



FULLERTON SENIOR NEWS



FULLERTON COMMUNITY CENTER

340 W. COMMONWEALTH AVE. FULLERTON, CA. 92832

(714) 738-6575



CURRENT PROGRAMS:

Tax Assistance Program

Thursday, February 1st - April 4th
12:30 P.M. - 3:00 P.M.
(By Appointment Only)



The volunteer income tax assistance program will be available Thursdays, from 12:30 p.m. to 3 p.m. for adults 60 years of age or older with moderate incomes. Appointments are required and may be made by calling 714-738-6575 or by visiting the front desk. You must bring a photo ID and social security cards for yourself, spouse, and all dependents, copies of last year's federal and state tax returns, this year's federal and state pamphlets/booklets received by mail, income records, including W-2 forms from employment, expense records, and property tax statement for homeowners to your appointment.

Healthy Communications

Monday, February 26th - March 25th
2:00 P.M. - 4:00 P.M.

Free 5 - week educational group for those 50+ to learn about their communication style and enhance their communication skills and the ability to set limits. Presented by Human Options.

Korean Doc Talk: Arthritis

건강 교육 세미나: 관절염 (한국어)

2월 29일, 목요일

오후 12시-오후 1시

조세영 주치의와 함께 하는

건강 교육 세미나에 참석 하셔서

관절염에 관한 유익한 정보를 받아가세요.

Optum(옵툼)에서 제공합니다.



OCTA Workshop

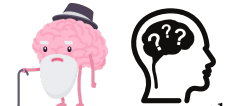
Monday, February 5th
9:00 A.M. - 10:30 A.M



Join us to gain the confidence needed to successfully ride the OC Bus and receive OCTA information, 2 free bus day passes, and enjoy a small prize

Dispelling Common Myths About Dementia

Wednesday, February 21st
10:00 A.M. - 11:00 A.M.



Join us to hear about the most common myths surrounding Alzheimer's and other types of dementia and separate fact from fiction. Bring your questions!

How to Dispose of Medications Safely

Wednesday, February 14th
10:00 A.M. - 11:00 A.M.



Do you have old medications that need to be tossed? Did you know there's a right way to do that? Join us to learn about how to dispose of medicines safely!

Fullerton Senior Club Reminder!

Please make sure to renew your Senior Club Membership of \$15 in the enclosed envelope.

Thank you!



Save The Date...



Spring Fling Social

Thursday, April 4th
3:00 P.M. - 6:00 P.M.



Live Entertainment, dancing, refreshments!

SENIOR CLUB

SENIOR CLUB DIRECTORY

OFFICERS

President: Wendy Ocepek 393-1602
 Vice President: Katie Gobar 993-3111
 Secretary: Doris Trenary
 Treasurer: Wanda Williams
 Assistant Treasurer: Dianne Rodriguez
 Past President: Pauline Aguero

DIRECTORS

Danny Torres (2026)
 Marie McCombie (2026)
 Doug Gilmour (2025)
 Roberta Fullmer (2026)
 Phyllis Levin (2025)

APPOINTEES

Sunshine Chairperson: Ellie Honeycutt 264-6969
 Desk Coordinator:
 Newsletter Chairperson:
 Social Committee Chairperson: Phyllis Levin
 Travel Director: Carole Wright 869-3014
 Assistant Travel Director: Dianne Rodriguez
 Bingo Chairperson: Wanda Williams
 Computer Chairperson: Danny Torres
 Volunteer Manager: Esther Sanchez
 Parliamentarian: Richard Krull

SENIOR CLUB DESK

The Senior Club Desk: 738-6353
 Monday through Thursday, 9:00 A.M. to 1:00 P.M.
 Friday, 9:00 A.M. to 12:00 P.M.
Para asistencia en Espanol visita la oficina de membresia
Martes, 3:00 P.M. a 6:00 P.M.
Miercoles a Viernes, 9:00 A.M. a 1:00 P.M.
 Email: fullertonseniorclub@gmail.com

Travel Office Hours: 714-738-5306
 Tuesdays & Thursdays,
 9:00 A.M. to 2:00 P.M.
 Email: happyseniorstravel@gmail.com

YOUTUBE QR CODE



Contact our Sunshine Chairperson,
 Ellie Honeycutt (714-264-6969) to receive guidance when
 losing a friend or a family member.

A MESSAGE FROM YOUR SENIOR CLUB PRESIDENT

Dear Fullerton Senior Club Members,

Welcome back! This is our first Newsletter of the year, as we move into the month of February I wanted to remind you to renew your membership to continue receiving our monthly Newsletter by mail.

Dues are now \$15.00 per year, your dues help to support the club and our activities. One of the advantages of the membership is that you can travel with us. To continue our activities in the new year, we need volunteers. Our volunteer needs are for the Newsletter collation and mailing, and new Membership Desk Coordinator. If you are interested, please call me or leave a message on the Travel number. (714-738-5306)

We would like to start some programs such as Bunko, Bridge, Pinochle and reinstate our Book Club. Let's continue to work on getting these programs started. If you have any programs you are interested in lets talk about them.

Questions and answers with the city is the first Monday of every month at 10:30 am - 11:30 am in the boardroom.

Our monthly board meeting is on February 15, 2024 at 1:00 pm in the boardroom. Everyone is welcome to attend both meetings.

We are busy working on our next social the Spring Fling on April 4, 2024. Save the date!!

Paulette's Corner coming back by popular demand in March!!

Wishing you a Happy Valentine's Day

Sincerely,

Wendy Ocepek
Senior Club President

IN MEMORY OF...



Lil Forry



Our Condolences go out to their loved ones

Meals on Wheels Presents...

Valentines Day Celebration!



Wednesday, February 14th
9:00 P.M. - 12:00 P.M.



Live Entertainment, lunch, fun, & lots of dancing!
Dress up in your Valentine's Attire!

Lunch is \$5 for those under 60; over 60 a \$3 contribution is appreciated

SERVICES

SENIOR NUTRITION PROGRAM

Presented by Meals on Wheels OC

Patricia Serrano, Lead Site Manager: 714-738-6368

In- person dining

Call 714-738-6575 for more information.

Reservations Required.

The price of lunch for those under 60 is \$5;
over 60, a suggested donation of \$3 is appreciated.

FEBRUARY LUNCH MENU

Lunch is served Mon - Fri, starting at 11:00 A.M.
Sign-up for lunch between 10:15 A.M. to 10:50 A.M.

- 1 **Thursday** - Braised cubed beef w/ sweet potatoes & greens
- 2 **Friday** - Egg Drop Soup w/ chicken salad & dinner roll
- 5 **Monday** - Chicken salad w/ spinach soup & mandarin orange
- 6 **Tuesday** - Beef Cocido w/ cubed beef and veggies
- 7 **Wednesday** - Ground turkey bolognese with pasta and roll
- 8 **Thursday** - Baked tilapia with rice, tortilla, and SF pudding
- 9 **Friday** - Chinese beef stir fry with chow mein & fortune cookie
- 12 **Monday** - Pork Chile Verde with pinto beans and fruit mix
- 13 **Tuesday** - **Box Lunch**
- 14 **Wednesday** - Chicken breast with fettuccini pasta and garlic bread
- 15 **Thursday** - Cubed beef with baby potatoes and stew gravy
- 16 **Friday** - Vietnamese diced chicken with brown rice & veggies
- 19 **Monday** - **CENTER CLOSED**
- 20 **Tuesday** - Roast beef with potatoes, dinner roll, and cherry pie
- 21 **Wednesday** - Orange Chicken with brown rice, spinach, & SF pudding
- 22 **Thursday** - Pork carnitas bowl with rice, tortilla, and cilantro rice
- 23 **Friday** - Baja Fish Stick Tacos with black beans & tortillas
- 26 **Monday** - Caramel pork with jasmine rice and broccoli
- 27 **Tuesday** - Turkey pot roast with sweet potatoes and greens
- 28 **Wednesday** - Macaroni & cheese with breadstick and carrots
- 29 **Thursday** - Chicken meatballs with mashed potatoes & dinner roll

INDOOR WATER AEROBICS

These classes will take place at the community center pool, it's great for those who experience joint pain & it's a fantastic workout.

Tuesdays & Thursdays:

8:00 A.M. - 9:00 A.M.: All Levels

11:50 A.M. - 12:50 P.M.: Low Impact

12:50 P.M. - 1:50 P.M.: Low/High Impact

12:50 P.M. - 1:50 P.M.: All Levels (Fridays)

\$6 per class. **No Cash.** Reservations Required.

Create an account online at

app.iclasspro.com/portal/fastswim



ASSISTANCE PROGRAMS

Appointments Required- To schedule your one-on-one appointment make sure to call the front desk at 714-738-6575.

- **Community Legal Aid SoCal**
(4 appointments available)
Thursday, February 8th, 9:00 A.M. - 11:00 A.M.
- **Medicare HICAP Appointments**
(4 Appointments Available)
Monday, February 5th
9:00 A.M.- 12:00 P.M. (Korean/English)
12:00 P.M.- 4:00 P.M. (English Only)

Appointment Not Required:

- **Senior Grocery Program**
Thursday, February 1st, 8th & 15th 10:30 A.M.- 12:00 P.M.
- **Senior Korean Parkinson Support Group**
Friday, February 9th & 22nd, 10:00 A.M. - 12:00 P.M.
- **Alzheimer's Support Group**
Sponsored by the Alzheimer's Orange County
Tuesday, February 20th, 1:00 P.M. - 2:00 P.M.
English Speaking
- **Grief Support Group**
Friday, February 9th & 23rd, 11:00 A.M. - 12:30 P.M.

SENIOR TRANSPORTATION PROGRAM

Taxi Program-

Fullerton Community Center Trips: Free Trips

Offers free rides to and from your Fullerton residence to participate in the weekly programs at the Fullerton Community Center.

Non - Emergency Medical Trips: \$3 within Fullerton/\$7 Satellite

Offers rides to and from your Fullerton residence to non-emergency medical appointments and prescription pick-ups. Trips must be within the City of Fullerton or selected satellite locations.

Recreational Trips: Offers rides to and from your Fullerton residence to locations for shopping, fitness, social events, and entertainment.

OCTA Senior 30-Day Bus Pass: \$22.25 Value - Your Price: \$7

Passes are good for unlimited use on all local routes. 30-Day Senior Bus Passes are available for purchase 30 days after previous purchase date of pass.

Proof of I.D. needed to purchase & board the bus.

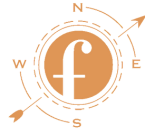
A valid form of I.D. must be presented at time of purchase for the bus passes. Must be a Fullerton resident to purchase and must provide proof of residence, age 60 yrs and older on every purchase. The City of Fullerton is not responsible for lost or stolen passes. Passes are subject to availability.

ACTIVITIES

To register for any of the classes on this page, call 714-738-6575 or visit the center.

Discover Fullerton On Foot!

Saturday, February 17th
8:30 A.M. - 10:30 A.M.



Join us for the monthly in-person, guided walks around town. Please wear comfortable shoes, water and a hat.

Upcoming Programs with Optum!

Clase de Educacion para la Salud, February 2nd
11:30 P.M. - 12:30 P.M.

Loteria, February 6th & 20th
12:00 P.M. - 1:00 P.M.

Trivia, February 8th

Health Enhancing Class, February 9th
11:30 P.M. - 12:30 P.M.

Birthday Karaoke! February 14th
4:00 P.M. - 8:00 P.M.

Grocery Distribution Update

First, Second, Third Thursday Each Month
10:30 P.M. - 12:00 P.M.

Did you know our grocery distribution program will be extending? We will be having adding an extra day for grocery distribution. In partner with Second Harvest Food Bank.

February Movies

2nd/4th Friday of this month, 12:30 P.M.

Admission Donation Minimum: \$1 at the door

Movie days are subject to change due to program operations.

February 9th - "13 Going Onto 30" A girl who's sick of the social structures of junior high is transformed into a grownup overnight. In this feel-good fairy tale, teenager Jenna (Christa B. Allen) wants a boyfriend, and when she's unable to find one, she fantasizes about being a well-adjusted adult. Suddenly, her secret desire becomes a reality, and she is transformed into a 30-year-old (Jennifer Garner). But adulthood, with its own set of male-female challenges, isn't as easy as it looks. Rated PG-13

February 23rd - "The Perfect Date" To earn money for college, a high schooler launches an app offering his services as a fake date. But when real feelings emerge, things get complicated. Starring Noah Centineo, Camila Mendes, and Laura Marano. Rated PG-13

Art Programs

The Community Center continues these exciting, educational art activities fun for everyone. FREE for Seniors age 60+.

Crafternoons:

Upcycled Fabric Flowers

February 16th at 2:30 P.M.

February 23rd at 4:30 P.M.



When Special Days Make You Stressed: Coping & Triggers

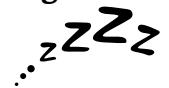
Wednesday, February 21st
12:30 P.M. - 1:30 P.M.



Join us to discuss the feelings of stress and sadness that can accompany special events and provides detailed recommendations on coping with these feelings. Presented by SCAN.

The Importance of Sleep for Cognition

Wednesday, April 17th
10:00 A.M. - 11:00 A.M.



A presentation focusing on how sleep affects the brain, how much sleep and what kind of sleep adults need for optimal health, and how to develop your own sleep hygiene for better brain function. Presented by Alzheimer's Association OC.

Grow it Now: Spring Vegetables

Wednesday, April 24th
12:30 P.M. - 1:30 P.M.



Ready to dig in the garden again? Now is the time to plant warm season vegetables to feed your family over the summer months. UC Master Gardeners of Orange County will give you the information you need to choose your crops so you that you can follow the #1 rule: plant what you and your family like to eat!

Program Updates

- **The Center will be closed Monday, February 19th in observance of President's Day**

- **There will be no Ipad Training Class for the month of February**



TRAVEL

Travel director: Carole Wright - Assistant Travel Director: Dianne Rodriguez

Travel Office Hours: Tuesday and Thursday, 9:00 A.M. to 2:00 P.M. - **Travel Office Phone:** 714-738-5306

CLUB MEMBERSHIP REQUIRED TO BOOK TRAVEL EVENTS

Travel is now accepting **Master Card, Visa credit & debit cards for payments for trips.**

Trip #1 Soboba Casino - February 26th, On Sale Now

Price: \$37.00 per person Leaving 9 A.M. Returning by 6 P.M.

Please join us for a smoke free casino for a fun day of slots, cards, and lunch. Use your rewards card for some extra benefits. First time visitors sign up for a Soboba Reward card.

Trip #2 The Broad Museum and Farmers Market, Wednesday March 13th, On Sale February 6th

Price: \$45.00 per person Leaving 9:30 A.M. Returning by 5:30 P.M.

The Broad is a contemporary Art Museum in Los Angeles. It is one of the world's leading collections of post war and contemporary art. It usually takes 1 1/2 hours to view all the exhibits, and we then will proceed to Farmers Market for lunch on your own. We should return around 5:30 P.M



Extended Trips

Majestic Sedona

May 5th - 8th - 4 days, 3 nights

Price: \$1,199.00 per person double ; \$1,499.00 single

Trip additionally includes Sedona A2, Oak Creek Serome Copper Mining Town, Red Rock Touring, and Blazing Rach (Bobbi Luna)

Yellow Stone & The Wild West

June 21st - 27th - 7 days, 6 nights

Price: \$3,649.00 per double occupancy

Includes the round trip home pick up with Round trip airfare with 9 meals. Stops at Yellow Stone National Park, Old Faithful Geyser, Snake river Float Trip, Jackson, and much more. (AFC)

Colorado Rockies & Roaring Trains






September 6th - 13th, 2024 (8 days, 7 nights)

Price: \$3,399.00 per person double ; \$3,999.00 single

Includes Albarguerque City Tour, Pike's Peak Cog, Railing Scenre Colorado AmTrack Ride, Air Force, and more. Includes 7 Breakfasts, 3 Dinners (Friendly Excursion)

Stop in the Travel Office - We have many brochures of great trips!



MONDAY	TUESDAY	WEDNESDAY
 <p>FEBRUARY 2023</p>	<p>NOCE - LEAP CLASSES Monday - Friday Come on down to the Center and take part in our LEAP classes!</p> <ul style="list-style-type: none"> • Fun & Fitness Health with Janine • Staying Mentally Sharp • Robin's Healthy with Kenny • Crocheting & Knitting • Health & Wellness with Eunice 	 <ul style="list-style-type: none"> ● Sponsored by the Senior Club ▲ Fee Based Classes + Free Seminars & Workshops
<p>8:00 Walking Group ● 5 9:00 NOCE - Fun and Fitness with Janine 9:00 Longevity Stick Balance ● 9:00 Needlecraft Service Group ● 9:00 OCTA - English Workshop + 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:00 Medicare Counseling - HICAP 12:30 Bingo ● 1:00 Caring Companions ●</p>	<p>7:30 Pickleball ▲ 6 9:00 Tai Chi Chuan ● 9:00 Hawaiian Dance Lessons ▲ 9:15 Beginning Tai Chi Chuan 9:00 NOCE-Staying Mentally Sharp 10:00 NOCE- Robin's Health & Exercise 10:30 Belly Dance Lesson 11:00 Sr. Lunch with Reservation 11:30 Korean Drumming ▲ 12:45 Loteria 6:00 Tuesday Evening Dance</p>	<p>8:00 Walking Group ● 7 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 9:00 Line Dance Alive 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 4:00 Karaoke! ●</p>
<p>8:00 Walking Group ● 12 9:00 NOCE - Fun and Fitness with Janine 9:00 Longevity Stick Balance 9:00 Needlecraft Service Group 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation ▲ 11:00 Table Tennis 12:30 Bingo ●</p>	<p>7:30 Pickleball-▲ 13 9:00 Tai Chi Chuan ● 9:15 Beginning Tai Chi Chuan ▲ 9:00 Hawaiian Dance Lessons 9:00 NOCE - Staying Mentally Sharp 10:00 NOCE - Robin's Health & Wellness 10:30 Belly Dance Lesson 11:00 Sr. Lunch with Reservation 11:30 Korean Drumming 6:00 Tuesday Evening Dance ▲</p>	<p>8:00 Walking Group ● 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 9:00 Line Dance Alive 10:00 How to Dispose of Medication Safely + 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 1:00 Cultural Excursions for Seniors 4:00 Birthday Karaoke with Optum</p> 
<p>19</p>  <p>Center Closed</p>	<p>20</p> <p>7:30 Pickleball ▲ 9:00 Tai Chi Chuan 9:15 Beginning Tai Chi Chuan 9:00 Hawaiian Dance Lessons ▲ 9:00 NOCE - Staying Mentally Sharp 9:00 NOCE - Robin's Health & Wellness 10:30 Belly Dance Lesson ▲ 11:00 Sr. Lunch with Reservation 11:30 Korean Drumming 12:45 Loteria 1:00 Alzheimer's Caregiver Support Group 6:00 Tuesday Evening Dance</p>	<p>21</p> <p>8:00 Walking Group ● 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 9:00 Line Dance Alive 10:00 Dispelling Myths about Dementia + 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 4:00 Karaoke!</p> <p>No Chair Yoga</p>
<p>Similar Schedule to February 12th 26 Include: 9:00 Departure Trip #1 Soboba Casino 2:00 Healthy Communications +</p>	<p>Similar Schedule to February 20th 27 Exclude: 12:45 Loteria 1:00 Alzheimer's Caregiver Support Group</p>	<p>Similar Schedule to February 21st 28 Exclude: 10:00 Dispelling Myths about Dementia +</p>

Hours of Operation

 Monday - Friday:
 7:30 A.M. to 8:00 P.M.

 Saturday:
 8:00 A.M. to 3:00 P.M.

SENIOR CLUB DESK HOURS:

 Monday - Thursday:
 9:00 A.M. to 1:00 P.M.

 Friday:
 9:00 A.M. to 12:00 P.M.

FITNESS ROOM HOURS:

 Monday - Friday:
 7:30 A.M. to 8:00 P.M.

 Saturday:
 8 A.M. to 3:00 P.M.

Fitness Room Senior Pass:

 \$5 monthly
 for Senior Club Members

BILLIARD ROOM
SENIOR PLAY HOURS:

(Guests 50 years of age or older)

 Monday through Friday,
 8:00 A.M. to 1:00 P.M.

 Open to the public,
 1:30 P.M. to 6:00 P.M.

TABLE TENNIS
MONDAYS & THURSDAYS

11:00 A.M.-3:00 P.M.


PICKLE BALL

TUESDAYS & FRIDAYS

7:30 A.M. - 11:30 A.M.

**\$3 RESIDENT/ \$4 NON-
RESIDENT DROP IN**

 All players welcome from beginning
 to advanced. Singles and doubles
 play available.

LOOKING FORWARD:
**Dispelling Common Myths
about Dementia**

Wednesday, February 21st

Save the Date - Spring Fling Social

Thursday, April 4th

It's Your Estate Series

May 2nd - June 6th

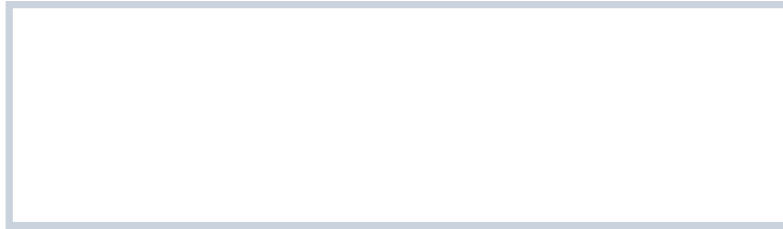
Thursday	Friday
9:00 NOCE- Crocheting & Knitting 1 9:00 NOCE-Staying Mentally Sharp 10:30 Korean Folk Singing 10:30 Grocery Distribution 11:00 Table Tennis 11:00 Sr. Lunch with Reservations 12:30 Creative Coloring 12:30 Tax Assistance Program - By Appointment 1:30 Korean Dance 4:00 Senior Ukulele Jam No Festive Fitness With Deena	7:30 Pickleball ▲ 2 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 11:00 Meals on Wheels Lunch 11:30 Health Enhancing Class ● 12:30 NOCE - Fit & Healthy with Kenny No Movie Today
9:00 NOCE- Crocheting & Knitting 8 9:00 NOCE-Staying Mentally Sharp 9:00 Community Legal Aid Appointments 10:30 Korean Folk Singing ▲ 10:30 Grocery Distribution 11:00 Table Tennis ▲ 11:00 Sr. Lunch with Reservations 12:30 Creative Coloring ● 12:30 Tax Assistance Program - By Appointment 1:30 Korean Dance ▲ 4:00 Senior Ukulele Jam ● No Festive Fitness With Deena	7:30 Pickleball ▲ 9 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 10:00 Korean Parkinson Support Group 11:00 Grief Support Group 11:00 Sr. Lunch with Reservation 11:30 Clasa de Educacion para la Salud 12:30 Friday Movie - "30 Going Onto 30" 12:30 NOCE - Fit & Healthy with Kenny
9:00 NOCE- Crocheting & Knitting 15 9:00 NOCE-Staying Mentally Sharp 10:30 Korean Folk Singing 10:30 Grocery Distribution ▲ 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:30 Creative Coloring ● 12:30 Tax Assistance Program - By Appointment 1:00 Senior Club Board Meeting ● 1:30 Korean Dance Thursday Trivia 4:00 Senior Drum Circle ▲ No Festive Fitness With Deena	7:30 Pickleball ▲ 16 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 11:00 Sr. Lunch with Reservation 12:30 NOCE- Fit & Healthy with Kenny 2:30 Crafternoon - Upcycled Fabric Flowers No Movie Today.
9:00 NOCE - Crocheting & Knitting 22 9:00 NOCE - Staying Mentally Sharp 10:30 Korean Folk Singing ▲ 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:30 Creative Coloring ● 12:30 Tax Assistance Program - By Appointment 1:30 Korean Dance ▲ 4:00 Senior Sing-a-Long No Festive Fitness With Deena	7:30 Pickleball ▲ 23 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 9:00 Bulletin Collation ● 11:00 Sr. Lunch with Reservation 11:00 Grief Support Group 12:30 Friday Movie - "The Perfect Date!" 12:30 NOCE - Fit & Healthy with Kenny 4:30 Crafternoon - Upcycled Fabric Flowers
<i>Similar Schedule to February 22nd</i> 29 Include: 12:00 Korean Doc Talk - Arthritis 4:00 Senior Drum Circle Exclude: 4:00 Senior Sing-a-long	Thursday Trivia! - February 8th Join us for the month of February for a fun themed trivia and to celebrate important holidays! Presented by Optum

SENIOR CITIZENS CLUB FULLERTON
340 West Commonwealth Avenue
Fullerton, CA 92832

PRESORTED STANDARD
U.S. POSTAGE
PAID
FULLERTON, CA
PERMIT # 284

**RENEW YOUR SENIOR
CLUB MEMBERSHIP FOR
2024**

**PLEASE CHECK YOUR
MAILING LABEL:
IF MAILING SHOWS
"2023 YOUR ARE STILL
DUE FOR MEMBERSHIP
RENEWAL FOR 2024"**



OR CURRENT RESIDENT

TIME - SENSITIVE MATERIAL

February 2024



Page 8

ASSISTANCE DIRECTORY

211 Orange County - Dial 211 (toll free)	or (888) 600-4357	Office on Aging Information & Assistance	(800) 510-2020
Adult Protective Services	(800) 451-5155		(Local Number) 480-6450
Aging & Disability Resource Connection	(800) 510-2020	One Stop - SCSEP (Employment)	241-4900
Department of Insurance Hotline	(800) 927-4357	Family Caregiver Resource Center	446-5996
Eldercare Locator	(800) 677-1116	OCHCA - SHOPP Program Nurse Visit Services	834-7759
Fullerton City Hall	738-6300	OCTA Access (Transportation)	(877) 628-2232
Fullerton Main Library	738-6333	RSVP/Retired Senior Volunteer Program	953-5757
Fullerton Senior Citizens Club Membership Desk	738-6353	Meals on Wheels Case Management	823-3294
Fullerton Community Center	738-6305	Meals on Wheels Dining Program	738-6368
HICAP - Medicare Assistance	560-0424	Social Security	(800) 772-1213
Community Legal Aid/Legal Aid Society	571-5245	Travel Office	738-5306
Long-Term Care Ombudsman Services	479-0107	Veterans Service Office	480-6555
Meals on Wheels	220-0224	CTAP - CA Telephone Access Program	(800) 806-1191

Community Center Supervisor:

Miriam Duarte

Phone: (714) 738-6575

FAX: (714) 738-6335

Email: fullertonseniorclub@gmail.com

Website: www.cityoffullerton.com

The Fullerton Senior News is a monthly publication of the Fullerton Community Center. It is prepared and edited by the City of Fullerton's Parks and Recreation Department and printed, assembled and mailed by the Fullerton Senior Citizens Club.

The Information Deadline is the 5th of the month.

"This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors." Programs are offered at no cost, though donations are gratefully accepted.