

La Mirada Activity Center

May 2013

With Good

S.P.I.R.I.T.

Spirited Play Is Resorative, Inspiring and Therapeutic

“Early to bed and early to rise, makes a man healthy wealthy and wise.” ~ Benjamin Franklin

Workshops and Screenings

Pre-registration is strongly encouraged.

Alzheimer’s Disease or other Dementias - Thursday, May 9 at 10 a.m.— Home Instead Senior Care

Capturing Life’s Journey - Thursday, May 16 at 10 a.m.—Home Instead Senior Care

Techniques to Handle Challenging Behaviors - Thursday, May 23 at 10 a.m.—Home Instead Senior Care

Activities to Encourage Engagement—Thursday, May 30 at 10 a.m.—Home Instead Senior Care



Marlene Olsen
La Mirada’s Older
American of the Year

Senior Spotlight

For over 10 years, Mrs. Olsen has contributed countless hours to the community. She was appointed to the City’s Senior Council in 2003 and served through 2011 as the representative for Lake Park. During her time on the Council, Mrs. Olsen volunteered for various City events including Mother Daughter Tea, the annual Flu Clinic, Spring Beautification, Love a Tree Poster Contest, Halloweenfest, Healthy Parks, Senior Nutrition Program, Facility Greeter, Easter Event, Birthday Celebrations, the Holiday Event, and most recently the Income Tax Assistance Program.

Mrs. Olsen was appointed to the La Mirada Historical Preservation Advisory Council when it was established in 2006, and is currently serving her 7th year on the Council. Mrs. Olsen has contributed her time and knowledge of the City’s rich history to enlighten the public as a trained docent of the Neff Estate during monthly tours. Mrs. Olsen continues to speak to hundreds of children about the City’s past, and the importance of preserving it through the Historical Council’s “Classroom Presentation Program”.

Veteran’s History Project

Wednesdays from 9 to 11 a.m.

This class is reaching out to veterans of World War I and II, Korean, Vietnam, and Persian Gulf wars to record first person accounts and preserve their stories. This class is recruiting Americans of all ages to be part of the process by collecting, videotaping oral histories, and transcribing war stories so they can be preserved for future generations to learn and deepen their understanding of each war.

Activities and Fitness

Arts and Crafts.....	Wed.....	9a-11a
Art Meeting Class.....	Mon.....	8:30-12:30p
“Ask a Nurse” (Biola University).....	Wed.....	8:30a-12p
Bingo.....	Mon & Fri.....	12:30-3:30p
Billiards.....	Mon through Fri.....	7:30a-6p
Canasta.....	Wed.....	12:15-3:30p
Creative Writing.....	Wed.....	2-4p
Current Events.....	Mon.....	9-11a
Dominos.....	Tues.....	2-6p
General Exercise (video).....	Mon through Fri.....	9-10a
Healthy Eating and Meal Planning (CAPC).....	Tues.....	1-2:30p
La Mirada Quilters.....	Thurs & Fri.....	8a-3:30p
La Mirada Singers.....	Tues.....	1-3:30p
Line Dancing.....	Wed.....	12-2p
Mahjong Class.....	Fri.....	8:30a-3p
Manage Stress with Chair Exercise.....	Mon & Wed.....	10-11a
Painting for Older Adults.....	Thurs.....	9-11:30a
Pinochle.....	Tues.....	12:15-3:30p
Pinochle Advanced.....	Thurs & Fri.....	12:15-3:30p
Social Etiquette (CAPC).....	Tues.....	9-10a
Stress Management with Jorge.....	Wed.....	2:30-4p
Tai Chi for Older Adults.....	Tues.....	2:15-3:15p
Veteran’s History Project.....	Wed.....	9-11a

Cinco De Mayo Celebration

Thursday, May 2 • 10-11:30 a.m.

Señors and Señoritas, come join us for a Cinco de Mayo Celebration at Café on the Green. You are invited to enjoy games, music and food. The Fiesta will take place from 10 a.m. to 11:30 a.m. on Thursday, May 2nd. Festivities are sponsored by Caremore. Lunch will be provided at a suggested donation of \$2.75 for those over 60 years of age. Lunch reservations are required for this event and must be made no later than Wednesday, May 1 by contacting Café on the Green at (562) 947-8787.



“At The Movies” - Thursdays at 12:30 p.m.

Movies subject to change without notice

The Hobbit: An Unexpected Journey (PG-13) - May 2

A younger and more reluctant Hobbit, Bilbo Baggins, sets out on an “unexpected journey” to the Lonely Mountain with a spirited group of dwarves to reclaim their stolen home from a dragon.

The Impossible (PG-13) - May 9

The story of a tourist family in Thailand caught in the destruction and chaotic aftermath of the 2004 tsunami.

The Guilt Trip (PG-13) - May 16

As Andy Brewster is about to embark on the road trip of a lifetime, a quick stop at his mom’s house turns into an unexpected cross-country voyage with her along for the ride.

Safe Haven (PG-13) - May 23

A young woman with a mysterious past lands in North Carolina where her bond with a widower forces her to confront the dark secret that haunts her.

Jack Reacher (PG-13) - May 30

A homicide investigator digs deeper into a case involving a trained military sniper.

Movies sponsored by:

Fullerton Gardens 1510 E. Commonwealth • **Richman Gardens** 317 N. Richman Avenue • **Top 40 Video** 14246 E. Imperial Highway

Sunrise Hoops for Seniors

Tuesdays, Thursdays and Saturdays from 6:30 - 9 a.m.

Men and women of all skill levels and over the age of 50 are encouraged to have some early morning fun at the La Mirada Gymnasium with a friendly game of basketball. A discounted Senior Annual Gym Membership (\$35) or a day pass must be purchased to participate.



Anniversary and Birthday Recognition Program

50th Anniversary - Jerome and Colleen Ambrose - May 10, 1963

90th Birthday - Lucille Harrow - May 4, 1923

80th Birthday - Teresa Vargas - May 17, 1932

Senior Services

Care Management (562) 699-3231 ext 224

Care management is available to frail elderly and functionally impaired adults to enable them to remain home safely.

HICAP Health Insurance Counseling (800) 824-0780

Free program that offers information and assistance with Medicare benefits, (HMO’s) and supplemental insurance.

SASSFA Senior Services (562) 699-3231

Care management, respite care, telephone reassurance, medication, peer counseling, and home delivered meals.

Tele-Care Service (562) 698-0811 ext. 2423

This is a free daily well-check program for older adults living alone or homebound.

Lunch is served at the La Mirada Activity Center Monday through Friday at 11:30 a.m.


Reserve your seat today by calling (562) 947-8787.

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SENIOR SERVICES ↔

CONGREGATE NUTRITION SITE

Month: May 2013

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SUGGESTED DONATION FOR SENIOR MEALS (AGE 60 & OLDER) IS \$2.75/MEAL. Thank you for your support!</p>	<p>MEALS ARE \$5.00 FOR NON-SENIORS (ONLY IF MEALS ARE AVAILABLE AFTER SENIORS ARE SERVED)</p>	<p>1 Potato Onion Soup Chicken Enchilada Verde Casserole Broccoli / Pinto Beans Green Leafy Lettuce Salad Corn Tortilla Pineapple Chunks</p>	<p>2 Stuffed Bell Pepper Mashes Potatoes Marinated Beef & Onion Salad Hawaiian Sweet Bread Roll Chocolate Ice Cream</p>	<p>3 Pineapple Juice Steak Picado Spanish Rice Black Beans Green Salad with Tomatoes Tortilla Mandarin Orange with Jicama</p>
<p>6 Vegetable Soup Spaghetti with Turkey Meat Sauce Broccoli Tossed Green Salad Vanilla Pudding</p>	<p>7 Choice of Entrée: Country Fried Steak or Baked Fish Mashed Potatoes / Green Beans Corn Salad with Pimento Wheat Bread Canned Peaches</p>	<p>8 Cream of Mushroom Soup Tuna Salad Sandwich Carrot Salad Broccoli Slaw with Raisins Whole Wheat Bread Cantaloupe</p>	<p>9 Lentil Soup Beef French Dip Sandwich Mixed Vegetables Coleslaw French Sandwich Roll Canned Pears</p>	<p>10 Fruit Punch Chicken Breast in Wine Sauce Rice Pilaf / Green Beans Tropical Fruit Cup Whole Wheat Bread Red Velvet Cake</p>
<p>13 Lemon Baked Fish Broccoli & Cauliflower Cucumber & Tomato Salad Whole Grain Bread Canned Apricots</p>	<p>14 Split Pea Soup Oven Fried Chicken Brussels Sprouts Tossed Salad with Kidney Beans / Cornbread Chocolate Ice Cream</p>	<p>15 <i>Birthdays!</i> Tortilla Soup Ground Turkey Soft Taco Shredded Lettuce & Tomato Mexicali Coleslaw / Pinto Beans Flour Tortilla Fresh Orange</p>	<p>16 Roast Beef with Gravy Sliced Carrots Garlic Mashed Potatoes Caesar Salad Whole Grain Roll Rice Pudding</p>	<p>17 Vegetable Beef Soup Choice of Entrée: Orange Chicken or Beef Liver Brown & Wild Rice Marinated Beet & Onion Salad Broccoli / Wheat Bread Pineapple Chunks</p>
<p>20 Bayou Chowder Apple Honey Glaze Pasta Salad Mustard Greens / Romaine Salad with Mushroom & Kidney Beans / Dinner Roll Vanilla Ice Cream</p>	<p>21 Tomato Soup Meatloaf Mixed Vegetables Mashed Potatoes Whole Grain Bread Oatmeal Cookies</p>	<p>22 Choice of Entrée: Carnitas with Salsa or Fish Vera Cruz Cauliflower with Lemon Pepper Black Beans / Tossed Salad Corn Tortilla Banana</p>	<p>23 Minestrone Soup Chicken Cacciatore Brown Rice Florentine Italian Green Beans Coleslaw Cinnamon Applesauce</p>	<p>24 Orange Juice Hamburger Patty Lettuce Tomato & Onions Potato Salad Carrot Pineapple Salad Watermelon Wedge</p>
<p>27 HOLIDAY MEMORIAL DAY </p>	<p>28 Orange Juice Spaghetti Green Beans Caesar Salad Chocolate Ice Cream</p>	<p>29 Cream of Broccoli Soup Mandarin Sesame Chicken Bowl Brown Rice Carrots / Spinach Salad Banana</p>	<p>30 Vegetarian Lasagna Lima Bean Calico Coleslaw Butterscotch Pudding</p>	<p>31 Tomato Rice Soup Open face Turkey Sandwich Mashed Potatoes Peas & Carrots Shredded Lettuce with Diced Tomato / Cake</p>

*ALL MEALS SERVED WITH 1% LOW FAT MILK + Item is high in sodium. MENU SUBJECT TO CHANGE WITHOUT NOTICE.

This project is funded, in part by Los Angeles County Area Agency on Aging, through the Older American Act of 1965 as amended.



All That Dance **Friday, June 7 from 7-10 p.m.**

All That Dance will feature a Fiesta theme and will be held on Friday, June 7, 2013 from 7 to 10 p.m., at the La Mirada Activity Center. Refreshments, door prizes and entertainment from Jim Gilman & Associates will be included in the \$5 admission fee. The entertainment is sponsored by Emeritus.

Tickets are \$5 and will be available at the door, however, participants are encouraged to register early by calling the La Mirada Activity Center at (562) 902-3160.

13810 La Mirada Boulevard, La Mirada, California 90638

Monday through Friday 7:30 a.m. to 6 p.m. - (562) 902-3160 or www.cityoflamirada.org