

CITY OF WALNUT
SENIOR CITIZENS COMMISSION AGENDA
WALNUT CITY HALL
21201 LA PUENTE ROAD, WALNUT
JUNE 7, 2023

1. CALL TO ORDER 10:00 A.M.
2. FLAG SALUTE COMMISSIONER MILLER
3. ROLL CALL COMMISSIONERS CODAY-LAMB, LEE, MILLER, SHERWOOD-SCOTT,
& SIMONELLI
4. MINUTES REGULAR MEETING MAY 3, 2023

5. ORAL COMMUNICATIONS

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 May 2023

Recommendation: Receive and file.

7. DISCUSSION

8. STAFF ITEMS

9. ANNOUNCEMENTS

10. ADJOURNMENT

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 May 3, 2023 at the Walnut City Hall, 21201 La Puente Road, Walnut, California. Commissioner Coday-Lamb called the meeting to order at 10:00 A.M.

ROLL CALL

PRESENT: Commissioners Coday-Lamb, Lee, Miller & Sherwood-Scott
ABSENT: Commissioner Simonelli

Also present at the meeting was Recreation Supervisor Fontan, Recreation Coordinator Watanabe and Executive Assistant Vermeer.

APPROVAL OF MINUTES

C/Sherwood-Scott made a motion, seconded by C/Miller and was carried 4-0 to approve the minutes of April 5, 2023.

PRESENT: Commissioners Coday-Lamb, Lee Miller & Sherwood-Scott
ABSENT: Commissioner Simonelli

ORAL COMMUNICATION

None

CONSENT CALENDAR

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

PRESENT: Commissioners Coday-Lamb, Lee Miller & Sherwood-Scott
ABSENT: Commissioner Simonelli

DISCUSSION

None

LATE BUSINESS

None

STAFF ITEMS

None

ANNOUNCEMENTS

None

ADJOURNMENT

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

Chairperson

ATTEST:

Executive Assistant



AGENDA ITEM 6A

- Consent Calendar
 Discussion

WALNUT SENIOR CITIZENS COMMISSION

AGENDA DATE: JUNE 7, 2023

TO: Senior Citizens Commission

VIA: Jamie Bumia, Deputy Community Services Director *JB*

**FROM: Jennifer Fontan, Recreation Supervisor *JF*
Robert Watanabe, Recreation Coordinator *RW***

SUBJECT: Senior Center Activities for May 2023

RECOMMENDATION:

It is recommended that the Senior Citizens Commission receive and file this informational report for the month of May 2023.

COVID-19 PROTOCOL UPDATE:

The Los Angeles County Department of Public Health continued their Health Order to highly recommend indoor masking, regardless of vaccination status. Staff and program participants at the Senior Center and other City facilities have been updated of this modification.

ACTIVITIES SUMMARY:

The following are ongoing social services for older adults in Walnut that occurred last month. Staff continues to provide older adults in the community with pressing social services opportunities.

SENIOR DINE-IN NUTRITION LUNCH PROGRAM

The Senior Dine-In Nutrition program is open to seniors 60 years and older. Since the start of May, we are now serving hot meals Monday through Friday, on a first-come first-serve basis. To participate in this program guests must complete a YWCA intake form, check-in begins at 10:30 a.m. with meals served from 11:00 a.m. to 12:00 p.m. or until food is available. Average attendance : 40+

SEMINARS/SPECIAL EVENTS:

Free Seminar: Nutrition Bingo

May 9, 2023

Presented by: Independence at Home

Info: Learn about nutrition facts and how to eat healthier while playing the classic game of BINGO.

Attendance: 6

Free Seminar: Seniors Caring for Seniors

May 16, 2023

Presented by: Foothill Family

Info: Topics will address caregiver stress, coping, community support and available resources.

Attendance: Canceled.

Free Seminar: Coffee with a Cop

May 30, 2023

Presented by: Walnut/Diamond Bar Sheriffs Department

Info: Topics discussed will be the Caring for Neighbors program, home safety, vacation home check, crime and scam prevention.

Attendance: 14

Special Event: Mothers' Day Brunch

On Friday, May 12, the Walnut Senior Center hosted their Mothers' Day Brunch event with the elegance of Paris as the theme. Participants enjoyed the French ambiance with a delightful selection of music playing from the Stardust Trio. To top it off, the menu consisted of a different styles of crepes made by Crepes Bonaparte Catering. Lastly, fun table games and an opportunity prize drawing was held for all of the guests in attendance. This event was sold out a 60 participants.

OLDER ADULT CLASSES

Heart and Soul Line Dance classes started offering lessons twice a week since early January. Monday classes are perfect for the working older adult and scheduled for 6pm. Thursday classes are perfect for the retired person, scheduled for the morning at 9:30 am. These classes are a perfect way to good heart health without the constant strain on joints and easy to follow. All levels are welcome and no partner is necessary.

GROW GROUP COUNSELING

The Senior Group GROW Group Counseling program has continued to be in person, since the transition of the virtual forum. GROW meets the first Friday of every month from 9:00 am to 11:00 am. Participants ages 55 and older are welcome and encouraged to learn new skills that will allow them to GROW.

SOCIAL CONNECTIONS

The senior center is partnering with Vanessa Valenzuela, Community Liaison Public Health Nurse with the Los Angeles County of Public Health Department, to offer a two-hour support group for seniors allowing individuals to come together around a common activity to develop social connections. Here seniors are able to come and socialize, play games, share stories, and explore different topics with Vanessa and their fellow peers. This drop-in program is free to attend. Average Attendance is:15+

SENIOR EXCURSIONS:

<u>Name</u>	<u>Date</u>	<u>Participants</u>
The Flower Fields at Carlsbad Ranch	May 2	30
Richard Nixon Presidential Library and Museum	May 16	Canceled

WEEKLY ACTIVITIES:

The Walnut Senior Center have continued to welcome back a few of the social groups including Mahjong, Bridge, Billiards, Friendship Quilting and Tole Painting. All social groups have designated meeting times with the exception of Billiards, which is open Monday through Friday from 8:00 am to 5:00 pm.

Mahjong	Monday/Friday	9:00 am to 12:00 noon
Tole Painting	Monday	10:00 am to 12:00 noon
Friendship Quilting	1 st & 3 rd Monday	12:30 pm to 3:00 pm
Chinese Brush Painting	Tuesday	10:00 am to 12:00 noon
Bridge	Tuesday	12:00 noon to 3:00 pm
Senior Club (Bingo)	Wednesdays	12:00 noon to 3:00 pm
Chinese Brush Painting	Friday	10:00 am to 12:00 noon