

# City of Norwalk Social Services Department



Norwalk Senior Center & Social Services Center



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## Important Phone Numbers

Norwalk Social Services Center.....	929-5544	American Association of Retired Persons (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) (Senior Information and Assistance).....	(800) 510-2020
Norwalk Child Development Program.....	462-1713	Child Abuse Hotline.....	(800) 540-4000
12035 Firestone Boulevard		Community Legal Services.....	(800) 834-5001
Social Services Staff		Dial-A-Ride.....	929-5550
Tak Hamabata		Elder Abuse Hotline.....	(877) 477-3646
Director of Social Services.....	929-5544	Home Delivered Meals (Oldtimers Foundation).....	(323) 582-6090 ext. 223
Veronica Garcia		Info Line (LA County).....	(800) 339-6993
Social Services Manager.....	929-5580	In-Home Supportive Services.....	(888) 944-4477
Melody Baca		Long-Term Care Ombudsman.....	(800) 334-9473
Senior Services Coordinator.....	929-5579	Medi-Cal, (Food Stamps).....	807-7640
Elizabeth Aumua		Medicare.....	(800) 633-4227
Recreation Coordinator.....	929-5677	Retired Senior Volunteer Program.....	907-6545
Gabriela Regalado		Social Security.....	(800) 772-1213
Child Care Program Manager.....	462-1713		
Gloria Mendoza			
Children's Dental Clerk.....	929-5544		
Dispute Resolution Program.....	929-5603		

## NORWALK CITY COUNCIL

Mayor **CHERI KELLEY**  
 Vice Mayor **GORDON STEFENHAGEN**  
 Councilmember **JESSE M. LUERA**  
 Councilmember **MICHAEL MENDEZ**  
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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.

The Senior Center will be closed at 1:00 p.m. on Thursday, December 31. In keeping with the City of Norwalk holiday schedule, the Senior Center will be closed on Thursday, December 24, and Friday, December 25, in observance of Christmas Day; Friday, January 1, in observance of New Year's Day; Thursday, January 18, in observance of Martin Luther King Jr. Day; and Monday, February 15, in observance of President's Day. 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. Norwalk \*resident registration begins Wednesday, December 9, 2009, 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, December 16. Trips may be cancelled due to low registration. \*Photo identification with proof of residency required.

### San Juan Capistrano - Metro Link

Date: Saturday, February 27

Depart: 8:45 a.m.

Return: Approximately 4:00 p.m.

Cost: \$20.00 per person (Lunch not included)

Location: San Juan Capistrano, CA

**Walking required:** High



Start your day with a fun filled adventure aboard the Metrolink. Enjoy the ride from Norwalk to the beautiful Mission San Juan Capistrano. From the rustic ruins of the Great Stone Church to the soft serenity of the breathtaking gardens, there is no place in Orange County that combines the grace and charm of nature with the richness of California history more beautifully than Mission San Juan Capistrano - the timeless "Jewel of the California Missions." Founded the year that our country was founded in 1776, the Mission is Orange County's number one historic site, hosting over 300,000 visitors each year. Downtown San Juan Capistrano is at Mission San Juan Capistrano's doorstep! After exploring the Mission's museums, exhibits, lush gardens and historical artifacts, you can walk directly from the Mission to the train station, lodging, and countless shops and restaurants.

### Barona Valley Ranch Casino

Date: Wednesday, March 24, 2010

Depart: 8:00 a.m.

Return: Approximately 6:00 p.m.

Cost: \$10.00 per person (Lunch not included)

Location: San Diego, 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, 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.

## Angel Tree: City of Norwalk Angel Tree Project: "A Gift of Clothing"

You Can Make a Difference in the Life of a Child! Brighten the Life of a Child

Angel Tree is an annual project that benefits less fortunate children (Grades K-5) in our community. We invite you to make a difference in a child's life by becoming an Angel Tree contributor this coming holiday season. Simply select an Angel Tree Tag, purchase an article of clothing, and return the wrapped gift with the Angel Tree Tag to the Norwalk Social Services Center, Norwalk Arts & Sports Complex, or City Hall by December 7. Your gift, toys, and other goodies will be given to these children at a holiday celebration in December. Don't wait until the busy Holiday Season. Another way to help is by providing a monetary donation that directly benefits children. Please call the Norwalk Social Services Center at 929-5544 for more information.





# Senior Center

## Special Activities

### Holiday Greeting Card Workshop

The Senior Center will host a Holiday Greeting Card Workshop for the entire family to enjoy! Bring your children or grandchildren and share an afternoon of creativity and fun while you create greeting cards for your loved ones. Limit two cards per person. Child must be 5 years of age to participate; everyone under age 50 must be accompanied by a senior 50 years or older. Ticket sales for Norwalk residents begin Monday, November 16, at 9:00 a.m. Photo Identification with proof of residency required. Open ticket sales begin Monday, November 23, at 9:00 a.m. Last day to purchase tickets is Wednesday, December 1, 2009.



December 5

Saturday, Noon-3:00 p.m.

Cost: \$2.00 per person

### Senior Center 9th Anniversary

The Norwalk Senior Center first opened their doors to the public on December 12, 2000. For 9 years, the Senior Center has met a wide variety of interests for adults age 50 years and above, and continues to offer a world of unique experiences that is sure to have visitors return again and again. Join us as we celebrate 9 years

of serving the seniors of our community on Friday, December 11, 2009, beginning at 9:00 a.m. with a cake cutting ceremony at 11:00 a.m.

December 11

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

### New Year's Eve Dinner and Dance

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 30, at 9:00 a.m. Photo identification with proof of residency required. Open ticket sales for those age 50 and older begins Monday, December 7, at 9:00 a.m. Last day to purchase tickets is Monday, December 21. All tickets are pre-sale and dine-in only. Seating is limited.

December 31

Thursday, 5:00-9:30 p.m.

Cost: \$20.00 per person

### 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 Senior Center. Opportunity drawing for all brave souls who sing on stage!

January 12

Tuesday, 2:00-4:30 p.m.

Cost: Free

### AARP Driver Safety Program

January 2 & 9

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.

### Concentration Game Show

Come play the classic game of matching cards and solving the puzzle. Enjoy an afternoon of fun as you and other contestants take turns in solving puzzles to win prizes. Audience participation is free, and refreshments will be available for purchase. Ticket sales for Norwalk residents begin Monday, February 2, at 9:00 a.m. Open ticket sales begin Tuesday, February 17, at 9:00 a.m. The last day to purchase tickets is Wednesday, February 25. Seating is limited.

February 23

Tuesday, 1:30-3:00 p.m.

Cost: \$3.00 per person

Tickets purchased after Saturday, February 21, are \$4.00 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 awarded. Dine-in only. Tickets will not be sold on the day of the dinner.

February 9

Tuesday, 6:00-6:45 p.m.

Cost: Early bird: \$5.75 per person. Norwalk resident ticket sales begin Tuesday, January 19, 2010. Photo identification with proof of residency required. Open ticket sales begin Monday, January 25, 2010. Tickets purchased after Saturday, February 6, 2010, are \$7.25 per person.

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, 2010, are \$7.25 per person

# Senior Center



## Yahtzee Social

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

February 9

Tuesday, 6:45 p.m.

Cost: Free

## 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 awarded.

March 9 Tuesday, 6:45 p.m.

Cost: Free

## Ongoing Activities

### 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.

### 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: 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 Friday, December 25, in observance of Christmas Day; Friday, January 1, in observance of New Year's Day; Monday January 18, in observance of Dr. Martin Luther King Jr.'s Birthday; and Monday, February 15, in observance of President's 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 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 personal computers available for use for those ages 50 and older. 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 p.m.-5:45 p.m.)

5:45 - 7:30 p.m.

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

Saturday

### Billiards Room

Monday-Friday

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

Saturday

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

Cost: Free

### Year End Shoot Out

Level "A" and Level "B" Players

December 3 Thursday, 10:00 a.m.

Cost: Free



### Pool Tournaments

Level A (Advanced players only).

Every second Thursday of the month (Except December) 10:00 a.m.

Cost: Free

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

Level B (Novice players only)

Every third Thursday of the month (Except December) 10:00 a.m.

Cost: Free

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

## Dances

### Weekly Western Dance

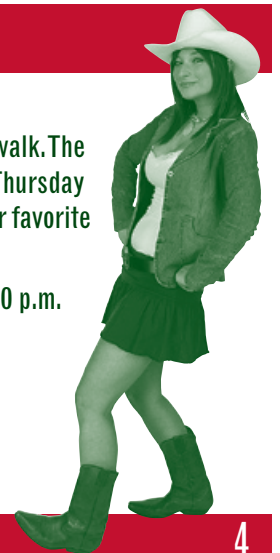
Join us for the liveliest Western Dance in Norwalk. The Senior Center is absolutely jumping every Thursday night! Come hoot and holler as you dance to your favorite Western tunes.

Every Thursday

5:30 p.m.

Cost: Free

(No Dance on Thursday, December 24 and Thursday, December 31.)





# 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, December 19, January 16, February 20, 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 older 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 older) 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 resident's age 60 and older. These workers have been pre-screened and trained in CPR and First Aid. Guidelines on how to be an employer and choose the right in-home worker are available.

### 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.

\*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 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 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 929-5550.

## 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 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

## Health Services

The Norwalk Senior Center offers the following ongoing health services:

### Blood Pressure Screenings

December 9, 15, and 23; January 13, 19, and 27; February 10, 16, and 24  
Tuesdays and Wednesdays, 9:30-11:30 a.m.

Cost: Free  
(Sponsored by Coast Plaza Hospital and Pioneer Medical Group)

## Seminars / Screenings

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

### Dental Screening

December 4; February 5 Friday, 10:30 a.m.  
Cost: Free  
(Sponsored by All Friends Dental)

## Glaucoma Seminar

January 6 Wednesday, 9:30 a.m.  
Cost: Free  
(Sponsored by Coast Plaza)

## Glaucoma Screening

January 6 Wednesday, 10:00 a.m.  
Cost: Free  
(Sponsored by Coast Plaza)

## Neighborhood Watch Seminar

January 13 Wednesday, 10:00 a.m.  
Cost: Free  
(Sponsored by Department of Public Safety)

## Cholesterol and Glucose Screening

January 20 Wednesday, 9:30 a.m.  
(Sponsored by Citizen's Choice)

## Vision Screening

February 3 Wednesday, 9:30 a.m.  
(Sponsored by Citizen's Choice)

## Heart Health Seminar

February 17 Wednesday, 9:30 a.m.  
Cost: Free  
(Sponsored by Coast Plaza)

## Cardiovascular Screening

February 17 Wednesday, 10:00 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 1** January 4-February 20  
Classes will not meet on Monday, January 18, in observance of Dr. Martin Luther King, Jr., Day; and Monday, February 15, in observance of President's Day.

**Session 1 Registration:** Wednesday, December 2, 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 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.

## 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 1** January 4-February 19  
**Session 2** March 1-April 16

**Monday, Wednesday, and Friday, 8:30-9:30 a.m.**  
(Class will not meet Monday, January 18, or Monday, February 15)

**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 11-January 29** Friday, 12:30-1:30 p.m.  
(Class will not meet on Friday, November 27; Friday, December 25; and Friday, January 1, 2010)

**February 5-June 18** Friday, 12:30-1:30 p.m.  
(Class will not meet Friday, April 2, and Friday, April 9)

**Cost:** \$5.00 for those age 55 and older/18 weeks  
\$10.00 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.

(Spring Session)

**January 12-May 18** Tuesday, 8:30-9:30 a.m.  
(Class will not meet on Tuesday, March 30)

(Class will not meet on Tuesday, March 30)

**January 14-May 20** Thursday, 8:15-9:15 a.m.  
(Class will not meet Thursday, April 1)

(Class will not meet Thursday, April 1)

**Cost:** Free/ 18 weeks

**Instructor:** Savoy

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

(Sponsored by Cerritos College)

### 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 11-January 29** Friday, 1:45-3:45 p.m.  
(Class will not meet on Friday, November 27, December 25 and January 1, 2010)

(Class will not meet on Friday, November 27, December 25 and January 1, 2010)

**February 5-June 18** Friday, 1:45-3:45 p.m.  
(Class will not meet on Friday, April 10, and Friday, April 17)

(Class will not meet on Friday, April 10, and Friday, April 17)

**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 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** Monday, 9:00-11:00 a.m.  
(Class will not meet Monday, January 18; Monday, February 15; or Monday, March 29.)

(Class will not meet Monday, January 18; Monday, February 15; or Monday, March 29.)

**Cost:** Free/18 weeks

**January 13-May 19** Wednesday, 9:00-11:00 a.m.  
(Class will not meet Wednesday, March 31)

(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)

# 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.

(Spring Session)

January 11-May 17

(Class will not meet Monday, January 18; Monday, February 15; or 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 1

Session 2

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

Cost: \$5.50/7 weeks Norwalk Resident

\$11.00/7 weeks Non-Resident

Instructor: Twins School of Dance

January 7-February 18

March 4-April 15



### 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 1

Session 2

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

Cost: \$5.50/7 weeks Norwalk Resident

\$11.00/7 weeks Non-Resident

Instructor: Roe

January 9-February 20

March 6-April 17

Intermediate\*

Session 1

Session 2

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

Cost: \$5.50/7 weeks Norwalk Resident

\$11.00/7 weeks Non-Resident

Instructor: Roe

January 9-February 20

March 6-April 17

## 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

(Class will not meet on Friday, January 1)

Cost: Free

Instructor: Jones (Volunteer)

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

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

### 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 1: January 6-February 17

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

Session 2: March 3-April 14

Cost: \$5.50/7 weeks Norwalk Resident

\$11.00/7 weeks Non-Resident

Instructor: Gonzales/Ganales



# Senior Center

## 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.



1:00-4:00 p.m.

Every Monday

(Class will not meet on Monday, January 18, and Monday, February 15)

Cost: Free

Instructor: Volunteers

\*New students may register at anytime 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 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.



January 5-February 16

March 2-April 13

Session 1

Session 2

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 any time 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.

(Spring Session)

January 14-May 20

(Class will not meet Thursday, April 1)

Cost: Free/ 18 weeks

Instructor: Dr. Levy

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

(Sponsored by Cerritos College)

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

### 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)

Cost: Free/18 weeks

Instructor: Mansell

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

(Sponsored by Cerritos College)

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

# Senior Center



## 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 1 January 8-February 26  
Session 2 March 5-April 23

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

**Cost:** \$32.00/8 weeks Norwalk Resident

\$32.00/8 weeks 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 1 January 8-February 26

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

**Cost:** \$32.00/8 weeks Norwalk Resident and 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 2 March 5-April 23

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

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

Instructor: Geiger

## Need to get away? Join us on a trip down south to Barona Valley Ranch Casino



**ONLY \$10**  
per person

**Wednesday, March 24, 2010**  
8:00 a.m.-6:00 p.m.



# 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.

### 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.

### 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 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 and older \$2.00; Under 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 p.m. to 9:30 p.m., Spanish only.

**Al-Anon:** 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 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 - Violencia Doméstica:** Court-mandated classes.

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 Spiritt Family Services - Cost: Free Mondays, 5:15 p.m. to 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 p.m. to 8:30 p.m., English only.

**Foster Parent Training:** Provided by Long Beach Foster Parent Association- This service is provided the 2nd Thursday of the month, 7:00 p.m. to 9:00 p.m.