# INGLEWOOD PARKS, RECREATION AND COMMUNITY SERVICES DEPARTMENT SENIOR CENTER



(310) 412-5338

330 Centinela Avenue, Inglewood, CA 90302

July, 2010

# Travelairs Celebrates 25 Year Anniversary

On August 21, 2010, the Travelairs will celebrate 25 years with a dinner/dance at the Chester Washington Golf Course, 1930 West 120<sup>th</sup> Street, Los Angeles, CA from 6:00 p.m. to 1:00 a.m. The cost is \$40.00 per person; table for 8 is \$320.00. You can purchase tickets or obtain more information by calling (323) 759-1844.

The Travelairs was founded in 1985 when Elizabeth Payne, former Activity Coordinator for the Inglewood Senior Center, came up with the idea after talking to seniors about things they would like to do after they retired.

Elizabeth realized that a new breed of seniors were retiring that did not want their retirement to be spent in the kitchen or becoming a permanent babysitter for their grandchildren.

A group of seniors began to express interest in traveling, not just to the casinos or even just around town. They were expressing feelings of traveling abroad. So Elizabeth approached Skip Halloran with the idea. Skip was a little hesitant because the Center had never had a travel club before, especially one where they would travel abroad. Skip took the idea to Matt Robinson, who was then Director of the Parks, Recreation and Community Services Department.

Mr. Robinson wanted to know how she would handle this. After supplying him the details, the Travelairs Senior Club became a reality. Thank you Skip.

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# JULY 4TH FIREWORKS SHOW CANCELLED

The City of Inglewood's 4th of July Celebration and Fireworks Spectacular at Edward Vincent Park has been canceled. However, the park will still be open to residents and park-goers for picnicking and other recreational activities. Free swimming, and tennis will be available throughout the day. Picnic and barbecue areas will be available on a first come, first serve basis. For safety reasons, personal fireworks will not be allowed in the park. For more information, contact the Parks, Recreation and Community Services Department at (310) 412-8750.



## Center Closure

The Center will be closed on Monday, July 5, 2010 in observance of Independence Day.

## Silver Screen Classics

The movie at the Bridge will be shown **Monday, July 12, 2010.** Transportation will depart from the Senior Center at **12:30 p.m.** 

For \$2.00 you are treated to a silver screen classic along with popcorn and small soda. If you would like to attend, you can sign-up at the Senior Center.

# Free Strength Training & Exercise Class

Wackler Wellness will be offering a FREE, professionally led strength training and exercise program for seniors at the Inglewood Senior Center. Rebecca Wackler, founder of the Wackler Wellness Program is committed to keeping seniors "strong, independent, empowered and performing the activities of daily living with ease, through free exercise and strength training classes." Wackler Wellness currently runs classes twice a week at the Lennox Senior Center.

Starting July 13, 2010 classes will be held on Tuesdays and Thursdays from 10:15 a.m. to 11:15 a.m. This strength training and exercise program will focus on strength, range of motion, flexibility, balance, and nutrition education. Registration is required to participate in this exercise program. The following forms need to be completed prior to participation in the class; informed consent and release form, medical clearance form and general health history profile.

This is an excellent opportunity for seniors to get stronger, increase their mobility,

muscle mass, and bone density and improve their mental health as well as their physical health. For more information contact Shelley Benjamin, Activity Coordinator at (310) 412-4340 or Rebecca Wackler at (323) 934-0317.

#### **Aquarium of the Pacific**

A group outing has been planned to the Aquarium of the Pacific on Friday, July 9, 2010. Transportation will depart from the Senior Center at 10:30 a.m. and return at 4:00 p.m. Cost for this event is \$13.95 per person. Contact Shelley Benjamin, Activity Coordinator at (310) 412-4340 for sign ups.

## Movies at the Center

"The Book of Eli" starring Denzel Washington in a post-apocalyptic tale set in 2043. Denzel Washington plays Eli, a lonely man who treads in the wastelands which was America. There is no order, no law, and no rules. His hope for a brighter future, a better earth keeps him alive. This is the dream he has nurtured for 30 years. This belief urges him to survive and carry on with his mission. Eli is the sole protector of the Bible, the last copy, and believes this book will show the light of knowledge and will bring solace in the world. The screening will take place on Friday, July 16, 2010 at 1:30 p.m. at the Senior Center. Popcorn and punch will be served.

# 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



# **Summer Beach Tour**

The Santa Monica Pier is the second stop on the summer beach tour. Enjoy a day in the sun walking along the pier or bring a blanket and lay out on the beach. There will be many restaurants/shops to visit while taking a leisurely stroll along the pier.

The outing is scheduled for Wednesday, July 28, 2010 with transportation departing from the Senior Center at 10:30 a.m. and returning at 4:00 p.m.

If more information is needed, contact Shelley Benjamin, Activity Coordinator at (310) 412-4340.

## **Birthday Celebration**

The birthday celebration honoring all those born in July will take place on Friday, July 30, 2010 at 1:30 p.m. at the Senior Center.

The sign-up sheet is located next to the table where you register for lunch.

#### Crenshaw/Watts Rotary Club

Save the date for a movie and lunch at the Lucy Florence Culture Center on Tuesday, July 27, 2010. Transportation is provided and will leave from the Senior Center at 11:30 a.m.

See Linda Murrell, to sign up at the Senior Center or call her at (310) 412-5338.

#### Relay For Life

A reminder that the Relay For Life event will take place on July 17 and 18, 2010 from 9:00 a.m. on Saturday to 9:00 a.m. Sunday.

If you would like to register or make a donation to "Team Love", contact Sikizi Allen at (310) 412-4363 or Shelley Benjamin at (310) 412-4340.

"Team Love" was established in honor of Leonard Jones, Victor Cajo and everyone in our Parks and Recreation family that is, or has been, impacted by cancer.

# **Healthy Brain Champion Workshop**

Brain health and heart health go hand in hand. It's important to take care of both of them.

African Americans are at disproportionately high risk for heart disease, and a growing body of evidence connects healthy brains with healthy hearts.

Become a healthy brain champion, spread the word to others and learn more about how you can get and stay healthy at one of the upcoming workshops.

You're invited to be a part of the:

What: Healthy Brain Champion

Workshop

When: Saturday, July 24, 2010

Time: 10:00 a.m. to 2:00 p.m.

Where: Atherton Baptist Church

2627 West 116<sup>th</sup> Street Hawthorne, CA 90250

Please RSVP by July 13, 2010 to Petra Niles at (323) 900-3180 or respond by email to HealthyBrain.alz@gmail.com.

This workshop is sponsored by the Alzheimer's Association.

"We are each other's harvest; we are each other's business; we are each other's magnitude and bond..." Gwendolyn Brooks

| MONDAY   |  | TUESDAY  | WEDNESDAY  |  |
|--|--|--|--|--|
| 5  | CENTER<br>CLOSED FOR<br>FOURTH OF JULY<br>HOLIDAY  | 9:00 a.m. Bus Passes/Taxi Coupons 10:00 a.m. Inspirational Choir at Rogers Park 10:00 a.m. Diabetic Support Group at Lennox Senior Center 12: 45 p.m. Move or Lose Swim Class 1:30 p.m. Yoga at Darby Park   | 7 9:00 a.m. Bus Passes/Taxi Coupons 9:00 a.m. Walking Class 10:00 a.m. Bazaar 10:00 a.m. Cane Fu Self-Defense Class 10:00 a.m. Blood Pressure/Glucose 1:00 p.m. Line Dance/Exercise Class 1:00 p.m. Knitting and Crocheting 3:00 p.m. Activity Committee Mtg |  |
| 12<br>9:00 a.m.<br>9:00 a.m.<br>10:00 a.m.<br>12:15 p.m.             |  | 10:00 a.m. Inspirational Choir at Rogers Park 12:45 p.m. Move or Lose Swim Class 1:30 p.m. Yoga at Darby Park  | 9:00 a.m. Walking Class 10:00 a.m. Cane Fu Self-Defense Class 11:00 a.m. Diabetic Support Group at Darby Park 1:00 p.m. Line Dance/Exercise Class 1:00 p.m. Knitting and Crocheting 6:00 p.m. Caregiver Support Group  |  |
| 9:00 a.m.<br>9:00 a.m.<br>10:00 a.m.<br>1:00 p.m.                    | Boomer "Be Well" at<br>Hawthorne Senior Center<br>Walking Class<br>Cane Fu Self-Defense Class<br>Bingo | 20 10:00 a.m. Inspirational Choir at Rogers Park 12:45 p.m. Move or Lose Swim Class 1:30 p.m. Yoga at Darby Park   | 21 9:00 a.m. Walking Class 10:00 a.m. Bazaar 10:00 a.m. Cane Fu Self-Defense Class 1:00 p.m. Blood Pressure/Glucose 1:00 p.m. Line Dance/Exercise Class 1:00 p.m. Knitting and Crocheting 1:00 p.m. Project Advisory Council                                 |  |
| 26<br>9:00 a.m.<br>9:00 a.m.<br>9:00 a.m.<br>10:00 a.m.<br>1:00 p.m. | Bus Passes Boomer "Be Well" at Hawthorne Senior Center Walking Class Cane Fu Self-Defense Class Bingo  | <ul> <li>9:00 a.m. Bus Passes</li> <li>10:00 a.m. Inspirational Choir at Rogers Park</li> <li>11:30 a.m. Lucy Florence Culture Center</li> <li>12:45 p.m. Move or Lose Swim Class</li> <li>1:00 p.m. Food Bank at Rogers Park</li> <li>1:30 p.m. Yoga at Darby Park</li> </ul> | 9:00 a.m. Bus Passes<br>9:00 a.m. Walking Class<br>10:00 a.m. Bazaar   |  |

| 7   | ΓHURSDAY   |  | FRIDAY  |    | :                       | SATURDAY   |
|---|--|--|---|----|-------------------------|--|
| 1:00 p.m.<br>1:30 p.m.<br>8<br>9:00 a.m.<br>9:00 a.m.<br>10:00 a.m. | Course - Part 5  Move or Lose Swim Class Friends For Fun Yoga at Darby Park  Bus Passes/Taxi Coupons "Be Well" at Darby Park | 2<br>9:00 a.m.<br>9:00 a.m.<br>10:00 a.m<br>11:00 p.m.<br>1:30 p.m.<br>9:00 a.m.<br>10:00 a.m.<br>10:30 a.m.<br>11:00 a.m.<br>11:00 p.m. | . Tai Chi Exercise Class Sewing, Arts and Crafts at Rogers Park Movie at the Center  Bus Passes/Taxi Coupons Walking Class Cane Fu Self-Defense Class Trip to Aquarium of the Pacific | 10 |                         | a. Cheerful Caregivers at Rogers Park  Cheerful Caregivers at Rogers Park  Black Women's Network |
| 15<br>9:00 a.m.<br>12:45 p.m.<br>1:30 p.m.<br>1:30 p.m.             | "Be Well" at Darby Park<br>Move or Lose Swim Class<br>Travelairs at ICOPP<br>Yoga at Darby Park                              | 9:00 a.m.<br>10:00 a.m.<br>11:00 a.m.<br>1:00 p.m.<br>1:30 p.m.  | Walking Class Cane Fu Self-Defense Class Tai Chi Exercise Class Sewing, Arts and Crafts at Rogers Park Movie at the Center "The Book of Eli"  |    | 9:00 a.m.<br>10:00 a.m. | Relay For Life at Edward Vincent Park Cheerful Caregivers at Rogers Park                         |
| 9:00 a.m.<br>12:45 p.m.<br>1:30 p.m.                                | "Be Well" at Darby Park<br>Move or Lose Swim Class<br>Yoga at Darby Park   | 23<br>9:00 a.m.<br>10:00 a.m.<br>11:00 a.m.<br>1:00 p.m.   | Walking Class Cane Fu Self-Defense Class Tai Chi Exercise Class Sewing, Arts and Crafts at Rogers Park  | 24 | 10:00 a.m.              | Cheerful Caregivers at<br>Rogers Park  |
| 29<br>9:00 a.m.<br>9:00 a.m.<br>12:45 p.m.<br>1:30 p.m.             | Move or Lose Swim Class<br>Yoga at Darby Park  | 11:00 a.m.<br>1:00 p.m.  | Bus Passes Walking Class Cane Fu Self-Defense Class Tai Chi Exercise Class Sewing, Arts and Crafts at Rogers Park Birthday Celebration  | 31 | 0:00 a.m.               | Cheerful Caregivers at<br>Rogers Park  |

|                            | ****                         |   |                               |                             |
|----------------------------|------------------------------|---|-------------------------------|-----------------------------|
|                            |                              | *************************************** | Apple Juice                   | Annle Inice                 |
|                            |                              |   | Objection Order               | Apple Juice                 |
|                            |                              |   | Cnicken Salad                 | Hamburger on a bun          |
|                            |                              | 10.00                                   | Whole Grain Roll              | Potato Salad                |
|                            |                              |   | Orange, Beet, Onion Salad     | Ranch Beans                 |
|                            |                              |   | Green Salad                   | Lettuce and tomato garnish  |
|                            |                              |   | Italian Dressing              | Mustard catsup mayo         |
|                            |                              |   | Strawberries                  | Apple Pie                   |
| CLOSED                     | 9                            | <u> </u>                                | 8                             | 0                           |
|                            | Apple Juice                  | Turkey with gravy                       | Orange Inice                  | Choose Enchinds             |
|                            | Savory Pasta Italian Sausage | Bread Dressing                          | Seafood Salad                 | Spanish Disc                |
| 2                          | Italian Mixed Vegetables     | Cut Green Beans                         | Parker house Boll             | Opariisii Nice              |
| ((<br>)                    | Tossed Salad                 | Pareley Carrots                         | Chillod Dairin                | Cole Siaw                   |
| 7                          | Italian dressing             | Whole Grain Boll                        | Officer Raisin Couscous       | Mixed Berries               |
|                            | Fresh Ernit (whole)          |   | Green Salad                   | Banana                      |
|                            | Milk                         | Cranberry Sauce                         | Ranch dressing                | Mik                         |
| 13                         | +                            | - I colocal I Tall                      | Lenion Cake                   |                             |
| Meatlosf with rototorillo  |                              |   | 15                            | 16                          |
| Duttonal Will latatoulle   | boneless Unicken Breast      | Green Chile Stew (pork)                 | Grape Juice                   | Tortilla soup               |
| bullered Green Beans       | Bulgur Lentil Pilaf          | Barley Casserole                        | Turkey Noodle Casserole       | Chili Relleno Casserole     |
| Mashed Potatoes            | Buttered Spinach             | Garden Salad                            |                               |                             |
| Whole Wheat Roll           | Fruit Cocktail               | Ranch Dressing                          | Boot onion orong              | Nalicii Colli               |
| Margarine                  | Biscuit                      | Navy Boars                              | Deet, Union, Orange salad     | Kerried Beans               |
| Cantaloupe                 | l emon Cake                  | Mondaile                                | Collinead                     | lortilla                    |
| Milk                       | Milk                         | Mandarin Oranges                        | Canned Pears                  | Mango, pineapple compote    |
|                            | IVIIIN                       | -                                       | Milk                          | Milk                        |
|                            |                              | ā                                       | 77                            | 23                          |
| l eriyaki Chicken          | Apple Juice                  | Orange Juice                            | Grape Juice                   | Tomato Soun                 |
| Brown Rice                 | Stuffed Cabbage Roll         | Tuna Salad Sandwich                     | Asian Chicken I o Mice        | Donat Boof Conduction       |
| Buttered Peas              | Rotini Pasta in sauce        | Whole Wheat Broad (2)                   | Significant Control Control   | Noast beet Sandwich         |
| Carrot Raisin Salad        | Mixed collard/mistard grosss |   | olaillese salad with lettuce, | on a whole wheat bun        |
| Roll                       | Whole Behin Detection        | •                                       | tomato, cilantro, radish,     | Green salad French dressing |
| Mondorin Orongoo           | Wildle baby Polatoes         | to, pickle                              | red onion & sesame dressing   | Dixie Cole Slaw             |
| Mail Claim Claimes         |                              | berry Pie                               | Banana + fortune cookie       | Mayo and mustard            |
| IVIIIK                     | Fresh Fruit                  | Milk                                    | Mik                           | Oatmeal cookies (3)         |
| 97                         | ****                         | 28                                      | 29                            | 30                          |
| Chili con Carne (2 scoops) | Iravy                        | Apple Juice                             | Lentil Black Bean Soup        | Filet of Sole               |
| Cornbread                  | Rice                         | urkey)                                  | Parmesan Chicken              | Vedetable Rice              |
| Creamed Spinach            | •                            | oes                                     | Bread Dressing                | Pinto Beans                 |
| Cucumber Onion Salad       | Pineapple chunks             | ***                                     | Brocoli                       |                             |
| Orange Sections            |                              |   | Topod Solod Bonob days        | Hopical Fruit Salad         |
|                            | I blueberries                |   | lossed Salad Naticil disg.    | Cornbread                   |
| Milk                       |                              | I Fruit MIX                             | taloupe                       | Peach Pie                   |
|                            |                              | MIIK                                    | Milk                          | Milk                        |

|                               | *****                         |                                |   |                             |
|-------------------------------|-------------------------------|--------------------------------|---|-----------------------------|
|                               |                               |                                | Jugo de Manzana                         | Jugo de Manzana             |
|                               |                               |                                | Ensalada de Pollo                       | Hamburguesa                 |
|                               |                               |                                | Panecillo con Granos Integrales         | Fusalada de Pana            |
|                               | \$200000                      |                                | Ensalada de Naranja,                    | Frijoles Ranch              |
|                               |                               |                                | Cebolla y Remolacha                     | Lechuda v Tomate            |
|                               |                               |                                | Ensalada con Aliño                      | Mostaza Mayonesa y Cateur   |
| CHAGGE                        |                               |                                | Fresas                                  | Pastel de Manzana           |
|                               | 9                             |                                | 8                                       |                             |
|                               | Jugo de Naranja               | Pavo con Salsa                 | Jugo de Narania                         | Enchilada do Origon         |
|                               | Pasta con Salchicha Italiana  | Aliño de Pan                   | Fusalada de Mariscos                    | Arroa Conceso               |
|                               | Vegetales Italianas           | Eiotes                         | Panacillo Parker House                  | Alloz Español               |
| _<br>                         | Ensalada                      | Zanahorias Parsley             | Dan do Door Enfinada                    | Elisalada de Col            |
| 2                             | Aliño Italiano                | Panacillo con Granda Infanacia | Fall de Fasa Elliado                    | Baya Mezclada               |
|                               | Fruta Fresca                  | Sales de Arándono              | Elisalaua<br>Alizo                      | Platano                     |
|                               | Leche                         | Fruta Tropical                 | Millo<br>Pastal do Limón                | Lecne                       |
| 7                             | .13                           | _                              |   |                             |
|                               | Pechuga de Pollo Deshuesado   | Cerdo en Chile Verde           | - NI ab abili                           | 16<br>H                     |
| equilla                       | Lentejas                      | Caserola de Cebada             |   | Sopa de Torilla             |
|                               | Espinaca                      | Freelada                       | Caserola de Fideo con Pavo              | Caserola de Chile Relleno   |
| Panecillo de Trigo            | Coctol do Ento                | ייים                           | Kebanadas de Zanahoria                  | Elote Ranch                 |
|                               |                               | Alino                          | Ensalada de Naranja,                    | Frijoles Refritos           |
|                               | ranecillo                     | Frijoles Marineros             | Cebolla y Remolacha                     | Tortilla                    |
|                               | Fastel de Limon               | Mandarinas                     | Peras y Pan de Elote                    | Mango v Piña                |
| _                             |                               | Leche                          | Leche                                   | Leche                       |
|                               | 20                            | H                              | 22                                      |                             |
| <u>×</u>                      | Jugo de Manzana               | Jugo de Naranja                | Jugo de Uva                             | Sons de Tomate              |
| Arroz Café                    | Panecillo Relleno con Repollo | Bocadillo de Ensalada de Atím  | Pollo Asiático I o Misa                 |                             |
| Guisante con Mantequilla   F  | Pasta Rotini en Salsa         | Pan de Trico (2)               | Fooled Situation                        | bocadillo de Carne Asada    |
| Ensalada de Zanahoria y Pasas | Verdes                        | Firstlada de Macarrán          | Transalada Sianies con Lecnuga          | en Pan de Irigo             |
|                               |                               | Linguista de Macalloll         | Tomate, Cliantro, Kabano                | Ensalada con Aliño          |
| Mandarinas                    | lo Francás                    | Doctol do Andreas              | Cebolia y Alino de Ajonjoli             | Ensalada de Col             |
|                               |                               | rastel de Arandano             | Platano y Galleta de Fortuna            | Mayonesa y Mostaza          |
| 72                            | 1.0                           | Lecne                          | Leche                                   | Galletas de Avena (3)       |
|                               | 7                             | 28                             | 29                                      | 30                          |
|                               | Salsa                         | Jugo de Manzana                | Sopa de Lentejas y Frijol Negre Pescado | Pescado                     |
|                               |                               | Pavo Rostizado                 | Pollo Parmesano                         | Arroz con Vegetales         |
|                               | allo con Mantequilla          | Papas Enteras                  | Aliño de Pan                            | Friioles Pinto              |
| de Cebolla y Pepino           |                               | Guisante y Zanahoria           | Brécol                                  | Freedodo do Esta Tanta      |
| Naranja                       | Pan Rye                       | y c                            | Freedo                                  | Elisalada de Fruta Tropical |
|                               | Mango y Arándano              |                                | Molón                                   | ran de Elote                |
| Leche                         |                               |                                |   | Pastel de Durazno           |



# <u>A Personal Letter from the Food</u> <u>Service Director</u>

Well, we have come to the end of our special economic stimulus money given by the Obama administration to senior nutrition projects across the country. The City of Inglewood was awarded approximately \$ 152,000 that was solely used for providing meals. We were able to do some pretty good things with this money. We immediately eliminated our waiting list of over 100 seniors who needed to receive home delivered meals. We also began to deliver a daily cold supper in addition to our hot lunches as well as weekend meals to our seniors who are delivered frozen meals once per week. At our senior dining rooms at Inglewood, Hawthorne and Lennox we served breakfast in addition to our daily hot lunch. We were also able to provide for some very fun special events like Cinco de Mayo at Lennox, a Spring Fling, Mother's Day Tea, and Father's Day Barbeque at Hawthorne and box lunches for seniors from Inglewood going to the beach as well as a Father's Day Barbeque.

We also were awarded, in addition, another \$108,000 to be spent only on capital equipment. We are purchasing two needed trucks to deliver meals to the dining rooms and seniors at home, replacing worn out freezers and refrigerators and purchasing much needed secure shelving storage for our sites, ice machines and dishwashers for two of our sites as well as real dishes, glasses and flatware.

For those of us who work in our senior nutrition project, this as been both our pleasure and a real boatload of extra work. I want to thank every single home delivered meal driver who carried extra meals up flights of stairs every day. I want to thank the dining room site managers who planned and executed special events and who took on the added task of serving breakfast. We had to write special menus for all of this and get them approved. We had to develop new relationships with El Pollo Loco and other vendors and get special checks for payment. Once the dishwashers are installed at Ladera and Hawthorne, some dining room staff will have the added responsibility of washing all those dishes and safeguarding them from "disappearing." We had an opportunity to do some good for our seniors, and hope that you enjoyed. It was our pleasure.

Unfortunately, all good things come to an end. July 2, 2010 marks a new fiscal year. All the stimulus money is gone. We regret we will end our cold suppers, weekend meals, breakfasts and special events but, please continue to join us for lunch. We're happy to have you.

# Remembrance Garden

On Friday, June 4, 2010, a lovely remembrance ceremony was held at Lennox Senior Center in the wake of the recent passing of Teresa Baird's mother. The garden was a donation by South Bay Landscape as a way to remember those who have passed away. A lovely rosebush was planted in remembrance of Mrs. Teresa Marttini.



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.

Spring COMMUNITY CLIPBOARD

# **Travelairs Continued from Front Page**

The original board members were: Elizabeth Payne, Margaret Lohr, Indell Clark, Wilmare Black, Mattie Allen, Lori Dyer, Dorothy Fitch and Eleanor Hollingsworth.

The current board members are: Ruth Wiggins, Wilma Kaufman, Aurelia Daigeau, Clara Charlot, Beatrice Smith, Shirley J. Cole and Trudy Davis.

Their first trip was a cruise to Ensenada. Trips to Hong Kong, Hawaii, Alaska, Jamaica, Canada, Washington, D. C. and to the Amish country in Virginia followed.

In 1987, Ruth Wiggins, who was the secretary at the time, recalls all the details that had to be attended to, such as deciding on what companies the club would use for travel arrangements, as well as to where they would hold their meetings. A local travel agency was chosen to assist them for a few years and the activity room at the senior housing located across the street from the Senior Center on Locust Street was chosen as the meeting place.

Besides traveling, the Travelairs also hold an annual birthday celebration luncheon for their members. The Travelairs' committee members have organized a fashion show at the Proud Bird with African Attire; a Christmas party at the Crown Plaza hotel, which included entertainment by belly dancers; a poolside Luau at the Cockatoo Inn; and a Western Hoe Down and a Roaring 20's party, both held at the Hollywood Park Casino.

Many friendships were made from their association with the Travelairs that still remain today. Open enrollment takes place

from November 1 - January 31. Yearly dues for members are \$15.00 per person. Anyone 50 plus years can join.

#### Exercise with Tricia

The Inglewood Community Adult School line dance/exercise class facilitated by Tricia Crenshaw will be on hiatus from June 23 through September 2010. However, her class will continue on the same day and time under the lead of the senior center staff

# **Doughnut Hole Medicare Drug Rebates**

Senior citizens who hit the so-called doughnut hole in Medicare's drug benefit will begin getting \$250.00 rebate checks providing one of the first tangible benefits of the recently enacted healthcare law.

Department of Health and Human Services officials said that the first 80,000 seniors who hit that coverage gap, or "doughnut hole," would be sent checks on June 10, five days before the deadline. Checks will then go out monthly until the end of the year as more seniors fall into the gap.

Health and Human Services Secretary Kathleen Sebelius said that the department estimated slightly more than four million seniors will ultimately get rebates.

"Seniors do not have to do anything to get this check. They don't have to sign anything. They don't have to apply for it," Sebelius said, warning recipients not be fooled by scam artists seeking personal information by claiming it is necessary to process rebates.

Starting in 2011, the rebate will be replaced by a discount. Seniors whose expenses fall within the doughnut hole will qualify for a 50% discount on drugs. That will be gradually phased up to a 75% discount in 2020, effectively eliminating the coverage gap.

# 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

| A -4' '4' 10'                                    |              |  |
|--|--------------|--|
| Activities/Classes                               | 310/412-5338 |  |
| Bus Passes/Taxi Coupons                          | 310/412-4382 |  |
| Care Management                                  | 310/412-4380 |  |
| Hawthorne Senior Center                          | 310/349-1650 |  |
| Home Delivered Meals                             | 310/412-4380 |  |
| Information and Assistance                       | 310/412-4370 |  |
| I-Line Shuttle                                   | 310/412-4378 |  |
| Ladera Senior Center                             | 323/298-6038 |  |
| Lunch Program                                    | 310/412-5338 |  |
| Lennox Park Senior Center                        | 310/412-5439 |  |
| TeleCare   | 310/412-4380 |  |
| Transportation Dispatch                          | 310/412-4378 |  |
| Volunteer Opportunities (City Hall) 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
Michael D. Falkow, Deputy City Administrator
Cal Saunders, City Attorney