



Senior Spirit



City of Covina Senior Services at Valleydale Park Community Center
5525 N. Lark Ellen Ave., Azusa, CA 91702 • (626) 384-5380

Fall 2016 Newsletter

NEW Operating Hours (Effective 8/22/16):

Monday-Thursday, 8 am-4 pm, Friday, 8 am-1 pm

Closed Holidays:

Monday, September 5

Friday, November 11

Thursday and Friday, November 24-25

Monday, December 26

Monday, January 2 (New Years)

Special Holiday Hours:

Thursday-Friday, December 22-23
8 am-1 pm

Tuesday-Friday, December 27-30
8 am-1 pm

SINCE IT'S FALL SEASON, LET'S TALK ABOUT "FALL PREVENTION"

A simple fall can change your life. Just ask any of the thousands of older men and women who fall each year and break a bone (sometimes called fracture).

Getting older can bring lots of changes. Sight, hearing, muscle strength, coordination and reflexes aren't what they once were. Balance can be affected by diabetes and heart disease, or by problems with your circulation, thyroid or nervous system. Some medicines can cause dizziness. Any of these things can make a fall more likely.

Then there's osteoporosis—a disease that makes bones thin and likely to break easily. Osteoporosis is a major reason for broken bones in women past menopause. It also affects older men. When your bones are fragile even a minor fall can cause one or more bones to break. Although people with osteoporosis must be very careful to avoid falls, all of us need to take extra care as we get older.

A broken bone may not sound so terrible. After all, it will heal, right? But as we get older a break can be the start of more serious problems. The good news is that there are simple things you can do to help prevent most falls.

TAKE THE RIGHT STEPS

Falls and accidents seldom "just happen." The more you take care of your overall health and well-being, the more likely you'll be to lower your chances of falling. Here are a few hints:

- Ask your doctor about a test called, a bone mineral density test. This tells how strong your bones are and if need be, your doctor can prescribe new medications that help make your bones stronger and harder to break.
- Talk with your doctor about an exercise program that is right for you. Regular exercise helps keep you strong, improves muscle tone, and keeps your joints, tendons, and ligaments flexible. Mild weight-bearing exercise—such as walking, climbing stairs may even slow bone loss from osteoporosis.
- Have your vision and hearing tested. Even small changes in sight and hearing can make you less stable. For example, if your doctor orders new eyeglasses, take time to get used to them and always wear them. If you need a hearing aid, be sure it fits well.
- Discover possible side effects of medicines you are taking, as some affect your coordination or balance.

Continued on next page.

- Limit the amount of alcohol you drink. Even a small amount can affect your balance and reflexes.
- Always stand up slowly after eating, lying down, or resting. Getting up too quickly can cause your blood pressure to drop, which can make you feel faint.
- Don't let your home get too cold or too hot...it can make you dizzy. In the winter, keep the nighttime temperature at 65° or warmer. Use a cane, walking stick, or walker to help you feel steadier when you walk. This is very important when you're walking in areas you don't know well or in places where the walkways are uneven. And be very careful when walking on wet or icy surfaces. They can be very slippery!
- Wear rubber-soled, low-heeled shoes that fully support your feet. Wearing only socks or shoes with smooth soles on stairs or waxed floors can be unsafe.
- Hold the handrails when you use the stairs. If you must carry something while you're going up or down, hold it in one hand and use the handrail with the other.
- Don't take chances. Stay away from a freshly washed floor. And don't stand on a chair or table to reach something that's too high, use a "reach stick" instead. Reach sticks are special grabbing tools that you can buy at many hardware or most medical supply stores.
- Find out about buying a home monitoring system service. Usually, you wear a button on a chain around your neck. If you fall or need emergency help, you just push the button to alert the service. Emergency staff is then sent to your home. Ask any staff member and they can provide you with resources.

MAKE YOUR HOME SAFE

You can help prevent falls by making changes to unsafe areas in your home with these home safety tips.

In stairways, hallways, and pathways:

- Make sure there is good lighting with light switches at the top and bottom of the stairs.
- Keep areas where you walk tidy.
- Check that all carpets are fixed firmly to the floor so they won't slip. Put no-slip strips on tile and wooden floors. You can buy these strips at the hardware store.
- Have handrails on both sides of all stairs-from top to bottom-and be sure they're tightly fastened.

In bathrooms and powder rooms:

- Mount grab bars near toilets and on both the inside and outside of your tub and shower.
- Place non-skid mats, strips, or carpet on all surfaces that may get wet.
- Keep night lights on.

In your bedroom:

- Put night lights and light switches close to your bed.
- Keep your telephone near your bed.

In other living areas:

- Keep electric cords and telephone wires near walls and away from walking paths.
- Tack down all carpets and area rugs firmly to the floor.
- Arrange your furniture (especially low coffee tables) and other objects so they are not in your way when you walk.
- Make sure your sofas and chairs are a good height for you, so that you can get into and out of them easily.

Source: National Institute on Aging, www.nia.nih.gov (Original title: Falls and Fractures)



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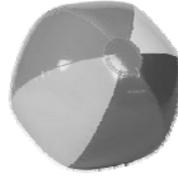
Wendy Lo
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wlo@care1st.com
Lic.#0865735

Chair Beach Volleyball

Seniors are laughing, having fun, and exercising all at the same time in the active and passive game of Beach Volleyball. Stop by and see what all the fun is about and reduce stress, improve cardiovascular fitness, increase flexibility, and tone those muscles!

Day & Time: Thursdays, 1:30-2:30 pm

Fee: Free



Walk the Walk with Vicky!

Step Up to Better Health! Improve your heart's health and meet new friends. Wear your walking shoes and bring water. Walk canceled if raining.

Day & Time: Wednesday, 9-10 am

Fee: Free

Spa Day—New!

Take a moment to relax and be pampered. Enjoy a hand massage and get your nails done. Feel all the stresses leave your neck and shoulders with a 5-minute chair massage. For men and women, keep calm and SPA on! Preregistration required.

Day & Time: Tuesday, 8-10 am

Dates: 9/27, 10/25, 11/29

Fee: \$5

Registration Deadline: Thursday prior to Spa Day

**KEEP
CALM
AND
SPA
ON**

Billiards

Billiards - New!

We're back! Anyone ready to play? It's been a long time coming, but the new billiards location is ready to go!

Hours: Monday/Wednesday, 8-11 am
Tuesday/Thursday, 1-4 pm

Location: McIntyre Square, 244 S. Citrus Ave., West Covina

Beginning: August 29, 2016



Tech Talk

Need assistance to overcome the fear of operating your cell phone, smart phone, tablet, laptop, iPad, or Nook? Meet the tech-savvy teens from the Covina T.E.A.M. (Teens Endeavor to Accomplish More) as they help you navigate the digital world. (Must bring your own device.)

Day & Time: Wednesdays, 3:30-4:30 pm

Dates: Sept. 28, Oct. 26, Nov. 30

Fee: Free

**Technology
& Learning**

FUN ACTIVITIES!

Bunco

Prizes & light refreshments.
No bunco on 12/22.

Day & Time:

2nd & 4th Thursday of month,
1-3 pm

Dates: 9/8, 9/22, 10/13, 10/27,
11/10, 12/8

Fee: \$2 per person

Valleydale Bingo

Enjoy a fun game of Bingo with your friends! Prizes and light refreshments served.

Day & Time:

Tuesday, 1-2 pm

Dates: 9/13, 9/27, 10/11, 10/25,
11/8, 12/13

Fee: Free



Bean Bag Baseball

This game promotes physical activity with seniors getting out of the chair to bat, stand on base, walk to the next base, and toss the bean bag. While not strenuous, it does involve leg strength, balance, coordination, and arm movement.

Day & Time:

Wednesday, 8:30-10:30 am

Dates: 9/14, 9/28, 10/12, 10/26
11/9, 11/23, 12/7

Fee: Free



SPECIAL EVENTS

Flu Shot Clinic

Location: Covina Public Library
234 N. Second Ave.

The Los Angeles County Health Department will administer flu shots to persons 50 years or older and/or those with chronic health conditions. Don't miss the opportunity to ensure that you have a healthy holiday season! All shots will be given on a first-come, first-served basis.

Date: Tuesday, October 25

Time: 9-11:30 am

Fee: Free

Monster Mash Bash!

Trick or Treat! Celebrate the scariest day of the year with friends at the Senior Center. We will have a wicked time with a costume contest and yummy treats. Don't forget your Halloween costume! Space is limited, so register early!

Date: Wednesday, October 26

Time: 11:30 am-1 pm

Fee: \$3 suggested donation through Nutrition Program

Registration Deadline: Friday, October 21

"A Hero's Welcome" Veteran's Day Event

Today, we honor those who proudly served our country through the Armed Forces. Please bring memorabilia and photos to share with the group. Special recognition will be made during the event. If you are a veteran, please indicate that when registering.

Date: Wednesday, November 9

Time: 11:30-1 pm

Fee: \$3 suggested donation through Nutrition Program

Registration Deadline: Friday, November 4

Valleydale Thanksgiving

The Los Angeles County Parks & Recreation Department has invited the Covina Seniors to celebrate Thanksgiving with them at Valleydale Center with a turkey dinner! No registration required.

Date: Wednesday, November 16

Time: 6-8 pm

Fee: FREE

Christmas Brunch

Merry Christmas! Santa is heading over to Valleydale and has a special treat for all the seniors! This is one holiday event you will not want to miss. By popular demand, "The Tap Chicks" will return to entertain you! Limited space available, so register early!

Date: Tuesday, December 20

Time: 10:30 am-12 pm

Fee: \$3 suggested donation through Nutrition Program

Registration Deadline: Friday, December 9

"Ring in the New Year" Lunch

Get ready, get set, and help us count down "Senior-style" to our last lunch of 2016! There's no better way to start off a new year than with friends! It's a party you don't want to miss...party poppers and hats, apple cider and more!

Date: Friday, December 30

Time: 11:30-1 pm

Fee: \$3 suggested donation through Nutrition Program

Registration Deadline: Friday, December 2



Day: Friday

Time: 1:30-4:30 pm

Fee: \$5 per person, per dance.

Enjoy light refreshments while socializing and dancing with family and friends.

No dance held in September.

Fall Fling!

Date: October 14

Registration Deadline: Friday, October 7

"Friendsgiving" Dance

Date: Friday, November 18

Registration Deadline: Thursday, November 10

Christmas Holiday Dance

Date: December 9

Registration Deadline: Friday, December 2

COVINA SENIORS-IN-ACTION EXCURSIONS

Preregistration is required for all trips. Register at Valleydale Park or by calling (626) 384-5380. Complete trip policies, including refund policy will be provided when registering and are also available at www.covinaca.gov. All trips will leave from/to Valleydale Park.

San Antonio Winery in Los Angeles

Take a journey back in time where you'll learn the rich history and important role San Antonio Winery played in Los Angeles and the wine industry. Following tour, you will be treated to wine tasting and lunch at Maddelena's Restaurant inside the winery. Moderate to extensive walking.

Date & Time: Wed., Sept. 28, 10:30-3:30 pm

Fee: \$35 (lunch included)

Refund Deadline: Friday, August 26

Oktoberfest 2016 Old World Restaurant Huntington Beach

Enjoy LIVE German music by a band directly from Germany! Includes a delicious "sit-down" lunch of German delights! Learn the "Chicken Dance" with MC BernMeister! Moderate sitting and walking.

Date & Time: Thursday, October 13, 9:30 am-4:30 pm

Fee: \$22 (lunch included)

Refund Deadline: Friday, September 9

Pala Resort Spa and Casino

With over 2,000 slot and video machines, 87 table games and 10 great restaurants, you are sure to find something fun to do! Participants must bring valid identification and enroll in rewards program to receive \$5 slot play (subject to change). Moderate sitting and walking.

Date & Time: Wednesday, November 2, 9 am-6 pm

Fee: \$15 (lunch not included)

Refund Deadline: Friday, October 7

Richard Nixon Library & Downtown Disney

A completely new interactive Presidential Museum is opening at The Richard Nixon's Presidential Library. There are 70 new exhibits including an exact replica of President Nixon's Oval Office and extensive photographs of Nixon's historic trip to China. Then it's off to Downtown Disney for shopping and lunch on your own.

Date & Time: Wednesday, November 16, 8 am-5 pm

Fee: \$25 (lunch not included)

Refund Deadline: Friday, October 14

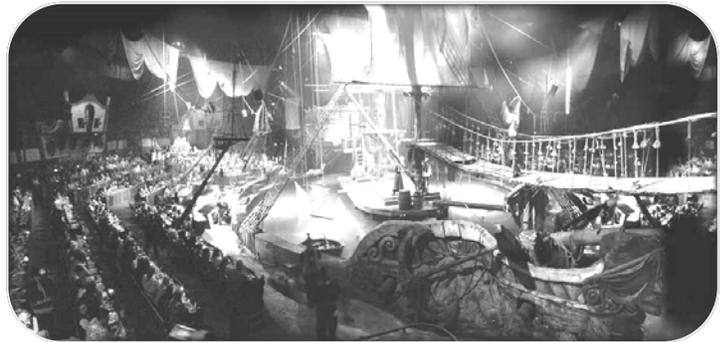
Harrah's Rincon Casino

Enjoy the drive to San Diego for Vegas-style action with 1,600 hot slots and more than 60 exciting table games. Participants must bring valid identification and enroll in rewards program to receive \$10 slot play (subject to change). Moderate sitting and walking.

Date & Time: Wednesday, December 7, 8 am-5 pm

Fee: \$15 (lunch not included)

Refund Deadline: Friday, November 4



Pirate Dinner Adventure "Pirates Take Christmas"

Set sail for adventure and prepare to be entertained at the "World's Most Interactive Dinner Show!"

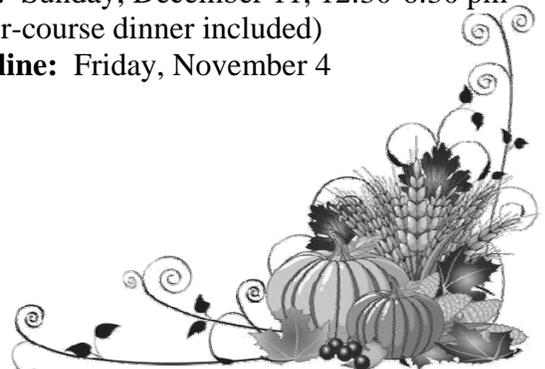
Can you and a little holiday magic help Santa defeat the Pirates and save the Christmas season?

Guests will enjoy an astonishing display of special effects, aerial artistry, swashbuckling swordplay and dynamic duels while enjoying a delicious four-course feast fit for a Pirate King! The action is set aboard an 18th Century Spanish Galleon adrift in a 250,000 gallon lagoon.

Date & Time: Sunday, December 11, 12:30-6:30 pm

Fee: \$48 (four-course dinner included)

Refund Deadline: Friday, November 4



OLDER ADULT CLASSES

These classes are designed especially for older adults, but are open to any adult. All classes take place at Valleydale Park. Preregistration is required.

Zumba Gold Fitness®

This class is specifically designed to take exciting Latin dance rhythms and bring them to active older adults. It is fun and easy!

Instructor: Arlene Mar

Session 1: September 26-November 16

Session 2: November 28-December 21

Day & Time: Monday/Wednesday, 4-5 pm

Fee: Session 1 - \$36/8 weeks or \$3 drop-in fee

Session 2 - \$18/4 weeks or \$3 drop-in fee

Yoga (HATHA)

Learn poses to increase and strengthen your flexibility and balance and breathing exercises to promote a healthy body. Learn relaxation exercises to reduce stress and tension.

Instructor: Nikki Valdez

Session: August 29-October 24

Day & Time: Monday, 9-10 am

Fee: \$50/8 weeks

Tai (Chi Kung) Stretch

Class includes a combination of isolated exercises for joints and muscles that may help with muscle or joint problems. Learn breathing techniques through Yoga, balance and strength through Tai Chi, and an introduction to "Chi Hula."

Instructor: Gabe (Tavanna) Van Leeuwen

Session 1: August 30-October 18

Session 2: November 15-December 6

Day & Time: Tuesday, 10:15-11:15 am

Fee: Session 1 - \$22/8 weeks

Session 2 - \$12/4 weeks

Arthritis Exercise

This FREE class is designed to help people with any form of arthritis keep joints flexible, maintain range of motion and build overall stamina. (no class 9/5)

Instructor: Terri Thomas

Session: Continuous

Days & Time: Monday/Wednesday, 1:30-2:30 pm

Fee: Free



Line Dancing

Line dancing is a great way to exercise while having fun. Learn proper heel, toe steps along with simple dance routines. Shoes must have a backing (no flip flops). No class 11/8.

Instructor: Pam Wagoner

Session: September 20-November 29

Day: Tuesday

Times: 1:30-2:30 pm (Beginners),
2:30-3:30 pm (Intermediate)

Fee: \$25/10 weeks – Beginner or Intermediate
\$35/10 weeks – Beginners and Intermediate

NEW!

Belly Dancing for Seniors

Besides being really fun, this class offers low impact aerobics through basic belly dance moves, which improve flexibility, muscle tone, and balance.

Instructor: Jo Anne Folino

Session: August 31-October 19

Day & Time: Wednesday, 9-10 am

Fee: \$10/8 weeks

NEW!

Watercolor for Beginners

Learn the basic techniques of watercolor. No class 9/5.

Instructor: Terri Thomas

Session: September 12-October 31

Day & Time: Monday, 10-11:45 am

Fee: \$30/8 weeks, plus a \$10 material fee paid to instructor at first class.

Family History Genealogy

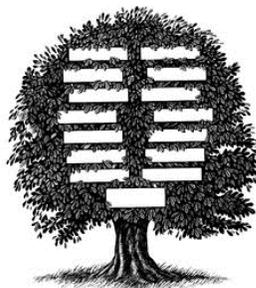
Learn to trace your family ancestry. Bring notepad.

Instructor: Bill Sumbot

Date: October 10

Day & Time: Monday, 2-3:30 pm

Fee: \$10/1 day



This class will assist you in filling in your family tree!

MT. SAC CLASSES—FREE!

All classes are on a walk-in basis. Students must purchase their own supplies.

Fall Session: August 29-December 16

Principles of Yoga – Healthy Aging

Day & Time: Thursday, 10-11:30 am

Fall Prevention: Balance and Mobility

Day & Time: Wednesday, 10-11 am

Home Gardening

Day & Time: Monday, 12:30-2 pm

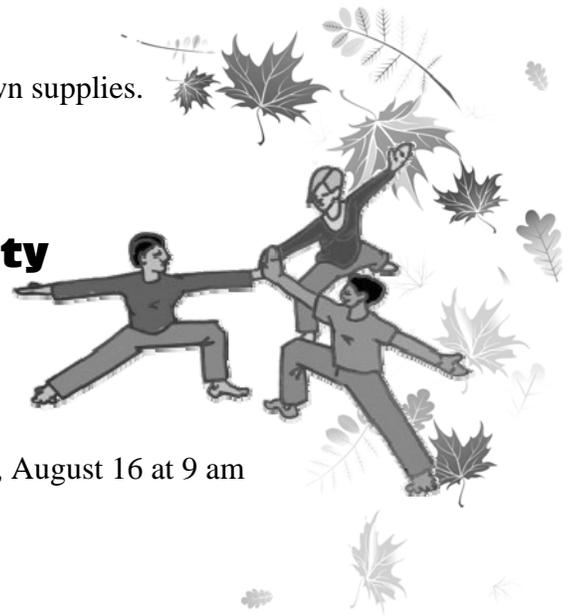
Seniorcise – Healthy Aging

Due to popularity of class, a lottery will be conducted on Tuesday, August 16 at 9 am

Days & Time: Tuesday & Thursday, 9-10 am

Knitting & Crocheting

Day & Time: Thursday, 8:30-11:30 am



FREE PRESENTATIONS

Medicare & Vitality Center

Presented by Inter Valley Health Plan

For ages 50 & up. Learn to maintain your vitality and stay healthy! There will be free screenings, informative presentations, Doc talks and refreshments! To make your reservation, call (800) 251-8191, ext. 625. No vitality center on 11/8.

Day & Time: Tuesdays, 12-2 pm
Fridays, 9-11:30 am

Seminars

Presented by AGA, Medicare Options

Low Income Subsidy

Date & Time: Wednesday, Sept. 28, 11 am

Medicare 101

All participants who register by Oct. 21, will receive a **free whole pie!**

Date & Time: Wednesday, Oct. 26, 1 pm

Talking with Your Doctor

Date & Time: Wednesday, Nov. 9, 11 am

Understanding Your Smart Phone

Date & Time: Thursday, Dec. 15, 1 pm

DIABETES EMPOWERMENT EDUCATION PROGRAM

Presented by HSAG – Health Services Advisory Group

Do you or someone you love have diabetes? The Diabetes Empowerment Education Program is a six-week course that encourages lifestyle changes while learning about your diabetes and the way it affects your health. To participate, you must have pre-diabetes or diabetes. While there is no fee, participants are required to attend all six classes. Preregistration is required. Spanish course will be offered in Winter/Spring 2017.

Day & Time: Wednesday, 1:30-3:30 pm

Dates:

September 21	Understanding the Body & Complications
September 28	Understanding Lab Testing
October 5	Risk Factors
October 12	Get up and Move!
October 19	Nutrition
October 26	Medication and Stress

Pre-Need Seminar

Presented by Rose Hills—Learn how making arrangements in advance makes emotional and financial sense. It allows you to personalize your service and lock in today's prices for those selections, protecting your loved ones from financial hardships and the burden of selecting your arrangements

Date & Time: Friday, November 4, 1-2 pm

PROGRAMS & SERVICES

For more information, please call (626) 384-5380.

Blood Pressure Checks – Free!

Sponsored by Inter Valley Health Plan

Date: 2nd Tues. of each month, 10 am-12 pm
(No service on 11/8)



Legal and Notary Services

By appointment only. Please call (626) 384-5380.

Legal Assurance – Free!

Howard Hawkins

Day & Time: Wednesday, 1-2:15 pm

Location: Valleydale Park, 5525 N. Lark Ellen Ave., Azusa

Kevin Stapleton

Day & Time: Friday, 10-11 am (No appointments in Nov.)

Location: Covina Parks & Recreation office,
1250 N. Hollenbeck Ave

Notary Services – Free!

Sona Baghdassarian of Zamel Real Estate Inc.

By appointment only. Please call (626) 384-5380.

Day & Time: First Wednesday, 11-11:45 am

Dates: 9/7, 10/5, 11/2, 12/7

Location: Valleydale Park, 5525 N. Lark Ellen Ave., Azusa

LOS ANGELES REGIONAL FOOD BANK

Qualified individuals may receive a free food kit once per month. To qualify, individual must be at least 60 years of age, with income not exceeding \$1,211 per month for one person and \$1,640 per month for two persons. Must bring valid California ID and proof of income (i.e., bank statement/social security statement).

Day & Time: Wednesday, 9 am

Dates: September 21, October 19,
November 16, December 21

Location: Valleydale Park
5525 N. Lark Ellen Ave.
Azusa



DAILY NUTRITION LUNCH PROGRAM

Funded by Community Development Block Grant and with Federal funding through the LA County Area Agency on Aging. Program administered by YWCA Intervale Senior Services.

This is a free lunch program for seniors ages 60 and older. Meals are offered on a daily basis to ensure that seniors receive a free hot, nutritious, well-balanced meal daily. For reservations, please call (626) 384-5380, Monday-Friday, 9-11:45 am at least one week in advance.

NEW! For those registered lunch participants who arrive after 12:15 pm, your reservation may be given to someone on the waitlist.

Date & Time: Monday-Friday, 12 pm

Fee: Free (\$3 suggested donation for those 60 and older) \$5 for those under 60

Location: Valleydale Park, 5525 N. Lark Ellen Avenue, Azusa

BIRTHDAY LUNCH CELEBRATIONS!

Sponsored by:



Birthdays will be celebrated on the first Tuesday of each month during the Senior Nutrition Program. Celebrate your birthday or cheer on one of your friends. Birthday celebrants receive a token gift and a piece of birthday cake! **You must register two weeks prior to your birthday lunch celebration to ensure your name is included on the list.** Must be present at your birthday month celebration to be honored.

Dates: September 6, October 4, November 1, December 6

Time: 12 pm



CASE MANAGEMENT SERVICES

Funded by Community Development Block Grant, Coordinated by YWCA Intervale Senior Services.

Seniors (age 60+) who reside in Covina are assisted with finding resources to remain living independently in their homes for as long as it is safely possible. Services are provided free of charge; however, donations of \$5 per hour from clients and their families are accepted and gratefully acknowledged.

Appointments required, call (626) 384-5380. Assistance available in English and Spanish.

OFFICE LOCATIONS:

- ◆ **City of Covina Senior Services - Valleydale Community Center, 5525 N. Lark Ellen Avenue, Azusa**
- ◆ **YWCA Intervale Senior Services - San Gabriel Valley - 943 North Grand Avenue, Covina**

CASE MANAGEMENT SERVICES INCLUDE:

Case Management Services include a comprehensive assessment of the Client, care plan for services, and monthly contact to monitor and modify services as needed. Services may include:

- ◆ **Homemaker Services**
 - Case Management staff will coordinate temporary assistance for Clients in the form of meal preparation, basic household tasks, and light cleaning.
- ◆ **Personal Care Services**
 - Case Management staff will coordinate temporary assistance to frail Clients to maintain bodily hygiene, personal safety, and activities of daily living.
- ◆ **Respite Services**
 - Case Management staff will coordinate temporary assistance to a Client in the absence of their current Caregiver.
- ◆ **Registry Services**
 - Case Management has a list of providers who are able to deliver services to Case Management Clients. Providers are screened with a LIVESCAN and interview prior to being placed on a Registry list. Services are at a negotiated rate between the client and the Registry provider. You must be a Case Management Client to utilize Registry Services.
- ◆ **Telephone Reassurance**
 - Case Manager staff make weekly telephone calls to homebound seniors. Calls are made to check on their safety, well-being, and provide contact with the outside world.
- ◆ **Nutrition Referrals**
 - Home delivered meals, congregate meals, and food banks
- ◆ **Transportation**
 - Senior rides and access services
- ◆ **Assistive Equipment**
 - Staff can pick up needed equipment and deliver to Client (Walkers, commodes, cane, wheelchair, etc.)
- ◆ **Housing Referrals**
 - Housing lists and assistance with placement services
- ◆ **Paperwork**
 - Assistance with Social Security issues, advocacy for seniors, and consultations.

INFORMATION & REFERRAL

Funded by Community Development Block Grant

This **FREE** service offers a wealth of information and valuable resources, maintained by City staff, to provide seniors with local programs and services that contribute to the health and well-being of older adults. If you need access to services, call (626) 384-5380. You may also contact the 24-hour LA County INFO LINE at (626) 350-6833.

GOODBYE DEAR FRIEND—CARLOS GEARDO REYES

December 1, 1926-July 25, 2016

Carlos was special. Dare I say extraordinary?

I know many of you have wonderful stories to tell about Carlos and I love hearing them all.

Today, I want to share mine with you.

A little nervous, a little unsure of what to expect, I arrived on my first day at the center in August 2015. Carlos was the first person to walk up and introduce himself to me. He told me what a great place this was and how he could tell by my face that I was going to make it an even better place. So, I took a deep breath, relaxed, and went to work. That easy, that simple...it was Carlos' kind words that made my first day so welcoming. Every day after that, I would watch this extraordinary person shuffle down the hallway and never miss an opportunity to say hello to everyone he passed. He was friendly, gracious, and kind. How do I recount the number of lives he touched every single day? It's impossible.

One day I listened as Carlos asked one of the staff members about a box of 60 candy bars for sale at the counter. The proceeds were going to help the fundraising efforts for a local school. Carlos asked one question.... "Is this fundraiser going to help kids?" When he was told "yes," he purchased the entire box and his generosity didn't stop there. He proceeded to hand out candy bars to every senior he passed down the hallway that day.

Carlos visited me in my office several times during the remainder of our time at Joslyn Center. He came in just to say "Hi" and ask how I was doing. When I responded, I knew he genuinely cared about the answer.

Vicky and I attended Carlos' funeral on August 2 and got to hear about how much he loved his family, his friends, the senior center, and his country. Tearfully, we watched as Carlos was escorted past us for the last time, knowing we had just lost someone incredibly special and one-of-a-kind. Carlos...I probably knew you the least amount of time, but I can honestly say, I am a better person from having known you.

Melody Hynes, Community Relations Supervisor

LET'S GO TO THE MOVIES!

Thursdays, 1:30-3:30 pm

Date	Movie	Rated	Starring
Sept. 15	Zoolander	PG-13	Owen Wilson and Ben Stiller
Sept. 29	Race	PG-13	Eli Goree and Jason Sudeikis
Oct. 6	My Big Fat Greek Wedding 2	PG	Nia Vardalos and John Corbett
Oct. 20	Batman v Superman: Dawn of Justice	PG-13	Ben Affleck, Henry Cavill, Amy Adams
Nov. 3	Mother's Day	PG-13	Julia Roberts and Jennifer Aniston
Nov. 17	Avengers – Age of Ultron	PG-13	Robert Downey Jr. and Chris Evans
Dec. 1	When Marnie Was There	PG	Kathy Bates
Dec. 15	Miracles From Heaven	PG	Jennifer Garner



THANK YOU SPONSORS!



InterValley Health Plan
For health. Not for profit.



AltaMed

CLUBS & COMMITTEES

Call (626) 384-5380 for more information. All clubs meet at Valleydale Park except where noted.

Senior Advisory Committee

Club does not meet in August.

Day: Second Wednesday of the month

Time: 9:30 am

Covina Senior Citizen Club

Day: Friday

Times: 9-11:20 am (Bingo 10 am-11:20 am)

Location: Covina United Methodist Church
437 W. San Bernardino Road

N.A.R.F.E.

No meeting in October.

Day: First Wednesday of the month

Time: 2 pm

Red Hat Sassy Ladies of Covina

Day: First Wednesday of the month

Time: 12:30-2 pm

Tai Chi Club

Day: Monday

Time: 10:15-11:15 am

Happy Stokers Club

Days: Tuesday and Thursday

Time: 10:30 am

Countdown to Christmas

Find all 25 words - You can do it Covina Seniors!

D P F T B M W D F E N M W C X X P C W Q
R F A Z G R U N C Z O G Q I O B F U C J
L I G H T S T J B D I G P M N O C O P D
V H T Z A . F E T D N H H H D T K O K R
U P Y X T A L R I I D J I S D N E I R F
D L U G A L E N P H C N I R G E S R E E
X O A N S I Y P T Z P F W I R W P W C S
E D A I N Z O W Z C I Z B T L Z L C F O
T U K D T H N L C E H P T H T P L E V R
D R E R S T R X O S B R F C J A O S I N
M E L L S T E S H Q Y R I H U D A L L A
R N C I G L U S S N O W O S S N J B E M
I Q P O H N E N N S B L U B T H C L N E
V F S D R S I I T I I V K A N M V T A N
Y U C R Z A Z J G S O C L K E E A G M T
N S F K Q W T Y D H E P M G S W R S W S
O R C V V W R I K F U H Q V E R R Y O E
R R C H J D L V O K Q H C Y R W C R N Y
T D V N U N Z L U N L K Z I P A J V S L
H Z X O B D O M W G S R H T Y L I M A F

BELLS
CHRISTMAS
DECORATIONS
FRIENDS
LIGHTS
ORNAMENTS
PRESENTS
SANTA
SNOW
WINTER

BULBS
CLAUS
ELVES
GRINCH
MRS.
POINSETTIA
REINDEER
SHOPPING
SNOWMAN

CHESTNUTS
COOKIES
FAMILY
JINGLE
NORTH
POLE
RUDOLPH
SLEIGH
TREE

Covina Senior Citizens Club News

COUPONS FOR THE TROOPS!

A senior club in Baldwin Park collects coupons for an organization on the east coast that helps out our troops. Last year, \$500 in coupons were given to every United States Service Man or Woman located overseas in China, Japan, and Afghanistan. By participating in this program, we could help thousands of our soldiers and it will be a great way to say “thank you” for serving our country and keeping us safe here at home.



Here is how it works....

1. Collect and cut out as many coupons as you can. It doesn't matter the dollar amount and the coupons can even be expired coupons (up to 6 months).
2. The credit is dollar for dollar, so if you have (2) 50 cent coupons, the soldier will get \$1 credit. The credit is used by the service person in the Commissary to purchase food and supplies.
3. You may bring your coupons to Covina United Methodist Church on our Friday Bingo days or you may also bring them to Valleydale Park where our senior programs are currently running.

It's that simple! On the last Friday per month, one of our club members will deliver the coupons to the Baldwin Park Senior Center and they will get them sent on their way with the Covina Senior Center listed as a contributor. In the past, Baldwin Park Club gave between \$12,000-\$20,000 coupons yearly. Let's do our part to increase that number....**so, start clipping today!**



CITY OF COVINA
PARKS & RECREATION DEPT.
SENIOR SERVICES DIVISION
125 EAST COLLEGE STREET
COVINA, CALIFORNIA 91723

RETURN SERVICE REQUESTED