

CITY OF WALNUT  
SENIOR CITIZENS COMMISSION AGENDA  
WALNUT CITY HALL  
21201 LA PUENTE ROAD, WALNUT  
NOVEMBER 1, 2023

1. CALL TO ORDER 10:00 A.M.
2. FLAG SALUTE COMMISSIONER MILLER
3. ROLL CALL COMMISSIONERS CODAY-LAMB, GONZALEZ, LEE, MILLER,  
& SHERWOOD-SCOTT
4. MINUTES REGULAR MEETING OCTOBER 4, 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 October 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 October 4, 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, Gonzalez, Lee, Miller, & Sherwood-Scott  
ABSENT: None

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

APPROVAL OF MINUTES

C/Miller made a motion, seconded by C/Gonzalez and was carried 4-0 to approve the minutes of September 6, 2023.

PRESENT: Commissioners Gonzalez, Lee, Miller & Sherwood-Scott  
ABSENT: None  
ABSTAIN: Commissioner Coday-Lamb

ORAL COMMUNICATION

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, Gonzalez, Lee, Miller & Sherwood-Scott  
ABSENT: None

DISCUSSION

LATE BUSINESS

STAFF ITEMS

ANNOUNCEMENTS

ADJOURNMENT

There being no further business to come before the Commission, C/Coday-Lamb adjourned the meeting at 10:13 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: NOVEMBER 1, 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 October 2023**

### **RECOMMENDATION:**

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

##### ***Seminar: Self Neglect***

October 10, 2023

Presented by: Foothill Family

Info: How to recognize self-neglect which puts individuals health, safety and well-being at risk and the resources available for help.

*Meet & Greet: Humana Healthcare*

October 11, 2023

Info: Info on how to enroll into a medicare healthcare plan.

*Free Seminar: Every Woman Counts – Breast and Cervical Cancer Awareness*

October 17, 2023

*Presented by:* California Health Collaborative

Info: Learn how to reduce your risk of breast cancer, prevent cervical cancer and discuss recommended screenings.

*Meet & Greet: Walnut Valley Water District*

October 18, 2023

Info: Promoting available services and resources the Water District can offer.

*Free Seminar: Keep Your Skeleton Strong*

October 24, 2023

*Presented by:* Emanate Health

Info: Learn how to maintain healthy bones and reduce your risk of osteoporosis and fractures.

*Meet & Greet: LAC & USC Medical Foundation*

October 25, 2023

Info: Representative informing our guests about the Wellness Center in LA and what they can offer to the community.

*Special Events:*

Boo Bop - Dinner & Dance

The Boo Bop Dinner and Dance was held at the Walnut Senior Center on October 20 from 5:00 pm to 8:00 pm. Guests were encouraged to come in costume and participate in the costume contest. A catered BBQ dinner was served by Sweet Kiss Mariss and a disc jockey, DJ Oso, was playing the fun dance hits. An opportunity drawing and door prizes were given at the event, as well. 61 participants attended the event.

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 the Los Angeles Department of Mental Health, to offer a one-hour support group for seniors on Mondays from 11:00 am to 12:00 pm 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 Staff 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>
Old World Village Oktoberfest	October 11	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 <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