

SPRING **2017**



SOCIAL SERVICES DEPARTMENT **SCHEDULE OF EVENTS**

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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.....	929-5544
Janine Andrade	
Senior Center Manager.....	929-5580
Gloria Mendoza	
Children's Dental Clerk.....	929-5546
George Buchanan	
Recreation Coordinator.....	929-5677
Gabriela Regalado	
Child Care Program Manager.....	462-1713
Mike Stifel	
Senior Services Coordinator.....	929-5579

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
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, May 29, 2017 for Memorial 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 Norwalk City Hall, 12700 Norwalk Blvd. For current trip information, please call 929-5580.

The Tales of Hoffmann Opera

Date: Thursday, March 30

Depart: 5:30 p.m.

Return: 11:00 p.m.

Cost: \$15

Dinner not provided

Location: Los Angeles, CA

Walking required: HIGH

Join us for an evening of Culture as we attend "The Tales of Hoffmann" Opera. Urged on by his drinking buddies, Hoffmann recounts the stories of the fascinating women who captured his heart—wind-up doll Olympia, conniving Giulietta, fragile Antonia and elusive Stella. Hoffmann's doomed pursuit of romance, foiled by sinister figures of darkness at every turn, ultimately lead him to a poet's artistic salvation.



Renaissance Pleasure Faire

Date: Saturday, April 22

Depart: 10:00 a.m.

Return: 5:00 p.m.

Cost: \$15

Lunch not provided

Location: Irwindale, CA

Walking required: HIGH

Come with us and travel back in time. The Renaissance Pleasure Faire, where fantasy rules and whimsical delights take flight, where worlds co-exist and dreams come to life! With 13 stages of entertainment and over 125 high caliber artisans in the village marketplace, the Renaissance Pleasure Faire is sure to appeal to everyone. Nowhere else can you find the combinations of artists who will demonstrate their skill at blowing glass or forging iron, create a perfectly authentic article of renaissance clothing, or fashion a one of a kind piece out of exotic leathers.



Norwalk *resident registration will be taken Tuesday, March 14, 2017 at 9:00 a.m. Open registration begins Tuesday, March 21, 2017. Numbers will be distributed at 8:00 a.m. (One number per person).

***Photo identification with proof of residency required.**

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TOURS (CON'T)

OC Greek Food Festival

Date: Saturday, May 20
Depart: 9:00 a.m.
Return: Approx 6:00 p.m.
Cost: \$15 per person
Lunch not included
Location: Anaheim, CA
Walking required: HIGH



Join us as we enjoy an afternoon of everything Greek. The OC Greek Food Festival celebrates the best of Greek food, music, dancing and culture. Experience authentic Greek foods and homemade Greek pastries; traditional Greek dancing and Greek music. Opal!

Norwalk *resident registration begins Tuesday, April 11, 2017 at 9:00 a.m. Open registration begins Tuesday, April 18, 2017. Numbers will be distributed at 8:00 a.m. (One number per person).

***Photo identification with proof of residency require**

South Coast Botanic Gardens

Date: Tuesday, June 20
Depart: 9:00 a.m.
Return: 4:00 p.m.
Cost: \$15 (Lunch not included)
Location: Palos Verde, CA
Walking required: HIGH



South Coast Botanic Garden is one of the world's first botanical gardens to be developed over a sanitary landfill. The Garden is a masterpiece of creative land reclamation and environment improvement for all to share. It is a living testimonial to the fact that land reclamation not only offers a practical solution to refuse disposal problems, but also beautifies and improves land values at the same time. The Garden has become a beautiful and restorative urban oasis among the hustle and bustle of a major mega-metropolitan area.

Norwalk *resident registration will be taken Tuesday, May 2, 2017 at 9:00 a.m. Open registration begins Tuesday, May 9, 2017. Numbers will be distributed at 8:00 a.m. (One number per person).

***Photo identification with proof of residency required.**

SPECIAL ACTIVITIES

Grub Trivia Night

Do you enjoy Trivia? Join us for an evening of fun, food and laughter. Gather two friends and work as a team to answer trivia questions. If you don't have enough to make a team, we will make one for you. The winning team will get a special prize! The night will include two slices of pizza, and a soft drink, to give you the energy to power your big brains!

Open registration begins Wednesday, March 22, 2017.

April 19 Wednesday, 6:00 – 8:00 p.m.

Cost: \$3

AARP Smart Driver Safety Course 2-Part Class

Upon completion, you may be eligible for a discount through your automobile insurance company.

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

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

Payable to AARP by check or money order only

AARP Smart Driver Renewal Course

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.

May 16

Tuesday, 1:00 – 5:00 p.m.

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

Payable to AARP by check or money order only



Memorial Day BBQ

It's the official start of summer and we are ready to cook! Join us for an afternoon of great food, great music and a lot of fun.

Norwalk *resident registration will be taken Monday, April 17 at 9:00 a.m. Open registration begins Monday, April 24.

May 27

Saturday, 12:30 – 3:30 p.m.

Cost: \$5

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FREE Electronics Workshop

Did you get a new high tech device and are having trouble working it? Then come down to our electronics workshop. Staff and volunteers will work "one on one" to show you the basic skills necessary for operating your electronic devices such as cell phones, iPods, iPads, tablets, digital cameras or MP3 Players (just to name a few). Make sure to bring your device and any manual that comes with the device.

June, 17 Saturday, 1:30 – 3:30 p.m.

Cost: Free

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.

April 11 - Disco Fever Tuesday, 5:45 – 6:30 p.m.

Cost: Early bird: \$6 per person. Tickets purchased after Saturday, April 8 are \$7.50 per person.

May 9 - Tour of Italy Tuesday, 5:45 – 6:30 p.m.

Cost: Early bird: \$6 per person. Tickets purchased after Saturday, May 6 are \$7.50 per person.

June 13 - Take Me Out to the Ball Game

Tuesday, 5:45 – 6:30 p.m.

Cost: Early bird: \$6 per person. Tickets purchased after Saturday, June 10 are \$7.50 per person.

Green Tea Week



A Celebration of Longevity

Join us for a week of exploration of health, wellness, and social interaction that are designed to expose participants to a variety of choices and options to improve their quality of life through the years and influence an interest in a healthier way of life. Call 929-5580 for more information.

June 19 - 24

Monday – Saturday Time: TBD

Cost: Free

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.



Karaoke Cabaret

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!

April 8, May 13, June 10, & July 8

Saturday, 1:00 – 4:00 p.m.

April 26, May 24, June 28, & July 26

Wednesday, 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, Fee: \$4.25

Menu available on our website.

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

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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)

\$2.00 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, May 29 in observance of Memorial Day.

Fitness Room

Come in and enjoy the Senior Center's Fitness Room Monday through Saturday (open various times of the day). 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. Schedule your orientation appointment.

Monday 9:00 a.m. – 12:45 p.m.

3:00 – 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, Wednesday - Friday 8:00 a.m. - 6:30 p.m.

Tuesday 8:00 a.m. - 1:45 p.m.

4:15 p.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

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

Level B (Novice players only)

Every third 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.

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

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 & 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. and 2:00 p.m.

Cost: Free



VISIT THE OFFICIAL CITY WEBSITE
NORWALK.ORG

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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

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 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

This medical information packet is designed to provide emergency personnel with necessary medical data to begin immediate treatment. This file is available to those 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 **(562) 929-5533**. Applications are also available at the Norwalk Senior Center and the Social Services Center.

Nutrition Van Service

Norwalk Transit System (NTS) provides Dial-A-Ride service to the Norwalk Senior Center Nutrition Program. If you are a Norwalk Dial-A-Ride patron and wish to have lunch weekdays, Monday through Friday at the Senior Center, you may enroll in the Nutrition Van Service, and you will not have to make appointments for your daily ride. You will need to call Norwalk Transit only if you do not want to be picked up for lunch. Use of this service does not guarantee a meal. **For more information on NTS Dial-A-Ride services, please call Transit Customer Service at 929-5550.**

CAL Fresh Assistance

Do you have questions about Food Stamps? A representative from the Los Angeles Regional Food Bank will be present to provide program information and application completion! **Second Monday each month 9:00 a.m. – 12:00 p.m.**

Cost: Free

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Health Insurance Counseling & Advocacy Program (HICAP)

Do you have questions about Medicare or related Health Insurance issues? Visit our HICAP Representative. Health Insurance Counseling and Advocacy Program (HICAP) provides free community education, counseling and advocacy on Medicare and related health insurance issues for patrons age 50 & older. **Appointments are required**, please call (562) 929-5580. *Sponsored by the Center for Healthcare Rights.* **First & Third Wednesday monthly 10:00 a.m. – 12:00 p.m.**

Cost: Free

In-Home Supportive Services (IHSS)

Do you have questions about IHSS? Then come visit the IHSS Support Desk representative the first Friday of the month to find out how you can receive care in your home. In-Home Supportive Services (IHSS) Program helps pay for services provided to Medi-Cal recipients who are 65 years of age or older, or legally blind, or disabled adults and children, so they can remain safely in their home.

Sponsored by Personal Assistance Service Council of Los Angeles (PASCLA)

First Friday of every month 9:30 - 11:30 a.m.

Cost: Free

Senior Home Repair Assistance Program

Staff from the Norwalk Community Development Department will be at the Norwalk Senior Center to provide information about the Home Repair Program and to assist with the filling out of the application. No appointment is necessary.

Wednesday, April 26 10:00 a.m.

Cost: Free

HEALTH SERVICES

The Norwalk Senior Center offers the following ongoing health services:

Blood Pressure Screenings

March 21 Tuesdays, 9:30 a.m.

April 20

May 18

June 22

Cost: Free

(Sponsored by Pioneer Medical Group)

SEMINARS / SCREENINGS

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

Dental Screening

March 31, April 28, May 26, June 30 Friday, 10:00 a.m.

Cost: Free

(Sponsored by Northeast Dental)

Stress Management

April 13 Thursday, 10:00 a.m.

Cost: Free

(Sponsored by AppleCare Medical Group)

Chair Massage

June 22 Thursday, 9:30 a.m.

Cost: Free

(Sponsored by AppleCare Medical Group)

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 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.



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Senior Center Course Schedule

Session 2 February 27 – April 15
Session 2 Registration: Now being taken
Session 3 April 24 – June 10
(Classes will not meet on Monday, May 29, in observance of Memorial Day)
Session 3 Registration: Wednesday, April 12 at 9:00 a.m.
Photo identification with proof of residency required for Norwalk residents. Numbers will be distributed, one per person, from the north side entrance of the Senior Center beginning at 8:00 a.m.

FITNESS & EXERCISE

City Walkers

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

Session 2: February 27 – April 14
Session 3: April 24 – June 9
(Class will not meet on Monday, May 29 in observance of Memorial Day)
Monday, Wednesday and 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.

Spring Session
January 9 – May 15 Monday, 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)*



Balance & Mobility Class

Ask yourself, can I stand up from a chair without help from another person? Am I able to walk one city block without assistance from another person? If you answered no to these two questions, then come join our Balance and Mobility class. This class will focus on fall prevention by improving posture, walking ability, and strategies to help improve recovery from balance loss.

Spring Session
January 9 – May 15 Monday, 2:00 – 3:00 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 2: March 3 – April 14 Friday, 12:15 – 1:15 p.m.
Session 3: April 28 – June 9 Friday, 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 2: March 3 – April 14 Friday, 1:45-3:45 p.m.
Session 3: April 28 – June 9
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.

Spring Session
January 9 – May 17
Mondays & Wednesdays, 9:00 - 10:00 a.m.
(Sponsored by Cerritos College)
Cost: Free/ 18 weeks
Instructor: Jackson

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Yoga Stretch II*

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.

Spring Session

January 9 – May 17 Mondays & Wednesdays, 10:15 - 11:15 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 2: March 4 – April 15 Saturday, 9:00 - 9:50 a.m.

Session 3: April 29 – June 10

Cost: \$6/7 weeks Norwalk Resident

\$12/7 weeks Non-Resident

Instructor: Roe

Intermediate*

Session 2: March 4 – April 15 Saturdays, 10:00 - 10:50 a.m.

Session 3: April 29 – June 10

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 2: February 27 – April 10 Mondays, 10:00 - 11:00 a.m.

Session 3: April 24 – June 5

(Class will not meet on Monday, May 29 in observance of Memorial Day)

Cost: \$2 materials fee

Instructor: Staff

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 2: March 1 – April 12

Session 3: April 26 – June 7 Wednesdays, 12:30 – 2:30 p.m.

Cost: \$2 materials fee

Instructor: 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.

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

Friday

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

Cost: Free

Instructor: Jones (Volunteer)

Crochet

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

Session 2: March 1 – April 12

Session 3: April 26 – June 7 Wednesday, 9:00 - 11:00 a.m.

Cost: \$5.50/7 weeks Norwalk Resident

\$11/7 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

(Class will not meet on Monday, May 29 in observance of Memorial Day)

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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.

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

Creative Writing*

Do you have a story to tell? Would you like a little help in finding the words? Then join us for our Creative Writing Class. Come and write good stories, by learning writing theory, techniques and styles, ideas and prompts, and guided writing exercises.

Spring Session

January 10 – May 15 Tuesday, 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)*

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 12 – May 17 Thursday, 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)*

Topic of Choice*

Have you ever wondered about current events like Global Warming, or historical events like The Trail of Tears? Then we have the class for you! Our special topics class will feature a new topic each week and some guest speakers. You will hear facts about the topics and you will have a chance to discuss after.

Spring Session

January 13 – May 19 Thursday, 3:00 – 5:00 p.m.

Cost: Free/ 18 weeks

Instructor: Dr. Levy

**New students may register at anytime with instructor's approval.
(Sponsored by Cerritos College)*

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 13 – May 19 Friday, 9:00 – 11:00 a.m.

Cost: Free/ 18 weeks

Instructor: Dr. Levy

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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.

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.

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.

Learn English - Aprenda Ingles

Instruction in English (ESL) with literacy training in reading, writing, and language. Every Friday from 10:30 a.m. to 12:00 p.m. Provided by Lutheran Social Services free of charge.

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.

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 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 Thursday, 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 & Thursday, 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 9:20 p.m., Spanish only