



SOCIAL SERVICES DEPARTMENT
SCHEDULE OF EVENTS

SUMMER
2016



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Important Phone Numbers

Norwalk Social Services Center.....929-5544
 11929 Alondra Boulevard
 Norwalk Senior Center.....929-5580
 14040 San Antonio Drive
 Norwalk Child Development Program.....462-1713
 11929 Alondra Boulevard

Social Services Staff
 Veronica Garcia
 Director of Social Services.....929-5544
 Sandra Benavides
 Senior Center Manager.....929-5580
 Elizabeth Rock
 Senior Management Analyst.....929-5547
 Gabriela Regalado
 Child Care Program Manager.....462-1713
 George Buchanan
 Recreation Coordinator.....929-5677
 Mike Stifel
 Senior Services Coordinator.....929-5579
 Gloria Mendoza
 Children’s Dental Clerk.....929-5546

Dispute Resolution Program.....929-5603
 (A.A.R.P.).....(800) 424-3410
 ACCESS Services (Paratransit).....(800) 827-0829
 Alzheimer’s Association.....(800) 660-1993
 Child Abuse Hotline.....(800) 540-4000
 Community Legal Services.....(800) 834-5001
 Dial-A-Ride (Customer Service).....929-5550
 Dial-A-Ride Reservations.....929-7512
 Elder Abuse Hotline.....(877) 477-3646
 Family Caregiver Supporter Program.....(800) 510-2020
 Home Delivered Meals
 (Oldtimers Foundation).....(323) 582-6090 ext. 223
 Info Line (LA County).....(800) 339-6993 or 211
 In-Home Supportive Services.....(888) 944-4477
 Long-Term Care Ombudsman.....(800) 334-9473
 Medi-Cal, EBT (Food Stamps).....(866) 613-3777
 Medicare.....(800) 633-4227
 Retired Senior Volunteer Program.....907-6545
 Social Security.....(800) 772-1213

Norwalk City Council
 Mayor **Mike Mendez**
 Vice Mayor **Cheri Kelley**
 Councilmember **Marcel Rodarte**
 Councilmember **Leonard Shryock**
 Councilmember **Luigi Vernola**



All telephone numbers in this brochure are within the (562) area code, unless otherwise indicated. Please visit us at...
www.norwalk.org

NORWALK SENIOR CENTER

14040 SAN ANTONIO DRIVE • 929-5580

When you walk through the doors of the Norwalk Senior Center, you will become part of a group of vital individuals. Classes, health screenings, fitness activities, arts, games, weekday lunches, and more are offered on a regular basis. The center meets a wide variety of interests for adults age 50 and older. Social Services personnel are available to offer information and referrals for a variety of subjects. Opportunities to volunteer are also available. The Norwalk Senior Center offers an abundance of unique experiences that are sure to capture the hearts and interests of those who visit. Be sure to pick up a copy of our newsletter, "On the Go."

Center Hours

Monday - Friday 8:00 a.m. - 7:00 p.m.

Saturday 8:00 a.m. - 5:00 p.m.

In keeping with the City of Norwalk holiday schedule, the Senior Center will be closed on Monday, July 4, 2016 for Independence Day and Monday, September 5, 2016 for Labor Day. For information regarding programs or services, please call 929-5580.

Splendidly Spectacular Spring Tours!

The Norwalk Senior Center has some fantastic trips for you! Enjoy the comfort of a deluxe bus as you travel to fun and interesting places. Tour registration must be made in person at the Norwalk Senior Center. Cash, check, or money orders are accepted. Space is limited. All tours are open until filled. Tours depart and return to Norwalk City Hall, 12700 Norwalk Blvd. For current trip information, please call 929-5580.

Oxnard Salsa Festival

Saturday, July 30

Depart: 9:00 a.m.

Return: 5:00 p.m.

Cost: \$15.00

Location: Oxnard, CA

Lunch not included

Walking required: High



It's time to bring out the chips and celebrate at the 24th Annual Oxnard Salsa Festival. It is a celebration of everything Salsa: the food, the music, and the dancing. As you arrive, you will be greeted by the sounds and smells of Salsa. Top Salsa and Latin jazz bands will be playing at the main stage and you can bring your own lawn chair to sit and enjoy the music. You will also be able to enter the salsa tent and taste and purchase dozens of tasty and unusual salsas. Your taste buds will be tempted by the variety of Latin, Cuban, Asian, and American cuisine found at the food court. If you're in the mood to shop, then the festival marketplace is the place to go. You will find a variety of vendors selling, unique crafts, jewelry, garden ornaments, kitchen ware, ethnic clothing, foods and sauces.

*Norwalk *resident registration will be taken Wednesday, June 8, 2016 at 9:00 a.m. Open registration begins Wednesday, June 15, 2016. Numbers will be distributed at 8:00 a.m. (One number per person).*

**Photo identification with proof of residency required*

Laughlin Riverside Casino Luau

Monday–Wednesday, August 29–31

Depart: 8:00 a.m., Monday, August 29

Return: 6:00 p.m., Wednesday, August 31

Cost: \$115 Double Occupancy

\$140 Single Occupancy

Location: Laughlin, Nevada

Walking required: High

Four meals included



You're invited to the annual Laughlin Summer Luau at the Riverside Casino and Resort! Clinging to the banks of the Colorado River, Laughlin, Nevada is an oasis of neon lights and excitement. Spend three fun-filled days and two nights at the Riverside Casino where you can enjoy a variety of restaurants, entertainment, and a full action casino. Price includes admission to the Luau party in the Starview Room with live entertainment and Luau buffet.

*Norwalk *resident registration will be taken Wednesday, June 22, 2016 at 9:00 a.m. Open registration begins Wednesday, June 29, 2016. Numbers will be distributed at 8:00 a.m. (One number per person).*

**Photo identification with proof of residency required.*



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Special Activities

Green Tea Week: A Celebration of Longevity

Join us for a week of exploration of health, wellness, and social interaction that are designed to expose participants to a variety of choices and options to improve their quality of life through the years and influence an interest in a healthier way of life. Call 929-5580 for more information

Monday, June 13 - Saturday, June 18

Cost: Free

Old Glory Carnival Games & Barbeque

Uncle Sam wants you to have fun as we celebrate "Old Glory!" Come and enjoy an afternoon of games, music and food. You will have a chance to play fun, challenging and silly games to earn tickets for a chance to win prizes. For your meal, you will have a choice of either a hamburger, or cheeseburger, with all the fixings, potato salad, chili beans, ice cream cup and a drink.

Norwalk *resident registration will be taken Tuesday, June 7, 2016 at 9:00 a.m. Open registration begins Tuesday, June 14, 2016.

Saturday, July 9 1:00 – 4:00 p.m.

Cost: \$5 for lunch

End of Summer Barbecue and Free Concert

Come and celebrate the "The Summer of Love" with us and enjoy an afternoon of food, fun, and games! Food will be available for a fee and meal tickets must be purchased in advanced. Entertainment is free to those age 50 and older!

Band sponsored by the LA County Arts Commission
August 20 Saturday, Noon – 4:00p.m.

Cost: \$6.50 for Lunch

AARP Smart Driver Safety Course 2 Part Class

Tuesday, July 26 and Wednesday, July 27
12:30 – 5:00 p.m.

Cost: \$15 for AARP Members

\$20 for Non-members

Payable to AARP by check or money order only

Upon completion, you may be eligible for a discount through your automobile insurance company.



AARP Smart Driver Renewal Course

Tuesday, September 13

1:00 – 5:00 p.m.

Cost: \$15 for AARP Members

\$20 for Non-members

Payable to AARP by check or money order only
Register for the Refresher Course! This course is a four hour class that condenses eight hours of information into four hours. The Refresher Course is only for those who have previously taken the eight (8) hour class.

Candlelight Dinners

Stop by and enjoy a hot and hearty meal. Share an evening of warmth with friends and family. Doors open at 5:15 p.m. and meal service ends at 6:00 p.m. Prizes awarded. Dine-in only. Tickets will not be sold on the day of the dinner.

Tuesday, July 12 5:45 – 6:30 p.m.

Theme: Red, White, Blue and You

Cost: Early bird: \$6.50 per person. Tickets purchased after Saturday, July 9 are \$8 per person.

Tuesday, August 9 5:45 – 6:30 p.m.

Theme: Fun in the Sun

Cost: Early bird: \$6.50 per person. Tickets purchased after Saturday, August 6 are \$8 per person.

Tuesday, September 13 5:45 – 6:30 p.m.

Theme: Destination Unknown

Cost: Early bird: \$6.50 per person. Tickets purchased after Saturday, September 10 are \$8 per person.

Tuesday, October 11 5:45 – 6:30 p.m.

Theme: Fall Fiesta

Cost: Early bird: \$6.50 per person. Tickets purchased after Saturday, October 8 are \$8 per person.

Ongoing Activities

FREE Ping Pong!

Come play ping pong with us! It is free to play so bring your friends for a great workout while having fun playing ping pong at the Senior Center! Participants play at their own risk.

Ping Pong Table Schedule:

Tuesday 8:30 – 11:30 a.m.

Wednesday 2:00 – 6:30 p.m.

Thursday 8:30 – 11:30 a.m.

Saturday 9:00 a.m. – 4:30 p.m.

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Karaoke Cabaret

Come one, come all, to our Karaoke Cabaret and enjoy an afternoon of singing, laughter, and fun. You can even bring your own Karaoke CD's to sing along to. Songbook available at the front desk of the Senior Center. Opportunity drawing for all brave souls who sing on stage! Now twice a month!

Saturday, June 11, August 13

and September 10 • 1:00 – 4:00 p.m.

Wednesday, June 22, July 27, August 24

and September 28 • 2:00 – 6:00 p.m.

Cost: Free

Meal Program for Seniors

Adults aged 60 and over are welcome to come enjoy a hot, delicious and healthy meal.

Monday - Friday at 11:30 a.m.

Suggested Donation: 60 and older \$2.25

Under 60, \$4.25

Menu available on our website.

Call 929-5544 or visit www.norwalk.org for more information.

Bingo!

Come try your luck at Bingo! Players age 18 and older are welcome.

Monday & Friday

1:15 - 4:15 p.m.

Cost: 50¢ per 50/50 Paper card

\$1.00 per paper pack (8 sheets per pack)

\$1.00 per Double Action Paper card

(Sponsored by Norwalk Senior Citizens Center, Inc.)

Bingo will not be in session on Monday, July 4, 2016 in observance of Independence Day and Monday September 5 in observance of Labor Day..



Fitness Room

Come in and enjoy the Senior Center's Fitness Room Monday through Saturday (open various times of the day). Cardio and weight equipment is available to those age 50 and older. Orientation with staff is required prior to use. We recommend that you consult your physician prior to any physical activity. Contact us today to schedule your orientation appointment.

Monday 9:00 a.m. – 12:45 p.m.

2:30 – 6:30 p.m.

Tuesday 8:00 a.m. – 6:30 p.m.

Wednesday 9:00 a.m. – 12:15 p.m.

1:30 – 6:30 p.m.

Thursday 8:00 a.m. – 6:30 p.m.

Friday 9:00 a.m. – 12:15 p.m.

3:45 – 6:30 p.m.

Saturday 8:00 a.m. – 4:30 p.m.



Computer Lab Hours

The Senior Center has a computer lab with five personal computers available for use for those age 50 and older. There is a 30-minute use limit when others are waiting.

Monday, Tuesday, Wednesday - Friday

8:00 a.m. - 6:30 p.m.

Saturday

8:00 a.m. - 4:30 p.m.

Billiards Room

Monday - Friday

8:00 a.m. - 6:30 p.m.

Saturday

8:00 a.m. - 4:30 p.m.

Cost: Free



Pool Tournaments

Points will be awarded to Players who place 1st - 3rd. Players with the most points, at the end of the year, will be invited to our Year-End Shootout.

Level A (Advanced players only).

Every second Wednesday of the month

12:30 p.m.

Cost: Free

Level B (Novice players only)

Every third Wednesday of the month

12:30 p.m.

Cost: Free

Registration dates are pre-scheduled open to men and women age 50 and older. Call **929-5580** for registration dates.

Dances

Weekly Western Dance

Join us for the liveliest Western Dance in Norwalk. The Senior Center is absolutely jumping every Thursday night! Come hoot and holler as you dance to your favorite Western tunes.

Every Thursday • 5:30 p.m.

Cost: Free

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Movie Madness

Join us for a FREE movie and popcorn! Newly released movies are featured for most of our shows. Schedule is subject to change due to film availability. For updated movie schedule, please call 929-5580.

Tuesday Movie Matinee

Every Tuesday • 1:30 and 4:30 p.m.

Cost: Free

(Every Second Tuesday of the Month, there will only be the 1:30 p.m. movie showing).

Saturday Movie Matinee

Every third Saturday of the month

11:00 a.m. & 2:00 p.m.

Cost: Free

Volunteer Opportunities



Whether you are looking to donate your time, remain active, give back to the community, or are seeking to meet new people, there

are opportunities for you to volunteer at the Norwalk Senior Center. Volunteers are needed to assist with various activities such as our weekday Nutrition Program, special events, stitching lap robes, Bingo program and overall support.

As a volunteer, you will enjoy monthly volunteer meetings (including trainings and socials), an annual volunteer recognition celebration, and the personal satisfaction of making a difference in your own life as well as in the lives of the community.

Please call 929-5580 for further information, or stop by the Norwalk Senior Center and complete a volunteer application.

Supportive Services Program (SSP)*

Supportive services are available to Norwalk residents, age 60 years and older. These services assist clients with daily in-home assistance to help preserve and maintain their quality of life and to remain independent living in their home.

Case Management*

Norwalk residents, age 60 years and older, may be eligible for case management services. This service provides a personal assessment conducted by qualified social services staff to determine the types of comprehensive supportive services a senior at-risk may need. Supportive services are coordinated to address the specific needs for client safety and quality of life.

Homemaking*

Homemaking services are available to frail/homebound, at-risk Norwalk residents, age 60 years and older. Homemaking services may provide for temporary assistance with house cleaning, laundry and meal preparation in the client's residence.

Personal Care*

Personal Care services are available to frail/homebound, at-risk Norwalk residents 60 years of age and older. Personal Care services provide clients with in-home care vital to the activities of daily living to promote an optimal quality of life and maintain in-home independent living.

Registry Services*

The Norwalk Senior Center maintains a registry of qualified in-home workers available for hire. The in-home workers are pre-screened and CPR/First Aid Certified. Social services staff is available to assist clients with the employment of an in-home worker.

**These services are free of cost and funded by the Los Angeles Area Agency on Aging-Community and Senior Services. Please call (562) 929-5580 for more information or to schedule an appointment with social services staff.*

Home Delivered Meals

Home delivered meals are available for homebound seniors, age 60 and older. For information on eligibility and meal delivery, please call the Oldtimers Foundation at (323) 582-6090 ext 223.

File of Life

The File of Life is a medical information packet designed to provide emergency personnel with necessary medical data to begin immediate treatment. The File of Life is available to seniors age 60 and over at The Norwalk Senior Center. Appointment required.

Dial-A-Ride

Norwalk's Transit Department offers a Dial-A-Ride service available to Norwalk resident's age 60 and older and to physically disabled residents, regardless of age. Applications may be requested by calling 929-5533. Applications are also available at the Norwalk Senior Center and the Social Services Center.

VISIT THE OFFICIAL CITY WEBSITE
NORWALK.ORG

NORWALK SENIOR CENTER

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Nutrition Van Service



Norwalk Transit System (NTS) provides Dial-A-Ride service to the Norwalk Senior Center Nutrition Program. If you are a Norwalk

Dial-A-Ride patron and wish to have lunch weekdays, Monday through Friday at the Senior Center, you may enroll in the Nutrition Van Service, and you will not have to make appointments for your daily ride. You will need to call Norwalk Transit only if you do not want to be picked up for lunch. Use of this service does not guarantee a meal.

For more information on NTS Dial-A-Ride services, please call Transit Customer Service at 929-5550.

CAL Fresh Assistance

Do you have questions about Food Stamps? A representative from the Los Angeles Regional Food Bank will be here to provide you with program information and application completion!

Second Wednesday each month
9:00 a.m. – 12:00 p.m.

Cost: Free

Senior Home Repair Assistance Program

Staff from the Norwalk Community Development Department will be at the Norwalk Senior Center to provide information about the Home Repair Program and to assist with the filling out of the application. No appointment is necessary.

Wednesday, July 27 • 10:00 a.m.

Cost: Free

Health Services

The Norwalk Senior Center offers the following ongoing health services:

Blood Pressure Screenings

Monday, June 13	9:30 a.m.
Tuesday, June 21	9:30 a.m.
Monday, July 11	9:30 a.m.
Tuesday, 19	9:30 a.m.
Monday, August 8	9:30 a.m.
Tuesday, 16	9:30 a.m.
Monday, September 12	9:30 a.m.
Tuesday, 20	9:30 a.m.

Cost: Free

(Sponsored by Apple Care & Pioneer Medical Group)

Seminars / Screenings

The Senior Center hosts many seminars and screenings on a monthly basis.

Dental Screenings

Friday, June 24 • 10:00 a.m.
Friday, July 29 • 10:00 a.m.
Friday, August 26 • 10:00 a.m.
Friday, September 30 • 10:00 a.m.

Cost: Free

(Sponsored by Northeast Dental)

Neighborhood Watch

Wednesday, July 13, 10:00 a.m.
Topic: Don't Take Chances on Personal Safety
Wednesday, September 14, 10:00 a.m.
Topic: Phone & Internet Scams

Cost: Free

(Sponsored by Norwalk Public Safety)



Norwalk Senior Center Library Service



Enjoy the convenience of checking out your favorite books without having

to travel to the library. Anyone age 50 and older that uses the Norwalk Senior Center, and has a valid County of Los Angeles Public Library card is eligible for the program. If you do not have a library card, applications will be available during each visit for you to apply. Norwalk Library staff will deliver library materials to the Senior Center on the second and fourth Thursday of every month between the hours of 10:45 a.m. and 11:15 a.m. Returned materials will be picked up at the same time. For more information, contact the Norwalk Library at 868-0775 or the Norwalk Senior Center at 929-5580.

Senior Center Course Schedule

Session 4

June 27 – August 13

Session 2 Registration: Now being taken
(Classes will not meet on Monday, July 4)

Session 4 Registration: Wednesday, June 8, 2016 at 9:00 a.m. Photo identification with proof of residency required for Norwalk residents. Numbers will be distributed, one per person, from the north side entrance of the Senior Center beginning at 8:00 a.m.

Session 5

August 22 – October 8

(Classes will not meet on Monday, September 5)

Session 5 Registration: Wednesday, August 10, 2016 at 9:00 a.m. Photo identification with proof of residency required for Norwalk residents. Numbers will be distributed, one per person, from the north side entrance of the Senior Center beginning at 8:00 a.m.

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Fitness & Exercise

City Walkers

Did you know that taking 10,000 steps a day is recommended for good health? So, why not take a walk with us. The City Walkers meet three mornings a week at the Senior Center for 15 minutes of warm-up exercises followed by a brisk outdoor walk. It is a great opportunity to work out and enjoy the company of friends. Newcomers are always welcome.

Session 4

June 27 – August 12

(Class will not meet on Monday, July 4)

Session 5

August 22 – October 7

(Class will not meet on Monday, September 5)

Monday, Wednesday & Friday 8:30 - 9:30 a.m.

Cost: Free/7 weeks (registration is required)

Tai Chi Chuan

This course introduces older adults to an exercise tradition that is neither vigorous nor strenuous. Some benefits of Tai Chi include strengthening the muscles and organs, improvement in balance and mobility, relaxing the mind and body, improved blood circulation, and increased memory and concentration.

Fall Session

Mondays, August 15 – December 12

1:00 – 2:30 p.m.

(Class will not meet on Monday, September 5)

Cost: Free/ 18 weeks

Instructor: Layne

**New students may register at anytime with instructor's approval.*

(Sponsored by Cerritos College)



Gentle Stretch*

This is an easy and relaxing class designed to limber up and stretch your muscles. You will learn exercises to improve flexibility, balance and coordination. Please wear loose or stretch clothing.

Session 4

Friday, June 24 – August 12

12:15 – 1:15 p.m.

Session 5

Friday, September 2 – October 21

12:15 – 1:15 p.m.

Cost: \$24/8 weeks

Instructor: Baughman

Yoga Fitness*

Yoga balances the body, mind and spirit. Participants can expect positive improvements in health through stretching, strengthening and deep breathing exercises. Mats provided, or bring your own. Please wear loose or stretch clothing.

Session 4

Fridays, June 24 – August 12 • 1:15-3:15 p.m.

Session 5

September 2 – October 21 • 1:15-3:15 p.m.

Cost: \$48/8 weeks

Instructor: Baughman

Yoga Stretch*

Here is an opportunity to develop core body strength by increasing the strength and flexibility of major muscled groups. You will increase range of motion and become balanced and centered in body, mind, and spirit.

Fall Session

Monday, August 15 – Wednesday, December 14

9:15 - 10:15 a.m.

(Class will not meet on Monday, September 5)

Cost: Free/ 18 weeks

Instructor: Jackson

(Sponsored by Cerritos College)

Dance

Line Dance

Come one, come all and start off your Saturday with a bang! You don't have to be a "dancer" to enjoy the fun and fitness of moving to the many steps and routines of Line Dancing - and you don't need a partner! The class is great for both newcomers and those with experience.

Easy Session 4

Saturdays, July 2 – August 13

9:00 - 9:50 a.m.

Easy Session 5

August 27 – October 8, 2016

Cost: \$6.00/7 weeks Norwalk Resident

\$12.00/7 weeks Non-Resident

Instructor: Roe

Intermediate* Session 4

Saturdays, July 2 – August 13

10:00 - 10:50 a.m.

Intermediate* Session 5

Saturdays, August 27 – October 8

10:00 - 10:50 a.m.

Cost: \$6/7 weeks Norwalk Resident

\$12/7 weeks Non-Resident

Instructor: Roe

Decorative Arts

Arts & Crafts

Come on Mondays and show us your creativity! New crafts made each week! This class is great for everyone, so come join the fun!

Session 4

Mondays, June 27 – August 15

10:00 - 11:00 a.m.

(Class will not meet on Monday, July 4)

Session 5

Mondays, August 22 – October 10

10:00 - 11:00 a.m.

(Class will not meet on Monday, September 5)

Cost: \$2 materials fee

Instructor: Staff

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Fine Arts

Come join us for art classes and unleash your inner artist! Each week we will explore a new art topic, medium, movement, or artist to guide you into a creative learning process.

Session 4

Wednesdays, June 29 – August 17

12:30 – 2:30 p.m.

Cost: \$2 materials fee

Instructor: Staff

China Painting*

You will learn how to adorn china using enamel, raised paste, and pen work. Students will learn how to hand paint landscapes, florals, and portraits. The class will also provide instruction in design and color theory.

Friday, 9:30 a.m. - 1:00 p.m.

Instructor: Jones (Volunteer)

Cost: Free

**New students may register at anytime with instructor's approval.*

Crochet

Learn to crochet and knit in a fun and friendly environment at an unbeatable price! This creative class is appropriate for the beginner and those with more experience. Learn different stitches and patterns, how to use basic tools and supplies, how to read patterns, and how to determine which yarns are ideal for your projects. Students must provide their own equipment and materials.

Session 4

Wednesdays, June 29 – August 10

9:00 - 11:00 a.m.

Session 5

Wednesday, August 24 – October 4

Cost: \$6/7 weeks Norwalk Resident

\$12/7 weeks Non-Resident

Instructor: Gonzales/Canales

Swedish Weaving Social

Share your ideas, and meet new friends, as you create beautiful Afghans and other home decorative items such as placemats, table runners, pillows, bags, armchair covers, and hand towels. This form of weaving dates back hundreds of years and adds special warmth to any home décor. The group meets throughout the year. Participants must provide their own equipment and materials

Mondays, 1:00 - 4:00 p.m.

Cost: Free

Instructor: Volunteers

(Class will not meet on Monday, July 4, or September 5)

Lap Robe Making

Join a dedicated group, of volunteers, that meet every Tuesday to make lap robe quilts. Every year these lap robes are donated to six local convalescent homes in and around Norwalk, as well as the Veteran's Hospital in Long Beach. Adults' age 50 and older that are interested in volunteering may drop by the Norwalk Senior Center on Tuesdays.

Tuesday, 9:00 - 11:30 a.m.

Cost: Free



Quilting Social

Participants share ideas, timesaving tips, and discuss color theory, traditional and new patterns. Make new friends and work on individual projects. The group meets throughout the year. Participants must provide their own equipment and materials.

Tuesday, 12:30 - 4:30 p.m.

Cost: Free

Educational

The American Cultural Experience*

Interested in learning about what makes America great? Then join us to study significant historical events in the fields of science, technology, health, literature, politics, art, and learn about the modern American experience.

Fall Session

Fridays, August 19 – December 16

9:00 – 11:00 a.m.

Cost: Free/ 18 weeks

Instructor: Dr. Levy (Sponsored by Cerritos College)

**New students may register at anytime with instructor's approval.*



Memoir Writing*

Have you ever wanted to write your life's story? Have you been looking for the inspiration to get started? Come join this fun, interesting, and creative writing course. You will get to share thoughts and ideas with others while sharpening your writing skills. Fun for everyone!

Fall Session

Thursdays, August 18 – December 15

2:00 – 4:00 p.m.

Cost: Free/18 weeks

Instructor: Mansell (Sponsored by Cerritos College)

**New students may register anytime with instructor's approval.*

SOCIAL SERVICES CENTER

11929 ALONDRA BOULEVARD * 929-5544

The Norwalk Social Services Center offers a range of emergency services to Norwalk residents in crisis circumstances. Our goal is to assist individuals and families whose own resources have been exhausted, stabilize their situation, and seek long-term solutions. Bilingual (Spanish) staff is available to assist.

Child Development Program - Cuidado de Niños

The City is currently accepting applications for its free or low-cost child care program. This service is available to low-income working parents and/or current/terminated CalWorks participants. Local licensed day care facilities are utilized. For more information, please call **462-1713**.

Children's Dental Program - Programa Dental para Niños

Low-cost dental care is available to those ages 5 to 21. This program is a cooperative effort between the City of Norwalk, Norwalk-La Mirada Unified School District, and the Children's Dental Clinic. Transportation is also available. For information, please call **929-5544**.

Computer Lab

The use of computers is available for those wanting to access the internet, seek employment, complete school work or to improve their computer skills. The Computer Lab is open Monday through Thursday, 2:00 p.m. to 5:00 p.m.

Dispute Resolution Program - Programa de Resolución De Conflictos

The Social Services Center has a Dispute Resolution Program that can help you resolve tenant/landlord, consumer/merchant, small claims, business, and neighborhood disputes. Trained staff can help you settle your dispute and save you time and money. It is free, easy, and only one phone call away. For more information, please call **929-5603**.

Job Announcement Board - Lista de Trabajos

Come visit our Job Announcement Board that lists current entry-level job openings in Norwalk and surrounding areas. Located in the lobby of the Social Services Center, 11929 Alondra Boulevard, this free service is an excellent resource and convenient tool for both the job seeker and local businesses with employment opportunities.

Learn English - Aprenda Ingles

Instruction in English (ESL) with literacy training in reading, writing, and language. Every Friday from 11:30 a.m. to 1:30 p.m. Provided by Lutheran Social Services free of charge.

Paralegal Services - Servicios Legales

Free paralegal services are available to qualifying Norwalk residents. This service is provided by Community Legal Services, and bilingual staff is available. Every first and third Wednesday from Noon to 5:00 p.m. Call **929-5544** for screening and appointment.

Meal Program for Seniors - Programa de Comida para Personas Mayores

Adults aged 60 and over are welcome to come enjoy a hot and hearty meal. Monday - Friday at 11:30 a.m. Suggested Donation: 60 yrs. and older \$2.25; Under 60 yrs. \$4.25. Call **929-5544** for more information.

Self-Help Support Groups

Self-Help Support Group - Grupos de Ayuda

Groups meet weekly at the Norwalk Social Services Center, 11929 Alondra Boulevard, to provide support, counseling, and information relating to various issues.

Alcoholics Anonymous (AA) - Alcohólicos Anónimos

Meets Monday, Wednesday and Friday, 8:00 p.m. to 9:30 p.m. Spanish only.

Al-Anon - Al-Ano'n

Support group for family and friends of alcoholics. Meets Tuesday, 7:00 p.m.-9:00 p.m., & Friday, 8:00 p.m. to 10:00 p.m. Spanish only.

Compulsive Eaters Anonymous (CEA- H.O.W.) - Comedores Compulsivos

Help and nutrition information to control and maintain your weight. Every Tuesday, 10:00 a.m. to 11:30 a.m., Spanish only. Every Thursday, 7:00 p.m. to 8:30 p.m., Spanish only.

Neurotics Anonymous - Neuróticos Anónimos

Mondays and Wednesdays, 7:00 p.m. to 9:30 p.m., Spanish only

Su Casa – Ending Domestic Violence
Individual counseling sessions held every Tuesday and Wednesday from 5:30 p.m. to 8:30 p.m. Call **(562) 402-4888** for an appointment.

WHAT DOES A 20% REDUCTION in water use look like?



OUTDOOR WATER USE

The average Californian uses 196 gallons of water per day and 30-60% of their water outdoors. Here are some easy outdoor tips to reduce water use. Find the right combination for you to reduce by 20% or 39 gallons a day.



USE A BROOM TO CLEAN
OUTDOOR AREAS

saves

💧 **8-18 GALLONS**
per minute



ADJUST SPRINKLER TO WATER
PLANTS, NOT DRIVEWAY

saves

💧 **12-15 GALLONS**
each time you water



USE MULCH ON SOIL
SURFACE

saves

💧 **20-30 GALLONS**
per 1,000 sq. ft. each time



WATER PLANTS EARLY IN
THE AM

saves

💧 **25 GALLONS**
each time you water



SET MOWER BLADE TO 3"
(ENCOURAGES DEEPER ROOTS)

saves

💧 **16-50 GALLONS**
per day



PLANT DROUGHT-RESISTANT
TREES AND PLANTS

saves

💧 **30-60 GALLONS**
per 1,000 sq. ft. each time



INSTALL DRIP-IRRIGATION

saves

💧 **15 GALLONS**
each time you water



INSTALL A "SMART"
CONTROLLER

saves

💧 **24+ GALLONS**
per day

For more tips on reducing water use, visit saveourwater.com!