



SOCIAL SERVICES DEPARTMENT
SCHEDULE OF EVENTS

AUTUMN
2016



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Important Phone Numbers

Norwalk Social Services Center.....	929-5544
11929 Alondra Boulevard	
Norwalk Senior Center.....	929-5580
14040 San Antonio Drive	
Norwalk Child Development Program.....	462-1713
11929 Alondra Boulevard	

Social Services Staff

Veronica Garcia	
Director of Social Services.....	929-5544
Sandra Benavides	
Social Services Manager.....	929-5580
Gabriela Regalado	
Child Care Program Manager.....	462-1713
George Buchanan	
Recreation Coordinator.....	929-5677
Mike Stifel	
Senior Services Coordinator.....	929-5579
Gloria Mendoza	
Children's Dental Clerk.....	929-5546

Dispute Resolution Program.....	929-5603
(A.A.R.P.).....	(800) 424-3410
ACCESS Services (Paratransit).....	(800) 827-0829
Alzheimer's Association.....	(800) 660-1993
Child Abuse Hotline.....	(800) 540-4000
Community Legal Services.....	(800) 834-5001
Dial-A-Ride (Customer Service).....	929-5550
Dial-A-Ride Reservations.....	929-7512
Elder Abuse Hotline.....	(877) 477-3646
Family Caregiver Supporter Program.....	(800) 510-2020
Home Delivered Meals	
(Oldtimers Foundation).....	(323) 582-6090 ext. 223
Info Line (LA County).....	(800) 339-6993 or 211
In-Home Supportive Services.....	(888) 944-4477
Long-Term Care Ombudsman.....	(800) 334-9473
Medi-Cal, EBT (Food Stamps).....	(866) 613-3777
Medicare.....	(800) 633-4227
Retired Senior Volunteer Program.....	907-6545
Social Security.....	(800) 772-1213

Norwalk City Council

Mayor **Mike Mendez**

Vice Mayor **Cheri Kelley**

Councilmember **Leonard Shryock**

Councilmember **Luigi Vernola**



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

www.norwalk.org

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. - 7:00 p.m.

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

In keeping with the City of Norwalk holiday schedule, the Senior Center will be closed on Monday, September 5, in observance of Labor Day, Friday, November 11 in observance of Veteran's Day, and Thursday, November 24 and Friday, November 25, in observance of the Thanksgiving Holiday. For information regarding programs or services, please call 929-5580.

Awesome Autumn 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 Norwalk City Hall, 12700 Norwalk Blvd. For current trip information, please call 929-5580.

Avocado Festival

Saturday, October 8

Depart: 8:30 a.m.

Return: 5:30 p.m.

Cost: \$15

Location: Carpinteria, CA

Lunch not included

Walking required: High



Celebrating its 30th year, the California Avocado Festival is devoted to good eating and family fun. Throughout the day, the festival offers music and live entertainment stages for your enjoyment. Come and see the largest avocado contest, best guacamole recipe contest, and over 100 arts and crafts, and food vendors, make sure you bring your appetite!

*Norwalk *resident registration will be taken Wednesday, September 7, 2016 at 9:00 a.m. Open registration begins Wednesday, September 14, 2016. Numbers will be distributed at 8:00 a.m. (One number per person).*

**Photo identification with proof of residency required*



Aquarium of the Pacific

Wednesday, November 9

Depart: 9:00 a.m.

Return: 5:00 p.m.

Cost: \$20

Location: Long Beach, CA

Walking required: High

Lunch not included



Join us as we visit the Aquarium of the Pacific, the fourth most-attended aquarium in the nation, each year more than 1.6 million people visit the Aquarium. Home to more than 11,000 ocean animals, representing nearly 500 species, the Aquarium celebrates the planet's largest and most diverse body of water: the Pacific Ocean. After visiting the aquarium, you will have time to have lunch, on your own, at one of several local restaurants.

*Norwalk *resident registration will be taken Tuesday, October 11, 2016 at 9:00 a.m. Open registration begins Tuesday, October 18, 2016. Numbers will be distributed at 8:00 a.m. (One number per person).*

**Photo identification with proof of residency required.*



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Special Activities

Grandparents Day Celebration

It's time we show our appreciation and celebrate everything grandparents do! So come and enjoy an afternoon of music and dancing just for you! Ice cream sundaes will be served.

September 17 Saturday, 1:00 – 3:30p.m.

Cost: \$3.00

Fall Fashion Tea Party

Join us for an afternoon of tea, assorted pastries, finger sandwiches and socialize with friends, new and old. Personal teacups are welcome, but will also be provided. Seating is limited.

October 4

Tuesday, 4:00-6:00 p.m.

Cost: \$3 per person

Harvest Moon Dance

The leaves are crisp; there is a chill in the air. You are invited to a dance beyond compare! Come enjoy an afternoon of music and dancing with family and friends. We will even have a slice of pumpkin pie for you! Bring *non-perishable canned goods for free admission into the dance. Food donated will support the Norwalk Emergency Food Cupboard.

**Please call the Senior Center for a list of acceptable food items*

Wednesday, November 16 • 1:30 – 3:30 p.m.

Cost: Free with *canned goods



Holiday Dance

Set your sights on holiday lights and cheer around the tree! Join us for an evening of fun, laughter, and fill yourself with glee! Join us at the Senior Center for an elegant evening as we celebrate the holidays. The evening will commence with your choice of a Prime Rib (Queen Cut) or Roast Turkey dinner, catered by Chris' & Pitt's, followed by a traditional apple cider toast to the holidays! The Sangria Band will entertain you as you dance the night away! (formal attire recommended)

*Norwalk *resident registration will be taken Tuesday, November 1, 2016 at 9:00 a.m. Open registration begins Tuesday, November 8, 2016.*

December 13 Tuesday, 5:00 – 9:00p.m.

Cost: \$22

AARP Smart Driver Renewal Course

September 13 Tuesday, 1:00 – 5:00 p.m.

Cost: \$15 for AARP Members & \$20 for Non-members

Payable to AARP by check or money order only

Register for the Refresher Course! This course is a four hour class that condenses eight hours of information into four hours. The Refresher Course is only for those who have previously taken the eight (8) hour class.

AARP Smart Driver Safety Course 2 Part Class

Tuesday, October 18 & Wednesday, October 19, 1:00 – 5:00 p.m.

Cost: \$15 for AARP Members & \$20 for Non-members

Payable to AARP by check or money order only
Upon completion, you may be eligible for a discount through your automobile insurance company.

Candlelight Dinners

Stop by and enjoy a hot and hearty meal. Share an evening of warmth with friends and family. Doors open at 5:15 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 13

Tuesday, 5:45 – 6:30 p.m.

Theme: Destination Unknown

Menu: Pot Roast, Vegetables, Mashed Potatoes, Salad, Dinner Roll & Butter, Dessert, Beverage & Coffee.

Cost: \$6.50 per person before Saturday, September 10, \$8 per person, after.

October 11

Tuesday, 5:45 – 6:30 p.m.

Theme: Fall Fiesta

Menu: Chicken Fajitas, Spanish Rice, Refried Beans, Tortillas, Albóndiga Soup, Dessert, Beverage & Coffee.

Cost: \$6.50 per person before Saturday, October 8, \$8 per person, after.

Ongoing Activities

FREE Ping Pong!

Come play ping pong with us! It is free to play so bring your friends for a great workout while having fun playing ping pong at the Senior Center! Participants play at their own risk.

Ping Pong Table Schedule:

Tuesday	8:30 – 11:30 a.m.
Wednesday	2:00 – 6:30 p.m.
Thursday	8:30 – 11:30 a.m.
Saturday	9:00 a.m. – 4:30 p.m.



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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! Now twice a month!

Saturdays

September 10, October 8, November 12 & December 10 • 1:00 – 4:00 p.m.

Wednesdays

September 28, October 26, November 23 & December 28 • 2:00 – 6:00 p.m.

Cost: Free

Meal Program for Seniors

Adults aged 60 and over are welcome to come enjoy a hot, delicious and healthy meal.

Monday - Friday at 11:30 a.m.

**Suggested Donation: 60 and older \$2.25
Under 60, \$4.25**

Menu available on our website.

Call 929-5544 or visit www.norwalk.org for more information.

Bingo!

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

Monday & 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 5 in observance of Labor Day, Friday, November 11 in observance of Veteran's Day, and Friday, November 25 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 any physical activity. Contact us today to schedule your orientation appointment.

Monday 9:00 a.m. – 12:45 p.m.
2:30 – 6:30 p.m.

Tuesday 8:00 a.m. – 6:30 p.m.

Wednesday 9:00 a.m. – 6:30 p.m.

Thursday 8:00 a.m. – 6:30 p.m.

Friday 9:00 a.m. – 12:15 p.m.
3:45 – 6:30 p.m.

Saturday 8:00 a.m. – 4:30 p.m.

Computer Lab Hours

The Senior Center has a 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 - Friday
8:00 a.m. - 6:30 p.m.

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



Billiards Room

Monday - Friday 8:00 a.m. - 6:30 p.m.

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

Cost: Free



Pool Tournaments

Points will be awarded to Players who place 1st - 3rd. Players with the most points, at the end of the year, will be invited to our Year-End Shootout.

Level A (Advanced players only).

Every second Wednesday of the month
12:30 p.m.

Cost: Free

Level B (Novice players only)

Every third Wednesday of the month
12:30 p.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.

Cost: Free

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Movie Madness

Join us for a FREE movie and popcorn! Newly released movies are featured 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 4:30 p.m.

Cost: Free

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

Saturday Movie Matinee

Every third Saturday of the month

11:00 a.m. & 2:00 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 of making a difference in your own life as well as in the lives 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.

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 clients 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 (562) 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 Oldtimers Foundation at (323) 582-6090 ext 223.

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 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.

VISIT THE OFFICIAL CITY WEBSITE
NORWALK.ORG

NORWALK SENIOR CENTER

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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 the Telecare Corporation. Newcomers welcome.

Every Friday 10:00 – 11:00 a.m.

Cost: Free

CAL Fresh Assistance

Do you have questions about Food Stamps? A representative from the Los Angeles Regional Food Bank will be here to provide you with program information and application completion!

**Second Wednesday each month
9:30 a.m. – 12:30 p.m.**

Cost: Free

Senior Home Repair Assistance Program

The City of Norwalk Community Development Department will provide information about the Home Repair Program and to assist with the filling out of the application. No appointment is necessary.

Wednesday, October 26 10:00 a.m.

Cost: Free

Health Services

The Norwalk Senior Center offers the following ongoing health services:

Blood Pressure Screenings

Mondays & Wednesdays • 9:30 a.m.

September 12, 20

October 10, 18

November 14, 15, 22

December 12, 20

Cost: Free

(Sponsored by Apple Care & Pioneer Medical Group)

Dental Screening

September 30 • Friday, 10:00 a.m.

October 28

December 30

Cost: Free

(Sponsored by Northeast Dental)

Seminars / Screenings

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

Neighborhood Watch

September 14-Phone & Internet Scams

Wednesday, 10:00 a.m.

November 9-Identity Theft

Cost: Free

(Sponsored by Norwalk Public Safety)

Pharmacy Brown Bag Event

Thursday, September 22 • 9:30 a.m.

Cost: Free

(Sponsored by Apple Care Medical Group)

Medicare 101

Thursday, November 17 • 10:00 a.m.

Cost: Free

(Sponsored by Apple Care Medical Group)

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 the second and fourth Thursday of every month 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 Course Schedule

Session 5

August 22 – October 8

(Classes will not meet on Monday, September 5, in observance of Labor Day)

Session 5 Registration: Now being taken.

Session 6

October 17 – December 3

(Classes will not meet on Friday, November 11 in observance of Veteran's Day, and Thursday, November 24 and Friday, November 25, 2015 in observance of the Thanksgiving Holiday.)

Session 6 Registration: Wednesday, October 5, 2016 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.

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Fitness & Exercise

City Walkers

Did you know that taking 10,000 steps a day is recommended for good health? So, why not take a walk with us. 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 5

August 22 – October 7

(Class will not meet on Monday, September 5, 2016 in observance of Labor Day)

Session 6

October 17 – December 3

(Class will not meet on Friday, November 11, 2016 in observance of Veteran's Day and Friday, November 25 in observance of the Thanksgiving holiday)

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

Cost: Free/7 weeks *(registration is required)*

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

Mondays, August 15 – December 12

1:00 – 2:30 p.m.

Cost: Free/ 18 weeks

Instructor: Layne

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

(Sponsored by Cerritos College)

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.

Session 5

Fridays

August 26-October 7 • 12:15 – 1:15 p.m.

Session 6

Fridays

October 21-December 16 • 12:15 – 1:15 p.m.

Cost: \$24/8 weeks

Instructor: Baughman

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.

Session 5

Fridays, August 26-October 7 • 1:45-3:45 p.m.

Session 6

Fridays, October 21-December 16 • 1:45-3:45 p.m.

Cost: \$48 /8 weeks

Instructor: Baughman

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

Mondays & Wednesdays

August 15 – December 14

9:15 - 10:15 a.m.

Cost: Free/ 18 weeks

Instructor: Jackson

(Sponsored by Cerritos College)

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 5

August 27 – October 8

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

Easy Session 6

October 22 – December 3

Cost: \$6/7 weeks Norwalk Resident
\$12/7 weeks Non-Resident

Instructor: Roe

Intermediate* Session 5

Saturdays, August 27 – October 8

10:00 - 10:50 a.m.

Intermediate* Session 6

October 22 – December 3

Cost: \$6 /7 weeks Norwalk Resident
\$12 /7 weeks Non-Resident

Instructor: Roe

Decorative Arts

Arts & Crafts

Come on Mondays and show us your creativity! New crafts made each week! This class is great for everyone, so come join the fun!

Session 5

Mondays, August 22 – October 10

10:00 - 11:00 a.m.

(Class will not meet on Monday, September 5, 2016 in observance of Labor Day)

Session 6: October 17 – November 28, 2016

Cost: \$2 materials fee

Instructor: Staff

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Fine Arts

Come join us for art classes and unleash your inner artist! Each week we will explore a new art topic, medium, movement, or artist to guide you into a creative learning process.

Session 6

Wednesdays, October 19 – November 30

12:30 – 2:30 p.m.

Cost: \$2 materials fee

Instructor: Cynthia Lujan

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.

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

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 5

Wednesdays, August 24 – October 4

9:00 - 11:00 a.m.

Session 6

Wednesdays, October 19 – November 30

Cost: \$6/7 weeks Norwalk Resident

\$12/7 weeks Non-Resident

Instructor: Gonzales/Canales

Swedish Weaving Social

Come to our Swedish Weaving Social to share your 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 beautiful form of weaving dates back hundreds of years and adds special warmth to any home décor. This group meets continually throughout the year. Participants must provide their own equipment and materials

Monday, 1:00 - 4:00 p.m.

Cost: Free

Instructor: Volunteers

Lap Robe Making

Would you like to give back to the community? Then come join a dedicated group, of volunteers, that meets every Tuesday to make lap robe quilts. Every year these lap robes are donated to six local convalescent homes in and around Norwalk, as well as the Veteran's Hospital in Long Beach. Adults' age 50 and older that are interested in volunteering to make Lap Robes may drop by the Norwalk Senior Center on Tuesdays.

Tuesday, 9:00 - 11:30 a.m.

Cost: Free

Quilting Social

Do you sew? Do you like making quilts? Then come down to our Quilting Social! Participants share ideas, timesaving tips, and discuss color theory, traditional and new patterns. Make new friends and work on individual projects. This group meets continually throughout the year. Participants must provide their own equipment and materials.

Tuesday, 12:30 - 4:30 p.m.

Cost: Free

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

Fridays, August 19 – December 16

9:00 – 11:00 a.m.

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 Session

Thursdays, August 18 – December 15

2:00 – 4:00 p.m.

Cost: Free/ 18 weeks

Instructor: Mansell

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

(Sponsored by Cerritos College)



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 is 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 those ages 5 to 21. 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**.

Computer Lab

The use of computers is available for those wanting to access the internet, seek employment, complete school work or to improve their computer skills. The Computer Lab is open Monday through Thursday, 2:00 p.m. to 5:00 p.m.

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 - Lista 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 11:30 a.m. to 1:30 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 first and third 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 \$2.25; Under 60 yrs. \$4.25. Call **929-5544** for more information.

Self-Help Support Groups

Self-Help Support Group - 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, Wednesday and Friday, 8:00 p.m. to 9:30 p.m. Spanish only.

Al-Anon - Al-Ano'n

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

Compulsive Eaters Anonymous (CEA- H.O.W.) - Comedores Compulsivos

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

Neurotics Anonymous - Neuróticos Anónimos

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

Su Casa – Ending Domestic Violence
Individual counseling sessions held every Tuesday and Wednesday from 5:30 p.m. to 8:30 p.m. Call **(562) 402-4888** for an appointment.