare an English holiday feast that includes Prime Rib, Yorkshire Pudding, and Strawberry English Trifle. Then you will visit Newport's Famous Roger's Gardens for their "Christmas Fantasy" display and if you are lucky, you might see Santa Claus! Finally, you will head to Balboa Pavilion to see the Boat Parade of Lights. You will be sailing alongside hundreds of other boats decorated with thousands of lights and displays. Happy Holidays!





Senior Center

Special Activities

Grandparents Day Carnival

Come and enjoy an afternoon with the whole family by celebrating Grandparents Day at the Norwalk Senior Center! Bring your children and grandchildren for fun, games, music, snacks and opportunity drawings! Seniors may bring up to 4 guests. All guests under 50 must be accompanied by a senior.

September 18 Saturday, 11:00 a.m.
Cost: \$3.00

Deal or No Deal Game Show

Come take a chance with a game of odds. Contestants will be presented with 13 sealed briefcases full of various prizes. Without knowing the prize in each briefcase, the contestant will pick one briefcase until a deal has been made and an offer accepted, or until the grand prize has been revealed. Audience participation is free, and refreshments will be available for purchase. Ticket sales for Norwalk residents begin Monday, October 25 at 9:00 a.m. Open ticket sales begin Monday, November 1 at 9:00 a.m. The last day to purchase tickets is Monday, November 15. Seating is limited. Tickets will not be sold on the day of the event.

November 16 Tuesday, 2:00p.m.
Cost: \$3.00 per person
Tickets purchased after Saturday, November 13 are \$4.00 per person.

AARP Driver Safety Program

November 13 & 20 Saturday, 9:00 a.m. - 1:00 p.m.
Cost: \$12.00 for AARP Members and \$14.00 for Non-members (Payable to AARP) Upon completion, you may be eligible for a discount through your automobile insurance company. Attendance at both sessions is required.

New Year's Eve Dinner & Dance SAVE THE DATE!

Get into the Holiday spirit and celebrate with your friends at the New Year's Eve Dinner and Dance. The Senior Center will be transformed into a warm festive setting for you to enjoy as you dance to music and indulge in a delicious catered meal. Ticket sales for Norwalk residents age 50 and older begins on Monday, November 29 at 9:00 a.m. Photo identification with proof of residency required. Open ticket sales for those age 50 and older begins Monday, December 6 at 9:00 a.m. Last day to purchase tickets is Monday, December 20. All tickets are pre-sale and dine-in only. Seating is limited.

December 30 Thursday, 5:00 - 9:00 p.m.
Cost: \$20.00 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 5:30 p.m. and meal service ends at 6:00 p.m. Prizes awarded. Dine-in only. Tickets will not be sold on the day of the dinner.

September 14 Tuesday, 5:45-6:30 p.m.

Theme: Rock -N- Roll

Cost: Early bird: \$5.75 per person. Tickets purchased after Saturday, September 11 are \$7.25 per person.

October 12 Tuesday, 5:45-6:30 p.m.

Theme: HALLOWEEN Contest

Cost: Early bird: \$5.75 per person. Tickets purchased after Saturday, October 9 are \$7.25 per person.

Ongoing Activities

NEW! Bunco/Yahtzee Social

Join us weekly for Bunco and Yahtzee! Every Wednesday this social group will meet and play either Bunco or Yahtzee. It's free and fun for everyone age 50 and older!

Every Wednesday, 12:30 - 2:00p.m.
Cost: Free



Karaoke Cabaret

Come one, come all, to our 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 front desk of the Senior Center. Opportunity drawing for all brave souls who sing on stage!

October 20 Wednesday, 2:00 - 4:30 p.m.

Cost: Free

December 8 Wednesday, 2:00 - 4:30 p.m.

Cost: Free

Meal Program for Seniors

Adults aged 60 and over are welcome to come enjoy a hot and hearty meal. Monday - Friday at 11:30 a.m.

Suggested Donation: 60 and older \$2.00; Under 60, Fee: \$4.00
Call 929-5544 for more information.

Senior Center



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 older are welcome.
Monday and Friday 1:15 - 4:15 p.m.

Cost: 50¢ per 50/50 Paper card
\$1.00 per paper pack (8 sheets per pack)
\$1.00 per Double Action Paper card

(Sponsored by Norwalk Senior Citizens Center, Inc.)

Bingo will not be in session on Monday, September 6 in observance of Labor Day or Friday, November 26 in observance of Thanksgiving.

Fitness Room

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

Computer Lab Hours

The Senior Center has a small computer lab with five personal computers available for use for those age 50 and older. There is a 30-minute use limit when others are waiting.

Monday, Wednesday - Friday 8:00 a.m. - 6:30 p.m.
Tuesday 8:00 a.m. - 2:15 p.m., 4:30 - 6:30 p.m.
Saturday 8:00 a.m. - 12:30 p.m.

Billiards Room

Monday - Friday 8:00 a.m. - 6:30 p.m.
Saturday 8:00 a.m. - 12:30 p.m.
Cost: Free

Year End Shoot Out

Level "A" and Level "B" Players
December 2 Thursday, 9:00 a.m.
Cost: Free

Norwalk resident registration Wednesday, November 17 at 9:00 a.m. (Photo identification with proof of residency required) Open registration Wednesday, November 24 at 9:00 a.m. Open to men and women age 50 and older.

Pool Tournaments

Level A (Advanced players only).
Every second Thursday of the month 10:00 a.m.
Cost: Free

(The A Tournament will be on Thursday, November 4 due to the Center closure on November 11.)

Registration dates are pre-scheduled open to men and women age 50 and older. 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 open to men and women age 50 and older. 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.
(No Dance on Thursday, November 11 & 25)
Cost: Free

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.

Tuesday Movie Matinee

Every Tuesday 1:30 and 5:00 p.m.
Cost: Free
(Every Second Tuesday of the Month, there will only be the 1:30 p.m. movie showing).

Saturday Movie Matinee

Saturday, October 16 and November 20 10:00 a.m.
Cost: Free



Senior Center



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 PROGRAM (SSP)*

Supportive services are available to Norwalk residents, age 60 years and older. These services assist clients with daily in-home assistance to help preserve and maintain their quality of life and to remain independent living in their home.

Case Management*

Norwalk residents, age 60 years and older, may be eligible for case management services. This service provides a personal assessment conducted by qualified social services staff to determine the types of comprehensive supportive services a senior at-risk may need. Supportive services are coordinated to address the specific needs for client safety and quality of life.



Homemaking*

Homemaking services are available to frail/homebound, at-risk Norwalk residents, age 60 years and older. Homemaking services may provide for temporary assistance with house cleaning, laundry and meal preparation in the client's residence.

Personal Care*

Personal Care services are available to frail/homebound, at-risk Norwalk residents 60 years of age and older. Personal Care services provide clients with in-home care vital to the activities of daily living to promote an optimal quality of life and maintain in-home independent living.

Outreach*

The City of Norwalk, Social Services Department provides community outreach to seniors, 60 years of age and older. Social services staff is available to assist with the immediate needs of seniors and to coordinate supportive services. These services are available to seniors who may be homebound and/or who have limited financial resources.

Registry Services*

The Norwalk Senior Center maintains a registry of qualified in-home workers available for hire. The in-home workers are pre-screened and CPR/First Aid Certified. Social services staff is available to assist client with the employment of an in-home worker.

*These services are free of cost and funded by the Los Angeles Area Agency on Aging-Community and Senior Services. Please call **929-5580** for more information or to schedule an appointment with social services staff.

Home Delivered Meals**

Home delivered meals are available for homebound seniors, age 60 and older. 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, 10:00 a.m. to 1:00 p.m. HICAP provides free, unbiased information from a trained volunteer for people on Medicare to help them make informed choices. Appointment required.

**These services are funded by the Los Angeles Area Agency on Aging-Community and Senior Services.

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 required.

Senior Center



Dial-A-Ride

Norwalk's Transit Department offers a Dial-A-Ride service available to Norwalk resident's 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.

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 weekdays, 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 **929-7512**.

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 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 welcome.

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

Social Security Benefits Assistance

Assistance is available every first and third Wednesday at 9:30 a.m. Patrons' ages 50 and older can meet with a representative from the office of Social Security to discuss Social Security benefits. Appointments are required and can be made at the Norwalk Senior Center.

First and Third Wednesday of every month 9:30 a.m.
Cost: Free

In Home Supportive Services Benefits Assistance

Assistance is available every second Thursday of the month at 9:30 a.m. Patrons can meet with an IHSS to discuss their options with In-Home-Supportive-Services.

Second Thursday of every month 9:30 a.m.
Cost: Free

Health Services

The Norwalk Senior Center offers the following ongoing health services:

Blood Pressure Screenings

September 8 & 21
October 13 & 19
November 10 & 16 Tuesdays & Wednesdays, 9:30-11:30 a.m.
Cost: Free
(Sponsored by Citizens Choice and Pioneer Medical Group)

Seminars / Screenings

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

Dental Screening

September 3; October 1; November 5 Friday, 10:30 a.m.
Cost: Free
(Sponsored by All Friends Dental)

Seminar Topic: Colon Cancer

October 13 Wednesday, 9:30 a.m.
Cost: Free
(Sponsored by Coast Plaza)

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

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 6 October 18 - December 4
Classes will not meet on Thursday, November 11 in Observance of Veteran's Day and Thursday and Friday, November 25 and 26 in Observance of Thanksgiving.

Session 6 Registration begins: Wednesday, October 6 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 6 October 18 - December 3
Monday, Wednesday and Friday 8:30 - 9:30 a.m.
(Class will not meet Friday, November 26)
Cost: Free/7 weeks (registration is required)

Gentle Stretch*

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

September 15 - January 30
Wednesday and Friday 12:30 p.m.-1:30 p.m.
(Class will not meet on Friday, November 26, Friday, December 31)
Cost: \$10.00 for those age 55 and older/ 18 weeks
\$15.00 for those 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)

Yoga Fitness*

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

September 17 - January 29
Friday 1:45 p.m. - 3:45 p.m.
(Class will not meet on Friday, November 26, Friday, December 31)
Cost: \$10.00 for those age 55 and older/ 18 weeks
\$15.00 for those 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.

Fall Session August 17 - December 14
Tuesday 8:30-9:30a.m.
Cost: Free/ 18 weeks

Fall Session August 19 - December 16
Thursday 8:15-9:15a.m.
(Class will not meet Thursday, November 11 and November 25)

Cost: Free/ 18 weeks
Instructor: Savoy
*New students may register at anytime with instructor's approval.
(Sponsored by Cerritos College)

Yoga Stretch*

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

Fall Session August 16 - December 13
Monday 9:00-11:00a.m.
(Class will not meet Monday, September 6)

Fall Session August 18 - December 15
Wednesday 9:00-11:00a.m.
Cost: Free/ 18 weeks
Instructor: Jackson
*New students may register at anytime with instructor's approval.
(Sponsored by Cerritos College)

Senior Center



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.

Fall Session August 16 – December 13

Monday 1:00 – 2:30 p.m.

(Class will not meet on Monday, September 6 in observance of Labor Day)

Cost: Free/ 18 weeks

Instructor: Layne

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

(Sponsored by Cerritos College)

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. Tap shoes required.

Session 6 October 21 – December 16

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

(Class will not meet on Thursday, November 11 and November 25)

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 6 October 23 – December 4

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

Intermediate*

Session 6 October 23 – December 4

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

Cost: \$5.50/7 weeks Norwalk Resident

\$11.00/7 weeks Non-Resident

Instructor: Roe

*Must complete Line Dance (Easy) prior to enrollment in Line Dance (Intermediate).

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.

Session 6 October 22 – December 10

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

(Class will not meet on Friday, November 26.)

Cost: Free

Instructor: Jones (Volunteer)

*New students may register at anytime 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 6 October 20 – December 8

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

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 1:00-4:00p.m.

Cost: Free

Instructor: Volunteers

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



Senior Center

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 anytime 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 6

October 19 – November 30

Tuesday

9:00 - 11:00 a.m.

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 anytime with instructor's approval.

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.

Fall Session

August 19 – December 16

Thursday

9:00 - 11:00 a.m.

(Class will not meet Thursday, November 11 and November 25)

Cost: Free/ 18 weeks

Instructor: Dr. Levy

*New students may register at anytime 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!

Fall Semester

August 19 – December 16

Thursday

2:00 - 4:00 p.m.

(Class will not meet Thursday, November 11 and November 25).

Cost: Free/ 18 weeks

Instructor: Mansell

*New students may register anytime 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 6

October 19 – December 7

Tuesday

2:30 - 4:30 p.m.

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

Instructor: Fiske



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 available to assist.

Child Development Program - Cuidado de Niños:

The City is currently accepting applications for its free or 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 929-5544.

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.

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 p.m. to 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 aged 60 and over are welcome to come enjoy a hot and hearty meal. Monday - Friday at 11:30 a.m. Suggested Donation: 60 yrs. and older \$2.00; Under 60 yrs.: \$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 p.m. to 9:30 p.m., Spanish only.

Al-Anon - Al-Ano'n:

Support group for family and friends of alcoholics. Meets Tuesday, 7:00 p.m.-9:00 p.m., and Friday, 8:00 p.m. to 10:00 p.m., Spanish only.

Compulsive Eaters Anonymous (CEA) - Comedores Compulsivos:

Help and nutrition information to control and maintain your weight. Every Tuesday, 10:00 p.m. to 11:30 a.m., Spanish only. Every Thursday, 7:00 p.m. to 8:30 p.m., Spanish only.

Domestic Violence:

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

Neurotics Anonymous - Neuroticos Anonimos

Mondays and Wednesdays, 7:00 p.m. to 9:00 p.m., Spanish only

Parenting Class:

Provided by Spirit Family Services - Cost: Free Mondays, 5:15 p.m. to 6:45 p.m., English only

Women's Support Group:

Various issues discussed in small, confidential, and supportive group meetings. Provided by Low Cost Community Counseling. Every Thursday, 6:30 p.m. to 8:30 p.m., English only.