

City of Norwalk **Social Services Department**



2012 Spring Schedule of Events



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Important Phone Numbers

Norwalk Social Services Center.....929-5544	(A.A.R.P.).....(888) 687-2277
11929 Alondra Boulevard	ACCESS Services (Paratransit).....(800) 827-0829
Norwalk Senior Center.....929-5580	Alzheimer's Association.....(800) 660-1993
14040 San Antonio Drive	Area Agency on Aging - (LA County)
Norwalk Child Development Program.....462-1713	(Senior Information & Assistance).....(800) 510-2020
12035 Firestone Boulevard	Child Abuse Hotline.....(800) 540-4000
Social Services Staff	Community Legal Services.....(800) 834-5001
Tak Hamabata	Dial-A-Ride.....929-5550
Director of Social Services.....929-5544	Elder Abuse Hotline.....(877) 477-3646
Veronica Garcia	Home Delivered Meals
Social Services Manager.....929-5580	(Oldtimers Foundation).....(323) 582-6090 ext. 223
Michael Stifel	Info Line (LA County).....(800) 339-6993
Social Services Coordinator.....929-5579	In-Home Supportive Services.....(888) 944-4477
Elizabeth Rock	Long-Term Care Ombudsman.....(800) 334-9473
Recreation Coordinator.....929-5677	Medi-Cal, EBT (Food Stamps).....(866)613-3777
Gabriela Regalado	Medicare.....(800) 633-4227
Child Care Program Manager.....462-1713	Retired Senior Volunteer Program.....907-6545
Gloria Mendoza	Social Security.....(800) 772-1213
Children's Dental Clerk.....929-5544	
Dispute Resolution Program.....929-5603	

Norwalk City Council

Mayor - Mike Mendez

Vice Mayor - Cheri Kelley

Councilmember - Marcel Rodarte

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 <http://www.ci.norwalk.ca.us>

Norwalk Senior Center



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, 2012

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. For current trip information, please call **929-5580**. For the International Orchid Show Tour, participants depart and return to the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue, Norwalk *resident registration is now being taken. For the Riverside/Mission Inn Tour, participants will depart and return to the Norwalk/Santa Fe Springs Metrolink Station located at 12650 Imperial Hwy, Norwalk, Ca 90650. Norwalk *resident registration begins Wednesday, March 7, 2012 at 9:00 a.m. Open registration begins Wednesday, March 14. For the Laughlin tour, participants depart and return to the Norwalk Arts & Sports Complex, 13000 Clarkdale Avenue. Norwalk *resident registration will be taken Wednesday, May 9, 2012 at 9:00 a.m. Open registration begins Wednesday, May 16, 2012. Numbers will be distributed at 8:00 a.m. (One number per person). ***Photo identification with proof of residency required.**

Santa Barbara International Orchid Show

Date: Saturday, March 17, 2012

Depart: 9:00 a.m.

Return: Approximately 6:00 p.m.

Cost: \$15

Location: Santa Barbara, CA

Moderate level of walking • Lunch included

Come to beautiful Santa Barbara to see over 60 exhibitors displaying hundreds of orchid varieties from all over the world, demonstrations on orchid culture and purchase some of your own to take home!



Pechanga Resort and Casino

Date: Tuesday, May 15, 2012

Depart: 8:30 a.m. (from the Norwalk Arts and Sports Complex)

Return: Approximately 5:00 p.m.

Cost: \$10.00

Location: Temecula, Ca

Moderate level of walking • Lunch not included

A vast 200,000+ square foot gaming floor makes Pechanga California's biggest casino. A multitude of AAA 4-Diamond amenities and services make Pechanga California's best! Pechanga offers more than 3,000 state-of-the-art slot and video machines and over 130 table games.



Riverside/Mission Inn

Date: Tuesday, April 24, 2012

Depart: 8:20 a.m. (From the Norwalk/SFS Metrolink Train Station)

Return: 3:27 p.m. (To the Norwalk/SFS Metrolink Train Station)

Cost: \$20

Location: Riverside, CA

Moderate level of walking • Lunch included

Spend the day in Riverside's beautiful historic downtown. Take a carriage ride, visit the museums, shop in the antique stores and take a tour of the historic Mission Inn!

Laughlin

Date: Tuesday, June 5 – Thursday, June 7

Depart: Tuesday, June 5 at 8:00 a.m.

Return: Thursday, June 7 at Approximately 6:00 p.m.

Cost: \$91.00 per person/double • \$116.00 per person/single

Location: Laughlin, Nevada

High level of walking

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.





Senior Center

Special Activities

Family Feud, Game Show

Tuesday, March 27 • 2:00-4:00 p.m.

Cost: \$3.00 per person

Audience participation is free, and refreshments will be available for purchase. Ticket sales for Norwalk residents now being taken. Open ticket sales begin Monday, March 5, 2012 at 9:00 a.m. The last day to purchase tickets is Monday, March 12. Seating is limited. Tickets will not be sold on the day of the event.

AARP Driver Safety Program: Two Part Class

Date: April 14 & 21 Saturday, 9:00 a.m. - 1:00 p.m.

Cost: \$12.00 for AARP Members and \$14.00 for Non-members
(Payable to AARP)

Upon completion, you may be eligible for a discount through your automobile insurance company. Attendance at both sessions is required.

AARP Driver Safety Program: Refresher Course

Date: March 20 & May 22 Tuesday, 1:00 – 5:00 p.m.

Cost: \$12.00 for AARP Members and \$14.00 for Non-members
(Payable to AARP)

Too busy to take a two part class? 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 two part class.

Candlelight Dinners

Stop by and enjoy a hot and hearty meal. Share an evening of warmth with friends and family. Doors open at 5:30 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.

March 13 Tuesday, 5:45 – 6:30 p.m.

Theme: St. Patrick's Day

Cost: Early bird: \$5.75 per person.

Tickets purchased after Saturday, March 10 are \$7.25 per person.

April 10 Tuesday, 5:45 – 6:30 p.m.

Theme: April Showers

Cost: Early bird: \$5.75 per person.

Tickets purchased after Saturday, April 7 are \$7.25 per person.

May 8 Tuesday, 5:45 – 6:30 p.m.

Theme: Cinco De Mayo

Cost: Early bird: \$5.75 per person.

Tickets purchased after Saturday, May 5 are \$7.25 per person.

Ongoing Activities

Bunco/Yahtzee Social

Join us weekly for Bunco and Yahtzee! Every Wednesday this social group will meet and play either Bunco or Yahtzee. It's free and fun for everyone age 50 and older!

Every Wednesday

12:30 – 2:00 p.m.

Cost: Free

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!

March 21, April 18, May 16

Wednesday, 2:00 – 4:30 p.m.

Cost: Free

Meal Program for Seniors

Adults aged 60 and over are welcome to come enjoy a hot and hearty meal.

Monday - Friday

11:30 a.m.

Suggested Donation: 60 and older \$2.00; Under 60, Fee: \$4.00

Call **929-5544** for more information.

Norwalk Certified Farmer's Market

Every Tuesday

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



Excelsior High School parking lot (south side of Alondra Boulevard, west of Pioneer Boulevard). Come early to ensure the best selection of vegetables, fruits, and flowers. EBT (food stamps) are accepted.

Bingo!

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

Monday and Friday

1:15 - 4:15 p.m.

Cost: 50¢ per 50/50 Paper card

\$1.00 per paper pack (8 sheets per pack)

\$1.00 per Double Action Paper card

(Sponsored by Norwalk Senior Citizens Center, Inc.)

Bingo will not be in session on Monday, May 28, 2012 in observance of Memorial Day.

Senior Center



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 physical activity. Contact us today to schedule your appointment.

Computer Lab Hours

The Senior Center has a small 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. - 2:00 p.m., 5:00 - 6:30 p.m.
Saturday	8:00 a.m. - 4:00 p.m.

Billiards Room

Monday - Friday	8:00 a.m. - 6:30 p.m.
Saturday	8:00 a.m. - 4:00 p.m.
Cost: Free	

Pool Tournaments

Level A (Advanced players only).

Every second Thursday of the month	10:00 a.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 Thursday of the month	10:00 a.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! We feature newly released movies 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

Saturday, March 17, April 21, May 19 **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 that you have made a difference in your own life as well as in the life 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!



Senior Center

Supportive Services Program (SSP)*

Supportive services are available to Norwalk residents, age 60 years and older. These services assist clients with daily in-home assistance to help preserve and maintain their quality of life and to remain independent living in their home.

Case Management*



Norwalk residents, age 60 years and older, may be eligible for case management services. This service provides a personal assessment conducted by qualified social services staff to determine the types of

comprehensive supportive services a senior at-risk may need. Supportive services are coordinated to address the specific needs for client safety and quality of life.

Homemaking*

Homemaking services are available to frail/homebound, at-risk Norwalk residents, age 60 years and older. Homemaking services may provide for temporary assistance with house cleaning, laundry and meal preparation in the client's residence.

Personal Care*

Personal Care services are available to frail/homebound, at-risk Norwalk residents 60 years of age and older. Personal Care services provide clients with in-home care vital to the activities of daily living to promote an optimal quality of life and maintain in-home independent living.

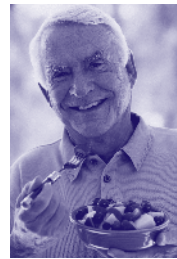
Outreach*

The City of Norwalk, Social Services Department provides community outreach to seniors, 60 years of age and older. Social services staff is available to assist with the immediate needs of seniors and to coordinate supportive services. These services are available to seniors who may be homebound and/or who have limited financial resources.

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 client 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 Old-timers Foundation at **(323) 582-6090**.

Health Insurance Counseling & Advocacy Program (HICAP)**

Every second and fourth Wednesday, 10:00 a.m. to 1:00 p.m. HICAP provides free, unbiased information from a trained volunteer for people on Medicare to help them make informed choices. Appointment required.

**These services are funded by the Los Angeles Area Agency on Aging-Community and Senior Services.

File of Life

The File of Life is a medical information packet designed to provide emergency personnel with necessary medical data to begin immediate treatment. The File of Life is available to seniors age 60 and over at The Norwalk Senior Center. Appointment required.

Dial-A-Ride

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



Senior 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**.

Bereavement Group

Join us if you have recently lost a loved one. Share with others who have experienced a loss and gain strength from those who are also dealing with their pain. Receive help in restarting your life. Share experiences and release your grief. Sponsored by Low Cost Community Counseling Center. Newcomers welcome.

Every Friday

11:00 a.m. - Noon

Cost: Free

(Bereavement will not meet on Friday, December 24 or Friday, December 31.)

Caregivers' Circle

Join our Caregivers' Circle if you are an adult child or spouse involved in caring for a parent, relative, or mate. Draw strength from other individuals facing the same challenges. Newcomers welcome.

Third Thursday of every month

3:30 - 4:30 p.m.

Cost: Free

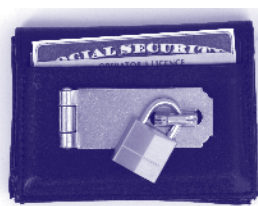
Social Security Benefits Assistance

Assistance is available every first and third Wednesday at 9:00 a.m. Patrons' ages 50 and older can meet with a representative from the office of Social Security to discuss Social Security benefits. Appointments are required and can be made at the Norwalk Senior Center.

First and Third Wednesday of every month

9:00 a.m.

Cost: Free



In Home Supportive Services Benefits Assistance

Assistance is available every second Thursday of the month at 9:30 a.m. Patrons can meet with an IHSS representative to discuss their options with In-Home-Supportive-Services.

Second Thursday of every month

9:30 a.m.

Cost: Free

Health Services

The Norwalk Senior Center offers the following ongoing health services:

Blood Pressure Screenings

March 20

April 11, 17

May 9, 15

Tuesdays and Wednesdays, 9:30 a.m.

Cost: Free

(Sponsored by Citizens Choice and Pioneer Medical Group)



Seminars / Screenings

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

Dental Screening

March 16, April 20, and May 18

Friday, 10:00 a.m.

Cost: Free

(Sponsored by Northeast Dental)

Neighborhood Watch

Wednesdays, 10:30 a.m.

Cost: Free

March 21 – "Animal Care and Pet Safety"

May 16 – "Elder Abuse"

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 Thursdays 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

Senior Center Course Schedule

Norwalk Senior Center

Session 2

February 27 – April 14

Session 2 Registration: Now Being Taken. Photo identification with proof of residency required for Norwalk residents.

Session 3

April 22-June 9

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

Session 3 Registration: Wednesday, April 18 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 13

Session 3: April 23 - June 8

Mondays, Wednesdays, & Fridays • 8:30-9:30 a.m.

(Class will not meet Monday, May 28)

Cost: Free/7 weeks (registration is required)

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.

Spring Session 1

January 25 - March 23 **Wednesday & Friday, 12:30 - 1:30 p.m.**

Spring Session 2

March 28 – June 22 **Wednesday & Friday, 12:30 - 1:30 p.m.**

(Class will not meet Friday, April 1 and Friday, April 8)

Cost: \$15.00 for those age 50 and older/ 9 weeks

Instructor: Baughman

*New students may register on first day of class with payments to be made directly to Norwalk/La Mirada Unified School District.
(Sponsored by Norwalk/La Mirada Unified Adult School)

Senior Fitness*

This basic course incorporates unique exercise routines to move, stretch, and tone your muscles. Students may also improve flexibility, cardiovascular system and relieve stress.

Spring Session

January 10 – May 15

Tuesday, 8:15 - 9:15 a.m.

(Class will not meet on Tuesday, March 29)

Cost: Free/ 18 weeks

Instructor: Kimura

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

(Sponsored by Cerritos College)

Spring Session

January 12 – May 17

Thursday, 8:15 – 9:15 a.m.

(Class will not meet Thursday, December 8)

Cost: Free/ 18 weeks

Instructor: Kimura

*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.

Spring Session 1

January 20 - March 16

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

Spring Session 2

March 23 – June 22

Friday, 1:45 p.m. – 3:45 p.m.

(Class will not meet Friday, April 1 and Friday, April 8)

Cost: \$20.00 for those age 55 and older/ 9 weeks

\$25.00 for those age 50 – 54/9 weeks

Instructor: Baughman

*New students may register on first day of class with payments to be made directly to Norwalk/La Mirada Unified School District.

(Sponsored by Norwalk/La Mirada Unified Adult School)

Senior Center



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 16 – May 14

Monday, 9:15 - 10:15 a.m.

(Class will not meet Monday March 26.)

Cost: Free/ 18 weeks

Instructor: Jackson

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

Spring Session

January 11 – May 16

Wednesday, 9:15- 10:15a.m.

(Class will not meet Wednesday March 28)

Cost: Free/ 18 weeks

Instructor: Jackson

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

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 16 – May 14

Monday, 1:00 – 2:30 p.m.

(Class will not meet Monday, January 16, Monday February 20, or Monday March 26.)

Cost: Free/ 18 weeks

Instructor: Layne

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



Zumba

Zumba Fitness is a workout that modifies the movement and rhythm of zesty Latin music like salsa, merengue, cumbia and reggaeton with the exhilarating, easy to follow moves that suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. It's a dance-fitness class that is friendly, and most of all, fun!

Session 2

March 3 – April 14

Saturday, 9:00 – 9:50a.m.

Session 3

April 28 – June 9

Cost: \$ 20.00/7 weeks Norwalk Resident

\$ 30.00/7 weeks Non-resident

Instructor: Welti

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 3 – April 14

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

Session 3: April 28 – June 9

Cost: \$5.50/7 weeks Norwalk Resident

\$11.00/7 weeks Non-Resident

Intermediate*

Session 2: March 3 – April 14

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

Session 3: April 28 – June 9

Cost: \$5.50/7 weeks Norwalk Resident

\$11.00/7 weeks Non-Resident

Instructor: Roe

Decorative Arts

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.

Every Friday

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

Cost: Free

Instructor: Jones (Volunteer)

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



Senior Center

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 29 – April 11 **Wednesday, 9:00 a.m. - 11:00 a.m.**

Session 3

April 25 – June 6 **Wednesday, 9:00 a.m. - 11:00 a.m.**

Cost: \$5.50/7 weeks Norwalk Resident

\$11.00/7 weeks Non-Resident

Instructor: Gonzales/Canales

Swedish Weaving*

This beautiful form of weaving dates back hundreds of years and adds special warmth to any home decor. Come learn, share 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 class meets continually throughout the year. Students must provide their own equipment and materials.

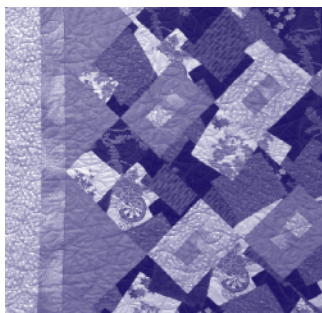
Every Monday **1:00 - 4:00 p.m.**

Cost: Free

Instructor: Volunteers

(There will be no class on May 28, 2012)

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



Quilting Social*

Do you sew? Can you use a sewing machine? Then come learn to quilt! If you are a quilter or have always wanted to learn how to quilt, the quilting social is a place for you. Members share ideas, learn color theory, make new friends, work on individual projects, learn traditional

and new patterns, and receive timesaving tips. This class meets continually throughout the year. Students must provide their own equipment and materials.

Every Tuesday **12:30 - 4:30 p.m.**

Cost: Free

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

Fine Arts



Piano Keyboard

This class is designed for anyone wishing to learn new skills or polish the skills they have. Games and rhythm exercises will be used to promote learning musical terms and to help students feel the beat. You will learn to read music and play at your own pace. Students will need the book "Alfred's Basic Adult Piano Course" (Book Two for those more advanced), which can be found in most music stores for about \$10.

Cost: Free

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

Instructor: Gay (Volunteer)

Chorus*

If you enjoy singing the standards, show tunes, and holiday favorites then come join our class for a round of lively songs. Students will learn different styles of music while also learning correct posture and breathing for singing. During the year the chorus (known as the Norwalk Senior Serenaders) is often invited to perform at nursing homes in the community and at the Norwalk Senior Center.

Every Wednesday

1:00 - 3:00 p.m.

Cost: Free

Instructor: Gay (Volunteer)

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



Senior Center



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

January 12 – May 17

(Class will not meet Thursday March 29)

Cost: Free/ 18 weeks

Instructor: Dr. Levy

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

(Sponsored by Cerritos College)

Thursday, 9:00 – 11:00 a.m.

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

(Class will not meet Thursday, March 29)

Cost: Free/ 18 weeks

Instructor: Mansell

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

(Sponsored by Cerritos College)

Thursday, 2:00 - 4:00 p.m.

Computer Classes

Introduction to E-mail and Internet



In this class, you will gain a basic understanding of how to use the internet, how to create an email and how to navigate between through both.

Session 2

February 28 – April 17

Tuesday, 2:30 – 4:30 p.m.

Cost: \$32.00/8 weeks Norwalk Resident and Non-Resident

Instructor: Fiske

Introduction to Personal Computers

In this class, you will gain a basic understanding of how a computer works, terminology, proper keyboarding techniques, and acquire an introduction to Microsoft Windows.



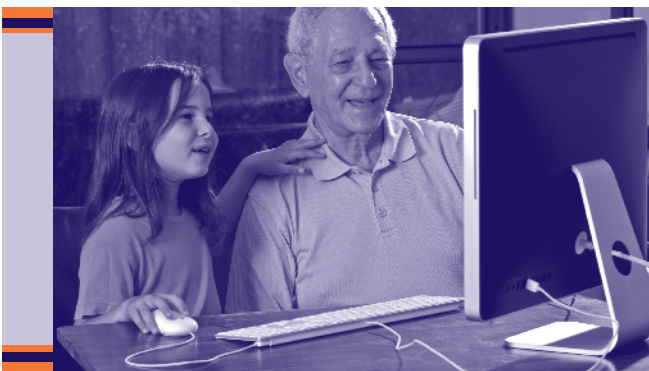
Session 3

April 24 – June 12

Tuesday, 2:30 – 4:30 p.m.

Cost: \$32.00/8 weeks Norwalk Resident and Non-Resident

Instructor: Fiske



Visit the official City of
Norwalk website at:
www.ci.norwalk.ca.us



Norwalk Social Services

Norwalk 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 are 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 school age children, grades K through 12. 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**.

Counseling - Consejería

Individual and family counseling services are provided by Low Cost Community Counseling to Norwalk residents every Friday 11:00 a.m. to 3:00 p.m. Se habla Español. Call **929-5544** for an appointment.

Counseling services for children are provided by Community Family Guidance Center (Norwalk residents). Every Thursday, 2:00 p.m. to 3:00 p.m. Se habla Español. Call **929-5544** for an appointment.

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 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 \$2.00; Under 60 yrs.: \$4.00** Call **929-5544** for more information.

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 & Friday, 7:30 p.m. to 9:30 p.m., Spanish only.

Al-Anon - Al-Ano'n: Support group for family and friends of alcoholics. Meets Tuesday, 7:00 p.m.-9:00 p.m., and Friday, 8:00 p.m. to 10:00 p.m., Spanish only.

Compulsive Eaters Anonymous (CEA) - Comedores Compulsivos: Help and nutrition information to control and maintain your weight.

Every Tuesday, 10:00 p.m. to 11:30 a.m., Spanish only.

Every Thursday, 7:00 p.m. to 8:30 p.m., Spanish only.

Domestic Violence: Court-mandated classes available. Provided by Low Cost Community Counseling. **Every Wednesday, 6:00 p.m. to 8:00 p.m., English only.** Call **868-9919** to register.

Neurotics Anonymous - Neuroticos Anonimos
Mondays and Wednesdays, 7:00 p.m. to 9:00 p.m., Spanish only

Parenting Class: Provided by Spirit Family Services - Cost: Free
Mondays, 5:15 p.m. to 6:45 p.m., English only

Women's Support Group: Various issues discussed in small, confidential, and supportive group meetings. Provided by Low Cost Community Counseling. **Every Thursday, 6:30 p.m. to 8:30 p.m., English only.**

Nomination for Older American Award



The City of Norwalk is seeking a Norwalk resident to nominate and recognize as its Outstanding Older American. The nominee must be at least 65 years of age and perform outstanding volunteer services within the City of Norwalk. Volunteer services performed at such locations as a hospital, school, library, municipal program, or any non-profit organization all qualify for this honor. This is a distinct opportunity to acknowledge an older American who has enhanced the lives of others or the community at large in an exceptional way.

Applications can be obtained at the following Norwalk locations or by visiting our website at www.ci.norwalk.ca.us:

Norwalk Senior Center

14040 San Antonio Dr.

Norwalk City Hall Community Information

12700 Norwalk Blvd.

Norwalk Social Services

11929 Alondra Blvd.

Applications will be available in January, 2012. Please call **929-5580** for application requests and deadline dates.