

CITY OF WALNUT  
SENIOR CITIZENS COMMISSION AGENDA  
WALNUT CITY HALL  
21201 LA PUENTE ROAD, WALNUT  
DECEMBER 4, 2019

1. CALL TO ORDER 10:00 A.M.
2. FLAG SALUTE COMMISSIONER SIMONELLI
3. ROLL CALL COMMISSIONERS CODAY-LAMB, MILLER, SHERWOOD-SCOTT,  
SIMONELLI & WU
4. MINUTES REGULAR MEETING NOVEMBER 6, 2019

5. ORAL COMMUNICATIONS

Any person may present public testimony at this time. If any person wishes to address the Senior Commission on any item on the agenda or on any other matter, please present your testimony at this time, and please limit your comments to three minutes. The Commission may choose to remove the item for discussion.

The Chairperson may impose reasonable limitations on public comments to assure an orderly and timely meeting. When addressing the Commission, please write your name and address on the sheet provided.

6. CONSENT CALENDAR

A. Senior Center Activities for November 2019

Recommendation: Receive and file.

7. DISCUSSION

8. STAFF ITEMS

9. ANNOUNCEMENTS

10. ADJOURNMENT

November 6, 2019

Action Minutes of the Regular Meeting

of the Senior Citizens Commission

of the City of Walnut

A regular meeting of the City of Walnut Senior Citizens Commission was held on November 6, 2019 at the Walnut Senior Center, 21215 La Puente Road, Walnut, California. Commissioner Miller called the meeting to order at 10:03 A.M.

ROLL CALL

PRESENT: Commissioners Miller, Coday-Lamb, Sherwood-Scott, & Wu

ABSENT: Commissioner Simonelli

Also present at the meeting was Recreation Supervisor Encinas and Executive Assistant Vermeer.

APPROVAL OF MINUTES

C/Coday-Lamb made a motion, seconded by C/ Sherwood-Scott and was carried 4-0 to approve the minutes of September 4, 2019.

AYES: Miller, Coday-Lamb, Sherwood-Scott, & Wu

ABSENT: Simonelli

CONSENT CALENDAR

C/Sherwood-Scott made a motion, seconded by C/Coday-Lamb and was carried 4-0 to receive and file Item 6A.

AYES: Miller, Coday-Lamb, Sherwood-Scott & Wu

ABSENT: Simonelli

DISCUSSION

LATE BUSINESS

STAFF ITEMS

ANNOUNCEMENTS

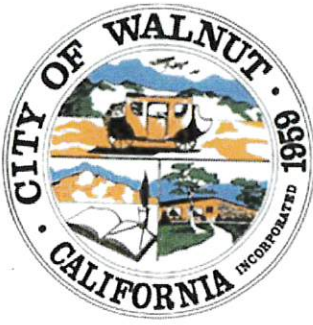
ADJOURNMENT

There being no further business to come before the Commission, C/Miller adjourned the meeting at 10:16 A.M.

\_\_\_\_\_  
Chairperson

ATTEST:

\_\_\_\_\_  
Executive Assistant



## AGENDA ITEM

- Consent Calendar  
 Discussion

# CITY OF WALNUT

November 25, 2019

COMMISSION AGENDA: DECEMBER 4, 2019

TO: SENIOR CITIZENS COMMISSION

VIA: MARY ROONEY, ACM – COMMUNITY SERVICES /PUBLIC WORKS  
ALICIA JENSEN, DEPUTY COMMUNITY SERVICES DIRECTOR

FROM: GABRIELA ENCINAS, RECREATION SUPERVISOR  
ROBERT WATANABE, RECREATION COORDINATOR

SUBJECT: SENIOR CENTER ACTIVITIES FOR NOVEMBER 2019

### SUMMARY:

The Senior Center staff has prepared a report summarizing the activities at the Walnut Senior Center during the past month.

### SENIOR EXCURSIONS:

<u>Destination:</u>	<u>Date:</u>	<u>Participants:</u>
Sistine Chapel	November 12	44

### SENIOR PROGRAMS & SEMINARS:

#### *Annual Senior Expo & Free Flu Shot Clinic*

The Annual Senior Expo and Free Flu Shot Clinic was held on Tuesday, November 4 from 9:00 am to 12:00 pm. The Los Angeles County Health Department issued 191 free flu shots. There was a total of 31 vendors on-site providing information on services along with information on maintaining a healthy lifestyle. Massage Envy provided free massages for all participants. Opportunity drawings were held throughout the event time for participants to win prizes donated by the vendors.

#### *Seminar: Healing and Wellness*

November 12, 2019 at 10:00 am

Presented by: Certified Usui Reiki Master/Trainer La Sandra Akesson

*Loving Touch Healing & Wellness.*

*Seminar: Symptoms & Treatment of Depression*  
 November 26, 2019 at 10:00 am  
 Presented by: Los Angeles County Mental Health  
 Listed below are our regularly scheduled activities:

<b>Activity Name</b>	<b>Cost</b>	<b>Enrolled/Attendance</b>
Bingo (Wednesday and Thursday)	Variable	80 (avg.)
GROW (Gaining Recovery of Widowhood)	Free	3 (avg.)
Book Club	Free	6
Bridge	Free	12
Social Beading	Free	14
Mah Jong	Free	16
Quilting	Free	6
Senior Club	\$10/year	140
Tole Painting	Free	20
Walnut Walkers	\$5/one time	60 (avg.)

MT. SAC OLDER ADULT CLASSES:

Mt. SAC Emeritus Program offers several ongoing courses at the Walnut Senior Center. Fall classes will conclude on Friday, December 13. Registration for the upcoming Winter 2020 session took place the week of November 18 with majority of classes filling up. Staff is pleased with the continued interest the senior community has for the programs offered at this active facility.

RECOMMENDATION:

It is recommended that the Senior Citizens Commission receive and file this informational report

# City of Walnut Upcoming Special Events/Programs by Area: December 2019 to March 2020

## **Winter City Recreation Registration**

Walnut Resident: Monday, December 9

All others: Monday, December 16

## **City-Wide Special Events**

### **Kids' Night Out:**

Teen Center, 6:00 pm to 11:00 pm

Saturdays: Dec. 21, Jan. 18, Feb. 15, Mar. 21

\$19 for first child, \$15 per each additional child.

### **Community Holiday Dinner Dance**

Friday, December 13

6:30 pm to 9:30 pm

Walnut Senior Center - \$25 pp

### **Dinner with Santa**

Saturday, December 14

5:30 pm to 7:30 pm

Walnut Senior Center

\$12 per adult/\$8 per child

### **Winter Wonderland**

Saturday, December 14

6:00 pm to 9:00 pm

Walnut Senior Center Parking Lot

\$25 per family of four/\$8 pp

### **'Tis the Season Mini Marketplace**

Saturday, December 14

4:00 pm to 8:30 pm

Walnut Senior Center - Free

### **Lunar New Year Celebration**

Saturday, February 8

4:00 pm to 8:00 pm

City Hall Parking Lot - Free

### **Taste of Wellness**

Saturday, March 28

8:00 am to 12:00 noon

Walnut Senior Center - Free

## **Senior Center Events**

### **Senior Commission New Year's Breakfast**

Wednesday, January 8

9:00 am to 11:00 am

Walnut Senior Center - Free

### **Free Tax Assistance**

February 3 through April 11

9:00 am to 4:00 pm

Walnut Senior Center

Appointments recommended. Limited walk-in space taken on first-come, first-served basis. Appointments area made on Mondays for the following week.

### **Happy Hearts Dinner Dance**

Friday, February 14

6:30 pm to 9:30 pm

Walnut Senior Center - \$15 pp

## **Gymnasium/TC**

### **Winter Adult Basketball League**

Games are played Wednesday and Thursday evenings beginning, January 15 and 16. Players must be 18 years of age or older. Team fees are \$550 per team (\$285 for registration and \$265 for referee fees for the ten league games).

### **Walnut Youth Basketball: Spring 2020 Season**

Registration on Monday, January 27 for residents and Monday, February 4 for non-residents. The league fee is \$110 for the first child and \$100 for each additional family member (includes 10 games, officials/scorekeepers, and uniform).

## **Other**

### **Holiday Tree Recycling (Valley Vista Services)**

During regular trash days/times

December 26-January 10

### **Beginning Composting (LA County)**

Saturday, April 18

9:30 am to 11:00 am

Walnut Senior Center

### **Dog & Cat Vaccination Clinic (H.E.A.R.T.)**

Wednesday, April 28

6:30 pm to 8:00 pm

Suzanne Park