

CITY OF WALNUT
SENIOR CITIZENS COMMISSION AGENDA
WALNUT CITY HALL
21215 LA PUENTE ROAD, WALNUT
MAY 1, 2024

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 APRIL 3, 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 April 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 April 3, 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 & Miller

ABSENT: Commissioner Sherwood-Scott

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/Lee made a motion, seconded by C/Miller and was carried 4-0 to approve the minutes of March 6, 2024.

PRESENT: Commissioners Coday-Lamb, Gonzalez, Lee & Miller

ABSENT: Commissioner Sherwood-Scott

ORAL COMMUNICATION

CONSENT CALENDAR

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

PRESENT: Commissioners Coday-Lamb, Gonzalez, Lee & Miller

ABSENT: Commissioner Sherwood-Scott

DISCUSSION

LATE BUSINESS

STAFF ITEMS

ANNOUNCEMENTS

ADJOURNMENT

There being no further business to come before the Commission, C/Coday-Lamb adjourned the meeting at 10:05 A.M.

Chairperson

ATTEST:

Executive Assistant



AGENDA ITEM 6A

- Consent Calendar
 Discussion

WALNUT SENIOR CITIZENS COMMISSION

AGENDA DATE: MAY 1, 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 April 2024

RECOMMENDATION:

It is recommended that the Senior Citizens Commission receive and file this informational report for the month of April 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 60 seniors.

SEMINARS/SPECIAL EVENTS:

Meet & Greet – LA County Department of Mental Health
April 3, 2024
9 :30 am to 11 :30 am

Travel Seminar: Explore the World
April 9, 2024

Presented by: Intertrips

Info : Come for coffee, donuts and giveaways and learn about some amazing travel opportunities.

10 :00 am to 11 :00 am

Meet & Greet: Emanate Health
April 10, 2024

9:30 am to 11:30 am

Seminar: Memory Matters
April 23, 2024

Presented by : Alzheimer's LA

Info : Join Alzheimer's LA and learn important facts about our memory and possible ways to improve it.

10 :00 am to 11 :00 am

Meet & Greet: Foothill Family
April 24, 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>
Knott's Berry Farm: Boysenberry Festival	April 2	34
Tanaka Farms Tour & Cookout	April 30	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	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