# INGLEWOOD PARKS, RECREATION AND COMMUNITY SERVICES DEPARTMENT SENIOR CENTER



(310) 412-5338

330 Centinela Avenue, Inglewood, CA 90302

September, 2010

# National Women's Health and Fitness Day September 29, 2010

# What is Women's Health and Fitness Day?

Women's Health and Fitness Day is the nation's largest annual health promotion event for women of all ages. The next event is set for Wednesday, September 29, 2010, and in future years, will always be held on the last Wednesday in September. This unique national program—with participation by local organizations throughout the U.S.—focuses attention on the importance of regular physical activity and health awareness for women. The event is similar in concept to its "sister" event—National Senior Health and Fitness Day—the nation's largest older adult health promotion program held every May. Women's Health and Fitness Day will also be part of a new National Women's Health and Fitness Week, to be held annually the last week of September.

On Wednesday, September 29, 2010, more than 1,400 groups across the county will host women's health and fitness events at senior centers, hospitals, health clubs, park and recreation districts, local health and service organizations, schools, retirement communities, houses of worship, and other community locations. An estimated 40,000 to 100,000 women are expected to participate in these local activities.

# What Will Women Do at These Local Events?

Local health and fitness activities will vary widely based on the organizations hosting the events and the interests of local women in these communities. Activities will be noncompetitive and may include walking events, exercise demonstrations, health screenings, and health information workshops.

# Why Have a National Women's Health and Fitness Day?

The goal of this national event is to encourage women to take control of their health: to learn the facts they need to make smart health choices, and to make time for regular physical activity.

Because of its grassroots nature, the event provides an excellent opportunity for local organizations to show-case the health-related programs and services they offer to women in their communities.



### Silver Screen Classics

"The Taking of Pelham 1 2 3" starring Denzel Washington and John Travolta is the first movie scheduled for screening at the Center on Friday, September 3, 2010 starting at 1:30 p.m.

Denzel Washington stars as New York City subway dispatcher Walter Garber, whose ordinary day is thrown into chaos by an audacious crime: the hijacking of a subway train. John Travolta stars as Ryder, the criminal mastermind who, as leader of a highly-armed gang of four, threatens to execute the train's passengers unless a large ransom is paid within one hour. As the tension mounts beneath his feet, Garber employs his vast knowledge of the subway system in a battle to outwit Ryder and save the hostages. But here's one riddle Garber can't solve: even if the thieves get the money, how can they possibly escape?

The second screening, scheduled for Friday, September 17, 2010 at 1:30 p.m. at the Center will be "Revolver" starring Jason Statham and Ray Liotta.

Jason Statham plays Jack Green, a hotshot gambler who has made thousands from betting. But when he beats casino boss and crime lord Dorothy Macha played by Ray Liotta, in a private game that he is expected to lose, things take a deadly turn for the worse.

A fuming Macha orders for him to be taken out but, with the protection of a pair of brothers out to kill the big man themselves, he proves a tough man to catch.

Popcorn and punch will be served.

# Senior Free Day at the Aquarium of the Pacific

The Aquarium of the Pacific is offering a "Senior Free Day" for seniors 50 years and older with a valid photo I. D. on Wednesday, September 8, 2010.

An outing has been planned for this date and transportation will depart from the Center at 10:00 a.m. and return at 4:30 p.m. Signups are currently being taken at the Center.

See Shelley Benjamin, Activity Coordinator, for further information.

### **Grandparents Day**

An Ice Cream Social has been planned for Friday, September 10, 2010 beginning at 1:30 p.m. at the Senior Center in celebration of Grandparents Day.

### Silver Screen Classics

The movie at the Rave Cinema (formerly The Bridge) will be shown Monday, September 13, 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 a small soda. If you would like to attend, you can sign-up at the Senior Center.

### 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 Spring COMMUNITY CLIPBOARD

### Free Low Vision Screening

Are you having trouble seeing? There is hope and help!

On Monday September 13, 2010 from 9:00 a.m. to 2:00 p.m., the Center for the Partially Sighted will be conducting a FREE vision screening. The screening will determine your eligibility for low vision rehabilitation services. During the month of September, a federal grant makes it possible for eligible individuals to receive low or nocost vision services. If you qualify, an appointment will be made at the time of your screening.

In order to be eligible for these services, you must be 55 years or older. You must be considered "visually impaired", which means that glasses no longer give you perfect vision. Your visual acuity must be no better than 20/50 in your better eye and this is what will be checked at the screening.

### 50 Ways to Love Your Money

Debbie Dalton, Associate State Director for AARP, Coastal Los Angeles/Orange County will do a presentation on "50 Ways to Love Your Money" on Tuesday, September 21, 2010 from 10:00 a.m. to 11:30 a.m. at the Senior Center.

This presentation is a clear and simple guide on how to live happily within your means, manage budgets and use financial services wisely. The time is now to make the most of your money and develop a plan for this phase of your financial life. Enjoy your life: love your money.

Saving is the best way to love your money. Americans spend more than we earn.

Consider that the national personal savings rate has dipped to the lowest point since the Great Depression. Today's high energy, home and food prices may make saving seem even more impossible. But the time is now, especially as you plan for a retirement where cost of living expenses will increase even more.

Saving is crucial for your well being and for weathering the good and bad financial milestones in life – losing a job, getting ready for retirement, leaving a healthy financial legacy and inheritance for loved ones, and affording medical care. The best way to love your money is to save it. Whether you're already retired or won't be for 5, 10, or even 20 years out, saving should always be part of your financial plan.

### Crenshaw/Watts Rotary Club

Save the date for a movie and lunch at the Lucy Florence Culture Center on Tuesday, September 28, 2010.
Transportation is provided and will leave from the Senior Center at 11:30 a.m.

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

### Los Angeles County Fair

It's that time of year again for our annual outing to the Los Angeles County Fair. The date is Wednesday, September 22, 2010.

Transportation will depart from the Center at 9:30 a.m. and return at 5:00 p.m. There are two options for seniors to choose from.

The first is \$5.00 for entrance only and \$14.00 for the Meal Combo. You must be 60 or older. Sign-ups are currently being taken at the Center and the fee MUST be paid when you register. If you sign-up without paying, you may lose your spot.

For more information contact Shelley Benjamin, Activity at (310) 412-4340.

	MONDAY	TUESDAY	WEDNESDAY
			9:00 a.m. Bus Passes 9:00 a.m. Walking Class 10:00 a.m. Bazaar 10:00 a.m. Cane Fu Self-Defense Cla 10:00 a.m. Blood Pressure/Glucose 1:00 p.m. Line Dance/Exercise Class
6			1:00 p.m. Knitting and Crocheting
U		9:00 a.m. Bus Passes/Taxi Coupons	3:00 p.m. Activity Committee Mtg  8
	<b>E</b> R CLOSED FOR R DAY HOLIDAY	10:00 a.m. Diabetic Support Group at Lennox Senior Center	9:00 a.m. Bus Passes/Taxi Coupons 9:00 a.m. Walking Class
LABO	r var hulivay	10:00 a.m. Inspirational Choir at Rogers Park 10:15 a.m. Wackler Wellness Class 12:45 p.m. Move or Lose Swim Class 1:30 p.m. Yoga at Darby Park	10:00 a.m. Aquarium of the Pacific 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
3		14	1:00 p.m. Knitting and Crocheting 6:00 p.m. Caregiver Support Group
9:00 a.m. 9:00 a.m. 9:00 a.m. 0:00 a.m. 2:15 p.m. 1:00 p.m. 1:00 p.m. 1:00 a.m.	- TITIES CIUSS	10:00 a.m. Inspirational Choir at Rogers Park 10:15 a.m. Wackler Wellness Class 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. 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 2:00 p.m. Quality Assurance Meeting
	Hawthorne Senior Center	10:00 a.m. "50 Ways to Love Your Money" Presentation	22
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7	_	28	
00 a.m. 00 a.m.	Bus Passes Boomer "Be Well" at Hawthorne Senior Center	9:00 a.m. Bus Passes 10:00 a.m. Inspirational Choir @ Rogers Park 11:30 a.m. Lucy Florence Culture Center	9:00 a.m. Bus Passes
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		1:30 p.m. Yoga at Darby Park	1:00 p.m. Knitting and Crocheting

THURSDAY	FRIDAY	SATURDAY
9:00 a.m. Bus Passes 9:00 a.m. "Be Well" at Darby Park 10:15 a.m. Wackler Wellness Class 12:45 p.m. Move or Lose Swim Class 1:00 p.m. Friends For Fun 1:30 p.m. Yoga at Darby Park	3 9:00 a.m. Bus Passes 9:00 a.m. Walking Class 10:00 a.m. Cane Fu Self-Defense Class 11:00 a.m. Tai Chi Exercise Class 1:00 p.m. Sewing, Arts and Crafts at Rogers Park 1:30 p.m. Movie at the Center	10:00 a.m. Cheerful Caregivers at Rogers Park 1:00 p.m. Line Dance Class
9:00 a.m. Bus Passes/Taxi Coupons 9:00 a.m. "Be Well" at Darby Park 10:15 a.m. Wackler Wellness Class 12:45 p.m. Move or Lose Swim Class 1:30 p.m. Yoga at Darby Park	9:00 a.m. Bus Passes/Taxi Coupons 9:00 a.m. Walking Class 10:00 a.m. Cane Fu Self-Defense Class 11:00 a.m. Tai Chi Exercise Class 1:00 p.m. Sewing, Arts and Crafts at Rogers Park 1:30 p.m. Grandparents Day Activities	10:00 a.m. Cheerful Caregivers at Rogers Park 10:00 a.m. Black Women's Network
160:00 a.m. "Be Well" at Darby Park 0:15 a.m. Wackler Wellness Class 2:45 p.m. Move or Lose Swim Class 30 p.m. Travelairs at ICOPP 3:30 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. Tai Chi Exercise Class 1:00 p.m. Sewing, Arts and Crafts at Rogers Park 1:30 p.m. Movie at the Center	18 10:00 a.m. Cheerful Caregivers at Rogers Park
	9:00 a.m. Walking Class 10:00 a.m. Cane Fu Self-Defense Class 11:00 a.m. Tai Chi Exercise Class 1:00 p.m. Sewing, Arts and Crafts at Rogers Park 1:30 p.m. Birthday Celebration	10:00 a.m. Cheerful Caregivers at Rogers Park 4:30 p.m. "Celebration of Life Event" - Rogers Park
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		Time Salad Sandania	Grape Juice	Tomato Soup
		Mile Salau SalidWich	Asian Chicken Lo Mien	Breaded Fish Sandwich
,		Whole Wheat Bread (2)	Siamese salad with lettuge	and trading without burn
		Macaroni Salad	fomato cilantro radioh rod	Old a midle Wileal Dull
		Lettuce, tomato, nickle	opion & cooping day	Green salad French dressing
		Blieberny Pia	Donal & sesallie dressing	Dixie Cole Slaw
		Mik	Banana + tortune cookie	Tartar Sauce
		7	(serve on round plates)	Oatmeal cookies (3)
Hogier Tollou.	Bonologo Della	/ Kosh Hashanah begins @ sundown	0	
	Dolleless Fork Kib	Apple Juice	Lentil Black Bean Soun	Filet of Solo
*	Brown and White Rice	Pot Roast (turkey)	Parmesan Chickon	
· s	Buttered Cabbage	Whole Baby Potatoes	Broad Drooms	vegetable Rice
	Pineapple chunks	Peas and Carrote	Dieau Diessing	Pinto Beans
	Rye Bread	Whole Grain Dall	Broccoll	Tropical Fruit Salad
2	Mando and bluoborgios	Wildle Gialli Roll	Tossed Salad Ranch drsg.	Cornbread
	Milk	Fresh Fruit Mix	Cantaloupe	Peach Pie
13	_	IVIIIN	Milk	Milk
Oven Fried Chicken	Apple Juice			Yom Kippur begins at sundown
Mac and Cheese	Salmon Botter!	Sesame Chicken Broth	"Unstuffed Zucchini"	Orange Juice
Dorology Course	Samon Fatty/ tartar sauce	Teriyaki Chicken Nuggets	Casserole (3x #8 scoop)	
rarsiey Carrots	Barley casserole	Asian Salad w sessmonth	Direction (av #6 scuop)	Creole Fish
Mixed Bean Salad	Yellow and green sallash	e ursg.	Pineapple Cole Slaw (3/4 c)	Navy Beans
Warm Biscuit	Pineannla chinks	ticks	Biscuit	Cut Green Beans
Apple Butter		Fortune Cookies	Apple Pie	Spinoch Application
Tropical Fruit Salad	Cornbread	Indarin Oranges	Milk	WWW Boil
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Meatloaf in gravy	Apple Juice	Boof Tine in Crass.	Autumnal Equinox	24
Mashed Potatoes	exeledmel	Gravy	Orange Juice	Sweet Potato Greens Soup
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Tossed Salad Italian droccin Chinase Color	Original Nice		Creole Pasta	Carrot Raisin Salad
WW Roll	Opiliacii Salad	(3/4 cup)	Black Eyed Peas	Escalloned Potatoes
Orange Sections	valifi biscult		Tossed Salad/1000 Island	Lecamped 1 oranges
	Fresn Fruit Cup	Cantaloupe		Corn muffins
	Milk		n Apples	
2/	28	60		
Orange Juice	Apple Juice		30	
(2)	Savory Pasta Italian Sausage	Bread Dressing	Clarige Juice	
and Wild Rice	Italian Mixed Vegetables	Cut Green Beans	Search Salad	
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alad	Italian dressing		Crimed Raisin Conscous	
Warm Biscuit	Fresh Fruit (whole)		Green Salad/ranch dressing	
			Leffior Cake	

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3	0	Boodillo de Facilité	Jugo de Uva	Sopa de Tomate
		Bocaumo de Ensalada de Atún	Pollo Asiatico Lo Mien	Bocadillo de Pescado Empanizado
,		Fan de Trigo (2)	Ensalada con Lechuga, Tomate	en Pan de Trico
		Ensalada de Macarrón	cilantro, rabanos, cebolla roia	Magarrán con Occasion
		Lechuga, Tomate y Pepinillo	con aliño	Encolode de Oct
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		Leche	(Somition) Sameta de FOITUNA	Salsa lartara
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	Chuleta de Cordo Sin I I.	Rosn Hashanah begins @ sundown	O	
	Arrest de Celub SIN Aueso	Jugo de Naranja	Sopa de Lentejas y Frijol Negro	Filete de Pascado
7	Arroz Blanco y Café	Pavo Rostizado	Pollo Parmesano	
	Repollo con Mantequilla	Papas Enteras	Aliño do Don	Arroz con Vegetales
	Pedazos de Piña	Guisante V Zapahorio	Allio de Pan	Frijoles Pinto
	Pan Rve	Describe y Zallanorias	Brecol	Ensalada de Fruta Tropical
	Mando v Arándanos	ranecillo	Ensalada de Frijol Mezclado	Pan de Elote
<i>*</i>	Leche	riula Fresca	Melón	Pastel de Durazno
(x)		* Fecile *	Leche	Leche
Pollo Frito al Horno		15 10 10	16	
	Jugo de Manzana	Caldo de Pollo Ajoniolí	Succino sin Rellano	-
Macarron con Queso	Salmón con Salsa Tártara	Trozos de Pollo con Terioski		Jugo de Naranja
Zanahorias Parsley	Caserola de Cehada	Ensolution Aliga	Caserola	Trozos de Pescado
Ensalada de Frijol Mezclado	Calabasas	Dalillo da Airir	Ensalada de Col con Piña	Frijoles Marineros
Panecillo	Fusalada de Col con Digo	Callidos de Ajonjoli	Panecillo	Ejotes Cortados
Mantequilla de Manzana	Panovillo Engada	Galletas de Fortuna	Pastel de Manzana	Ensalada de Espinaca y Manzana
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Pan de Carne en Salsa	Jugo de Manzana		xouinh	24
Puré de Patatas	Jambalava			Caldo de Verdes y Papa
Repollo con Mantequilla	Arroz al Vanor		de Pavo	Tilapia con Salsa Tártara
קלים	February Contracts		Pasta Creol	Ensalada de Zanahorias con Pasas
Panecillo	Espiraca Sazoriada Panacillo	alada de Col		Papas Au Gratin
Pedazos de Narania			Coctel de Fruta	Panecillos de Flote
l ocho	Copa de Fruta Fresca	Melón		Dastol do Dião
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27	28	000		Leche
	Jugo de Manzana	Pavo con Salea	08	
	Albóndigas con Salsa		Jugo de Naranja	
y Salvaje	Vedetales Italianas		Ensalada de Mariscos	
Zanahorias	Pasta Ziti	Zanahorias Daralas	Panecillo Parker house	
de Frijol Mezclado	Ensalada de Mango v Frijol Negro		Pasta de Pasas Helada	
Panecillo	Fruta Fresca	۸۳٬۶۳۵	Ensalada con Aliño	
•	_		Pastel de Limón	



#### **Birthday Celebration**

The birthday celebration honoring all those born in September will take place on Friday, September 24, 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.

### **Cheerful Givers Free Celebration**

Join Cheerful Givers from The Heart for the FREE Celebration of Life Event on Saturday, September 25, 2010 from 4:30 p.m. to 7:30 p.m. at Rogers Park, 400 West Beach Avenue in Inglewood.

This event will celebrate the changes in society from 1940 until today. The event will focus on changes in clothing, food, jobs, music, dances, technology, and life in general.

Bring your change and enjoy our Penny, Nickel and Dime Candy Station. There will be FREE food, raffles, live performances, and more. So put on your Black and White Oxfords, ankle socks, poodle skirt, jeans, penny loafers, Afro wig, Dashiki or even the current skinny jeans and travel down memory lane.

For more information call (310) 412-4286.

### Put Life Back in Your Life!

Partners in Care will conduct a six-week workshop on Healthier Living beginning October 2, 2010 through November 6, 2010. The workshops will be held on Saturday mornings from 10:30 a.m. to 1:00 p.m.

Healthier Living: Managing Ongoing Health Conditions is an award-winning program designed by Stanford University to help participants live a happier, healthier life! Each workshop is 2 ½ hours long and runs weekly for six weeks.

#### Who should attend?

- Anyone with an ongoing health problem
- Family or friends of someone with an ongoing health problem
- Anyone interested in becoming more physically and socially active

# During the Healthier Living workshops participants will learn to:

- Cope with the "blues," frustrations, and worries
- Reduce fatigue, anxiety, and pain
- Communicate better with their doctors, friends, and family
- Set goals and problem solve to make positive changes
- Eat better and stick to a healthy diet
- Better manage their health problem to lessen its impact on their life

Sign-up sheets will be available at the Senior Center in September. Class size is limited.

### **Upcoming Events...**

- Wellness Day October 2010
- Alzheimer's Memory Walk November 7, 2010, Century City
- Travelairs Open Membership Enrollment Drive for seniors 50+ years of age, November 2010 – January 31, 2011

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.



# Put Your Car Keys Beside Your Bed at

Night by Patricia Bitker, Project Manager

You hear a noise outside your home or someone trying to get in your house. What do you do?

Press the panic button for your car! Then dial 911.

When you press the panic button on your car, the alarm will be set off. The horn will continue to sound until either you turn it off or the car battery dies. A burglar probably won't stick around with a honking horn right outside your house. After a few seconds, all the neighbors will be looking out their windows to see whose car is making all that noise.

This is a security alarm system you probably didn't know you had.

Put your keys right by your bedside at night. Carry them with you when you go outside in case you fall. Carry them with you around the house in your pocket in case you have a heart attack and can't get to the phone. Who knew your car keys could save your life?

## New Saturday Class - Line Dancing

Beginning Saturday, September 4, 2010 a new class has been added, line dancing. The site for this class is the Inglewood Senior Center on Saturday afternoons from 1:00 p.m. to 3:00 p.m. on the first Saturday of each month.

The new class will be instructed by James Caton, who also teaches a line dance class at Darby Park. Pre-registration is not required.

This class is free but donations will be accepted.

#### Relay 4 Life Winners

The results for the Relay 4 Life that was held on July 17-18, 2010 were as follows:

- GOLD \$5,000+ went to the Rotary Club of Inglewood
- SILVER \$2,500+ went to the Travelairs Senior Club
- BRONZE \$1,500+ went to the Green Gang (Sandra Green-Hilliard from Parks, Recreation and Community Service Department)

### Fall Prevention Awareness Week 2010

The week of September 20, 2010 is Fall Prevention Awareness Week

### How Can We Prevent Falls?

Researchers have identified that the most effective fall prevention programs have many components. First a person needs to understand what may put them at risk for falling. Some risks can be reduced. Medical providers can help to identify risks and develop a plan. Specific physical activity can reduce fall risk by increasing balance and mobility skills. Also, changes to the home and community environment can reduce hazards and help support a person in completing daily activities. While this is not a comprehensive list of fall prevention strategies, it's a good place to start:

- Medical Management (Risk Assessment and Follow-up)
- Balance and Mobility (Physical Activity) and
- **Environmental Modification**

Studies have shown that balance, flexibility, and strength training not only improve mobility, but also reduce the risk of falling.



### World Alzheimer's Day

Tuesday, September 21, 2010 is World Alzheimer's Day. The theme for World Alzheimer's Day TM 2010 is 'Dementia. It's time for action!'

As many as 5.3 million Americans are living with Alzheimer's today, and that number is expected to increase to as many as 16 million by 2050. One out of eight people age 65 and older have Alzheimer's, and nearly one out of every two over age 85 has it. Odds are even higher than you know, are caring for someone with Alzheimer's.

There are almost 10 million caregivers in the United States providing daily comfort and care. These caregivers frequently enlist the help of friends, family and neighbors; making Alzheimer's disease something that affects millions more.

In honor of World Alzheimer's Day, wear **purple, on Tuesday, September 21, 2010** to show your support for such a worthy cause.

## Travelairs 25th Anniversary

On Saturday evening, August 21, 2010 the Travelairs held a dinner/dance in honor of their 25<sup>th</sup> Anniversary.

Over 100 people enjoyed a fun-filled evening at the Chester Washington Golf Club and were treated to good food, good music by DJ Collins, door prizes and a Commendation from the Mayor Pro-Tem and City Council.

Sabrina Barnes, Director of Parks, Recreation and Community Services read and presented the commendation to the founder of the Travelairs, Elizabeth Payne and the current president, Ruth Wiggins.

It was a time, where old and new members enjoyed one another's company and danced the night away.

Congratulations, Travelairs and may you have continued success in all your future travel adventures.

### Friends for Fun Senior Club

The Friends for Fun Senior Club will be celebrating the holidays, **December 14-16**, **2010 at the Riverside Hotel and Casino in Laughlin, Nevada.** 

Departure date will be Tuesday,
December 14, 2010 at 9:00 a.m. in front of
the 107 South Locust Street parking
structure (across the street from
McDonald's), Inglewood, CA. Return
date is Thursday, December 16, 2010
arriving at approximately 5:00 p.m.

Enjoy two night accommodations at the Riverside Hotel and Casino along with one breakfast buffet, one buffet-of-choice; baggage handling (one large bag) and round trip transportation for the cost of \$78.00 per person, double occupancy and \$98.00 for singles. (If you require personal assistance, please travel with a companion).

A deposit of \$40.00 is acceptable with reservations made now through September 30, 2010 with full payment due by Thursday, November 4, 2010.

Please make checks or money orders payable to FRIENDS FOR FUN CLUB and mail to Gertrude Davis, Trip Coordinator at 2036 West 85<sup>th</sup> Street, Los Angeles, CA 90047.

No refunds after November 4, 2010. No Exceptions.



### National Senior Center Month

# September is National Senior Center Month.

Senior Centers are a place where older adults can take a Tai Chi or Yoga class or learn to line dance or even to knit or crochet.

It is also a place where new friendships are made, where outings are scheduled to a variety of different venues. It can also be a place where you can sit back on a hot day and enjoy the air conditioner while playing dominoes or bid whist.

Nearly 11,000 senior centers serve 1 million older adults every day. They offer a rich and engaging array of opportunities to help older adults age successfully.

## Alzheimer's Association Memory Walk

Save the date for the Alzheimer's Association Memory Walk scheduled for Sunday, November 7, 2010 in Century City.

If you would like to register and participate in the Memory Walk, contact Sikizi Allen at (310) 412-4363 or Linda Peterson at (310) 412-4348 for more information.

The team name is "West Central Dementia Care Network (WCDCN)." Registration can be done on line-line by visiting <a href="https://www.alzla.org/mw">www.alzla.org/mw</a>.

### Around the Center...

We offer our condolences to the family of Anthony Meeks who recently died. Mr. Meeks was a volunteer at the Inglewood Senior Center and had to quit when he became too ill to continue. He will be missed.

The staff would like to offer words of encouragement to Luddie Blackburn, a long time volunteer and senior participant here at the Inglewood Senior Center. If you have time drop by and pay her a visit. She is currently staying at Westchester Villa. She'll be happy to see you.

A shout goes out to the many senior participants that have not been able to visit the Senior Center in a while. We miss you all.

### <u>Healthy Aging – How Should I Get</u> <u>Physical Activity?</u>

Getting the Right Amount and Mix.

So, how much physical activity and what types do you need? All adults, including adults 65 and older, should do the following:

- Aerobic activity Aerobic activity makes you breathe faster and deeper and gets your heart pumping. Walking, jogging, bicycling, dancing, swimming, and moderate housework are some examples.
- Muscle-strengthening activity Adults also need to do muscle-strengthening activities on two or more days of the week. This can help you prevent muscle and bone loss. Two ways to do this are through weight machines and free weights.
- Balance activity Older adults at risk of falling should engage in activities to maintain or improved balance. Yoga or tai chi classes are two activities you might try.

Have a Safe Labor Day Weekend -Don't Drink and Drive

# 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	9:00 a.m 10:00 a.m. Senior Center
M, W & F	
Self-Defense Class	10:30 a.m 11:30 a.m. Senior Center
M, W & F	
Wackler Wellness	10:15 - 11:15 a.m. Senior Center
Tu & Th	
Exercise with Tricia	1:00 p.m 3:00 p.m. Senior Center
W	
Knitting & Crocheting	ng 1:00 p.m 3:00 p.m. Senior Center
W	
Tai Chi	11:00 a.m 12:00 p.m. Senior Center
F	-
Sewing/Arts&Crafts	1:00 p.m 3:00 p.m. Senior Center
F	
Yoga	1:30 p.m 3:00 p.m. Darby Park
Tu & Th	
<b>Line Dance Class</b>	1:00 p.m 3:00 p.m. Senior Center
1st Saturday	-

## **Clubs/Support Groups**

sapport Groups	
Diabetic Support Group	Lennox Senior Center
1st 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
<b>Project Advisory Council</b>	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.
<b>Cheerful Caregivers</b>	10:00 a.m.—11:30 a.m.

Rogers Park

Saturdays

# Senior Services Calling Card

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	
(Senior Center)	310/412-4346

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