

SENIOR CITIZENS COMMISSION AGENDA

- CALL TO ORDER 10:00 A.M.

- FLAG SALUTE COMMISSIONER GONZALEZ

- ROLL CALL COMMISSIONERS GONZALEZ, MILLER, RODRIGUEZ, SOBRETOD
& WANG

- MINUTES REGULAR MEETING MAY 7, 2025 & ADJOURNED MEETING
JUNE 4, 2025

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.

CONSENT CALENDAR

- ### A. Senior Center Activities for May & June 2025

Recommendation: Receive and file.

DISCUSSION

STAFF ITEMS

ANNOUNCEMENTS

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 May 7, 2025 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, Rodriguez & Zhao
ABSENT: Commissioner Natividad & Miller

Also present at the meeting was Recreation Supervisor Fontan, and Senior Administrative Assistant Vermeer.

APPROVAL OF MINUTES

C/Zhao made a motion, seconded by C/Rodriguez and was carried 3-0 to approve the minutes of April 2, 2025.

AYES: Commissioners Gonzalez, Rodriguez & Zhao
ABSENT: Commissioner Miller & Natividad

ORAL COMMUNICATION

CONSENT CALENDAR

C/Zhao made a motion, seconded by C/Rodriguez and was carried 4-0 to receive and file item 6A.

AYES: Commissioners Gonzalez, Rodriguez & Zhao
ABSENT: Commissioner Miller & Natividad

DISCUSSION

C/Rodriguez made a motion, seconded by C/Miller and was carried 4-0 to receive and file item 7A.

AYES: Commissioners Gonzalez, Rodriguez & Zhao
ABSENT: Commissioner Miller & Natividad

LATE BUSINESS

STAFF ITEMS

ANNOUNCEMENTS

ADJOURNMENT

There being no further business to come before the Commission, C/Gonzalez adjourned the meeting at 10:09 A.M.

Chairperson

ATTEST:

Senior Administrative Assistant

Minutes of the Regular Meeting
of the Senior Citizens Commission
of the City of Walnut

A regular meeting of the City of Walnut Parks and Recreation Commission was held on June 4, 2025. Chairperson Gonzalez called the meeting to order at 10:05 a.m. and called the roll:

ROLL CALL

PRESENT: Commissioners Gonzalez & Rodriguez
ABSENT: Commissioners Natividad, Miller & Zhao

ADJOURNMENT

Due to the lack of quorum, the meeting was adjourned.

Senior Administrative Assistant



AGENDA ITEM 6A

- ☒ Consent Calendar
☐ Discussion

WALNUT SENIOR CITIZENS COMMISSION

AGENDA DATE: JULY 2, 2025

TO: Senior Citizens Commission

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

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

SUBJECT: Senior Center Activities for May & June 2025

RECOMMENDATION:

It is recommended that the Senior Citizens Commission receive and file this informational report for the months of May & June 2025.

ACTIVITIES SUMMARY:

The following are ongoing social services for older adults in Walnut that occurred in the months of May and June. Staff continue 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. YWCA is 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 and 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 in May and 45 seniors in June.

SEMINARS/SPECIAL EVENTS:

Tuesday, May 13, 2025

Screening: Hearing Screening by Hearing Life
(9:30 am -11:00 am)

Info: Free

Wednesday, May 14, 2025

Coffee Corner: SmartFix, Inc. (9:30 am – 11:30 am)

Tuesday, May 20, 2025

**Seminar: Mental Health for Seniors by Ellie Mental Health
(11:15 am -12:15 pm)**

Info: Discuss the importance of staying mentally healthy during your Senior years.

Wednesday, May 21, 2025

Coffee Corner: LA County Department of Mental Health (9:30 am – 11:30 am)

Wednesday, May 28, 2025

Coffee Corner: Rose Hills (9:30 am – 11:30 am)

Wednesday, June 4, 2025

Coffee Corner: SCAN Health Plan (9:30 am – 11:30 am)

Tuesday, June 10, 2025

Seminar: Preserving Your Memory by LA Department of Mental Health (11:15 am – 12:15 pm)

Wednesday, June 11, 2025

Coffee Corner: Rose Hills and SCAN Health Plan (9:30 am – 11:30 am)

Tuesday, June 17, 2025

Seminar: Dial-A-Cab Program (11:15 am – 12:15 pm)

Wednesday, June 18, 2025

Coffee Corner: Center for Healthcare Rights and SCAN Health Plan (9:30 am – 11:30 am)

Tuesday, June 24, 2025

Seminar: Memory Loss & Alzheimer's – Let's Talk by Alzheimer's LA (11:15 am – 12:15 pm)

Friday, May 9, 2025

Special Event: Mother's Day Brunch

On Friday, May 9, the Walnut Senior Center hosted their Mothers' Day Brunch event with the artful morning of painting. Participants were able to bring out their sense of artistry and paint to their heart's content. The caterer for the event was Tiscarenos, who made a personalized wrap sandwich meal for each mother in attendance. Lastly, fun

table games and an opportunity prize drawing were held for all the guests in attendance. This event was sold out at 66 participants.

Friday, June 13, 2025

Special Event: Father's Day Celebration

On Friday, June 13, the Senior Center held its annual event for all the fathers in attendance at our Senior Lunch Program. Dads were able to participate in fun games and opportunities drawings.

Friday, June 20, 2025

Special Event: Senior Luau Dinner and Dance

On Friday, June 20, the Senior Center held a Senior Luau Dinner & Dance. The event featured the band, Global Affair, an authentic Hawaiian show by Da Hula Studio and prizes. A Hawaiian themed meal was catered by Da Hula Studio. The attendance was sold out at 120 guests. Participants were able to enjoy a piece of paradise and many mahalos were received.

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, PowerPoint Basics, Mobile Technology, Oil Painting, Home Gardening, Jewelry Production & Design, Healthy Aging, Principles of Posture and Flexibility, and Music and Brain Health.

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

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 are able to 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:40

SENIOR EXCURSIONS:

<u>Name</u>	<u>Date</u>	<u>Participants</u>
Take Me Out to the Ball Game (Detroit Tigers vs LA Angels Game)	May 4	42 (FULL)
Cirque du Soleil	Jun 29	44 (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 with the exception of 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