

SUMMER 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 Prog.....(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 Luigi Vernola
Vice Mayor Leonard Shryock
Councilmember Tony Ayala
Councilmember Jennifer Perez
Councilmember Margarita Rios



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

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 Tuesday, July 4, 2017 for Independence Day and Monday, September 4, 2017 for Labor 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**.

Laughlin Riverside Casino Luau

Date: Wednesday – Friday, July 5-7

Depart: 8:00 a.m., Wednesday, July 5

Return: 6:00 p.m., Friday, July 7

Cost: \$120 Per Couple/ \$145 Per Single

Location: Laughlin, Nevada

Walking required: High

Four meals included

You're invited to the annual Laughlin Summer Luau at the Riverside Casino and Resort! Clinging to the banks of the Colorado River, Laughlin, Nevada is an oasis of neon lights and excitement. Spend three fun-filled days and two nights at the Riverside Casino where you can enjoy a variety of restaurants, entertainment, and a full action casino. Price includes admission to the Luau party in the Starview Room with live entertainment and Luau buffet. Norwalk *resident registration will be taken Thursday, June 1, 2017 at 9:00 a.m. Open registration begins Thursday, June 8, 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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Special Activities

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 - 23 **Monday – Friday, Time: TBD**
Cost: Free

Paint Palate

Take a break away from your typical night and release your stress with a brush stroke. Come alone, bring a family member or a friend and reconnect face to face, as you enjoy an evening of painting. Our instructor will have a predetermined painting that all levels of painters can follow. Come unleash your inner Picasso, Van Gogh, Warhol, or Kahlo. You don't have to be artistic to be creative! Lite refreshments and snacks will be served during the event.

June 21 **Wednesday, 6:00 – 8:30 p.m.**
Cost: \$10

America the Beautiful Dance & Barbeque

Uncle Sam wants you to have fun as we celebrate "Independence Day!" Come and enjoy an afternoon of good music and tasty food. You will even have a chance to win prizes. For your meal, you will have a choice of either a hamburger, or cheeseburger, with all the fixings, potato salad, chili beans, ice cream cup and a drink.

July 6 **Thursday, 5:00 – 9:00 p.m.**
Cost: \$6 for dinner plate

*Norwalk *resident registration will be taken Monday, June 5, 2017 at 9:00 a.m. Open registration begins Monday, June 12, 2017. The Band is sponsored in part by the LA County Arts Commission*

Summer Fiesta & Free Concert

Come and celebrate "The Summer of Love" with us and enjoy an afternoon of food, fun, and games! Food will be available for a fee and meal tickets must be purchased in advanced. Entertainment is free to those age 50 and older!

*Norwalk *resident registration will be taken Monday, July 10, 2017 at 9:00 a.m. Open registration begins Monday, July 17, 2017.*

August 19 **Saturday, 12:00 – 4:00p.m.**
Cost: \$6 for Lunch

AARP Smart Driver Safety Course 2 Part Class

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

July 25 & July 26
Tuesday & Wednesday **12:30 – 5:00 p.m.**

Cost: \$15 for AARP Members & \$20 for Non-members
Payable to AARP by check or money order only

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.

July 11 - Stars & Stripes
Tuesday, 5:45 – 6:30 p.m.
Cost: Early bird: \$6.50 per person. Tickets purchased after Saturday, July 8 are \$8 per person.

August 8 - Keeping it Cool
Tuesday, 5:45 – 6:30 p.m.
Cost: Early bird: \$6.50 per person. Tickets purchased after Saturday, August 5 are \$8 per person.

September 12 - Fiesta Americana
Tuesday, 5:45 – 6:30 p.m.
Cost: Early bird: \$6.50 per person. Tickets purchased after Saturday, September 9 are \$8 per person.

October 10 - Autumn Evening
Tuesday, 5:45 – 6:30 p.m.
Cost: Early bird \$6.50 per person. Tickets purchased after Saturday, October 7 are \$8 per person.

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

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Karaoke Cabaret

Enjoy an afternoon of singing. 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!

June 10, July 8, August 12 and September 9

Saturday, 1:00 – 4:00 p.m.

June 21, July 26, August 23 and September 27

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 **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 <http://www.norwalkca.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)

\$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, September 4, 2017 in observance of Labor Day.

Fitness Room

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.

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. – 1:15 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

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.

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. and 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

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.

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Dial-A-Ride

Norwalk's Transit Department offers a Dial-A-Ride service available to Norwalk resident's age 60 and older and to physically disabled residents, regardless of age. Applications may be requested by calling 929-5533. Applications are also available at the Norwalk Senior Center and the Social Services Center.

Nutrition Van Service

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

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 information and assistance with application. **Second Monday each month 9:00 a.m. – 12:00 p.m.**
Cost: Free

Health Insurance Counseling and 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.

July 26

Wednesday, 10:00 a.m.

Cost: Free

Health Services

The Norwalk Senior Center offers the following ongoing health services:

Blood Pressure Screenings

June 15

Thursdays, 9:30 a.m.

July 20

August 17

September 21

Cost: Free

(Sponsored by Apple Care and Pioneer Medical Group)

Dental Screening

**June 30, July 28, August 25, September 29
Friday, 10:00 a.m.**

Cost: Free

(Sponsored by Northeast Dental)



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Seminars / Screenings

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

Managing the Stress in Your Life

June 27 Tuesday, 10:00 a.m.

Cost: Free
(Sponsored by Independence at Home)

Active Every Day

July 13 Thursday, 10:00 a.m.

Cost: Free
(Sponsored by Independence at Home)

Neighborhood Watch

July 12 – Topic: Protecting Yourself from Violent Crimes
September 13– Topic: Strategies for Preventing Hate Crimes

Wednesday, 10:00 a.m.

Cost: Free
(Sponsored by Norwalk Public Safety)

Working with Your Pharmacist

August 8 Tuesday, 10:00 a.m.

Cost: Free
(Sponsored by Independence at Home)

Thyroid Screening

August 10 Thursday, 9:30 a.m.

Cost: Free
(Sponsored by HealthCare Partners)

Staying Sharp-Brain Games

August 17 Thursday, 10:00 a.m.

Cost: Free
(Sponsored by AppleCare Medical Group)

The History Lady

September 14 Thursday, 10:00 a.m.

Cost: Free
(Sponsored by HealthCare Partners)

10 Myths about Medicine Use

September 19 Tuesday, 10:00 a.m.

Cost: Free
(Sponsored by Independence at Home)

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 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 4: June 26 – August 12

Session 4: Registration: Now being taken
(Classes will not meet on Tuesday, July 4.)

Session 4 Registration: Wednesday, June 7, 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 5 August 21 – October 7

(Classes will not meet on Monday, September 4, in observance of Labor Day)

Session 5 Registration: Wednesday, August 9 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

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 4: June 26 – August 11

Session 5: August 21 – October 6
(Class will not meet on Monday, September 4 in observance of Labor Day)

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

Cost: Free/7 weeks (registration is required)

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Tai Chi Chuan

This course introduces older adults to an exercise tradition that is neither vigorous nor strenuous. Some benefits of Tai Chi include strengthening the muscles and organs, improvement in balance and mobility, relaxing the mind and body, improved blood circulation, and increased memory and concentration.

Fall Session

August 14 – December 11 **Monday, 1:00 – 2:30 p.m.**

(Class will not meet on Monday, September 4 in observance of Labor Day)

Cost: Free/ 18 weeks

Instructor: Layne

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

(Sponsored by Cerritos College)

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 4: June 30 – August 18

Friday, 1:45-3:45 p.m.

Session 5: August 25 – October 13

Friday, 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

August 14 – December 13

Mondays & Wednesdays, 9:15 - 10:15 a.m.

(Class will not meet on Monday, September 4 in observance of Labor Day)

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 4: July 1 – August 12

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

Session 5: August 26 – October 7

Cost: \$6 /7 weeks Norwalk Resident

\$12 /7 weeks Non-Resident

Instructor: Roe

Intermediate*

Session 4: July 1 – August 12

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

Session 5: August 26 – October 7

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

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 4: June 26 – August 7

Mondays, 10:00 - 11:00 a.m.

Session 5: August 21 – October 9

Mondays, 10:00 - 11:00 a.m.

(Class will not meet on Monday, September 4 in observance of Labor 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 4: June 28 – August 9

Wednesdays, 1:00 – 3:00 p.m.

Cost: \$2 materials fee

Session 5: August 23 – October 4

Wednesdays, 1:00 – 3:00 p.m.

Cost: \$2 materials fee

Instructor: Cynthia Lujan

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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 4: June 28 – August 9

Session 5: August 23 – October 4

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

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

Instructor: Chavez/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, September 4, 2017 in observance of Labor Day)

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 drop by the Norwalk Senior Center on Tuesdays.

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

Cost: Free

(Classes will not meet on Tuesday, July 4.)

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

(Classes will not meet on Tuesday, July 4.)

Educational

The American Cultural Experience*

Are you interested in learning about what makes America the great country it is? Join us to study the significant historical events that transformed our great nation to a democracy and a progressive people. We'll study historical events in the fields of science, technology, health, literature, politics, art, and learn how these events have shaped what we call the modern American experience.

Fall Session

August 18 – December 15 Friday, 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

August 17 – December 14 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)



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**.

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 10:30 a.m. to 12:30 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 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 and Thursdays, 7:00 p.m.-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 9:30 p.m., Spanish only.