

CITY OF WALNUT  
SENIOR CITIZENS COMMISSION AGENDA  
WALNUT CITY HALL  
21201 LA PUENTE ROAD, WALNUT  
JULY 5, 2023

1. CALL TO ORDER 10:00 A.M.
2. FLAG SALUTE COMMISSIONER SHERWOOD-SCOTT
3. ROLL CALL COMMISSIONERS CODAY-LAMB, GONZALEZ, LEE, MILLER,  
& SHERWOOD-SCOTT
4. MINUTES REGULAR MEETING JUNE 7, 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 June 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 June 7, 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 & Simonelli  
ABSENT: None

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

APPROVAL OF MINUTES

C/Miller made a motion, seconded by C/Simonelli and was carried 5-0 to approve the minutes of May 3, 2023.

PRESENT: Commissioners Coday-Lamb, Lee, Miller, Sherwood-Scott & Simonelli  
ABSENT: None

ORAL COMMUNICATION

None

CONSENT CALENDAR

C/Sherwood-Scott made a motion, seconded by C/Miller and was carried 5-0 to receive and file Item 6A.

PRESENT: Commissioners Coday-Lamb, Lee, Miller, Sherwood-Scott & Simonelli  
ABSENT: None

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 10:12 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: JULY 5, 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 June 2023**

### **RECOMMENDATION:**

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

### **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. The program has been averaging an attendance of 45 seniors.

#### **SEMINARS/SPECIAL EVENTS:**

##### ***Free Seminar: Hands-Only CPR***

June 7, 2023

Presented by: LA County Public Health & Walnut Senior Commission

Info: Hands-Only CPR is a life-saving skill that increases the survival rate of a person in a cardiac arrest emergency. Attendance: 16; Pre-Registered: 13

*Free Seminar: Social Cookbook – The Stories Behind Our Recipes*

June 13, 2023

Presented by: Independence at Home

Info: An interactive class in which we come together to recollect and share our most treasured recipes, unforgettable meals and the stories behind these memories.

Attendance: 7; Pre-Registered: 4

*Health Screening – Stroke & Thyroid*

June 20, 2023

Presented by: Independence at Home

Info: Independence at Home will provide FREE valuable stroke and thyroid screenings for community members.

Attendance: 40+; Pre-Registered: 23

*Special Event: Flamingo Fridays*

Canceled due to low enrollment.

OLDER ADULT CLASSES

Heart and Soul Line Dance classes started offering lessons twice a week. 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.

Zumba Gold classes are now being offered at the Senior Center on Mondays from 12:30 pm to 1:30 pm. Zumba Gold is a lower impact dance class designed with seniors in mind. This fun and social class will teach different types of Latin and international dances. This class provides simple to follow Zumba choreography that promotes balance, range of motion, posture strengthening and coordination.

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>
Landshark and Longboards	June 27	40 (FULL)

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