INGLEWOOD PARKS, RECREATION AND COMMUNITY SERVICES DEPARTMENT SENIOR CENTER



(310) 412-5338

330 Centinela Avenue, Inglewood, CA 90302

April, 2010

SENIOR ADVISORY

Medicare Supplement Insurance "Medigap"

On July 2, 2009, Assembly Bill 1543, Federal Medicare Improvements for Patients and Providers Act of 2008 was signed into law by Governor Schwarzenegger. The federal Medicare Improvements for Patients and Providers Act of 2008 required states to adopt certain changes to Medigap insurance policies. **Effective June 1, 2010 or later** those changes will take effect. Medicare Supplement insurance, sometimes known as "Medigap" insurance, may be purchased by anyone enrolled in Medicare. Medigap Plans are designed to pay some of the out-of-pocket expenses that people have to pay when using their Medicare benefits.

Under the new law, all of the Medigap Plans have been revised; some of the lettered plans were changed, some were dropped and some new ones were added. Below are questions along with the answers to help you better understand the new law.

Q: Do I need to buy one of the new Medigap Plans?

R: No. If you are satisfied with your current Medigap Plan, you can keep it as long as you continue to pay the premiums. You should only buy one of the new Medigap Plans if your old Plan no longer meets your needs or if the premium is too high. You can buy a new Plan that meets your needs with a lower premium.

Q: What happens to the Medigap Plans people already have or buy before June 1, 2010?

R: Nothing happens to them. A Medigap Plan is guaranteed renewable for as long as you want to keep it and the premiums are paid. If you keep your current Medigap policy, your benefits will stay the same regardless of the changes to the law.

Q: How do these changes affect me?

R: In order to understand how the new law affects you, you need to know which type of Medigap Plan you have. If you are not sure, contact your insurance agent or the insurance company that issued your policy and ask.

Continues on Page 3



Easter Program

A program that includes an Easter bonnet contest along with a performance by the Fantasia dancers will be held on Friday, April 2, 2010 beginning at 1:00 p.m.

So put on that fabulous hat that you have been dying to wear and come out and enjoy the festivities.

"Hypertension, Diabetes, and Alzheimer's Disease"

The Alzheimer's Association is offering the following class:

Topic: "Hypertension, Diabetes, and

Alzheimer's Disease"

Date: Wednesday, April 21, 2010

Time: 11:00 a.m.

Where: Inglewood Senior Center

330 Centinela Avenue Inglewood, CA 90302

Let's Make A Deal

An outing to the new "Let's Make A Deal" show hosted by Wayne Brady has been planned for Thursday, April 15, 2010. Transportation will depart the Center at 9:00 a.m. and will return at approximately 4:30 p.m.

Sign-ups are currently being taken at the Inglewood Senior Center. Seating is limited. For more information, please contact Shelley Benjamin, Activity Coordinator at (310) 412-4340.

Movies at the Center

The first "Movie at the Center" for Friday, April 2, 2010 has been canceled due to the Easter Program that starts at 1:00 p.m. The second "Movie at the Center" will be April 16, 2010 and will take place at 1:30 p.m. Refreshments will be served.

The movie will be "Outside The Law," starring Cynthia Rothrock.

Julie Cosgrove (Rothrock) is a U.S. federal agent who is inconsolable when her fiancé dies during an operation in Cartagena, Colombia just as he agreed to retire from the espionage business. Julie's grief takes a back seat to anger after she realizes that her superior, Agent Dawson, ordered the fatal ambush to camouflage his highly unpatriotic business abroad. Dawson is fully prepared to kill her too. Befriended by Annie Madden, a Florida bar owner, Julie can't believe it when she gets the sad news that her benefactress has been drowned. Annie's brother, Rick, insists that that it's a cover story for Annie's fatal beating at the hands of gangster Michael Peyton. The fugitive Julie is only safe as long as she keeps her head low, and thinks twice before involving herself in exposing a criminal cover-up. But she can't help snooping after a crooked local cop, Detective Froman, suggests that she bug off. In the course of investigating Peyton, she uncovers evidence that he's linked to helping import a potent street drug.



Voice of Experience

Is a publication of the Inglewood Parks, Recreation and Community Services Department

Senior Center

Sabrina Barnes, Director Skip Halloran, Human Services Superintendent Sikizi Allen, Senior Center Programs Manager Conchita Cox, Editor



Senior Advisory Continued

Reprinted from News Advisory from California Department of Insurance

Q: What changes did the new law make to Medigap Plans?

R: The following changes were made to Medigap Plans and will become effective June 1, 2010:

- Two new Medigap Plans were added, Plans M and N, with new cost sharing rules.
- Hospice benefit was added to the basic benefits of Plans A through D and Plans F and G (Plan E will no longer be available).
- Benefits for excess charges in Plan G were increased to 100%.
- Medigap Plans E, H, I, and J, including high-deductible Plan J, were dropped.
- Preventive Care benefits were dropped from all Plans because Medicare now covers many of these benefits.
- Home Recovery benefit was dropped from all Plans due to underuse.

Q: What other changes did the new law make to Medigap?

R: The following changes were made to Medigap rules that require companies to issue a Medigap policy without health screening and without a new waiting period limitation:

- "Guaranteed issue" coverage now includes the right to buy a Medigap policy without health screenings or a new waiting period when an employer stops providing insurance that covers all of the cost for Medicare's 20% co-insurance.
- "Open enrollment" rights have been extended to include COBRA and CalCORBA when this extension of

- employer coverage is lost, or when a person is only eligible for "Medi-Cal with a share of cost" because of an increase in their income or assets.
- When a person is entitled to "guaranteed issue" coverage or is applying under "open enrollment" rights, insurance companies cannot request, require or obtain medical information as part of the application process. The one exception to this rule occurs when a person is first enrolled in Medicare Part B; an insurance company can require answers to health questions as part of the application for a Medigap policy.

Q: What is the "Birthday Rule" and how does it apply to the new Medigap Plans?

R: If you already have Medigap insurance, you have 30 days of "open enrollment" following your birthday each year when you can buy a new Medigap policy without a medical screening or a new waiting period. The new policy must have the same or lesser benefits as your old policy. To avoid confusion, the new law specifies which of the new Plans are equal to the old Plans.

Q: Who can sell Medigap Plans?

R: Medicare/Medigap has no official sales agents. Licensed insurance agents can sell Medigap Plans to people with Medicare. Be wary of any salesperson who says that he/she is a Medicare representative. Medicare does not send "representatives" to solicit your business. Check on your insurance agent by contacting the California Department of Insurance at 1-800-927-4357 or visit our website at www.insurance.ca.gov.

Q: Who can explain these Medigap changes to me?

R: You can also contact HICAP (Health Insurance Counseling and Advocacy Program), at 1-800-434-0222, for answers to many health insurance questions.

	MONDAY		TUESDAY	WEDNESDAY							
5 9:00 a.m. 9:00 a.m. 10:30 a.m. 1:00 p.m.	Bus Passes/Taxi Coupons Boomer "Be Well" Program at Hawthorne Senior Center Walking Class . Cane Fu Self-Defense Class Bingo	6 9:00 a.m. 9:00 a.m. 10:00 a.m. 12:45 p.m. 1:30 p.m.	"Be Well" Program at Darby Park Inspirational Choir at Rogers Park Move or Lose Swim Class	7 9:00 a.m. 9:00 a.m. 10:00 a.m 10:30 a.m 1:00 p.m. 1:00 p.m.	. Blood Pressure/Glucose						
9:00 a.m. 9:00 a.m. 10:30 a.m. 12:15 p.m.	= TTTTTT CIACO		"Be Well" Program at Darby Park Inspirational Choir at Rogers Park Move or Lose Swim Class Yoga at Darby Park	9:00 a.m. 10:00 a.m. 10:30 a.m. 1:00 p.m. 1:00 p.m. 6:00 p.m.							
9:00 a.m. 9:00 a.m. 10:00 a.m. 0:30 a.m. :00 p.m.	Boomer "Be Well" Program at Hawthorne Senior Center Walking Class Volunteer Appreciation, Lennox Senior Center Cane Fu Self-Defense Class Bingo	20 9:00 a.m. 10:00 a.m. 10:00 a.m. 1:30 p.m. 27 9:00 a.m.	"Be Well" Program at Darby Park Inspirational Choir at Rogers Park Move or Lose Swim Class Yoga at Darby Park Bus Passes	9:00 a.m. 10:00 a.m. 10:00 a.m. 10:00 a.m. 11:00 a.m. 1:00 p.m. 1:00 p.m.	Hawthorne Senior Center Bazaar						
	Bus Passes Boomer "Be Well" Program at Hawthorne Senior Center Walking Class Cane Fu Self-Defense Class Bingo		"Be Well" Program at Darby Park Inspirational Choir at Rogers Park Move or Lose Swim Class Lucy Florence Culture Center Movie and Lunch	1:00 p.m. 28 9:00 a.m. 9:00 a.m. 10:30 a.m.	Knitting and Crocheting Bus Passes Walking Class Cane Fu Self-Defense Class Exercise with Tricia Knitting and Crocheting Caregiver Support Group						

,	THURSDAY		FRIDAY	SATURDAY
1 9:00 a.m. 9:00 a.m. 12:45 p.m 1:00 p.m. 1:30 p.m.	. "Be Well" Program at Darby Park n. Move or Lose Swim Class Friends For Fun	9:00 a.m. 9:00 a.m. 10:30 a.m 11:00 a.m	Walking Class a. Cane Fu Self-Defense Class	10:00 a.m. Cheerful Caregivers at Rogers Park 11:00 a.m. Blood Pressure
8 9:00 a.m. 9:00 a.m. 12:45 p.m. 1:30 p.m.	"Be Well" Program at Darby Park	1:00 p.m. 9 9:00 a.m. 9:00 a.m. 10:30 a.m. 11:00 a.m. 1:00 p.m.	Easter Program Bus Passes/Taxi Coupons Walking Class	10:00 a.m. Cheerful Caregivers at Rogers Park 10:00 a.m. Black Women's Network 11:00 a.m. Blood Pressure
9:00 a.m. 9:00 a.m. 1:30 p.m. 1:30 p.m.	Let's Make A Deal "Be Well" Program at Darby Park Yoga at Darby Park Travelairs at ICOPP	9:00 a.m. 10:30 a.m. 11:00 a.m. 1:00 p.m. 1:30 p.m.	Class	10:00 a.m. Cheerful Caregivers at Rogers Park 11:00 a.m. Blood Pressure
22 9:00 a.m. 12:45 p.m. 1:30 p.m.	"Be Well" Program at Darby Park Move or Lose Swim Class Yoga at Darby Park	23 8:00 a.m. 9:00 a.m. 10:30 a.m. 11:00 a.m. 1:00 p.m.	Volunteer Appreciation, Inglewood Senior Center Walking Class Cane Fu Self-Defense Class Tai Chi Exercise Class Sewing, Arts and Craft at Rogers Park	10:00 a.m. Cheerful Caregivers at Rogers Park 11:00 a.m. Blood Pressure
2:00 a.m. 2:00 a.m. 2:45 p.m. :30 p.m.	Bus Passes "Be Well" Program at Darby Park Move or Lose Swim Class Yoga at Darby Park	30 9:00 a.m. 9:00 a.m. 10:30 a.m. 11:00 a.m. 1:00 p.m.	Bus Passes Walking Class Cane Fu Self-Defense Class Tai Chi Exercise Class Sewing, Arts and Craft at Rogers Park Birthday Celebration	

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Good Friday Filet of Sole Vegetable Rice Pinto Beans Tropical Fruit Salad	Cornbread Peach Pie Milk		Crabcake & tartar sauce	Navy Beans	Cut Green Beans	Spiriach Romaine Salad Italian dressing	Roll	IVIIXed Berries	Appropriate in the contract of	Mahi Mahi in Creole sauce	Lentils	Zucchini and tomatoes	tartar sauce	Roll	Pineapple Pie		Crab Cake	Escalloped Potatoes	Spinach & Mustard greens	Coleslaw	Whole Grain Roll	tartar sauce		Grape Juice	Chile Relleno Casserole	Ranch Corn	Refried Beans	Bread	Prunes and Apricots	Mik
April Fool's Day Lentil Black Bean Soup Chicken and gravy Bread dressing Peas and Carrots	Biscuit Cantaloupe	8	Meatballs in gravy	Noodles	Pineapple colesiaw	Apple Pie	Milk	Income Tower Dire	Oran	Pork Loin	Penne Pasta ***********************************	Black eyed Peas	Warm Cornbread	Tossed Salad	Cinnamon applesauce	Earth Day	Sesame Chicken Broth	Sweet and Sour Pork	Steamed Rice	Buttered Broccoli	Crackers	Mandarin Oranges Milk	29		Turkey Tetrazzini	Carrots	Beet, orange, onion salad		ed Pears	Milk
			Sesame Chicken Broth	Pork Chop Suey	Brown Rice Stir Frv Vegetables	Tossed Salad Ginger drsg.	Fortune Cookies Mandarin Oranges		Vegetable Barley Soup	Beef tips in gravy	Brown Rice	Carrots	Cole Slaw	Cantaloupe	Milk		Turkey with gravy	Bread dressing	Cut Green Beans	Sweet Potatoes	Cialiberry Sauce	Milk	28	Beef Barley soup	Pork Rib Patty	Hamburger Bun	ato, pickle		0	Orarige Sections
			Apple Juice	Nived Vegetables	Cornbread	Oatmeal Cookies	Milk	13	Grape Juice	Jambalaya	Kice	Spinach	Warm Biscuit	riesii riail Cap	VIIIV	102	Italian Meatballs	Perilie Pasia Italian Mixod Vocatable	Tossed Groop Solod	French Roll	Strawberries	Milk	27	Orange Juice	Boneless Unicken Breast			Salad	Milk	
			Over Fried Chicken Parsley Carrots	Red Potato Salad	Warm Biscuit	Apple Butter	Fropical Fruit Salad Milk	4	Country Meatloaf	Mashed Potatoes	Togged Colod Italian de	l osseu salad Italian drsg.	Orande Sections	Mik	9	Orange Inica	Chicken drimeticks (2)	Wild and white rice	Parslev Carrots	Mixed Bean Salad	Warm Biscuit		26	Mashed Potatoes	Cut Green Beans	Bread	Cantalouna	Carrenoupe	MIK	

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			Sopa de Lentejas y Frijol Negra Filete de Pescado	Filete de Pescado
			Pollo con Salsa	Arroz con Venetales
			Aliño de Pan	Frijoles Pinto
			Culsante v Zanahorios	
			Casame y Zanaionas	Elisalada de Fruta Tropical
			Panecillo de la	Pastel de Durazno
5			Melon	Leche
Pollo Frito al Horno		7		6
Zanahoriae Daralas	ougo de Malizaria	Caldo de Pollo Ajonjolí	Albóndigas con Salsa	Pasteles de Jaiba
Encolode de Deserve	ravo a la Queen	Cerdo Chop Suey	Fideos	con Salsa Tártara
Elisalada de Papa Koja	Mezcia de Vegetales	Arroz Café	Ensalada de Col con Piña	Friolog Marinorog
ranecillo	Pan de Elote	Vegetales Freídos Conmovidos	Calabasas Green v Yellow	Firespade de Echinose Demosas
Mantequilla de Manzana	Galletas de Avena	Ensalada con Aliño	Pastel de Manzana	Aliño Italiano
Ensalada de Fruta Tropical	Leche	Galletas de Fortuna	Leche	Panecillo Eiotee Cortodos
Leche				Bava Mezclada
		14	Income Taxes Due	16
Fan de Carne	Jugo de Uva	Caldo de Vegetales y Cebada	Jugo de Narania	Succession of Coll.
Fure de Patatas	Jambalaya	Trozos de Res con Salsa		
Elote Chuck Wagon	Arroz	Arroz Café	Pasta Bong GE	_
Ensalada con Aliño	Espinaca	Zanahorias		
Panecillo	Panecillo	Encolode de Oct	Guisante de Ojo Negro	Succino y Tomate
Pedazos de Narania		Ensalada de Col	Pan de Elote	Salsa Tártara
l ocho	Copa de Fruta Fresca	Melon	Ensalada	Panecillo
	Lecne	Leche	Salsa de Manzana con Canela	
	20		-	0.50
Jugo de Naranja	Albóndigas Italianas	Pavo con Salsa	Caldo de	
Piernas de Pollo (2)	Pasta Penne	Aliño de Dan	Cardo de l'Olio Ajorijoli	Fastel de Jalba
Arroz Blanco v Salvaje	Vedetales Italianas		Cerdo Agridulce	Papas Au Gratin
Zanahorias Parslev		Ejotes Coltados	Arroz al Vapor	Espinaca y Verdes de Mostaza
Ensalada de Eriiol	Dancoillo Eronofo	Papas Duices	Galletas	Ensalada de Col
Panecillo	Fallecino Flances	Idano	Brécol con Mantequilla	Panecillo con Granos Integrales
Pastel de Durazao	1 1 5 2 5 5	ropical	Mandarinas	Salsa Tártara
	Lecne	Leche	Leche	Plátano
26	27	28	29	30
ran de Carne	Jugo de Naranja	ebada	Jugo de Baya	Jugo de Uva
Fure de Patatas	Pechuga de Pollo Deshuesado	Costilla de Cerdo	Pavo Tetrazzini	Caserola de Chile Relleno
Ejotes Cortados	Arroz Español	Pan de Hamburquesa	Zanahorias	Eloto Danoh
Pan	Repollo al Vapor	onic	Encolodo do Moronio Consta	
Melón	Ensalada de Zanahoria, Pasas		Domologia De de la	Frijoles Refritos
	Pastel de Limón		Remolacila, Pan de Elote	Pan
Leche	Leche		ladas de Peras	Ciruelas y Albaricoques
		l edazos de Ivaranja	Leche	Leche



Century Village Marketplace

Every 2nd Wednesday of the month, a shopping trip to the Century Village Market Place has been scheduled.

The van will depart the Senior Center at 1:00 p.m. At the conclusion of the shopping outing (3:00 p.m.), participants will be dropped-off at their homes.

Reservations are required and can be made by contacting Rosa Lopez at (310) 412-4382.

National Volunteer Week: April 18-25, 2010

National Volunteer Week, April 18-24, 2010, is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. It's about demonstrating to the nation that by working together, we have the fortitude to meet our challenges and accomplish our goals. National Volunteer Week is about taking action and encouraging individuals and their respective communities to be at the center of social change – discovering and actively demonstrating their collective power to foster positive transformation.

This is the perfect opportunity for your organization and volunteers to seize the moment and share the national spotlight that National Volunteer Week deservedly receives. Simultaneously, you can leverage this brief window of national opportunity to advance your individual cause and promote volunteer commitment in your community.

Plans have been made to celebrate volunteers from the Inglewood, Hawthorne, and Lennox Senior Centers. **Rochelle**

Williams, our former Volunteer
Coordinator, will be the guest speaker at
the Inglewood recognition program.
Invitations have been extended to Sabrina
Barnes, Director of Parks, Recreation and
Community Services Department and to
the Mayor Pro Tempore to give words of
encouragement on the final day of
recognition.

Lennox Senior Center volunteers will be recognized on Monday, April 19, 2010 from 10:00 a.m. to 11:00 a.m.; Hawthorne Senior Center volunteers on Wednesday, April 21, 2010 from 10:00 a.m. to 11:00 a.m., and Inglewood Senior Center volunteers on Friday, April 23, 2010, from 8:00 a.m. to 11:00 a.m. The early hours were scheduled to avoid interfering with the nutrition program that begins at noon.

A continental breakfast will be served for the recognition at the Inglewood Senior Center and volunteers from Hawthorne and Lennox are invited to attend.

Certificates, volunteer badges, and lapel pins will be given at each site in recognition of their time and dedication that they have demonstrated throughout their many years of service.

A World of Thanks, Volunteer

We appreciate all you do.
You give your time and energy, too.
You brighten lives like a shining star.
What a truly special person you are.
You make a difference by caring,
And change the world
By volunteering...

This project is funded in part through the Older Americans Act of 1965 as amended, Los Angeles Community Service Department. Department activities are open to all appropriated citizens. Discrimination on the basis of race, color or nationality is strictly prohibited by federal law.



Caregiver Support Group

On Monday, March 8, 2010, the Inglewood Senior Center Caregiver Support Group went to Leeza's Place at the Olympia Medical Center, to celebrate and participate in the "Caregiver Oscars". This was a program Leeza's Place had designed to honor and celebrate caregivers.

In keeping with their theme of the Oscars. film reels and other Oscar decorations were in abundance throughout the auditorium, creating an ambiance that was fit for an Oscar nominee.

All were provided an academy award winning luncheon courtesy of Silverado Senior Living - Beverly Place, to kick off the celebration.

Caregivers were able to share information with one another, including their concerns as well as their successes they had experienced in caregiving. And, of course, the afternoon would not have been complete without the award ceremony. Yes, all of the caregivers were awarded and acknowledged for their commitment and excellence in caregiving.

The Inglewood Senior Center Caregiver Support Group was well represented, and they generously shared their advice and experiences with the other attendees. They were so well received by the other caregivers that they have been invited to join and be photographed with Leeza Gibbons at Leeza's Place in the valley on Friday, March 26, 2010 and be a part of the "Fearless Women" campaign that she is cosponsoring.

Congratulations to the Inglewood Senior Center Caregiver Support Group and their Support Group leader, Linda Peterson.

Tournament Results

On Saturday, March 6, 2010 a Bid Whist and Dominoes Tournament was held. The Tournament was very successful, 35 seniors signed up but 60 seniors were present for the day and everyone really enjoyed themselves. The following are the results of the tournaments:

Bid Whist Winners

- 1st place winners were Bruce Cooper and Tom Holman.
- 2nd place winners were Almeter Carroll and Geneva Davison.
- 3rd place winners were Alva Harris and Ken Jackman.

Dominoes Winners

- 1st place winner, Henry
- 2nd place winner, Moxie Clarke
 3rd place winner, Lee Williams

Prizes were donated by the Golden Girls Club and the food was donated by the **Compton Decues.**

National Women's Health Week

National Women's Health Week (May 9-15, 2010) is a weeklong health observance coordinated by the U.S. Department of Health and Human Services on Women's Health (OWH). National Women's Health Week empowers women to make their health a top priority. With the theme "It's Your Time," the nationwide initiative encourages women to take simple steps for a longer, healthier, and happier life.



Stimulus Breakfast for Hawthorne Senior Center

On March 1, 2010, Hawthorne Senior Center was the first Center to start serving breakfast using the additional funding by the Obama Administration as part of the economic stimulus package.

The seniors at Hawthorne are so excited to receive a nutritional meal in the morning. To help them arrive in a timely manner, Inglewood and Gardena Transportation have partnered with us to pick the seniors up early enough to arrive at the Center for breakfast. The seniors have mentioned to the Site Manager, Sherry Jones that they really appreciate having such a grand breakfast. It really kick starts their day and helps them eat a balanced meal. They love it!!!

Come join us Monday through Friday at 9:00 a.m. – 9:30 a.m. Due to the Center serving breakfast in the morning we will be changing the lunch time. Lunch will start at 12:30 p.m. – 1:00 p.m.

Stimulus Package Funding

With the additional funding to the Older American's Act, cold suppers in addition to a hot lunch are being served to some of our meals-on-wheels seniors. Other meals-on-wheel clients are getting seven meals per week instead of five, and seniors who attend our dining rooms are beginning to see that we now serve breakfast at Hawthorne Senior Center. Inglewood and Lennox will follow soon.

Get Well Wishes and Welcome

Get Well Wishes to Victor Cajo, Site Manager at Lennox Senior Center. We look forward to his return. Welcome to **Anna Teichmann.** Anna just joined us at Lennox Senior Center to assist managing the site while Victor Cajo recuperates. Many seniors know Anna through her work with the "Be Well" program and an exercise class she teaches. We are proud to have Anna and know she will fit right in. Join us in giving her a warm welcome!

A warm welcome to **Monique Jacob**, a GAIN employee who will work with the Administrative section of the Senior Center, along with **Sharie Williams**, another GAIN employee who will work with the Care Management program. Welcome!

<u>California Senior Legislature Election</u> <u>Notice</u>

The California Senior Legislature (CSL) will hold membership elections for 13
Senior Assembly members and 2 Senior
Senator members on Monday, May 3, 2010
at 10:00 a.m. at the Los Angeles County
Department of Community and Senior
Services, 1st Floor Conference Room,
3175 West Sixth Street, Los Angeles. The
deadline for receipt of completed
Nomination Petition Packages is 5:00
p.m., Thursday, April 1, 2010.

Anyone wishing to be nominated for election to the CSL for districts in Planning Service Area (PSA) 19 must meet the following requirements:

- CSL members are required to submit proposals to address senior concerns for an Annual Session.
- Must be age 60 or over on Election Day, Monday, May 3, 2010.
- Senior Assembly members must reside within the California Service Area (CSA) district they wish to represent.

If you would like to receive or send in a CSL Nomination Petition Package, please contact Alex McSweyn at (213) 738-2682.



Silver Screen Classic

The outing to The Bridge Cinema De Lux Silver Screen Classic will take place on Monday, April 12, 2010. The title of the movie is not currently available.

Transportation will depart from the Center at 12:00 p.m. and return at approximately 3:00 p.m. Sign-ups are currently being taken at the Center.

Birthday Celebration

Seniors celebrating birthdays in April will be recognized on Friday, April 30, 2010, at 1:30 p.m.

B azaars

The Bazaar is held every first and third Wednesday of each month (unless otherwise advised).

This is a time for seniors who have and want to sell their wares to come out. The Bazaar is held on the patio at the Inglewood Senior Center.

The April dates are Wednesday April 4 and 18, 2010. The start time is 10:00 a.m. To reserve your table, see Shelley Benjamin, Activity Coordinator.

Crenshaw/Watts Rotary Club

The Crenshaw/Watts Rotary Club is presenting an afternoon movie for seniors along with a light lunch at Lucy Florence Culture Center every 4th Tuesday of the month from 12:00 p.m. to 1:30 p.m. The cost for this event is a \$10.00 donation per person.

Movie titles are not available until the week before each event and will be announced at that time. You can sign-up at the Inglewood Senior Center.

Black and White Dance

The Black and White dance held on Saturday, March 20, 2010, at the Inglewood Senior Center was a huge success. There were at least fifty people present at the Center before the 5:00 p.m. start time and by the time the evening was in full swing, there were approximately 200 people in attendance.

Guests arrived in their black and white attire and were on their feet dancing all night to the music of Michael Rhoades and his band.

The Center, decorated in black and white, added to the ambience of the evening. The menu consisted of fried chicken, green beans, rice, green salad and cupcakes for dessert. Raffle tickets were also sold.

Congratulations to the Activity Committee for a job well done!

Los Angeles Food Bank

The Food Bank is still taking new sign-ups for this excellent program. This program is **FREE** to all seniors.

You must be **60 years or older** to participate in this Commodity Supplemental Food Program.

Program requirements are as follows:

- California I.D. or driver's license
- Proof of income; Social Security, SSI, or Pension (bank statement, check stub, or benefit award letter)
- Medi-Cal card

The next distribution date is Tuesday, April 27, 2010 at 1:00 p.m.

Classes, Clubs, Activities...

Classes, clubs and activities are open to persons 50 years or older who enjoy a recreational and social environment and range of activities. Offerings are free except where indicated. Some clubs, classes and activities may require a fee (membership, supplies, and/or admission, etc.) Call (310) 412-5338 for details.

Classes for Seniors

Walking Class

M, W & F 9:00 a.m. - 10:00 a.m.

Self-Defense Class

M, W & F 10:30 a.m. - 11:30 a.m.

Exercise with Tricia

W 1:00 p.m.—3:00 p.m. Senior Center

Knitting & Crocheting

W 1:00 p.m. - 3:00 p.m. Senior Center

Tai Chi

F 11:00 a.m.—12:00 p.m. Senior Center

Sewing/Arts&Crafts

F 1:00 p.m. - 3:00 p. m. Rogers Park

Yoga

Tu & Th 1:30 p.m. - 3:00 p.m. Darby Park

Clubs/Support Groups

Diabetic Support GroupLennox Senior Center1st Tuesday (Spanish)10:00 a.m. - 11:00 a.m.

Diabetic Support Group Darby Park

2nd Wednesday 11:00 a.m. - 12:30 p.m.

Friends for Fun (FFF) Senior Center

1st Thursday 1:00 p.m. - 3:00 p.m.

Inspirational Choir Rogers Park

Tuesday 10:00 a.m. - 12 noon

Project Advisory Council Senior Center

3rd Wednesday 1:00 p.m. - 2:30 p.m.

Travelairs I-COPPS

3rd Thursday 1:30 p.m. - 3:00 p.m.

Caregiver Support Group Senior Center

2nd & 4th Wednesday 6:00 p.m. - 8:00 p.m.

Cheerful Caregivers Rogers Park

Saturdays 10:00 a.m. - 11:30 a.m.

Senior Services Calling Card

310/412-5338
310/412-4382
310/412-4380
310/349-1650
310/412-4380
310/412-4370
310/412-4378
323/298-6038
310/412-5338
310/412-5439
310/412-4380
310/412-4378
310/412-8750

INGLEWOOD CITY OFFICIALS

Daniel K. Tabor, District 1
Judy Dunlap, District 2
Eloy Morales, Jr., District 3
Ralph L. Franklin, District 4
Yvonne Horton, City Clerk
Wanda Brown, City Treasurer
Sheldon Curry, Acting City Administrator
Jeff Muir, Assistant City Administrator, Chief
Financial Officer

Michael D. Falkow, Deputy City Administrator Cal Saunders, City Attorney