

CITY OF WALNUT  
SENIOR CITIZENS COMMISSION AGENDA  
WALNUT CITY HALL  
21201 LA PUENTE ROAD, WALNUT  
DECEMBER 6, 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 NOVEMBER 1, 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 November 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 November 1, 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 Coordinator Watanabe and Executive Assistant Vermeer.

APPROVAL OF MINUTES

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

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

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 10:11 A.M.

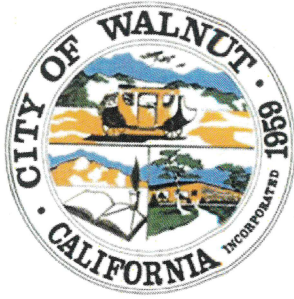
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Chairperson

ATTEST:

\_\_\_\_\_

Executive Assistant



## AGENDA ITEM 6A

- Consent Calendar  
 Discussion

**WALNUT SENIOR CITIZENS COMMISSION**

**AGENDA DATE: DECEMBER 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 November 2023**

### **RECOMMENDATION:**

It is recommended that the Senior Citizens Commission receive and file this informational report for the month of November 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: Coffee with a Cop*  
November 7, 2023

Presented by: Walnut Valley Sheriff's Station

Info: Information on the Caring for Neighbors Program and home safety.

*Meet & Greet: A Care Home Health*

November 8, 2023

Info: Information regarding the services and resources available through their organization.

*Free Seminar: Understanding Elder Abuse and Safety*

November 14, 2023

*Presented by:* American Asians for Justice

Info: How Seniors can protect themselves from scams.

*Meet & Greet: Walnut Valley Water District*

November 15, 2023

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

*Free Seminar: How Do Drug Plans Work on Medicare*

November 21, 2023

*Presented by:* Emanate Health

Info: Learn how drug programs work on the Medicare Advantage Prescription Program.

*Free Seminar: Living Benefits & Tax Advantage Retirement Programs*

November 28, 2023

*Presented by:* Ivy Ensures

Info: Financial Planning.

*Meet & Greet: Emanate Health*

November 29, 2023

Info: Information regarding the services and resources available through their organization.

*Special Events:*

A Salute to Veterans

A Salute to Veterans Reception Dinner was held at the Walnut Senior Center on November 8 from 5:00 pm to 6:45 pm. The City invited all local military veterans to enjoy a catered meal and be recognized for their service. The dinner was served by Da Hula Studio, along with a special slide show presentation by the City Staff. An opening ceremony was held with the Walnut Valley Sheriff Explorers presenting as Color Guard and a special performance by, Lexi Calivo, singing the National Anthem.

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>
Julian Gold Rush	November 7	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