

CITY OF WALNUT
SENIOR CITIZENS COMMISSION AGENDA
WALNUT CITY HALL
21215 LA PUENTE ROAD, WALNUT
OCTOBER 2, 2024

1. CALL TO ORDER 10:00 A.M.
2. FLAG SALUTE COMMISSIONER RODRIGUEZ
3. ROLL CALL COMMISSIONERS GONZALEZ, MILLER, NATIVIDAD, RODRIGUEZ & ZHAO
4. MINUTES REGULAR MEETING SEPTEMBER 4, 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 September 2024

Recommendation: Receive and file.

7. DISCUSSION

8. STAFF ITEMS

- A. Possible Commission Activities

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 September 4, 2024 at the Walnut City Hall, 21201 La Puente Road, Walnut, California. Chairperson Gonzalez called the meeting to order at 10:00 A.M.

ROLL CALL

PRESENT: Commissioners Gonzalez, Miller, Natividad, Rodriguez & Zhao
ABSENT: None

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

APPROVAL OF MINUTES

C/Miller made a motion, seconded by C/Natividad and was carried 5-0 to approve the minutes of August 7, 2024.

AYES: Commissioners Gonzalez, Miller, Natividad, Rodriguez & Zhao
ABSENT: None

ORAL COMMUNICATION

CONSENT CALENDAR

C/Miller made a motion, seconded by C/Zhao and was carried 5-0 to receive and file Item 6A.

AYES: Commissioners Gonzalez, Miller, Natividad, Rodriguez & Zhao
ABSENT: None

DISCUSSION

LATE BUSINESS

STAFF ITEMS

ANNOUNCEMENTS

ADJOURNMENT

There being no further business to come before the Commission, C/Gonzalez adjourned the meeting at 10:31 A.M.

Chairperson

ATTEST:

Senior Administrative Assistant



AGENDA ITEM 6A

- Consent Calendar
- Discussion

WALNUT SENIOR CITIZENS COMMISSION

AGENDA DATE: OCTOBER 2, 2024

TO: Senior Citizens Commission

VIA: Jamie Bumia, Director of Community Services *JB*

**FROM: Jennifer Fontan, Recreation Supervisor *JF*
Robert Watanabe, Recreation Coordinator *RW***

SUBJECT: Senior Center Activities for September 2024

RECOMMENDATION:

It is recommended that the Senior Citizens Commission receive and file this informational report for the month of September 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 55 seniors.

SEMINARS/SPECIAL EVENTS:

Meet & Greet – Forest Lawn
September 4, 2024
9:30 am to 11:30 am

SC Report
10/2/2024
Senior Activities - Consent
Page 2

Seminar – Medicare 101
Presented by : CR Partners Ins. Services LLC
September 10, 2024
10:00 am to 11:00 am

Seminar – Research for Life
September 17, 2024
10:00 am to 11:00 am

Seminar – Late Life Transitions
Presented by : LA County Dept of Mental Health
September 24, 2024
10:00 am to 11:00 am

Special Event: *Annual Intergenerational Art Show: Landmark and Landscapes*
The Annual Intergenerational Art Show was held from September 14 through September 20 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 September 14, an Artists' Reception was held, 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 also held at the reception with over 20 pieces from artists who wished to auction off their work. The art show featured over 80 local artists and had over 100+ entries on display.

OLDER ADULT CLASSES

The City of Walnut Senior Center partners with the Mt San Antonio College Continuing Education Division to offer classes for older adults. Classes are designed and developed to meet the educational needs of older adults. Classes offered are Digital Photography, Creative Computing, Food & Nutrition, PowerPoint Basics, Mobile Technology, Music & Brain Health, Oil Painting, Home Gardening, Jewelry Production & Design, Healthy Aging, Principles of Posture and Flexibility.

Heart and Soul Line Dance classes started offering lessons twice a week. Monday classes are perfect for the working older adult and scheduled for 6:00 pm. 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.

Tai Chi Classes are offered on Thursdays from 11:00 am to 12:30 pm. Tai chi is a low impact exercise activity which is practiced as a slow-moving meditation. A former ancient martial art is practiced for health and wellbeing. Benefits of Tai Chi include stress reduction, relaxation, improved mobility, balance and focus.

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 can 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 25+.

SENIOR EXCURSIONS:

<u>Name</u>	<u>Date</u>	<u>Participants</u>
The Original Lobster Festival	Sept 8	45 (Full)

WEEKLY ACTIVITIES:

The Walnut Senior Center has continued to welcome back a few of the social groups including Bridge, Billiards, Friendship Quilting and Tole Painting. All social groups have designated meeting times except for Billiards, which is open Monday through Friday from 8:00 am to 5:00 pm.

Tole Painting	Monday	10:00 am to 12:00 noon
Friendship Quilting	1 st & 3 rd Monday	12:30 pm to 3:00 pm
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