

SPRING 2018



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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

Gabriela Regalado
Child Care Program Manager.....462-1713

George Buchanan
Recreation Supervisor.....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 Prog.....(800) 510-2020

Home Delivered Meals
(SASSFA Foundation).....699-3231 ext. 252

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 L. 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 Monday, May 28, 2018 in observance of 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**.

Hollywood Museum

Wednesday, April 18

Depart: 9:00 a.m.

Return: 5:00 p.m.

Cost: \$15

(Lunch not provided)

Hollywood, CA

Walking required: High



The Hollywood Museum, the official museum of Hollywood, has the most extensive collection of Hollywood memorabilia in the world. The museum, features breathtaking exhibits, is home to more than 10,000 authentic show biz treasures—one of a kind costumes, props, photographs, scripts, stars' car collections and personal artifacts, posters, and vintage memorabilia from favorite films and TV shows. See hundreds of costumes on display, including Marilyn Monroe's million dollar dress and Elvis' personal bathrobe! The museum showcases the Hollywood Walk of Fame. After your time at the museum, it's a hop, skip, and a jump back in time as you enter Mel's Drive-in Diner for lunch, on your own.

*Norwalk *resident registration will be taken Tuesday, March 6, 2018 at 9:00 a.m. Open registration begins Tuesday, March 13, 2018. Numbers will be distributed at 8:00 a.m. (One number per person).*

**Photo identification with proof of residency required.*

Cinco de Mayo in Old Town San Diego

Saturday, May 5

Depart: 8:30 a.m.

Return: 6:30 p.m.

Cost: \$15

(Lunch not included)

San Diego, CA

Walking required: High



Let's take a trip to San Diego and celebrate "Cinco de Mayo!" This fiesta has an incredible variety of festivities and entertainment to enjoy as you stroll down the streets of Old Town San Diego. Enjoy the sounds of flamenco beats, mariachi music and Norteño flairs, coming from the two stages, as you explore the lively streets. In the bustling Mercado, you can buy anything from handmade leather pieces to beautiful jewelry. If you get hungry, there will be over 20 restaurants serving your favorite Mexican Dishes.

*Norwalk *resident registration will be taken Wednesday, April 4, 2018 at 9:00 a.m. Open registration begins Wednesday, April 11, 2018. 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

St Patrick's Mixer

A light heart lives longest, so the Irish say...And so we're having a mixer to celebrate St. Patrick's Day! Come and enjoy an evening of music and dancing with family and friends. We will even have Shamrock Cookies!

Thursday, March 15 6:00 – 8:00 p.m.

Cost: \$3

*Norwalk *resident can purchase tickets beginning Thursday, February 15, 2018 at 9:00 a.m. Open ticket sales begin Thursday, February 22, 2018. Numbers will be distributed at 8:00 a.m. (One number per person).*

**Photo identification with proof of residency required*

Spring Time Dance



Spring is in bloom! So here's your chance to shake off winter and dance! Come and enjoy an evening of music and dancing as we celebrate the arrival of Spring. We will even have a special "Spring" Drink for you!

Thursday, April 26

6:00 – 8:00 p.m.

Cost: \$3

*Norwalk *residents can purchase tickets beginning Thursday, March 22, 2018 at 9:00 a.m. Open ticket sales begin Thursday, March 29, 2018. Numbers will be distributed at 8:00 a.m. (One number per person).*

**Photo identification with proof of residency required*

AARP Smart Driver Safety Course 2 Part Class

Tuesday, March 20

1:00 – 5:00 p.m.

Wednesday, March 21

1:00 – 5:00 p.m.

Tuesday, June 26

1:00 – 5:00 p.m.

Wednesday, June 27

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

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

AARP Smart Driver Renewal Course

Tuesday, May 15

12:30 – 5:00 p.m.

Cost: \$15 for AARP Members and \$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.

Team Trivia Night

Can you name all four members of the Beatles or how many ounces are in a gallon of milk? Then we have a night for you. Come join us for an evening of fun, food and laughter as we present Team Trivia. 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!

Wednesday, May 16

6:00 – 8:00 p.m.

Cost: \$3

*Norwalk *resident registration will be taken Wednesday, April 25, 2018 at 9:00 a.m. Open registration begins Wednesday, May 2, 2018.*

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.

Saturday, May 26

12:30 – 3:30 p.m.

Cost: \$5

*Norwalk *resident registration will be taken Monday, April 16, 2018 at 9:00 a.m. Open registration begins Monday, April 23, 2018.*

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. Culminating with a health and wellness resource fair on Saturday, June 9. Call 929-5580 for more information

Monday – Saturday, June 4 - 9

Time: TBD

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.

Theme: I'm Looking Over a 4 Leaf Clover

Tuesday, March 13

5:45 – 6:30 p.m.

Cost: Early bird: \$6.50 per person. Tickets purchased after Saturday, March 10 are \$8 per person.

Menu: Corned Beef and Cabbage, Red Potatoes, Salad, Dinner Roll & Butter, Dessert, Beverage & Coffee.

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Theme: Soaring into Spring

Tuesday, April 10 5:45 – 6:30 p.m.

Cost: Early bird: \$6.50 per person. Tickets purchased after Saturday, April 7, are \$8 per person.

Menu: Chicken Cordon Bleu, Mashed Potatoes with Gravy, Vegetables, Salad, Garlic Bread, Dessert, Beverage & Coffee.

Theme: A-May-Zing Nights

Tuesday, May 8 5:45 – 6:30 p.m.

Cost: Early bird: \$6.50 per person. Tickets purchased after Saturday, May 5, are \$8 per person.

Menu: Chile Verde, Spanish Rice, Refried Beans, Tortillas, Dessert, Beverage & Coffee.

Theme: Sailing Away

Tuesday, June 12 5:45 – 6:30 p.m.

Cost: Early bird: \$6.50 per person. Tickets purchased after Saturday, June 9, are \$8 per person.

Menu: Chicken Parmigiana, Spaghetti, Salad, Garlic Bread, Dessert, Beverage & Coffee.

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

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!

Saturday, March 10, April 14, May 12 and June 9

1:00 – 4:00 p.m.

Wednesday, March 28, April 25, May 23 and June 27

2:00 – 5:00 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.norwalk.org> for more information.

**Reservations are required at least one day prior to having lunch. To reserve your meal, for the Norwalk Senior Center, please call: (562) 929-5645. Reminder, please be sure to sign in, and seated, by no later than 11:15 a.m. to be a guaranteed lunch.*

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 28, 2018 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. Contact us today to schedule your orientation appointment.

Monday 9:30 a.m. – 12:50 p.m.

3:15 p.m. – 6:30 p.m.

Tuesday 8:00 a.m. – 6:30 p.m.

Wednesday 9:30 a.m. – 6:30 p.m.

Thursday 8:00 a.m. – 6:30 p.m.

Friday 9:30 a.m. – 11:15 a.m.

1:45 p.m. – 6:30 p.m.

Saturday 8:00 a.m. – 4:30 p.m.

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Computer Lab Hours

The Senior Center has a computer lab with seven 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



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 (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.

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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 County Workforce Development, Aging Community 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 qualifying Norwalk Seniors, age 60 and older. For meal delivery information, please call SASSFA Senior Services at **699-3231 ext 252**.

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 program information and application completion!

Second Monday each month

9:00a.m. – 12:00p.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**.

First and Third Wednesday of every month

10:00 a.m. – 12:00 p.m.

Cost: Free

(Sponsored by the Center for Healthcare Rights)

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.

First Friday of every month

9:30 - 11:30 a.m.

Cost: Free

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

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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 filling out the application. No appointment is necessary.

Wednesday, June 27, 2018

10:00 a.m.

Cost: Free

Health Services

The Norwalk Senior Center offers the following ongoing health services:

Blood Pressure Screenings

Thursdays, March 15, April 19, May 17, & June 21

9:30 a.m.

Cost: Free

(Sponsored by Pioneer Medical Group)

Seminars / Screenings

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

Neighborhood Watch

Wednesday, March 14

Topic: Personal Security

Cost: Free

(Sponsored by Norwalk Public Safety)

10:00a.m.

Thursday, April 5

Topic: Mental Wellness

Cost: Free

(Sponsored by CSULB Students)

10:00a.m.

Tuesday, April 10

Topic: Diabetes 101

Cost: Free

(Sponsored by Regal Medical Group)

10:00a.m.

Thursday, May 3

Topic: Bone Density Screening

Cost: Free

(Sponsored by HealthCare Partners)

10:00a.m.

Wednesday, May 9

Topic: Vacation Security

Cost: Free

(Sponsored by Norwalk Public Safety)

10:00a.m.

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 2

February 26 – April 14

Session 2 Registration: Now being taken

Session 3

April 23 – June 9

Session 3 Registration: Wednesday, April 11 at 9:00 a.m.

(Classes will not meet on Monday, May 28 in observance of Memorial Day)

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 2: February 26 – April 13

Monday, Wednesday and Friday

8:30 - 9:30 a.m.

Cost: Free/7 weeks

(registration is required)

Session 3: April 23 – June 8

Monday, Wednesday and Friday

8:30 - 9:30 a.m.

Cost: Free/7 weeks

(registration is required)

(Class will not meet on Monday, May 28 in observance of Memorial Day)

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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 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

Mondays, January 8 – May 18 1:00 – 2:30 p.m.

(Class will not meet on Monday, March 12, for Spring Break)

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 2: Friday, March 2 – April 20

11:30 a.m. - 1:30 p.m.

Session 3: April 27 – June 8

11:30 a.m. - 1:30 p.m.

Cost: \$49.00/7 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)

Yoga Stretch 1

Mondays & Wednesdays

January 8 – May 18

9:00-10:00a.m.

(Class will not meet on Monday, March 12, and Wednesday, March 14, for Spring Break)

Yoga Stretch 2

Mondays & Wednesdays

January 8 – May 18

10:00 - 11:00 a.m.

(Class will not meet on Monday, March 12, and Wednesday, March 14, for Spring Break)

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:

Saturdays, March 3 – April 14

9:00 - 9:50 a.m.

Session 3:

April 28 – June 9

9:00 - 9:50 a.m.

Cost: \$6.00/7 weeks Norwalk Resident

\$12.00/7 weeks Non-Resident

Instructor: Roe

Intermediate*

Session 2:

Saturdays, March 3 – April 14

10:00 - 10:50 a.m.

Session 3:

April 28 – June 9

10:00 - 10:50 a.m.

Cost: \$6.00/7 weeks Norwalk Resident

\$12.00/7 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:

Mondays, February 26 – April 9

10:00 - 11:00 a.m.

Session 3:

April 23 – June 11

10:00 - 11:00 a.m.

(Classes will not meet on Monday, May 28 in observance of Memorial Day)

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.

Moderate Class

Session 2:

Wednesdays, February 28 – April 11 12:30 – 2:30 p.m.

Session 3:

April 25 – June 6 12:30 – 2:30 p.m.

Cost: \$2 materials fee

Instructor: Lujan

Beginners Class

Session 2:

Wednesdays, February 28 – April 11 3:00 – 5:00 p.m.

Session 3:

April 25 – June 6 3:00 – 5:00 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.

Fridays, 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 2: February 26 – April 11, 2018

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

Session 3: April 25 – June 6, 2018

Cost: \$6.00/7 weeks Norwalk Resident

\$12.00/7 weeks Non-Resident

Instructor: Canales/Chavez



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

Mondays 1:00 - 4:00 p.m.

Cost: Free

Instructor: Volunteers

(Class will not meet on Monday, May 28 in observance of Memorial 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 to make Lap Robes may drop by the Norwalk Senior Center on Tuesdays.

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

Cost: Free

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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.

Tuesdays

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.

Spring Session

Fridays, January 12 – May 18

9:00 – 11:00 a.m.

(Class will not meet on Friday, March 16, for Spring Break)

Cost: Free/18 weeks

Instructor: Dr. Levy

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



Creative Writing*

Have you ever wanted to write but are having trouble starting? Or are you having Writer's Block? Come join our creative writing class. You will learn how to break through the barriers and sharpen your writing skills.

Spring Session

January 9 – May 15, 2018

Tuesdays, 2:00 – 4:00 p.m.

(Class will not meet on Tuesday, March 13, for Spring Break)

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

Thursdays, January 11 – May 17

(Class will not meet on Thursday, March 15, for Spring Break)

Cost: Free/ 18 weeks

Instructor: Mansell

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



Speaking Series*

Join us, each week, as we present and discuss current events and significant historical events that have shaped and effected the country. Topics range from Global Warming to the Trail of Tears. Come and see what events are shaping our country, society, and planet.

Spring Session

Thursdays, January 11 – May 17

3:00–5:00p.m.

(Class will not meet on Thursday, March 15, for Spring Break)

Cost: Free/ 18 weeks

Instructor: Dr. Levy

**New students may register at 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 12:00 p.m. to 2:00 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** or visit <http://www.norwalk.org> for more information.
**Reservations are required at least one day prior to having lunch. To reserve your meal, for the Norwalk Social Services Center, please call: (562) 929-5504.*

SELF-HELP SUPPORT GROUPS

Self-Help Support Groups - Grupos de Ayuda

Groups meet weekly at the Norwalk Social Services Center, 11929 Alondra Boulevard, to provide support, counseling, and information relating to various issues.

Alcoholics Anonymous (AA) - Alcohólicos Anónimos

Meets Monday, 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 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 & Wednesdays, 7:00 p.m. to 9:30 p.m., Spanish only.

PUBLIC SAFETY CORNER

When to call LASD vs Public Safety



Public Safety's role in the community is addressing non-life-threatening quality of life issues. We respond to your requests regarding parking enforcement, general safety concerns and provide community outreach. The Public Safety Department appreciates residents taking an active role in reporting matters of concern they observe throughout the city.

The City of Norwalk contracts



with the Los Angeles County Sheriff's Department for policing services. Sheriff Deputies respond to emergency situations and traffic collisions.

Public Safety would like to provide you with examples of situations to help you determine what agency to call so you can get the fastest service possible. Here are some examples below.

Public Safety

- **Non-Emergent and Non-Violent Calls for Service**
- **Parking Violations and Abandoned/Inoperable Vehicles**
- **Quality of Life Issues: Transients, Panhandlers, Street Vendors, Drinking in Public, Loitering**
- **Traffic Safety Concerns**
- **Roadway Obstructions/Roadway Conditions requiring traffic control**
- **Smoking/Drinking in City Parks**
- **Graffiti and Graffiti Follow-Up**
- **Norwalk Municipal Code Violations**
- **School Safety Programs and Activities**
- **Special Event Safety and Security**
- **Patrols of Parks to Increase Safety of Youth and Families**
- **Neighborhood Watch and Business Watch**

Public Safety will respond to the general area of concern, if you call us instead of the Sheriff's Department. We will take down your information, transfer you to the Sheriff's Department in order for you to provide them with first-hand knowledge of the situation, and send Public Safety Officers to monitor the perimeter pending Deputies' arrival.

LASD

- **Calls Presenting an Immediate Threat to the Safety and Welfare of Others**
- **All Criminal Related In-Progress Calls**
- **Thefts from Person or Property: Burglaries, Robberies, and Petty Theft**
- **Traffic Accidents, Reckless Driving**
- **Stolen Vehicle Reports**
- **Vandalism/Graffiti in Progress**
- **Individuals or Groups Who May be Intoxicated or Under the Influence of Narcotics**
- **Indecent Exposure - All Sex Crimes**
- **Suspicious Vehicles**

Public Safety can be reached at (562) 929-5732. Phone lines are open Monday through Friday from 7:00 a.m. to 10:00 p.m., Saturday from 8:00 a.m. to 10:00 p.m., and Sunday from 9:00 a.m. to 9:00 p.m. Norwalk Sheriff Station can be reached at (562) 863-8711 24 hours a day, 7 days a week. If you're experiencing a life-threatening emergency, call 9-1-1.