

CITY OF WALNUT
SENIOR CITIZENS COMMISSION AGENDA
WALNUT CITY HALL
21201 LA PUENTE ROAD, WALNUT
SEPTEMBER 6, 2023

1. CALL TO ORDER 10:00 A.M.
2. FLAG SALUTE COMMISSIONER GONZALEZ
3. ROLL CALL COMMISSIONERS CODAY-LAMB, GONZALEZ, LEE, MILLER,
& SHERWOOD-SCOTT
4. MINUTES REGULAR MEETING AUGUST 2, 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 August 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 August 2, 2023 at the Walnut City Hall, 21201 La Puente Road, Walnut, California. Commissioner Coday-Lamb called the meeting to order at 10:01 A.M.

ROLL CALL

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

Also present at the meeting was Deputy Director Community Services Bumia, Recreation Supervisor Fontan, and Recreation Coordinator Watanabe.

APPROVAL OF MINUTES

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

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

REORGANIZATION:

C/Sherwood-Scott nominated C/Coday-Lamb for Chairperson, a vote was taken and approved

AYES: Coday-Lamb, Gonzalez, Miller, & Sherwood-Scott
NOES: None
ABSENT: Commissioner Lee

C/Miller nominated C/Sherwood-Scott for Vice Chairperson, and a vote was taken and approved:

AYES: Coday-Lamb, Gonzalez, Miller, & Sherwood-Scott
NOES: None
ABSENT: Commissioner Lee

ORAL COMMUNICATION

William Harrison, spoke regarding food/meal delivery programs for seniors.

CONSENT CALENDAR

C/Sherwood-Scott made a motion, seconded by C/Miller and was carried 4-0 to receive and file Item 7A.

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

DISCUSSION

C/Sherwood-Scott made a motion, seconded by C/Miller and was carried 4-0 to receive and file Item 8A.

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

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 10:28 A.M.

Chairperson

ATTEST:

Executive Assistant



AGENDA ITEM 6A

- Consent Calendar
 Discussion

WALNUT SENIOR CITIZENS COMMISSION

AGENDA DATE: SEPTEMBER 6, 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 August 2023

RECOMMENDATION:

It is recommended that the Senior Citizens Commission receive and file this informational report for the month of August 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:

Dementia Home Safety Event

August 8, 2023

Presented by:

Info: Methods to modify your home to improve safety living for persons with dementia.

Attendance: 20+

Meet & Greet: Aging Next

August 9, 2023

Info: Non-profit organization providing a broad range of services and support to older adults to empower independence at home.

Meet & Greet: Foothill Family

August 16, 2023

Info: Local Non-profit helping families and older adults thrive through community-based services.

Free Seminar: Caregivers Are People Too

August 22, 2023

Presented by: Independence at Home

Info: Learn how to take care of yourself as a caregiver, in order to be the best caregiver you can be.

Meet & Greet: California Phones

August 23, 2023

Info: California Telephone Access Program providing free specialized phones and accessories to all qualified Californians.

Endless Summer Dinner & Dance

On Friday, August 18, the Senior Center hosted the Endless Summer Dinner & Dance. Bringing the fun and carefree spirit of the summer season. The event featured the band, Global Affair, and a special meal was catered by Tiscarenos. Lastly, a door prize drawing was held filled with themed items. Participants enjoyed the seasoned event and many memories were made. The attendance for this dance was set at 90 guests.

Annual Intergenerational Art Show: Beauty, Brains and Art

The Annual Intergenerational Art Show was held from August 5 through August 11 at the Walnut Senior Center. Participants of all ages submitted their artwork to be displayed at the Senior Center for all the guests to enjoy. On August 5, an Artists' Reception was held and artists were able to meet and discuss their work with those in attendance. Everyone at the Reception were welcomed with an elegant spread of refreshments, snack platters and desserts. A live auction was held with selected pieces from artists that wanted to sell their work. The event had over 100+ entries on display.

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 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>
Reagan Presidential Library & Auschwitz Exhibit	August 8	44 (FULL)
Smooth Summer Jazz at the Bowl	August 27	44 (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 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