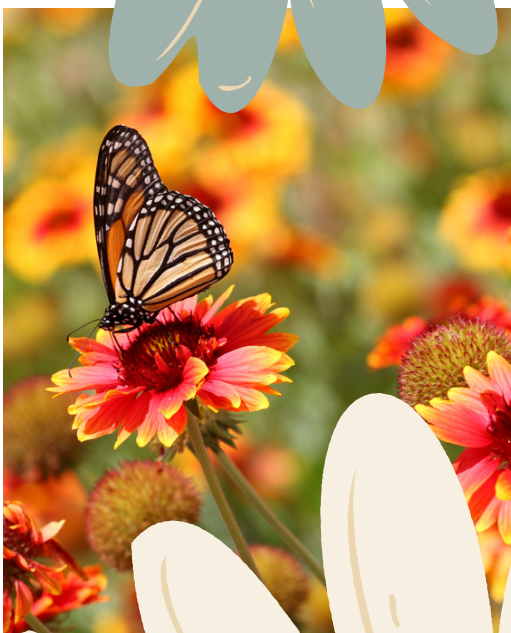


WSC

Spring 2024



BLOOMING

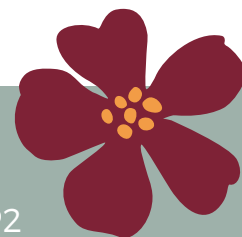
AT WESTCHESTER SENIOR CENTER

Spring has sprung and we are in full bloom here at the Westchester Senior Center.

Winter was full of excitement as we gathered at parties for New Years, Mardi Gras, and St. Patrick's Day. We celebrated with all ages at the Lunar New Year Event, and danced the night away at the Sweetheart's Dance.

Now it's time to step out into the sun and enjoy a spring full of new classes like Breath and Balance with Beth, Scrapbooking Club with Rachelle, or your choice of Dance classes to choose from! There is something for everyone so come on down!

Inside:



- New Classes · P2
- Member/Staff Highlight · P3
- Jan/Feb/Mar Highlights · P4-P7
- Spring Class Lists · P8 & P9
- Upcoming Events · P10-P13
- Seasonal Info · P14-P17
- Spring Birthdays · P18



NEW CLASSES, WORKSHOPS, AND CLUBS

Exercise

Breath & Balance
Mondays, 2pm

WESTCHESTER SENIOR CENTER & REC CENTER
BREATH AND BALANCE

In this weekly series, we will learn how to breathe for all occasions. There are many ways to breathe, through speaking, breathing techniques, we will also practice creative breathing activities. Your instructor has many suggestions, our breathing ability. You will be surprised when we do it in our classes & experience class, join in and explore too!

INSTRUCTOR: BETH
Members \$40
Non-Members \$50

April 2 - May 20
Mondays 10:00-11:00am

REGISTER NOW - ONLINE AT LAPARKS.ORG, IN PERSON AT THE OFFICE, OR BY PHONE 310-649-3317

Gentle Fitness
Thurs, 10:00am

WESTCHESTER SENIOR CENTER & REC CENTER
GENTLE EXERCISE

JOIN NOW

THURSDAYS 10:00AM

JOIN US TO STAY ACTIVE AND KEEP MOVING WITH GENTLE EXERCISE. WE WILL IMPROVE YOUR MENTAL AND PHYSICAL HEALTH THROUGH STRETCHING AND MOVEMENT. MOVE AND STAY ACTIVE TO ENJOY THE BEST OF LIFE.

INSTRUCTOR: BETH
Members \$40
Non-Members \$50

REGISTER NOW - ONLINE AT LAPARKS.ORG, IN PERSON AT THE OFFICE, OR BY PHONE 310-649-3317

Kickboxing
Mondays, 7:30pm

WESTCHESTER SENIOR CENTER & REC CENTER
KICKBOXING

In this class, students will learn fundamentals of boxing, developing strength, cardiovascular conditioning, coordination, and body awareness.

Plus, there is a great benefit, punch training improves fitness while still learning proper technique and application. It improves doing drills who punches, but does not include any sparring.

Mixed Martial Arts gloves are required.

INSTRUCTOR: MICHAEL HA
LOCATION: SENIOR CENTER

Members \$40
Non-Members \$50

April 8 - June 9
Mondays 7:30-8:30pm

REGISTER NOW - ONLINE AT LAPARKS.ORG, IN PERSON AT THE OFFICE, OR BY PHONE 310-649-3317

Line Dancing
Wednesdays, 9am

WESTCHESTER SENIOR CENTER & REC CENTER
LINE DANCING

Members \$40
Non-Members \$50

WEDNESDAYS, 9-10am
Dates: 4/3-5/24
Instructor: Corinna

YEEHAW! IT'S TIME TO STEP OUT AND GET YOUR WORK OUT ON. COME TOGETHER WEDNESDAY MORNINGS FOR AN HOUR OF COUNTRY LINE DANCE WITH INSTRUCTOR CORINNA

REGISTER NOW - ONLINE AT LAPARKS.ORG, IN PERSON AT THE OFFICE, OR BY PHONE 310-649-3317

New Classes

50+ is not what it use to be! Active Aging is in and we have something for everyone! From the Arts, to Exercise, and new clubs to stay social! We're staying busy at WSC.

Returning!!

Knitting Club Chess

Fridays 1-3pm

2nd Fridays, 12pm

WESTCHESTER SENIOR CENTER & REC CENTER
Knitting Club

Come knit along with friends in Knitting Club. Pass time together working on your projects & sharing ideas on things to make. Bring your own supplies

ALL WELCOME
FRIDAYS
1:00-3:00PM
FREE!!!

REGISTER NOW - ONLINE AT LAPARKS.ORG, IN PERSON AT THE OFFICE, OR BY PHONE 310-649-3317

WESTCHESTER SENIOR CENTER & REC CENTER
CHess

2ND FRIDAYS OF THE MONTH
WITH EDGAR
12-1pm
\$Free

Learn Chess in a relaxed environment and practice your skills with Edgar. Beginner's welcome!

REGISTER NOW - ONLINE AT LAPARKS.ORG, IN PERSON AT THE OFFICE, OR BY PHONE 310-649-3317

Art

Beginning Watercolor
Mondays, 2pm

WESTCHESTER SENIOR CENTER & REC CENTER
BEGINNING WATERCOLOR

INSTRUCTOR: REGINE

LEARN TO WATERCOLOR IN THIS 8 WEEK COURSE. STUDENTS WILL BE TAUGHT MULTIPLE TECHNIQUES WHILE WORKING ON VARIOUS PAINTINGS

APRIL 1 - MAY 20TH
MONDAYS | 2PM - 4PM

MEMBERS \$50 ENTIRE DESIGN / NON-MEMBERS \$100 ENTIRE DESIGN

Spring Crafts
Thursdays 10:30am

WESTCHESTER SENIOR CENTER & REC CENTER
Spring Crafts with Jolene

Join Jolene Thursday mornings for crafts focused on the brilliance of Spring. We will make things like Butterfly art, candle holders, garland, and much more!

Thursdays 10:00-11:30AM
4/11-5/30

REGISTER NOW - ONLINE AT LAPARKS.ORG, IN PERSON AT THE OFFICE, OR BY PHONE 310-649-3317

Scrapbooking
Fridays 2pm

WESTCHESTER SENIOR CENTER & REC CENTER
Scrapbooking Club

Dates: April 5 - May 24
FRIDAYS 2-3PM
INSTRUCTOR: RACHELLE

Members: Free
Non-Members: \$10/mo

REGISTER NOW - ONLINE AT LAPARKS.ORG, IN PERSON AT THE OFFICE, OR BY PHONE 310-649-3317

Latin Ballroom
Thursdays, 9am

WESTCHESTER SENIOR CENTER & REC CENTER
LATIN BALLROOM DANCE

APRIL 3 - MAY 22
THURSDAYS
9:00-10:00AM

COME BALA YOUR CARES AWAY WITH INSTRUCTOR CORINNA. EXPLORE THE VARIOUS STYLES OF LATIN DANCE SUCH AS RUMBA, SALSA, MERENGE, AND MUCH MORE!

Members \$40
Non-Members \$50

REGISTER NOW - ONLINE AT LAPARKS.ORG, IN PERSON AT THE OFFICE, OR BY PHONE 310-649-3317

Zumba
Tues & Fridays, 9am

WESTCHESTER SENIOR CENTER & REC CENTER
ZUMBA

TUESDAYS & FRIDAYS
9:00-10:00AM

DANCE YOUR CARES AWAY

FREE FOR MEMBERS
or \$10/ month

REGISTER NOW - ONLINE AT LAPARKS.ORG, IN PERSON AT THE OFFICE, OR BY PHONE 310-649-3317

DANCE

CLASSES

MEMBER & STAFF HIGHLIGHTS

Member Highlight

Meet Ms. Maria

Ms. Maria is a beloved member of the senior center! She taught for over 30+ years between Broadway and Will Roger's Elementary Schools, and continues to provide her services at the Senior Center today. Leading the first Intergenerational program last November, she taught seniors and youth about Dia De Los Muertos. She always steps up to volunteer and we are so grateful! You can catch her hanging out at Watercolor Studio or volunteering with the lunch program.



Staff Highlight Samaiya!

Samaiya is an aspiring actress and model. She loves cats and writing. Her favorite thing about the Senior Center is Karaoke Thursdays and all the wonderful people she gets to spend time with!

You can find her Thursdays singing with her favorite peeps at Karaoke from 12-2pm or leading the Watercolor Studio from 2 - 4pm. Come on by and listen to her sweet sounds or join her for some painting fun.



JAN/FEB/MARCH HIGHLIGHTS

HAPPY
NEW YEAR

NEW YEARS PARTY

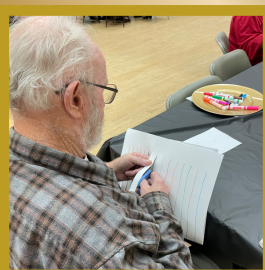
On Jan 5th, we rang in 2024 with some dancing, vision boards, and a New Year's Toast. We also celebrated a few January birthdays!



JAN/FEB/MARCH HIGHLIGHTS

LUNAR NEW YEAR 2024

On Feb 3, we learned about the year of the dragon and celebrated Lunar New Year. Instructed by retired teacher Lisa Z, all generations joined together in a lesson where they learned how to write in Chinese, make dragons, and enjoyed noodles and egg rolls for longevity!



JANUARY/FEBRUARY HIGHLIGHTS

Sweetheart's Dance



On Feb 9th, the West Region came together to celebrate at the Sweetheart's Dance. Parents and grandparents brought their littles to enjoy an evening walking the red carpet and dancing the night away.

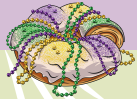
XOXO



JAN/FEB/MARCH HIGHLIGHTS

Mardi Gras Masquerade

On Feb 13th, WSC gathered for a Fat Tuesday celebration. We threw beads, danced, and got down on some scrumptious Kings Cake! Laissez Les Bonne Temps Roulette.



St Patrick's Day

On March 15th, we celebrated at WSC with a tribute to St Patrick accompanied by some Gaelic music performed by guitarist Randy. We ate delicious green food served by staff and volunteers, and were also joined by LA Works who led us in making crafts for Veterans.





Westchester Senior Center

SPRING 2024

Annual
Membership
dues \$12
Jan 1-Dec 31

8740 LINCOLN BLVD, LOS ANGELES CA 90045
(310)649-3317 | WESTCHESTER.SCC@LACITY.ORG

TO REGISTER FOR OUR PROGRAMS VISIT:
LAPARKS.ORG/SCC/WESTCHESTER
CALL 310-649-3317, OR SIGN UP IN PERSON



REGISTRATION OPENS
FEB 21, 2024

ALL PROGRAMS SUBJECT TO CHANGE OR CANCELLATION WITHOUT NOTICE

PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS. REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS. PLEASE BE AWARE THAT SOME ACCOMMODATIONS MAY TAKE 30 DAYS OR LONGER. PLEASE SUBMIT YOUR REQUEST FOR AN ACCOMMODATION AS SOON AS POSSIBLE.



WESTCHESTER.SCCLA

MONDAY

PROGRAM	TIME	NON MEMBER FEE	MEMBER FEE	DATES
Knitting & Crochet Class	9am-12pm	\$25 / month	\$25 / month	4/1-6/24
Genealogy 101 (*)	10am - 11am	\$12	Free	4/1-6/24
Master Sculpters	12pm-1pm	\$15	Free	4/1-6/10
NEW Breath & Balance	2pm-3pm	\$5 / session	Free	4/1-5/20
NEW Watercolor for Beginners	2pm-4pm	\$100	\$50	4/1-5/20
Yoga: Grounding	5pm-6pm	\$80	\$40	4/1-5/20
Kickboxing	7:30-8:30pm	\$80	\$40	4/8-6/1

TUESDAY

Zumba	9am - 10am	\$10 / month	Free	4/2-6/25
Garden Charm	10am-11am	\$10 / month	Free	4/2-6/25
Mixed Media Studio Time	1pm-4pm	\$20 / month	\$10 / month	4/2-6/25
Walking Club	1pm - 2pm	Free	Free	4/2-6/25
Pilates	6pm-7pm	\$90	\$45	4/9-5/28

WEDNESDAY

NEW Country Line Dance	9am-10am	\$40	\$20	4/3-5/24
Chair Yoga	10:30-11:30am	\$10 / month	Free	4/3-6/26
Bingo	12pm-2pm	\$.25c a card	\$.25c a card	4/3-6/26
Ping Pong	2:30-3:30pm	Free	Free	4/3-6/26
MMA Fundamentals	7:30 - 8:30pm	\$80	\$40	4/10-5/28

THURSDAY

NEW Latin Ballroom Dance	9am-10am	\$40	\$20	4/4-5/25
Gentle Exercise	10am - 11am	\$10 / month	\$5 / month	4/4-6/27
NEW Spring crafting w/ Jolene	10am - 11:30am	Free	Free	4/4-5/30
Karaoke: 1&3 Thurs	12pm - 2pm	Free	Free	4/4-6/27
Watercolor Studio	2pm - 4pm	\$10 / month	\$5 / month	4/4-6/27

FRIDAY

Zumba	9am-10am	\$10 / month	Free	4/5-6/28
Walking Club	9:15am-10am	Free	Free	4/5-6/28
One on One Tech Help	10am - 2pm	Free	Free	4/5-6/28
Gentle Yoga	10:15am - 11:15am	\$80	\$40	4/5-5/24
Memory Retention	12pm - 1pm	\$15	Free	4/5-5/24
Cinema Club: 2/4th Fri	1pm - 3pm	Free	Free	4/5-6/28
Knitting Club	1pm - 3pm	Free	Free	4/5-6/28
NEW Scrapbooking Club	2pm - 3pm	Free	Free	4/5-6/28

MEMBERSHIP AVAILABLE: 50+, \$12/YEAR

REFUND POLICY: AFTER THE WEDNESDAY PRIOR TO THE WEEK EACH SESSION BEGINS, NO REFUNDS WILL BE ISSUED UNLESS THE PROGRAM IS CANCELLED BY THE SENIOR CENTER. A 15% ADMINISTRATIVE FEE WILL BE ASSESSED BY THE CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS FOR ANY PATRON GRANTED A REFUND. ALL REFUND REQUESTS MUST BE SUBMITTED VIA A REFUND REQUEST FORM. THERE ARE NO REFUNDS OR CREDITS FOR MISSED DAYS.





Rotary



Club of Westchester

SPRING FLING *Luncheon*

AT THE WESTCHESTER
SENIOR CENTER

WEDNESDAY, APRIL 24

12:00 NOON

Westchester Senior Center
8740 Lincoln Blvd

featuring
**LUNCH &
ENTERTAINMENT**

limited seating please RSVP to

310-649-3319
WESTCHESTER.SCC@LACITY.ORG

Spring



Mother's Day TEA PARTY



The Rec Center and Senior Center are joining forces for an intergenerational event celebrating the ladies of the hour: Moms! Come join us for an afternoon delight with a Tea Party, fun activities, and an unforgettable opportunity to spend time with your dear Mom! Don't forget to come dressed in your Mother's Day best!

Saturday, May 11th | 11am to 1pm

Location: Westchester Senior Center
8740 Lincoln Blvd, Los Angeles, CA 90045



Ages: 4+ to Senior

*This event is for mothers and daughters / sons of all age pairings.

*Families welcome
Please RSVP!*



@WESTCHESTERRECCENTER



@WESTCHESTER.SCCLA



CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS
WESTCHESTER PARK

8740 LINCOLN BLVD, LOS ANGELES, CA 90045
(310) 649-3317/ WESTCHESTER.SCC@LACITY.ORG



ALOHA SUMMER

JOIN US FOR A COMMUNITY PICNIC
IN THE PARK WITH FUN, FOOD,
AND GAMES!

SUNDAY, JUNE 2
12PM - 3PM

**REGISTER NOW -
ONLINE AT
LAPARKS.ORG,
IN PERSON AT THE
OFFICE, OR BY PHONE
310-649-3317**



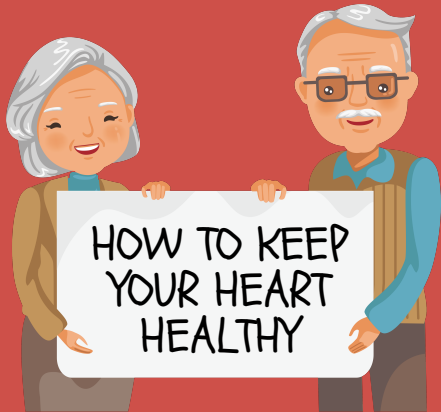
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ACCOMMODATION AS SOON AS POSSIBLE.



WESTCHESTER.SCCLA

SPRING EVENTS

Seminars & Workshops



APRIL

- 04/01 - An Intro to the Opera w Vance and the LA Opera - 12pm
- 04/02 - Advanced Care Planning Workshop - 10am
- 04/11 - Medicare 101 Education Workshop - 12pm
- 04/15 - Financial Literacy Workshop - 12pm
- 04/19 - How to Cope When You're at the End of Your Rope w IAH - 12pm
- 04/25 - Wellness Check Workshop

MAY

- 05/06 - Depression; Common, Disabling, Unrecognized, Treatable - 12pm
- 05/09 - Pre-need Planning Workshop - 12pm
- 05/20 - Calming Your Worried Mind w IAH - 12pm
- 05/23 - Ice Cream Social and Stroke Awareness Seminar - 12pm

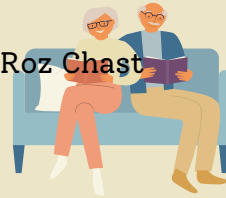
JUNE

- 06/04 - Wills and Planning for After Workshop w Edgar Saenz- 10:30am
- 06/07 - Brain Awareness Seminar - 12pm
- 06/10 - Heart Health Workshop w IAH - 12pm
- 06/13 - Downsizing & Transitional Living Workshop - 12pm
- 06/18 - Oral Health w Dept Public Health- 12pm
- 06/25 - Family Preparedness with Bet Tzedek - 11:30am



BOOK CLUB - 3PM

- 04/23 - Can't We Talk About Something More Pleasant - Roz Chast
- 05/28 - Salt Houses - Hala Alyan
- 06/25 - ...



CINEMA CLUB - 1-3PM - 2nd and 4th Friday of the month

- 04/12 - THE BEE KEEPER
- 04/26 - ANYONE BUT YOU
- 05/10 - TBD
- 05/24 - TBD
- 06/14 - TBD
- 06/28 - TBD



Clubs



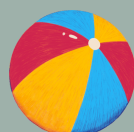
PING PONG - 2:30-3:30PM Every Wednesday

KARAOKE - 12pm - 1st and 3rd Thursday of the month

KNITTING CLUB - 1-3PM - Every Friday

Parties, Trips, & Intergenerational Events

- 04/04 - Trip to La Traviata Opera @ Dorothy Chandler Pavilion - 2pm showtime, 11:30am leave
- 04/24 - Rotary Luncheon - 12pm
- 05/11 - Mother's Day Tea (Intergenerational)- 11am-1pm
- 06/02 - Picnic in the Park - 12pm-3pm



CLEAR THE CLUTTER

Get excited for spring cleaning! While this may seem like a laborious chore, tidying up your living space will make your home and mind feel clearer. Clearing clutter and putting your things where they belong and out of your path will help you clear your mind and check items off your mental checklist.



EAT IN SEASON



Spring is the best time to enjoy produce like strawberries, kale, spinach, apricots, carrots, cabbage, and much more! Eat with the season and try this delicious strawberry spinach salad recipe.

Dressing:

- 2 tbsp. fresh lemon juice
- 1/2 tsp. dijon mustard
- 1/4 c. extra-virgin olive oil
- kosher salt
- freshly ground black pepper

Salad:

- 5 c. packed baby spinach (5 oz.)
- 2 rotisserie chicken breasts, cut into 1/2" pieces
- 2 c. thinly sliced strawberries
- 3/4 c. chopped toasted pecans
- 1/4 small red onion, thinly sliced
- 5 oz. feta, crumbled

STRAWBERRY SPINACH SALAD



Swing into spring by celebrating Earth Day on April 22! Earth Day is a great opportunity to give back to our planet and implement eco-friendly measures into our daily lives. Here are some simple, actionable ways you can be more sustainable this Earth Day:

- Eliminate or limit single-use plastic
- Eat locally-grown food
- Take shorter showers
- Plant a tree or garden
- Recycle
- Use LED bulbs



GO GREEN

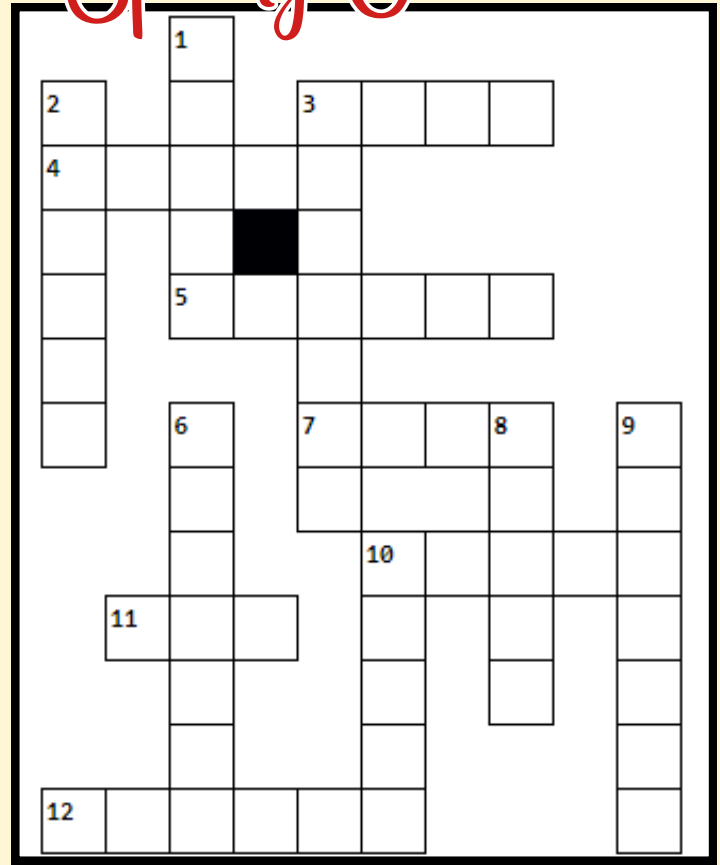
Spring Crossword

Across

3. What you can shoot at WSC
4. Where we're headed for our Spring outing
5. The focus of this newsletter
7. Walking ___
10. ___ New Year, celebrated Jan 5 at WSC
11. Question of the ___
12. ___ & Balance, a new spring class

Down

1. What you can play with Edgar every 2nd Friday of the month
2. You can get a hot cup of it at WSC
3. WSC member and recently published author
6. WSC Activity every first and third Thursdays
8. Game we play at WSC that can win you a prize
9. The head lady of WSC
10. Who you go to for tech help at WSC



Test your knowledge of WSC!

Answer key

Across: pool, opera, spring, club, lunar, day, breath; Down: chess, coffee, Patrick, Karaoke, bingo, Kirstin, Leigh

Four Connections

Find common threads from the below words to create four groups of four! Think spring and reference our newsletter for clues.

Gardening	Easter	Flowers	Bloom
Cleaning	Bingosize	Financial Planning	Line Dance
Mother	Heart Health	Earth	Ballroom
Downsizing	Medicare	Father	Scrap-booking

Need a hint?

Read below to reveal the four categories.

Things associated with spring, New WSC spring classes, WSC spring seminars & workshops, Things celebrated with spring holidays

Answer key

Things celebrated with spring holidays: Easter, Earth, Mother, Father
 New WSC spring classes: ballroom, line dance, bingo, scrapbooking
 WSC spring seminars & workshops: financial planning, heart health, downsizing
 Things associated with spring: gardening, cleaning, flowers, bloom



The New Constant -- Scams in Everyday Life
Dr. Sherry McCoy, PhD – Stop Senior ScamsSM Acting Program (SSSAP)

It seems like almost every day I hear of a new scam, some new scheme that fraudsters have cooked up to try to steal our money, our property, our identity and even our wellbeing. These days, no matter where I go, I'm bombarded with the reality that, yet another scam is clamoring for our attention, fighting for its place on the front page of our awareness. Recently, I had a couple of conversations that demonstrate just how much scams have become a constant in our everyday lives. The first conversation took place at a senior center; and the second took place via a series of emails with a friend.

SENIOR CENTER CONVERSATION – The Grandparents' Scam

I was having lunch at a senior center, sitting around a large community table with friends, acquaintances, and a few strangers. The conversation took the usual twists and turns, but eventually we began to discuss the really annoying and sometimes scary scam calls and texts we get almost daily. In that vein, I mentioned I had just finished reading a new novel by Spencer Quinn, called *MRS. PLANSKY'S REVENGE**. It's a compelling story about a woman in her early 70s who lives in Florida, who's recently lost her husband, and who falls prey to an imposter scam – specifically, the "grandparents' scam." Mrs. Plansky received a phone call in the middle of the night from someone who she thought was her grandson. He said he was in big trouble, being held in jail for a DUI, and needed approximately \$10,000 for bail, could she help? Of course, Mrs. Plansky would help! The only problem was the caller was not really Mrs. Plansky's grandson ... And the next day, Mrs. Plansky discovers that all of her bank accounts had been cleaned out ... to the tune of several million dollars! Needless to say, Mrs. Plansky had a lot of complex feelings about that! An FBI investigation ensues, with their only possible lead being that the crooks might be in Romania. Mrs. Plansky takes it upon herself to follow that lead and ... I won't tell you what happens next. You'll have to read the novel to find out! I guarantee you won't be disappointed!

The point here is that imposter schemes like the grandparents' scam take place every day in our everyday lives. Most people involved in that discussion at the senior center had heard of the "grandparents' scam." One woman even mentioned that she and her family had developed a "code word" that only they knew, just in case they ever got a phone call from someone claiming to be a loved one who was in trouble and needed money. Others at the table agreed that having a "code word" was a good strategy, and an important way to protect ourselves from scammers. What happened to Mrs. Plansky, is no different than what may have happened to your next-door neighbor, or your sister-in-law, or the guy on the street. The only difference is that Mrs. Plansky is a fictional character, and your next-door neighbor, your sister-in-law, and the guy on the street, are not. The reality is that a whole lot of people are impacted by the fallout from a grandparents' scam. Mrs. Plansky was robbed of her future; she could no longer provide her grandchildren with an inheritance that she and her husband had worked long and hard to develop and protect. Mrs. Plansky could no longer provide for her ageing father's care at an assisted living facility, etc., etc., etc. The same is true for those in real life who are victims of the grandparents' scam.

Sometimes fiction can help us see a larger picture and expand our awareness of the truth in ways nonfiction cannot. Spencer Quinn has done us a great favor by writing this intriguing novel – *MRS. PLANSKY'S REVENGE*! He has shone a very bright light on something that has happened to thousands of seniors across the country, and beyond. So, Bravo to Spencer Quinn ... and Brava to Mrs. Plansky!



CONVERSATION WITH A FRIEND – WhatsApp Scams

For those who might not be familiar with what “WhatsApp” is, Wikipedia** says it is “a freeware, cross-platform, centralized instant messaging and voice-over-IP service [that] allows users to send text, voice messages and video messages, make voice and video calls, and share images, documents, user locations, and other content.” Using WhatsApp to send texts, make calls, etc., can save you a lot of money. For this reason, it’s a popular method of communication with friends and family who live overseas.

Recently, I got an email from a friend saying she almost got scammed using “WhatsApp.” My friend (let’s call her Cheryl, not her real name) said she had been traveling in the Midwest when she got a text from someone saying they were delivering the cake she ordered to an address in Beverly Hills. Cheryl texted back that they must have the wrong number because she hadn’t ordered any cake. As the text conversation continued, the texter asked Cheryl if she would change over to WhatsApp to continue their conversation because it was easier. After Cheryl changed to WhatsApp, a lightbulb went off in her head and she began to think that maybe this was a scam. Cheryl ended the WhatsApp conversation, and deleted and blocked that number on her phone and on WhatsApp. A few days later when she returned home to LA, she got another unsolicited text saying an item she had ordered was in stock and would be delivered the next day. Fortunately, Cheryl had done some online research about WhatsApp scams after the text about the cake, so Cheryl knew this second text was bogus! It was not a wrong number – It was an impersonation scam! Cheryl immediately deleted and blocked that number as well. Good Job Cheryl!

NOTE: According to Nord VPN (Virtual Private Network), *** -- “WhatsApp is the most popular messaging app in the world, with over 2 billion monthly active users.” That’s a pretty large base! Further, scammers prefer to use WhatsApp to “steal personal details, commit identity theft, install malicious software on your device, or hustle money out of you by pretending to be someone they aren’t,” because it’s more convenient and they have greater anonymity with WhatsApp than with other platforms. To find out more about WhatsApp scams and how to protect yourself, see *** “Most Common WhatsApp Scams and How To Avoid Them” under REFERENCES below.

Remember: You may be a target, but you don’t have to be a victim!

Dr. Sherry McCoy, PhD is a freelance writer & actor for the Stop Senior Scams SM Acting Program (SSSAP) in Los Angeles. Follow SSSAP on Facebook at <https://www.facebook.com/SSSAP2016/?pref=ts>. For more info re: SSSAP, contact Adrienne Omansky at SSSAP4U@gmail.com.

Be Empowered. Find Your Voice. Speak Out About Fraud!



WHERE TO REPORT SCAMS

Federal Trade Commission at 877-382-4357 or online at <https://www.ftccomplaintassistant.gov/#crnt&panell-1>. For questions about Medicare fraud / abuse: In California, contact Senior Medicare Patrol (SMP) at 1-855-613-7080. U.S. Senate Special Committee on Aging’s Fraud Hotline at 1-855-303-9470.



*In celebration of National Senior Fraud Awareness Day and Los Angeles Senior Fraud Awareness Day, the Stop Senior Scams Acting Program will be performing on May 13, 2024, at 11a.m. at the Fairfax Senior Center.

April

Marsha C - 4/1
Young H - 4/3
Geenung - 4/4
Jose P - 4/6
Samantha Z - 4/6
Lee M - 4/7
Robert S - 4/7
Jean H - 4/9
Marie T - 4/11
Bernadette A - 4/12
William K - 4/12
Dennis L - 4/13

Jody O - 4/13
Beth R - 4/14
Marci W - 4/18
James R - 4/19
Kimberly A - 4/20
Tim J - 4/20
George E - 4/23
Phyllis A - 4/27
Ann M - 4/28
Jerry T - 4/30

SPRING BIRTHDAYS

May

Eugene F - 5/2
Phebe C - 5/5
Mary P - 5/6
Mina C - 5/9
Joseph F - 5/9
Patrick Z - 5/11
Mitchell C - 5/13

Paola L - 5/16
Maria M - 5/18
Linda M - 5/19
Joyce L - 5/21
Carolyn B - 5/25
Daisy W - 5/26
Mary M - 5/29
LaVette B - 5/30

June

Maria R - 6/1
Ivona J - 6/2
Roseann S - 6/2
Lois D - 6/3
Karen T - 6/5
Harriet B - 6/6
Irene Y - 6/7
Lonie F - 6/8
Gail M - 6/8
Carmelita C - 6/9

David B - 6/12
Maria B - 6/15
Ramona P - 6/16
Leslie O - 6/17
Richard C - 6/19
Richard R - 6/20
Frederique R - 6/20
Marnie W - 6/23
Beverly S - 6/25
Nadia A - 6/30
Pamela J - 6/30





Westchester Senior Center

Karen Bass - Mayor
Traci Park, Councilwoman CD11

Recreation and Parks Commissioners
Renata Simril - President
Luis Sanchez - Vice President
Fiona Hutton, Marie Lloyd, Benny Tran - Members

Recreation and Parks Executive Staff
Jimmy Kim - General Manager
Matthew Rudnick - Executive Officer
Belinda Jackson - Assistant General Manager

West Region
Sonya Young Jimenez - Superintendent, Venice Beach & West Region
Ramon Cerrillos - Principal Recreation Supervisor II
Juan Soto, Principal Recreation Supervisor I
Melody Valenzuela - Recreation Supervisor, Viewpoint District

Westchester Senior Center
Kirstin Aceves, Recreation Director
Westchester Senior Center Staff
Sharon Arnsworth, Leigh Campbell, Samaiya Kirby,
Ciana Machado, Rachelle Thompson

JOIN OUR MAILING LIST – EMAIL WESTCHESTER.SCC@LACITY.ORG

REFUND POLICY

- AFTER THE WEDNESDAY PRIOR TO THE WEEK EACH SESSION BEGINS, NO REFUNDS WILL BE ISSUED UNLESS THE PROGRAM IS CANCELLED BY THE SENIOR CENTER.
- A 15% ADMINISTRATIVE FEE WILL BE ASSESSED BY THE CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS FOR ANY PATRON GRANTED A REFUND.
- ALL REFUND REQUESTS MUST BE SUBMITTED VIA A REFUND REQUEST FORM.
- THERE ARE NO REFUNDS OR CREDITS FOR MISSED DAYS.



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