WESTCHESTER SENIOR CENTER NEWS

HAPPY NEW YEAR!
New Format for our Mailing!

With the only thing you can count on being change, the Westchester Senior Center is changing the format of our bimonthly program to a monthly program. In it you will find photographs of past events, the monthly Lunch Program Menu, and of course, our special events, classes, and activities that you can dive into and help you become a healthier you! You’ll also find Club information and a community section and helpful tips on different social services that pertain to all Angelinos, but especially seniors.

The Senior Center & The Senior Club

_Aren’t the Center & the Club and the Same Thing?_

Many people think that the Westchester Senior Club and the Westchester Senior Center are one in the same.

We are not, _but_ we work together to have a positive effect on the community we serve.

The Club operates under the auspices of the City of Los Angeles Federation of Senior Center Clubs. This arrangement provides a safe location for older adults in the City of Los Angeles to create what they’d like to see in their communities. The City’s resources and the Federation’s guidelines make this possible. Members have a direct voice for what kinds of activities they’d like to participate in because clubs can charge fees and provide the people-power to make them happen. **Members vote in a Club Board (Volunteers) to organize the activities. However, without a Club Board, there is no Club, and no Club activities.**

The Senior Center operates within the City of Los Angeles Department of Recreation and Parks. City staff operate the facility and provide activities, classes, a nutrition program (in coordination with the City of Los Angeles Department of Aging), and special events for all seniors, not just members. The City provides the resources for the continuity of activities and events, vetting of volunteers, and maintenance of the facility.

The Club and the Center have in common the desire to help seniors maintain a healthy, active, and safe lifestyle. The Center is a place where our similar goals allow older adults to make friends, eat lunch, exercise, get helpful information, learn new things, do things that they may not be able to do anymore on their own, and to just have fun.

So join us! Make a difference in your community and in your own home.
Westchester Seniors
Club News
Sandra Courtnage, President (310) 256-7058

**Trips and Tours:**
Travel Office - Hours: *Tuesdays*, 10:00 a.m. - 12:00 p.m.
All travel arrangements are to be conducted during these hours.
Check travel board for new tours!
---Jeannette Weiss (310) 670-9123

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**2020 Newly Elected Board Members**

*Congratulations!*

President: **Sandra Courtnage**
Executive Vice President: **Michelle Crenshaw**; Assistant Vice President: **Patrick Zilliacus**
Recording Secretary: **Kathy Davidson**; Corresponding Secretary: **Kathy Saenz**
Treasurer: **Linda Absher**

**2020 Club Membership Renewal/Signup**

Starts.....Tuesday, January 7 - 9:30 -11:00 am
$12 seniors aged 50 - 89 and $6 seniors aged 90+

Watch for new meeting times and other changes as the new Board revitalizes our Club!

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New Center Program: **Music Time Machine**

**Music Time Machine** is a great new activity put on by our new volunteer, Robert Samuelson. He came up with this fun concept to help keep memories in circulation. We may forget what we had for breakfast the other day, but we all remember special songs in our lives from when we were about 8-12 years old—prime music loving years!

Join us **1st** Mondays 12:pm-1pm
New Time with DJ Rob

*Like aerobics for the brain!*

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To learn more about this concept, read this article as reported in *The National Center for Biotechnology Information*—https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5089222/
# JANUARY 2020 LUNCH MENU

All lunches served with 2% milk. Lunches subject to change without notice.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>01/06</strong> SKEPARD'S PIE W/ TURKEY, ROLL, BROCCOLI, SALAD GREENS, BANANA, ORANGE JUICE</td>
<td><strong>01/07</strong> BEEF FAJITA, FLOUR TORTILLA, SPANISH RICE, PINTO BEANS, CARROT/RAISIN SALAD, FRUIT</td>
<td><strong>01/08</strong> GARLIC ROASTED CHICKEN, HERB NOODLES, WHIPPED CAULIFLOWER, COLESLAW, PEAR</td>
<td><strong>01/09</strong> CORN CHOWDER, BAKED FISH or SPINACH QUICHE, ROLL, BAKED YAM, GREEN SALAD, PEAS, FRUIT</td>
<td><strong>01/03</strong> BEEF ENCHILADA CASSEROLE, PINTO BEANS, MESCLUN SALAD MIX, FRUIT CUP</td>
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<tr>
<td><strong>01/10</strong> BEEF SWEDISH MEATBALLS, WG TARRAGON NOODLES, BEEF W/MANDARINES, PEAS &amp; ONIONS, BANANA</td>
<td><strong>01/14</strong> LS VEGETABLE BARLEY SOUP, OVEN FRIED CHICKEN, MAC &amp; CHEESE, BAKED SWEET POTATO, COLESLAW, FRUIT</td>
<td><strong>01/15</strong> TURKEY CHOW MEIN, JASMINE BROWN RICE, VEGGIE MIX, GREEN SALAD, BROCCOLI, TANGELO</td>
<td><strong>01/16</strong> BEEF CHEESE BURGER, WG BUN, ROASTED RED POTATO, CARROT/RAISIN SALAD, CORN, RICE PUDDING or TAPIOCA, ORANGE JUICE</td>
<td><strong>01/10</strong> LENTIL SOUP, CHICKEN CACCIATORE, WG BAKED ZITI W/ LSAUCE, CARROTS &amp; ZUCCHINI, SALAD GREENS, APPLE</td>
</tr>
<tr>
<td><strong>01/20</strong> EGG DROP SOUP, CASHEW CHICKEN, JASMINE BROWN RICE, CARROTS &amp; ZUCCHINI, COLESLAW, FRUIT CUP</td>
<td><strong>01/21</strong> BEEF STUFFED BELL PEPPER, WG ROLL, BROCCOLI, MIXED KALE SALAD, MASHED POTATOES, VANILLA PUDDING</td>
<td><strong>01/22</strong> BUTTERNUT SQUASH SOUP, BAKED FISH or veg quiche, VEG BARLEY PILAF, PEAS &amp; ONIONS, SPINACH SALAD, CARROTS, ORANGE</td>
<td><strong>01/23</strong> CHICKEN DJON, BROWN RICE PILAF, GREEN BEANS, BEEF W/ MANDARIN, FRUIT</td>
<td><strong>01/17</strong> SPLIT PEA SOUP, BAKED SALMON, WG ROLL, WHIPPED CAULIFLOWER, SPINACH &amp; MANDARIN SALAD, GREEN BEANS, FRUIT</td>
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<tr>
<td><strong>01/27</strong> TOMATO BASIL SOUP, TUNA NOODLE CASSEROLE, WG ROLL, BROCCOLI W/RAISINS, SPINACH SALAD, FRUIT</td>
<td><strong>01/28</strong> TANDOORI STYLE CHICKEN, PITA BREAD, GINGER CARROTS, MESCLUN SALAD, BANANA, OJ</td>
<td><strong>01/29</strong> WG SPAGHETTI W/ BEEF MEATBALLS, ITALIAN VEGGIES, CAESAR SALAD, FRUIT</td>
<td><strong>01/30</strong> TARRAGON CHICKEN STEW, BISCUIT, GREEN SALAD, FRUIT CUP</td>
<td><strong>01/24</strong> MINESTRONE, VEG or MEAT LASAGNA, MESCLUN SALAD MIX, FRUIT</td>
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### SPOTLIGHT ON...

**Miriam Amster:**

**Dancer Extraordinaire!**

Our Miriam has taught at the Westchester Senior Center for over four decades! She began her tenure here as a City employee and transitioned to a volunteer—join her and her protégé Susan, for Pilates Plus, Tuesday, Wednesday, and Thursday!

*(See page 5 for class times)*
Class Name | Class Description
---|---
Hot Lunch | Through a Dept. of Aging grant, a well-balanced, hot lunch is provided to seniors 60+ ($2.50 suggested donation).
Men's Coffee Club | Enjoy a cup of joe with like-minded guys.
Tai Chi with Kyle | Find your inner peace with this classical Chinese martial art. Led by Kyle
Independence at Home Presentations by SCAN | Health professionals will present fun and healthy topics such as Laughter Yoga, Managing Medicines, Derma Scan, etc. See page 7 for monthly topics. FREE
Yarn Crafts | Join a group of congenial people who are doing various crafts with yarn and textiles.
Music Time Machine | Enjoy music from your youth? Take our Music Time Machine and sing along to the songs you love!
International Cuisine | Sample a traditional meal from around the world and learn a little bit about the culture of that country. We’ll make a cookbook in the process. $2 per person
Container Gardening | Learn some tips and how to put together an arrangement for a container. Take home a plant from the project and a handout of the materials used. $2 per person
Pilates + with Miriam | This low-impact exercise class aims to strengthen muscles while improving postural alignment and flexibility. Led by Miriam.
Mixed Media with Gloria | This mixed-media art class will give students the opportunity to work with a variety of mediums to create their own masterpiece!
Bingo | This club activity is $0.25/card, max 6 cards per person. $1 prize per game (not cash).
Karaoke | Sing along with a group or solo to the words of your favorite songs – so much fun!
LA Trippin’ Field Trips | Join us for a van field trip to local places of interest. Some locations may ask for a donation. 7 participants maximum per field trip – Free or low cost trips; bring money for a food.
Low-Impact Zumba | Join Dance Instructor Sheri for an hour of low-impact Zumba once a week — $2 donation to center.
Walk with Beth | The name says it all. You walk. With Beth. For an hour. Local routes to LMU or near park.
Chair Yoga with Caroline | Students perform postures and breathing exercises with the aid of a chair. Students can experience the many benefits of yoga without having to get up or down from the floor. Led by Caroline.
Sign Language with Ping | This is an introductory sign language class. Students will be introduced to vocabulary, fingerspelling, numbers, and cultural information related to the Deaf Community. Led by Ping.
Duplicate Bridge | Play in teams of two in the fun card game. Call Don Turney for spot: 310-645-3512
# WEEKLY SCHEDULE BY ACTIVITY

<table>
<thead>
<tr>
<th>Program</th>
<th>Day/Time</th>
<th>Instructor</th>
<th># of sessions</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Exercise/Fitness</td>
<td></td>
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<tr>
<td>Table Tennis</td>
<td>Mondays 4pm-5pm</td>
<td>Cristina</td>
<td>On-going</td>
<td>Free</td>
</tr>
<tr>
<td>Tai Chi</td>
<td>Mondays 9am - 10am</td>
<td>Kyle</td>
<td>On-going</td>
<td>Free</td>
</tr>
<tr>
<td>Pilates Plus</td>
<td>Tue 9:15am - 10:45am; Wed &amp; Thur 9:30am - 11am</td>
<td>Miriam</td>
<td>On-going</td>
<td>Free</td>
</tr>
<tr>
<td>Low-Impact Zumba</td>
<td>Thursdays 4:00pm-5:00pm</td>
<td>Sheri</td>
<td>On-going</td>
<td>$2 donation</td>
</tr>
<tr>
<td>Walk With Beth</td>
<td>Fridays 8am - 9am</td>
<td>Beth</td>
<td>On-going</td>
<td>Free</td>
</tr>
<tr>
<td>Chair Yoga</td>
<td>Fridays 10:30am - 11:30 am</td>
<td>Caroline</td>
<td>On-going</td>
<td>Free</td>
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<tr>
<td>Hobbies &amp; Special Interests</td>
<td></td>
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<tr>
<td>Billiards</td>
<td>Monday through Friday</td>
<td>Self Guided</td>
<td>On-going</td>
<td>Free</td>
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<tr>
<td>Call ahead for hours</td>
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<tr>
<td>Board Games</td>
<td>Monday through Friday</td>
<td>Self Guided</td>
<td>On-going</td>
<td>Free</td>
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<tr>
<td>Call ahead for hours</td>
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<tr>
<td>Orchestra Practice</td>
<td>Monday 10am-12pm</td>
<td>Michael</td>
<td>On-Going</td>
<td>Free</td>
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<tr>
<td>Independence at Home</td>
<td>1st Mondays 11:15am</td>
<td>SCAN</td>
<td>On-going</td>
<td>Free</td>
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<tr>
<td>Presentations by SCAN</td>
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<tr>
<td>Music Time Machine</td>
<td>1st Mondays 12pm-1pm</td>
<td>Robert</td>
<td>On-Going</td>
<td>Free</td>
</tr>
<tr>
<td>Yarn Crafts</td>
<td>Tuesdays 9am - 11am</td>
<td>Self Guided</td>
<td>On-going</td>
<td>Free</td>
</tr>
<tr>
<td>Mixed Media Art</td>
<td>Tuesdays 1:30pm - 3:30pm</td>
<td>Gloria</td>
<td>On-going</td>
<td>Free</td>
</tr>
<tr>
<td>International Cuisine</td>
<td>1st Tuesdays 4:00pm-5:00pm</td>
<td>Cristina</td>
<td>Ongoing</td>
<td>$2/plate</td>
</tr>
<tr>
<td>Container Gardening</td>
<td>2nd Tuesdays 3:30pm-5pm</td>
<td>Cristina</td>
<td>On-going</td>
<td>$2/plant</td>
</tr>
<tr>
<td>LA Trippin' Field Trips</td>
<td>3rd Wednesday 9:00am-1:00pm</td>
<td>Cristina</td>
<td>On-going</td>
<td>Varies ($-$-$)</td>
</tr>
<tr>
<td>Karaoke</td>
<td>Every 1st Thursday 1:00pm-3:00pm</td>
<td>Center Staff</td>
<td>On-going</td>
<td>Free</td>
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<tr>
<td>Duplicate Bridge</td>
<td>Fridays 12:30pm - 3:30pm</td>
<td>Don</td>
<td>On-going</td>
<td>Free</td>
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<tr>
<td>Sign Language Lessons</td>
<td>Fr-Sat 1:00pm - 2:30pm</td>
<td>Ping</td>
<td>On-going</td>
<td>Free</td>
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</tbody>
</table>

## Social Activities

<table>
<thead>
<tr>
<th>Program</th>
<th>Day/Time</th>
<th>Instructor</th>
<th># of sessions</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men's Coffee Club</td>
<td>Monday through Friday 9:00am - 10:00am</td>
<td>Center Staff</td>
<td>On-going</td>
<td>Free</td>
</tr>
<tr>
<td>Bingo</td>
<td>Wednesdays 1:00pm - 3:00pm</td>
<td>Club Volunteer</td>
<td>On-going</td>
<td>$0.25/card, 6-card max.</td>
</tr>
</tbody>
</table>

## Dining Service

<table>
<thead>
<tr>
<th>Program</th>
<th>Day/Time</th>
<th>Instructor</th>
<th># of sessions</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot Lunch</td>
<td>Monday through Friday (except Holidays)</td>
<td>PCS – People Coordinated Services</td>
<td>On-going</td>
<td>For 60+ $2.50 suggested donation</td>
</tr>
</tbody>
</table>
Mixed Media Art Show

January 2nd—March 31st, 2020

View our Mixed Media Art Class participants' work in our second annual Art Show. Instructor, Ms. Gloria Lee leads her class in various media such as, watercolor, pastels, oils, acrylics, charcoal, ink, and mixed-media collage.

Stop by on Tuesdays to meet the artists or better yet, join the class! Tues 1:30pm-4pm

Flashback! Remember Fred?

Fred Wilde was a long-time member of the Westchester Senior Club. One of our past Centenarians, Fred was part of a previous art exhibition by Kathe Beltran, an artist fellow at Otis College of Art and Design. Fred was an amazing person and is missed by all!
independence at home A SCAN Community Service™

THE WELLNESS SERIES 2020

11am-12pm

January 8:    Laughter Yoga
February 12:  The Mediterranean Diet
March 11:     The Benefits Of Drinking Water
April 8:      Bone Health Basics: Understanding Osteoporosis
May 5:        Relaxation And Guided Imagry
June 6:       What You Need To Know When You Leave Your Dr's Office
July 8:       No More Medicine Mayhem
August 12:    Screenings For Better Health: Derma Scan
September 9:  Manage The Stress In Your Life
October 14:   Getting A Good Night’s Sleep Without Medications
November 11:  Veteran’s Day – No Presentation
December 9:   Getting The Care You Want When You Need It Most

Please call the center at 310.649.3319 for descriptions and any other questions you may have about this series.

Activities and programs may be subject to cancellation. Reasonable accommodations will be made with prior arrangements.
**What is ACCESS?**

Access is a curb-to-curb shared-ride service. This means several riders may ride in the same vehicle and riders must meet the vehicle at the curb instead of at their door.

> Access is a “next day” service. This means you will need to call and make a reservation the day before you would like to ride.

> Access is not a taxi service, emergency medical or social service transportation, or a private transportation service.

> Access provides service within ¾ mile on either side of fixed-route bus and rail lines in LA County.

> Access operates on the same schedule as most buses. Regular service is offered from 4am to 12am daily, including Sundays.

> As a shared ride service, your travel time will be similar to that of a fixed route bus, rather than a car or taxi.

> Your one-way fare is based on the distance you travel.

Visit [accessla.org](http://accessla.org) for current areas.

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**What is CITYRIDE?**

The City of Los Angeles Department of Transportation, through the Cityride Program, offers qualified seniors and individuals with disabilities living in the City of Los Angeles and designated areas of Los Angeles County, reduced cost for City of Los Angeles Permitted Taxi Rides and Cityride Dial-A-Ride Service.

To be eligible for Cityride, you must be aged 65 or older, or have a disability and live in the City of Los Angeles or portions of the following Los Angeles County unincorporated areas:

Kagel Canyon, Calabasas, Topanga, Marina del Rey, and areas near Carson and Long Beach.

As registered member, you will receive a Cityride Card with your name and card number on it (keep it safely in your purse or wallet). You may purchase $42 in fare value quarterly, which Cityride will load onto your Cityride Card for payment of taxi and/or Cityride Dial-A-Ride service.

**CITYRIDE Customer Service**

For more information about Cityride, call from the 213, 310, 323 or 818 area codes at:

- 808-RIDE (808-7433)
- TDD Number for Hearing-Impaired (800) 559-1950
The Banning Museum
401 E. M Street
Wilmington, CA
90744
310-548-7777

Our visit to The Banning Museum was a great educational and very interesting field trip! Everyone that went said that they were so impressed with the history and the artifacts that the museum has on display! Over 150 years of life in early Los Angeles is waiting for you to discover. Learn about the entrepreneurial spirit of the Father of the Los Angeles Harbor, Phineas Banning!

Thank you to our wonderful guide, Lorraine, and the Museum staff for their gracious hospitality!

"Well worth the trip!"
- Patrick Z.

Banning Victorian Christmas at The Banning Museum

L.A. Trippin'

WSC Local Monthly Field Trips

Expand your knowledge of Los Angeles. You may hear people say that LA has no history or culture—we know that’s not true! These free or low-cost trips take us to fun and educational venues where you can be "chauffeured" around LA, have a bite to eat and be back by 1pm. This small and intimate group is first come, first serve—bring money for a donation to the venue and money for lunch ($-$-$). Sign-up sheet on the "Events/News" bulletin board at the senior center—7 participants maximum.

Our next field trip will be on January 15th, 2020, meet at WSC @ 9:00am. Location of trip and lunch will be at a location to be determined, but expect to spend about $5-$10 for the trip & $10 for lunch.
City of Los Angeles
Department of Recreation and Parks
Mayor Eric Garcetti
Councilmember Mike Bonin, 11th District
Board of Recreation and Park Commissioners
Sylvia Patsaouras, President
Lynn Alvarez, Vice President
Nicole Chase, Commissioner;
Pilar Diaz, Commissioner; Joseph Halper, Commissioner
Recreation and Park Administration
Michael A. Shull, General Manager
Anthony-Paul Diaz, Esq, Executive Officer & Chief of Staff
Vicki Israel, Asst. GM;
Randy Kelly, Superintendent Pacific Region
Mike Harrison, Principal Recreation Supervision II;
Kimberly Simonet, Recreation Supervisor, Southwest District
Kortley Norris, Sr. Rec. Director II; Cristina Lovett, Recreation Coordinator
Silvia Chacon, Recreation Assistant

Westchester Senior Center
8740 Lincoln Blvd
Los Angeles, CA 90045