



Senior Source Newsletter



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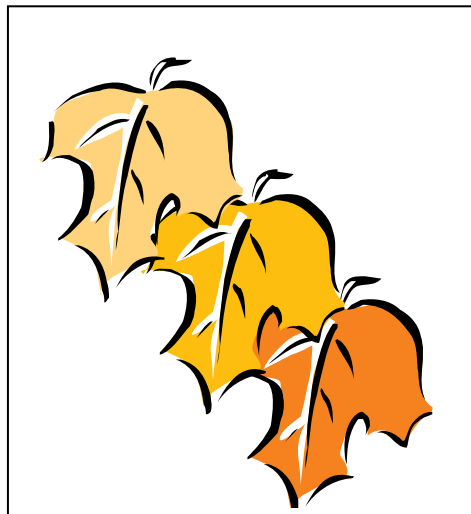
Happy holidays from our family to yours! Editor Diane Brown

Hurray! It's fall. Here in Southern California we'll most likely continue experiencing nice weather which is a good thing because it makes for more pleasurable enjoyment during the upcoming holidays. There's Halloween which the children seem to enjoy especially. Then there's Thanksgiving and Christmas to be enjoyed with family and friends. It's not too early to start thinking about how you'll

get everyone together for good food, games, laughter, and just plain fun. We pray that you and yours have safe, prosperous and delightful Holidays in 2024.

How to stay connected

- Fill out the waiver form
- Ask for the Senior Source Newsletter
- Submit an intake form to our nutrition staff (if you are interested in the lunch program)
- For transportation: fill out forms and take your temporary photo ID



Mission Statement

Our Goal is to promote self-sufficiency and self-fulfillment among the senior citizens of Hawthorne. To achieve this we offer an integrated array of advocacy, health, nutrition, recreation, education, and social services designed to enhance the dignity and protect the rights of older individuals in both at-home and community settings.



Top – Diane, Amy, Kathleen, Frank
Bottom – Abby, Ceasar, Corina, Prentis, Kimi, Mark, Precious, Roberta



Senior Dances



Senior Fieldtrips

Fall special Events and Seminars

Arthritis class - Partners in Care
Tuesdays/Thursdays
Next Class in 2025

Bet Tzedek
Tuesday
November 19th
10am – 2 pm
Appointment only

Nurse Bea from Independence @ Home

Wednesdays, 11 am-noon
October 16th: Fall Prevention
November 6th: Yoga & Laughter
December 11th: "Loteria (Mexican Bingo)"

United Mental Health Promoters,
Fridays, 1- 11:55 am

October 4th: "Social Isolation"

November 1st "Discover your passion"

December 13th: "Holiday Blues"

Field Trips

- **Grammy Museum** – Friday, October 25th
- **Disney Downtown**– Friday, November 8th
- **Universal City Walk** – Tuesday, December 3rd

Classes and Assistance: On going

Arts & Crafts	Tue	11 a.m. – 12 p.m.
Billiards	Mon-Fri	9 a.m. - 4 p.m.
Bingo	Tue/Thu	1-2 p.m.
Computer Lab	Mon-Fri	9 a.m. - 4 p.m.
Info. & Asst.	Mon-Fri	9 a.m. - 4 p.m.
Sewing Rm.	Mon-Fri	9 a.m. - 4 p.m.
Tai Chi (seniors)	Fri	10 – 11 a.m.
Walking 101	Mon/Wed	10 – 11 a.m.
Dancercise	TBA	
Pickle Ball	Tue/Thu	10 – Noon



Billiard and Computer Room – Daily Play and Classes

Special Events

Senior Resource Fair
October 22nd, 10-2 pm
City Hall Presented by the
Senior Commissioners

Holiday Dance,
Friday, December 5th 1-4
pm



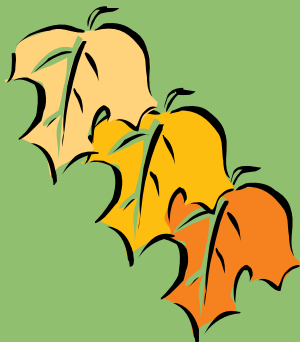
Farmer's Market Fairfax –
 Diane, Charlie, Prentis, Ray,
 Juanita and Pauline

Senior Center Holiday Closure

Monday, November 11th
Veterans Day

Thursday & Friday,
November 28th & 29th
Thanksgiving

Tuesday & Wednesday
December 24th & 25th
Christmas Eve & Christmas



Happenings: Remodel and Reconstruction

Because some of you may have missed it. Great news for the Hawthorne Senior Center. The City of Hawthorne is embarking on the redevelopment of its senior center.

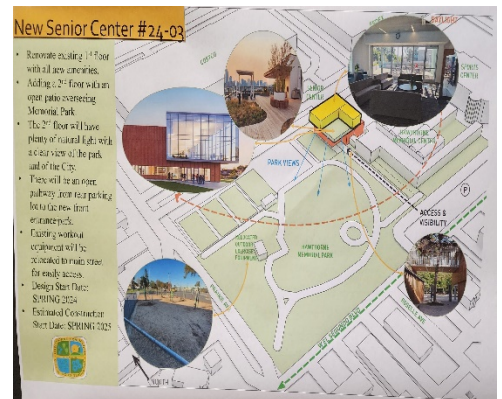
During the December 12, 2023 Council Meeting, we were privileged to have Architect RA-DA, renowned for their expertise in senior center design, provide a presentation on an innovative redesign plan for the Hawthorne Senior Center.

Funding for the project came from Assemblywoman Tina McKinnor's Office.



Proverbs: www.onlinefun.com

*I got lost in your eyes.
 But I also get lost in
 most department
 stores, so I wouldn't
 read too much into it.*



Partner of the Hawthorne Senior Center:

Rafael has collaborated with the Hawthorne Senior Center since 2016. He is a resource for the seniors for anything pertaining to health insurance at no cost to seniors.

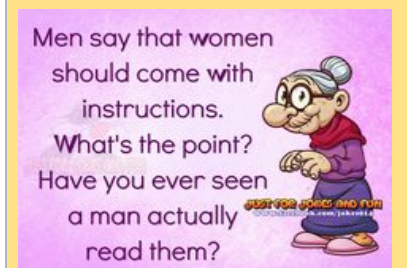
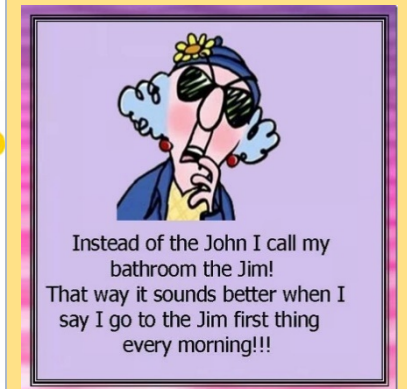
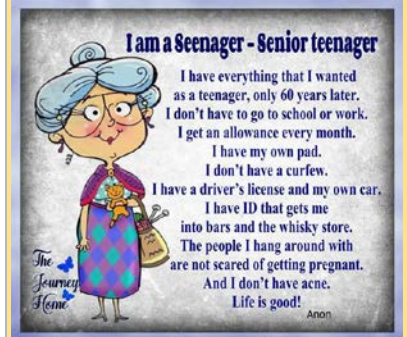
Giving them 3 or 4 advantage plan options that would benefit them the most considering their doctors, specialists, health conditions, medicines they take etc. (they decide on their plan)

He informs seniors about Medicare 101 end of the year, which explains all new changes to Medicare/Medi-Cal for the upcoming year. He is the Sponsor of the Mother's Day Event. Thank you, Rafael!





Just for Laughs



Helpful Numbers

These are numbers for you to contact when you need assistance.

Case Management	(310) 217-9554
Adult Protective Svc	(800)-228-1019
Bet Tzedek Legal Svc	(323) 939-0506
LA Veterans Affairs	(800) 827-1000
Center for Health Rights	(800) 824-0780
California Registry Referral for Licensed Residential Care & Assisted Living	(800) 777-7575
LA County In-Home Personal Asst.	(877) 565-4477
Area Agency on Aging Referral Svc.	(213) 738-4004
AARP	(562) 496-2277



Social Services

- **Bus Passes** – MTA Transit. Must be 62+ or disabled. \$15 per month. Seniors need proof of Hawthorne residency
- **Housing Listings.** Listing of senior-only buildings.
- **Information, Assistance & Referral.** Connects seniors to available services, assists with forms, transportation, Utility Tax Exemption & Gardena Transit. (310)349-1650
- **L.A. County Senior Job Training.** For seniors 60+. Call (818)714-2084
- **Senior Center Library.** Paperback/ hardback trading
- **Nutrition Program.** Hot meals to pre-registered 60+ for a suggested donation. (310) 349-1650.