

# SENIOR CITIZENS COMMISSION AGENDA

- CALL TO ORDER      10:00 A.M.

- FLAG SALUTE                      COMMISSIONER WANG

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

- MINUTES                      REGULAR MEETING OCTOBER 1, 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 October 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 October 1, 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, Miller, Rodriguez, Sobretudo & Wang (10:03)  
ABSENT: None

Also present at the meeting was Director of Community Services Bumia, Recreation Supervisor Fontan, Recreation Coordinator Watanabe and Senior Administrative Assistant Vermeer.

APPROVAL OF MINUTES

C/Rodriguez made a motion, seconded by C/Miller and was carried 4-0 to approve the minutes of September 3, 2025.

PRESENT: Commissioners Gonzalez, Miller, Rodriguez & Sobretudo  
ABSENT: Wang

ORAL COMMUNICATION

CONSENT CALENDAR

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

AYES: Gonzalez, Miller, Rodriguez & Sobretudo  
ABSENT: Wang

DISCUSSION

LATE BUSINESS

STAFF ITEMS

ANNOUNCEMENTS

ADJOURNMENT

There being no further business to come before the Commission, C/Gonzalez adjourned the meeting at 10:23 A.M.

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Chairperson

ATTEST:

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Senior Administrative Assistant



## AGENDA ITEM 6A

- ☒ Consent Calendar  
☐ Discussion

**WALNUT SENIOR CITIZENS COMMISSION**

**AGENDA DATE: NOVEMBER 5, 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 October 2025

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**RECOMMENDATION:**

It is recommended that the Senior Citizens Commission receive and file this informational report for the month of October.

**ACTIVITIES SUMMARY:**

The following are ongoing social services for older adults in Walnut that occurred in the month of October. 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 45 seniors in October.

**SEMINARS/SPECIAL EVENTS:**

Wednesday, October 8, 2025

**Coffee Corner: Emanate Health (9:30 am – 11:30 am)**

Wednesday, October 15, 2025

**Coffee Corner: The Tseng Group Real Estate (9:30 am – 11:30 am)**

**Seminar: Know the Scams, Don't be a Victim by LA County Department of Mental Health (11:15 am – 12:15 pm)**

Wednesday, October 22, 2025

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

Tuesday, October 28, 2025

**Seminar: Medicare MA Plan by SCAN Health Plan (9:30 am – 10:30 am)**

Wednesday, October 29, 2025

**Coffee Corner: Independence at Home (9:30 am – 11:30 am)**

### Special Events

#### Health & Wellness Fair

On Tuesday, October 14, the Walnut Senior Center held its annual Flu Shot Clinic with the Los Angeles County Department of Public Health. Guests were able to receive the most recent vaccinations for both the Flu and Covid. In addition, guests were able to visit with our many vendors at the Health & Wellness Fair held in the assembly room of the Senior Center. There were 19 vendors that partnered with the City and over 100+ people in attendance.

#### Boo Bop - Dinner & Dance

The Boo Bop Dinner and Dance was held at the Walnut Senior Center on October 24 from 5:00 pm to 8:00 pm. Guests were encouraged to come in costume and participate in the costume contest. A catered dinner was served by Sweet Kiss Mariss and a disc jockey, DJ Oso, was playing the fun dance hits. An opportunity drawing and door prizes were given at the event, as well. 85 participants attended the event.

### 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 are 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>
L.A. Farmer's Market & the Grove	Oct 14	43

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 <sup>st</sup> & 3 <sup>rd</sup> 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