

CITY OF WALNUT  
SENIOR CITIZENS COMMISSION AGENDA  
WALNUT CITY HALL  
21201 LA PUENTE ROAD, WALNUT  
MAY 3, 2023

1. CALL TO ORDER 10:00 A.M.
2. FLAG SALUTE COMMISSIONER LEE
3. ROLL CALL COMMISSIONERS CODAY-LAMB, LEE, MILLER, SHERWOOD-SCOTT,  
& SIMONELLI
4. MINUTES REGULAR MEETING APRIL 5, 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 April 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 April 5, 2023 at the Walnut City Hall, 21201 La Puente Road, Walnut, California. Commissioner Sherwood-Scott called the meeting to order at 10:00 A.M.

ROLL CALL

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

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

APPROVAL OF MINUTES

C/Miller made a motion, seconded by C/Lee and was carried 3-0 to approve the minutes of March 1, 2023.

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

ORAL COMMUNICATION

None

CONSENT CALENDAR

C/Miller made a motion, seconded by C/Lee and was carried 3-0 to receive and file Item 6A.

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

DISCUSSION

None

LATE BUSINESS

None

STAFF ITEMS

None

ANNOUNCEMENTS

None

ADJOURNMENT

There being no further business to come before the Commission, C/Sherwood-Scott adjourned the meeting at 10:17 A.M.

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Chairperson

ATTEST:

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Executive Assistant



## AGENDA ITEM 6A

- Consent Calendar
- Discussion

**WALNUT SENIOR CITIZENS COMMISSION**

**AGENDA DATE: MAY 3, 2023**

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**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 April 2023**

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### **RECOMMENDATION:**

It is recommended that the Senior Citizens Commission receive and file this informational report for the month of April 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 CURBSIDE/HOME DELIVERED NUTRITION LUNCH PROGRAM**

Staff continues to coordinate the County Nutrition Program for older adults, which had been a congregate meal program at the Walnut Senior Center. Those residents who cannot leave their home continue to receive home delivered meals by the YWCA, while others are scheduled for drive-through (no contact) pick up.

*Update:* The County Nutrition Program has decided to discontinue the Grab N' Go program starting in May 2023. The Program's focus would be to provide additional Dine-In days to the Senior Center and bring back the full Monday through Friday scheduling for our Seniors.

#### SENIOR DINE-IN NUTRITION LUNCH PROGRAM

The Senior Dine-In Nutrition program is open to seniors 60 years and older. At this time, we are serving hot meals Monday through Wednesday 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.

*Update:* The County Nutrition Program is going to provide additional days (Thursdays and Fridays) for Dine-In Service starting in May. Bringing back the additional days will give our Seniors a full 5-day meal program.

#### SEMINARS/SPECIAL EVENTS:

##### *Free Seminar: Bone Health Basics - Osteoporosis*

April 4, 2023

Presented by: Independence at Home

Info: Learning how to prevent bone loss and possible broken bones.

Attendance: 9

##### *Free Seminar: Living Better with Arthritis*

April 11, 2023

Presented by: Independence at Home

Info: Strategies on how to manage and live better with arthritis.

Attendance: 10

##### *Free Seminar: Stop Falling! Home Safety – Preventing Falls and Injuries*

April 18, 2023

Presented by: Independence at Home

Info: Identify fall risks and prevent injury.

Attendance: 10

##### *Special Event: Hard Days Night Dinner & Dance*

On Friday, April 21, the Walnut Senior Center hosted their Hard Day's Night (Beatles Tribute) dance & dinner event. Participants were able to go back to the time of when the Fab Four rocked the US. The Liberty City Trio provided groovy tunes and a delicious dinner was prepared by Tiscarenos Catering. An opportunity prize drawing was held for all of the guests in attendance. This event had 85 participants and they all enjoyed the British Invasion musically.

### 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.

### SENIOR EXCURSIONS:

<u>Name</u>	<u>Date</u>	<u>Participants</u>
LA Arboretum	Apr 11	39 (Sold Out)
Laughlin Getaway	Apr 23	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 <sup>st</sup> & 3 <sup>rd</sup> 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