

CITY OF WALNUT
SENIOR CITIZENS COMMISSION AGENDA
WALNUT CITY HALL
21215 LA PUENTE ROAD, WALNUT
OCTOBER 1, 2025

1. CALL TO ORDER 10:00 A.M.
2. FLAG SALUTE COMMISSIONER SOBRETOD0
3. ROLL CALL COMMISSIONERS GONZALEZ, MILLER, RODRIGUEZ, SOBRETOD0
 & WANG
4. MINUTES REGULAR MEETING SEPTEMBER 3, 2025

5. 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.

6. CONSENT CALENDAR

A. Senior Center Activities for September 2025

Recommendation: Receive and file.

7. DISCUSSION

8. STAFF ITEMS

9. ANNOUNCEMENTS

10. 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 September 3, 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
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/Miller made a motion, seconded by C/Rodriguez and was carried 5-0 to approve the minutes of August 6, 2025.

PRESENT: Commissioners Gonzalez, Miller, Rodriguez, Sobretudo & Wang
ABSENT: None

ORAL COMMUNICATION

CONSENT CALENDAR

C/Rodriguez made a motion, seconded by C/Miller and was carried 5-0 to receive and file Item 6A.

AYES: Gonzalez, Miller, Rodriguez, Sobretudo & Wang
ABSENT: None

DISCUSSION

LATE BUSINESS

STAFF ITEMS

ANNOUNCEMENTS

ADJOURNMENT

There being no further business to come before the Commission, C/Gonzalez adjourned the meeting at 10:17 A.M.

Chairperson

ATTEST:

Senior Administrative Assistant



AGENDA ITEM 6A

- ☒ Consent Calendar
☐ Discussion

WALNUT SENIOR CITIZENS COMMISSION

AGENDA DATE: OCTOBER 1, 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 September 2025

RECOMMENDATION:

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

ACTIVITIES SUMMARY:

The following are ongoing social services for older adults in Walnut that occurred in the month of September. 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 August.

SEMINARS/SPECIAL EVENTS:

Tuesday, September 16, 2025

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

Wednesday, September 17, 2025

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

Wednesday, August 20, 2025

Coffee Corner: SCAN Health Plan - *Free Chair Massages* (9:30 am – 11:30 am)

Monday, September 22, 2025

Screening: Hearing Screening by HEARINGLIFE (10:00 am – 12:00 pm)

Wednesday, September 23, 2025

Seminar: Medicare Made Simple by Center for Health Care Rights (11:15 am – 12:15 pm)

Wednesday, September 24, 2025

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

Special Events

Special Event: *Annual Intergenerational Art Show: Health and Wellness*

The Annual Intergenerational Art Show was held from September 13 through September 19 at the Walnut Senior Center. Participants of all ages submitted their artwork to be displayed at the Senior Center for all the guests to enjoy. On September 13, an Artists' Reception was held, artists were able to meet and discuss their work with those in attendance. Everyone at the Reception was welcomed with an elegant spread of refreshments, snack platters and desserts. A live auction was also held at the reception with over 25 pieces from artists who wished to auction off their work. The art show featured over 80 local artists and had over 100+ entries on display.

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>
The Original Lobster Festival	Sept 7	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