

CITY OF WALNUT  
SENIOR CITIZENS COMMISSION AGENDA  
WALNUT CITY HALL  
21215 LA PUENTE ROAD, WALNUT  
APRIL 3, 2024

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 MARCH 6, 2024

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 March 2024

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 March 6, 2024 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 & Sherwood-Scott  
ABSENT: Commissioner Miller

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

APPROVAL OF MINUTES

C/Sherwood-Scott made a motion, seconded by C/Gonzalez and was carried 4-0 to approve the minutes of January 3, 2024.

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

ORAL COMMUNICATION

CONSENT CALENDAR

C/Gonzalez made a motion, seconded by C/Sherwood-Scott and was carried 4-0 to receive and file Item 6A.

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

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:

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Executive Assistant



## AGENDA ITEM 6A

- Consent Calendar  
 Discussion

**WALNUT SENIOR CITIZENS COMMISSION**

**AGENDA DATE: APRIL 3, 2024**

**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 March 2024**

### **RECOMMENDATION:**

It is recommended that the Senior Citizens Commission receive and file this informational report for the month of March 2024.

### **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 50 seniors.

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

*Seminar: Medicare 101 – Event Rescheduled*  
March 19, 2024  
*Presented by : C&C Family Insurance Services*

Info : Lean valuable information regarding medicare. What it covers and how to secure it for yourself.

*Meet & Greet: Forest Lawn*  
March 6, 2024  
9:30 am to 11:30 am

*Meet & Greet: Humana Health Plan – Event Rescheduled.*  
March 13, 2024  
9:30 am to 11:30 am

#### 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> |
|------------------------|-------------|---------------------|
| Glenn Miller Orchestra | Mar 3       | Canceled –          |

Low Enrollment

Springtime at Descanso Gardens

Mar 26

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 |