



**Norman Park Senior Center**  
270 F St Chula Vista 619-409-1930

# January, February, March 2020

**Aira presentation Wednesday January 22 2020 @ 10 AM**

Aira is a organization that connects you with trusted agents, real people who will assist you to tackle task anytime and anywhere with one call. When you need to do something where some extra information can help you save time and be more efficient, just open the app and give us a call. You'll connect with real, highly-trained people who can see your surroundings through your phone's camera.

**Stone Soup January Wednesday January 29th 2020 @ 1 PM**

Come share a cup of soup and hear the story that inspired this funny and heart-warming tradition. Join us for a yummy lunch.

**This event is free, but pre-registration is required**



**Valentine's Luncheon: Wednesday February 12 @ 12 PM**

February is the month of love and friendship! What better way to celebrate than to join Norman Park for an afternoon of Valentine's Day themed fun. Everyone who signs up will enjoy a festive lunch, dessert, and games. Pre-registration is required. This event may sell out so register early!

**Must pre-register.** Fee: \$5 Resident/ \$6 Non-Resident



**Potato Bake Wednesday March 11th 2020 @ 12 PM**

We will be hosting our annual potato bake in March 11. Come enjoy a large baked potato with all the fixings and stay for fun trivia games. Space is limited, so register early.

**Must pre-register.** Fee: \$5 Resident/ \$6 Non-Resident

# Norman Park Updates

## **Paul Crawford- Commission on Aging Chair**

Dear Residents,

I hope everyone is having a beautiful holiday season. On November 13<sup>th</sup>, 2019, at 13:00, the Commission on Aging expressed a lot of wonderful ideas for our Chula Vista seniors. These ideas became our new Goals and Objectives for Fiscal Year 2019-2020. I hope everyone is prepared to see a lot happening because the Commission is looking to do more than ever before. Our Goals and Objectives are as follows:

- 1) Facility Upgrade - Repurposing the Indoor Fitness Center. Action Plan: Explore the consensus on what Norman Park patrons would like to see in the indoor fitness building and revisit the Master Plan.
- 2) Revision to the Commission on Aging's Mission Statement. Action Plan: The Commissioners shall work together to form a mission statement that best fits the Commission's objectives.
- 3) Installation of Security Cameras around Norman Park's vicinity. Action Plan: Explore and secure funding for installation.
- 4) Alternative Transportation Options. Action Plan: Reach out to Jewish Family Service of San Diego's, highlighting the need for NEMT and other transportation services for our seniors in Chula Vista.
- 5) Ask a Gerontologist. Action Plan: Introduce program run by local 501(c)3, Consumer Advocates for RCFE Reform (CARR), at Norman Park (2020). Assist CARR with facility accommodations as they use their expertise on aging to best serve our City's seniors.
- 6) Housing. Action Plan: The Commission on Aging shall participate in the City of Chula Vista's next Housing Element Update as a stakeholder group.
- 7) Creation of a community garden at Norman Park. Action Plan: Secure funding for required fencing and ongoing maintenance costs.

As always, please reach out to me if you have any questions or concerns at (619) 623-4900 or [pcrawford.coa@gmail.com](mailto:pcrawford.coa@gmail.com)

Have a Happy Holidays! See you next year!

Paul Crawford, Commission on Aging, Chair



## **Director's Message**

Norman Park Members-

I want to welcome everyone to the New Year! 2020 promises to be an exciting year and the long awaited Norman Park renovation will be completed. This could not come at a more crucial time for our Senior community. We expect our senior population to double in the next decade and we must prepare to accommodate with resources and programs to help maintain a high quality of life. I ask you please voice your concern and opinions as we try to combat a lack of funding and services by getting involved. Please look out for our upcoming Commission on Aging Meetings where we discuss goals and updates regarding senior services. Please look out for new programs this year as our amazing team of staff look to further engage with all of you. I want to thank the amazing volunteers who help make Norman Park the great place it is! We look to be opening our new lobby wing in February pending any setbacks. Thank you for your patience during this time.

**Aaron Ruiz– Supervisor III**

**City of Chula Vista**

# CLASSES UPDATES

## AARP

Take the AARP Smart Driver classroom course  
\*Refresh your driving skills and knowledge of the rules of the road  
\*Learn techniques for handling left turns, right-of-way, and roundabouts  
\*Discover proven driving methods to help keep you and your loved ones safe on the road

| Date                | Time        | Room            |
|---------------------|-------------|-----------------|
| <b>Part one</b>     |             |                 |
| Tuesday January 7th | 1:00-5:30pm | Conference room |
| Tuesday March 10th  |             |                 |
| Tuesday May 5th     |             |                 |
| Tuesday July 7th    |             |                 |

| Date                 | Time        | Room            |
|----------------------|-------------|-----------------|
| <b>Part Two</b>      |             |                 |
| Tuesday January 14th | 1:00-5:00pm | Conference room |
| Tuesday March 17th   |             |                 |
| Tuesday May 12th     |             |                 |
| Tuesday July 14th    |             |                 |

**Please call (619) 409-1930 to Register**

\*Refresher Course: 4hours Tuesday Aug 4th 2020 and Tuesday Nov 24th 2020

| Price                 | Starting July 1st 2020 |
|-----------------------|------------------------|
| \$15 for AARP members | \$20 AARP members      |
| \$20 For non-members  | \$25 non-members       |

To Find additional courses  
Visit: [www.aarp.org/drive](http://www.aarp.org/drive) or call : 1-877-846-3299

## MOPA

### Photographing the Spring through our lens

In this 3 week course we will be covering different techniques on how to photograph the essence of Spring. We will be learning how to capture nature photography and learn about composition , close up photography and lighting techniques. Each week we will photograph a different topic and print our photos at the end of the session. FREE CLASS

| Date                           | Time         | Room            |
|--------------------------------|--------------|-----------------|
| March Wednesdays 4th,11th,18th | 9:30-11:30am | Conference room |

Limited space please register before

## NEW CLASSES

# Intergenerational Tech Class

*Become tech savvy!*

WEDNESDAYS | JAN. 22 - MARCH 11

9:45 - 11:00AM | MAIN ROOM

Jan 22. & Feb. 26 Basics of how to  
use phones

Jan. 29 & Feb.19 Social Media

Feb.5 & March. 4 Food delivery

Feb 12. & March. 11 Transportation



# MOVIE MONDAYS LIST

 **January** 



## **January 6- Eight Below**

**Year:** 2006

**Starring:** Paul Walker, Bruce Greenwood, and Jason Biggs

**Description:** The frozen wasteland of Antarctica serves as the background for a tale about the bonds of friendship and loyalty. Three members of a scientific expedition, Jerry Shepard (Paul Walker), his friend Cooper (Jason Biggs) and an American geologist (Bruce Greenwood), must leave their beloved sled dogs behind after a devastating accident and increasingly perilous weather conditions. Alone, the dogs struggle to survive the harsh Antarctic winter.

**Rated:** 7.3/10 **Run time:** 2 hrs



## **January 13- Harriet**

**Year:** 2019

**Starring:** Joe Alwyn, Cynthia Erivo, Janelle Monáe, Jennifer Nettles, Tim Guinee

**Description:** The incredible true story of one of America's greatest heroes, Harriet Tubman. From her escape from slavery to the dangerous missions she led, setting free hundreds of slaves through the Underground Railroad.

**Rated:** 6.4/10 **Run time:** 2 hrs 5 min



(Continued)

# MOVIE MONDAYS LIST

January

January 20- NO MOVIE

NPSC will be closed in observance of Martin Luther King Jr. Day,

If you can't fly, then **run**.  
If you can't run, then **walk**.  
If you can't walk, then **crawl**,  
but by all means, **keep moving**.

- Martin Luther King Jr.



January 27- **Downtown Abbey**

Year: 2019

Starring: Tuppence Middleton, Michelle Dockery, Maggie Smith, Brendan Coyle

Description: The Crawley family prepares for an official royal visit to their family house in Yorkshire in 1927. They experience physical, social, and psychological upheavals as King George V, Queen Mary, and their royal entourage descend on the eponymous mansion.

Rated: 7.5/10 Run time: 2hrs 3min

# CHULA VISTA SENIOR CLUB NEWS

Chula Vista Senior Club New Membership begins January 2019.

Please come to the Hostess Desk to sign up or renew.

Membership Fees are \$10/year.

**Bingo Every Friday**  
**Time: 12 PM—2 PM**

The Chula Vista Senior Club hosts a potluck during bingo the 1st and 3rd Fridays of each month. Please bring a food item to share. Bingo cards are \$.50 each. Come for fun and the prizes!

**Bunco Every Friday**  
**2:30 PM—4 PM**

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No previous Bunco experience is required. Bunco is a parlor game played in teams with three dice.

## **Chula Vista Senior Club** **Board members 2020**

**President**—Danny Jaime  
**Treasure**— Ruth Lopez  
**Secretary**—Cathy Hudson  
**Alternate Secretary**—Karen White

## **UPCOMING SENIOR EVENTS**

Dance Feb 6 – @12:00 pm \$5.00  
**(Potluck )** Refreshment provided by club

*Do to center renovations future activities are pending*

Any questions or concerns in regards to activities should be address to Danny Jaime **president**

Please visit us on Facebook :‘chula vista Senior Citizen Club

E-mail us at : CVseniorcitizenclub@gmail.com



## **General Meeting**

The Senior Club Board Meetings are scheduled for the 2nd Tuesday of each month at 1:00 PM. The General Meetings are afterward at 1:30 PM. The next meetings are scheduled as follows:

**January 14 @ 1:30 PM in Conference Room**  
**February 11 @ 1:30 PM in Conference Room**  
**March 10 @ 1:30 PM in Conference Room**

The general meeting is open to all Senior Club members. Please join us to share your ideas and concerns.

# CLASSES, ACTIVITIES, & GROUPS

This program is funded in part through the Department of Housing and Urban Development's Community Development Block Grant and, therefore, requires compliance with the standards required as a condition of providing these funds consistent with regulations governing Public Services [(§570.201(e)]. These funds were granted to provide services rendered to Low/Moderate Income Elderly (HUD Eligibility Matrix Code 05A - Senior Services) by the City of Chula Vista Recreation Department. In order to be eligible for this program, you will be required to fill out a Client Intake form and verify eligibility by providing proof of age 62 years or older.

## CREATIVE

### ART WATERCOLOR

Are you interested in painting with watercolor? Would you like to meet and paint with other artists? Then this is the activity for you!

| DAY  | TIME             | ROOM  | COST |
|------|------------------|-------|------|
| Mon. | 9:00 AM—12:00 PM | 7 & 8 | FREE |

### ARTIST SOCIAL GROUP

Come socialize with fellow artists and share your talent. Everyone is welcome to bring their own artwork to create. Have fun with everyone in the group!

| DAY  | TIME             | ROOM | COST |
|------|------------------|------|------|
| Wed. | 9:30 AM—11:30 AM | 6    | FREE |

### CREATIVE WRITERS

This is a group for anyone interested in the creative writing process. Peers are here to encourage and inspire you with your latest writing project. Meet up to share your ideas.



| DAY   | TIME            | ROOM      | COST |
|-------|-----------------|-----------|------|
| Tues. | 2:00 PM—4:00 PM | CONF. RM. | FREE |

### KNITTING & CROCHETING

Join this friendly group of people who love to knit and crochet in good company. We have participants of all skill-levels, and would love to see some new faces!

| DAY  | TIME             | ROOM  | COST |
|------|------------------|-------|------|
| Wed. | 9:30 AM—11:30 AM | 7 & 8 | FREE |

### COLORING SOCIAL GROUP

Spend some time relaxing and chatting with friends both old and new as you channel your artistic side. Bring your own supplies or use materials provided by the center.

| DAY   | TIME              | ROOM       | COST |
|-------|-------------------|------------|------|
| Tues. | 10:00 AM—12:00 PM | CONF. ROOM | FREE |

## EXERCISE & FITNESS

### EXERCISE WITH KAY

Lose weight. Increase your energy. Improve your overall well-being. All of this is possible in this morning exercise with our volunteer Kay.

| DAY       | TIME            | ROOM      | COST |
|-----------|-----------------|-----------|------|
| Mon./Wed. | 8:00 AM—9:00 AM | FULL HALL | FREE |

### STRENGTH TRAINING

If you're interested in feeling stronger, healthier, and more vital, this program is for you. Exercising your muscles will increase your strength and endurance. Led by volunteer Kay.

| DAY  | TIME            | ROOM    | COST |
|------|-----------------|---------|------|
| Wed. | 5:45 PM—6:45 PM | 9,10,11 | FREE |

### EXERCISE LONGEVITY STICK

The longevity stick exercises aim at improving balance, flexibility, strength, mental focus and breathing capacity. Let us train the lungs and the body. Led by volunteer Sandy Trocinski.

| DAY          | TIME            | ROOM | COST |
|--------------|-----------------|------|------|
| Tues./Thurs. | 9:00 AM—9:45 AM | PARK | FREE |

### CHAIR YOGA

This class stretches and strengthens the whole body, all while seated in a chair. It's perfect for seniors or people with a disability. Led by volunteer Kay.



| DAY  | TIME            | ROOM    | COST |
|------|-----------------|---------|------|
| Wed. | 4:30 PM—5:45 PM | 9,10,11 | FREE |
| Fri. | 8:00 AM—9:30 AM | 9,10,11 | FREE |

### YOGA

Gentle movement and stretching through yoga poses can reduce swelling in joints while increasing joint mobility. Yoga improves balance which can be especially helpful for seniors.

Led by volunteer Kay.

| DAY    | TIME            | ROOM    | COST |
|--------|-----------------|---------|------|
| Thurs. | 4:30 PM—6:30 PM | 9,10,11 | FREE |

**PLEASE NOTE:** All classes with fees require pre-registration at the NPSC front desk. Payments to instructors are no longer allowed. If not enough students register in advance, classes may be canceled.

# CLASSES, ACTIVITIES, & GROUPS

This program is funded in part through the Department of Housing and Urban Development's Community Development Block Grant and, therefore, requires compliance with the standards required as a condition of providing these funds consistent with regulations governing Public Services [(§570.201(e)]. These funds were granted to provide services rendered to Low/Moderate Income Elderly (HUD Eligibility Matrix Code 05A - Senior Services) by the City of Chula Vista Recreation Department. In order to be eligible for this program, you will be required to fill out a Client Intake form and verify eligibility by providing proof of age 62 years or older.

## ENGLISH CONVERSATION

Improve your English speaking skills in our English Conversation group. You'll meet a bunch of friendly people who are learning English and can practice with you.

| DAY  | TIME             | ROOM      | COST |
|------|------------------|-----------|------|
| Wed. | 9:00 AM—11:00 AM | CONF. RM. | FREE |

## SPANISH CONVERSATION

Brush up on your Spanish speaking skills in our Spanish Conversation group. You'll meet a bunch of friendly people who are learning Spanish and can practice with you.

| DAY         | TIME              | ROOM      | COST |
|-------------|-------------------|-----------|------|
| Mon. & Fri. | 10:00 AM—12:00 PM | CONF. RM. | FREE |

## SINGING AROUND THE PIANO

Sing Along to classic jams! The Singing Seniors is a group of members over the age of 50 who sing all the right notes. The group provides a unique outlet of expression and gets out to perform!

| DAY   | TIME             | ROOM  | COST |
|-------|------------------|-------|------|
| Tues. | 11:00 AM—1:00 PM | LOBBY | FREE |

## PINOCHLE

Join a fun group of seniors who enjoy playing pinochle in a social and fun environment. Don't be bored at home—make friends and keep your mind active.

| DAY  | TIME             | ROOM  | COST |
|------|------------------|-------|------|
| Wed. | 9:00 AM—1:00 PM  | LOBBY | FREE |
| Fri. | 12:00 PM—4:00 PM | LOBBY | FREE |

## MEXICAN TRAIN & OTHER GAMES

Join a group of fun loving seniors to play *Mexican Train* along with other games. Don't be bored at home, make friends and keep your mind active.

| DAY  | TIME             | ROOM  | COST |
|------|------------------|-------|------|
| Wed. | 12:00 PM—2:00 PM | LOBBY | FREE |

## MOVIE MONDAY

Every Monday Norman Park Senior Center features an exciting movie that will keep you entertained.

| DAY  | TIME            | ROOM | COST |
|------|-----------------|------|------|
| Mon. | 1:00 PM—3:00 PM | HALL | FREE |

## BRIDGE

Bridge is the greatest card game of all. It can provide a challenge as well as enjoyment for the rest of your life. Millions of people play bridge worldwide making it one of the world's most popular card games, particularly among seniors!

| DAY                   | TIME             | ROOM  | COST |
|-----------------------|------------------|-------|------|
| Mon. (Bridge Chicago) | 12:00 PM—4:00 PM | 6     | FREE |
| Wed.                  | 12:00 PM—4:00 PM | 7     | FREE |
| Thurs.                | 12:00 PM—4:00 PM | Annex | FREE |

## MAH JONGG

Traditionally played in groups of four players, Mah Jongg is a fun game that uses tiles. Both new and experienced players are encouraged to bring a lunch to enjoy and join this friendly group for a day of Mah Jongg.

| DAY  | TIME             | ROOM | COST |
|------|------------------|------|------|
| Fri. | 10:00 AM—3:00 PM | 6    | FREE |

## SCRABBLE

Come test your vocabulary and show off your creativity with fellow word enthusiasts.

| DAY            | TIME             | ROOM  | COST |
|----------------|------------------|-------|------|
| Mon./Wed./Fri. | 12:30 PM—4:00 PM | LOBBY | FREE |

## SINGING INFORMAL

Share your talent with other singing seniors in our community! Come and enjoy an informal singing group and have fun in a relaxed setting with other seniors!

| DAY   | TIME             | ROOM  | COST |
|-------|------------------|-------|------|
| Tues. | 9:00 AM—12:00 PM | ANNEX | FREE |

## SINGING SENIORS

The Singing Seniors is a group of members over the age of 50 who sing all the right notes. The group provides a unique outlet of expression and gets out to perform!

| DAY   | TIME            | ROOM  | COST |
|-------|-----------------|-------|------|
| Tues. | 1:30 PM—3:30 PM | ANNEX | FREE |

# CLASSES & ACTIVITIES

## INSTRUCTED

### GUITAR LESSONS

Your musical journey starts here! Learn chords, simple strums, and tuning in a fun and relaxed group setting. Whether you're a beginner or an intermediate student, this course will take your musical talent to the next level. By the time you're finished, you'll be well on your way to becoming a better guitar player. **Individual time with the instructor varies depending on the number of students present.**

This class is taught by Scott Humphries.

| DAY   | TIME              | ROOM |
|-------|-------------------|------|
| Tues. | 10:45 AM—11:45 AM | 11   |

**COST** \$21/Res & \$26/Non-Res (per month)



### LINE DANCE (Advanced/Beginner)

You don't need a partner but you can bring all your friends to this fun workout! Everyone learns at a different pace so choose between the Advanced and Beginner levels! This class is taught by Christine Schroeder.

| DAY            | TIME              | ROOM  |
|----------------|-------------------|-------|
| Advanced Tues. | 10:00 AM—11:00 AM | 7 & 8 |
| Beginner Tues. | 11:00 AM—12:00 PM | 7 & 8 |



**COST**  
 Month: \$12/Res & \$15/Non-Res  
 Drop-in: \$3.00/Day

## ANNEX ACTIVITIES

### BILLIARDS ROOM

The Billiards Room is open for patrons 50+ during normal center operating hours. There are two tournament size billiards tables and pool sticks are available.

| ROOM  | COST |
|-------|------|
| ANNEX | FREE |

### SHUFFLEBOARD

Shuffleboard is best played in groups, so bring your friends along and join us at Norman Park! Have fun and enjoy a good afternoon with friends.

| ROOM  | COST |
|-------|------|
| ANNEX | FREE |



## SENIOR CLUB GAMES

### BINGO—CV SENIOR CLUB

Looking for the best **Bingo** in Chula Vista? Looking for something exciting to do at Norman Park? Look no further. Come and enjoy a wonderful atmosphere while you relax and play bingo.

| DAY  | TIME             | ROOM    |
|------|------------------|---------|
| Fri. | 12:00 PM—2:00 PM | 9,10,11 |

### BUNCO—CV SENIOR CLUB

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary! Bunco is a parlor game played in teams with three dice.

| DAY  | TIME            | ROOM    |
|------|-----------------|---------|
| Wed. | 4:30 PM—6:30 PM | LOBBY   |
| Fri. | 2:30 PM—4:00 PM | 9,10,11 |

**PLEASE NOTE:** All classes with fees **require pre-registration** at the NPSC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

# CLASSES & ACTIVITIES

## \*NEW\* TAI CHI

This class will improve your strength and flexibility. You will learn beautiful, flowing movements that will reduce your stress.



| DAY       | TIME          | ROOM | COST |
|-----------|---------------|------|------|
| Mon & Wed | 11:30am-12:30 | Hall | FREE |

## DANCE CARDIO PARTY

Get your heart pumping as you feel the rhythm of the music. It's not a workout, it's a party! Join Rita for a fun way to get fit. This class is taught by Rita Sancen.

| DAY         | TIME            | ROOM  | COST            |
|-------------|-----------------|-------|-----------------|
| Mon. & Wed. | 5:30 PM—6:30 PM | 6,7,8 | Drop-in fee \$3 |



\$14/\$19 January  
\$14/\$19 February  
\$18/\$23 March

## VOLLEYBALL

Come try this fun new activity with a lively group of seniors. It's sure to be a good time! A beach ball-type ball will be used.



| DAY | TIME         | ROOM       | COST |
|-----|--------------|------------|------|
| Mon | 9:05—9:35 AM | 9, 10, 11* | FREE |

\*May be relocated outside to park pending hall availability.

## SENIOR EXERCISE

This class is specifically designed for older adults. Strength training exercises will enhance and promote strength and balance skills, mobility, and agility skills. Led by volunteers.

| DAY            | TIME            | ROOM      | COST |
|----------------|-----------------|-----------|------|
| Tues. & Thurs. | 8:00 AM—9:00 AM | FULL HALL | FREE |



## FITNESS CENTER

The fitness center has a variety of equipment including treadmills, rowing machines, stationary bicycles, strength training machines, balance boards, and free weights.

**COST: Three-month Quarter:**  
\$28/Res & \$33/Non-Res

**One Month Membership:** \$10/Res & \$15 Non-Res

**Daily drop-in:** \$3.00

### Fitness Center Hours \*NEW\*

Monday—Thursday 8 AM—7 PM

Friday 8 AM—5 PM



## CHULA VISTA WALKS

| DAY            | TIME    | ROOM   | COST |
|----------------|---------|--------|------|
| Tues. & Thurs. | 9:30 AM | 9 & 10 | FREE |

Stay active by walking. Join the fun and walk with us! CVW participants meet at the NPSC every Tuesday and Thursday at 9:30 AM. Seniors Rock !!!!! Chula Vista walks meets at Jst Marina Every Tuesday and Thursday



**PLEASE NOTE:** All classes with fees **require pre-registration** at the NPSC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

# HEALTH & WELLNESS

## BEREAVEMENT SUPPORT GROUP

Free peer support group open to anyone seeking support in coping with the loss of a loved one. Professionally facilitated by staff of Silverado Hospice.

| DAY    | TIME              | ROOM      | COST |
|--------|-------------------|-----------|------|
| Thurs. | 10:30 AM—12:00 PM | CONF. RM. | FREE |

## BLOOD PRESSURE SCREENING

Blood pressure screening is free to everyone. Services provided by a Sharp Chula Vista Medical Center volunteer.

| DAY             | TIME    | ROOM  | COST |
|-----------------|---------|-------|------|
| 1st/3rd Fridays | 9:00 AM | LOBBY | FREE |

## PARKINSONS SUPPORT GROUP

At this group you will be welcomed, understood, accepted, and supported by people with Parkinson's, their care partners and family. Learn from your peers. Discuss symptoms and medications. Share resources, life experiences, and knowledge. Meet expert speakers about the latest research and therapies.

| DAY       | TIME            | ROOM | COST |
|-----------|-----------------|------|------|
| 2nd Tues. | 1:00 PM—3:00 PM | Hall | FREE |

# PRESENTATIONS

### Shillinger Law Resource Series

| DAY                | TIME    | ROOM |
|--------------------|---------|------|
| Wed Jan. 8th, 2020 | 9:30 AM | Hall |
| Wed Feb 5th, 2020  | 9:30 AM | Hall |
| Wed Mar 4th 2020   | 9:30 AM | Hall |

**January** –Estate Planning time to review

**February** –SAN (Senior advocate network ) getting your professional team together

**March**– Downsizing and making a move

### Aira

| DAY             | TIME           | ROOM | COST |
|-----------------|----------------|------|------|
| Wed, Jn 22 2020 | 9:30am-11:00am | Hall | FREE |

Aira is a organization that connects you with trusted agents, real people who will assist you to tackle task anytime and anywhere with one call. When you need to do something where some extra information can help you save time and be more efficient, just open the app and give us a call. You'll connect with real, highly-trained people who can see your surroundings through your phone's camera

### Blue Shield California

| DAY              | TIME          | ROOM | COST |
|------------------|---------------|------|------|
| Wed Mar 4th 2020 | 10:00am-11:30 | Hall | FREE |

Blue Shield offers access to a wide range of doctors, specialists, and hospitals to help you find care wherever you live or work. Our PPO, HMO, dental, and vision networks are among the largest in California

### Cirmaric Legal Assistant

| DAY               | TIME           | ROOM | COST |
|-------------------|----------------|------|------|
| Wed, Feb 5th 2020 | 9:30am-11:00am | Hall | FREE |

Cirmaric are able to provide legal assistant. As well as one on one services.

**PLEASE NOTE:** All classes with fees **require pre-registration** at the NPSC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

# UPSTAIRS SERVICES AND CLUBS

Norman Park Senior Center serves as headquarters for a variety of local non-profit organizations that provide important services to our community. Head upstairs and say hello!

## MEALS ON WHEELS

Meals-on-Wheels Greater San Diego, Inc. is committed to reducing the isolation experienced by so many elderly. Meals are delivered to seniors' homes by volunteers.

Seniors can also join the membership meal program and enjoy lunches, dinners, baked goods, and desserts at their convenience. Meals can be purchased on site. Volunteers are available to assist in the sale of meals at the desk in the lobby Monday through Friday 11 AM—1 PM when NPSC is open.

**Call (619) 420-2782 or visit [www.meals-on-wheels.org](http://www.meals-on-wheels.org) for more information.**



**MEALS on WHEELS**

## SOUTHERN CAREGIVER RESOURCE CENTER

Southern Caregivers provide free services for family caregivers including counseling, respite, supports groups, legal consultations and more.

**Call (619) 729-2772 for more information.**

| DAY                     | TIME                      | ROOM            |
|-------------------------|---------------------------|-----------------|
| Support Group (Spanish) |                           |                 |
| 1st & 3rd Wed.          | 4:30 PM—6:30 PM           | Upstairs Office |
| “Clase Calma” (Spanish) | Call for dates and times. | Upstairs Office |

## CLUB AMISTAD

Club Amistad meets for various events during the month. The group is mostly Spanish speaking but all are welcome to come join. For more information, contact Minga Santos at (619) 575-8144. Upcoming dates: **Jan** 7,14,21,28; **Feb** 4,11,18,25; **Mar** 3,10,17,24

| TIME                                 | ROOM    |
|--------------------------------------|---------|
| 1st, 3rd, 4th Tues. 12:00 PM—4:00 PM | 9,10,11 |

## GARDEN CLUB

The Chula Vista Garden Club meets every 3rd Thursday of the month. For more information call President Michael J. Biedender (619) 991-0526

| DAY        | TIME             | ROOM      |
|------------|------------------|-----------|
| 3rd Thurs. | 11:00 AM—1:30 PM | FULL HALL |



# OLDER ADULT & SENIOR CLASSES AND ACTIVITIES ACROSS THE CITY

The Recreation Department offers a variety of classes and activities that are suitable for older adults and seniors. Attending these classes is a way to get out and explore the community while trying something new. Perhaps you'll find a new, fun class offered in your local neighborhood. Go to the Recreation Department's website for older adult and senior programming at a facility near you. [www.chulavistaca.gov/rec](http://www.chulavistaca.gov/rec)

### Heritage Park

**1381 E Palomar St.  
Senior Mobile Rec.**  
Free senior activities every Friday  
Drop in between 10:00 AM—12:00 PM. Art projects & games. Learn how to save energy.  
For more info. call (619) 585-5653.

### Otay Recreation Center

**(619) 409-1999  
3554 Main Street**  
Feeling Fit Club for Seniors  
Mon. & Wed. 9:00—10:00 AM  
Free

### Loma Verde Recreation Center

**1420 Loma Lane  
(619) 409-1939**  
AM Exercise Tuesdays & Thursdays  
9:00—10:00 AM, \$3 Drop-in fee or  
a monthly fee which varies month to month.

Zumba  
MTW 6:30 PM—7:30 PM  
\$5 Drop-in fee or a monthly fee which varies  
month to month.

### Loma Verde Pool

**1420 Loma Lane  
(619) 409-1987**  
Water Aerobics  
Mon./Wed./Fri. 11:00 AM—12:00 PM  
\$4/class or 10 classes for \$35

### Parkway Pool

**373 Park Way  
(619) 409-1980**  
Parkway Silver Splash (ages 55+)  
Mon./Wed. 9:30—10:15 AM  
\$4/class or 10 classes for \$35



### Salt Creek Recreation Center

**2710 Otay Lakes Rd  
(619) 585-5739**  
Senior Weight Training (Tues. 8:00—8:50 AM)  
\$50 Res/ \$63 Non-Res  
10 week session. Taught by Frances Bordenave.

### Veterans Park Community Center

**785 East Palomar  
(619) 691-5260**  
AM Yoga (Mon. & Wed. 9:00—10:00 AM)  
\$59 Res/ \$74 Non-Res

Zumba (Tues. 9:00—9:55 AM)  
Jan. 8—March 12  
\$40 Res/ \$50 Non-Res

Zumba (Thurs. 9:00—9:55 AM)  
January 10—March 14  
\$40 Res/ \$50 Res

Zumba Combo (Tues. & Thurs. 9:00—9:55  
AM)  
\$70 Res/ \$87.50 Non-Res



### Monteville Recreation Center

**840 Duncan Ranch Road  
(619) 402-1977**  
Active Adult Fitness  
Thursdays 10:00—11:00 AM  
\$35 Res/\$44 Non-Res

Pickleball (Open Play)  
Fridays 9:00—11:50 AM (except holidays & school breaks  
when there is camp)

### Parkway Community Center

**(619) 409-1980**  
**Class is held at the Woman's Center @ 357 G Street**  
Exercise Program for Seniors  
Tues. & Thurs. 1:00—2:00 PM  
Free

# WEEKLY EVENTS

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|
| <p><b>EXERCISE WITH KAY</b><br/>8:00 AM—9:00 AM</p> <p><b>COMPUTER CLUB</b><br/>8:00 AM—12:00 PM</p> <p><b>VOLLEYBALL</b><br/>9:05 AM—9:35 AM</p> <p><b>ART WATERCOLOR</b><br/>9:00 AM—12:00 PM</p> <p><b>SPANISH CONVERSATION</b><br/>10:00 AM—12:00 PM</p> <p><b>TAI CHI</b><br/>11:30AM-12:30PM</p> <p><b>BRIDGE CHICAGO</b><br/>12:00 PM—4:00 PM</p> <p><b>SCRABBLE</b><br/>12:30 PM—4:00 PM</p> <p><b>MOVIE MONDAY</b><br/>1:00 PM—3:00 PM</p> <p><b>DANCE CARDIO PARTY</b><br/>5:30 PM—6:30 PM (Fee Pg. 7)</p> | <p><b>EXERCISE CLASS</b><br/>8:00 AM—9:00 AM</p> <p><b>LONGEVITY STICK</b><br/>9:00 AM—9:45 AM</p> <p><b>CHULA VISTA WALKS</b><br/>9:30 AM—10:30 AM</p> <p><b>SINGING INFORMAL</b><br/>9:00 AM—12:00 PM</p> <p><b>COLORING GROUP</b><br/>10:00 AM—12:00 PM</p> <p><b>ADV. LINE DANCE</b><br/>10:00 AM—11:00 AM (Fee Pg.6)</p> <p><b>GUITAR LESSONS</b><br/>10:45 AM—11:45 AM (Fee Pg.6)</p> <p><b>BEG. LINE DANCE</b><br/>11:00 AM—12:00 PM (Fee Pg.6)</p> <p><b>SINGING AROUND THE PIANO</b><br/>11:00 AM—12:00 PM</p> <p><b>CLUB AMISTAD</b><br/>12:00 PM—4:00 PM</p> <p><b>SINGING SENIORS</b><br/>1:30 PM—3:30 PM</p> <p><b>2ND TUES. PARKINSON'S</b><br/>1:00 PM—3:00 PM</p> <p><b>CREATIVE WRITERS</b><br/>2:00 PM—4:00 PM</p> | <p><b>EXERCISE WITH KAY</b><br/>8:00 AM—9:00 AM</p> <p><b>1ST &amp; 2ND Wed .PRESENTATIONS</b><br/>9:30 AM-11:00PM</p> <p><b>PINOCHLE</b><br/>9:00 AM—1:00 PM</p> <p><b>ENGLISH CONVERSATION</b><br/>9:00 AM—11:00 AM</p> <p><b>ARTIST SOCIAL GROUP</b><br/>9:30 AM—11:30 AM</p> <p><b>KNITTING &amp; CROCHETING</b><br/>9:30 AM—11:30 AM</p> <p><b>TAI CHI</b><br/>11:30AM-12:30PM</p> <p><b>MEXICAN TRAIN</b><br/>12:00 PM—2:00 PM</p> <p><b>BRIDGE DUPLICATE</b><br/>12:00 PM—4:00 PM<br/>(Canceled on special event days)</p> <p><b>SCRABBLE</b><br/>12:30 PM—4:00 PM</p> <p><b>TECH 1-ON-1</b><br/>3:00 PM—5:00 PM (Fee Pg. 6)</p> <p><b>CHAIR YOGA</b><br/>4:30 PM—5:45 PM</p> <p><b>BUNCO GAME NIGHT - CV SENIOR CLUB</b><br/>4:30 PM—6:30 PM</p> <p><b>DANCE CARDIO PARTY</b><br/>5:30 PM—6:30 PM (Fee Pg.7)</p> <p><b>STRENGTH TRAINING</b><br/>5:45 PM—6:45 PM</p> | <p><b>EXERCISE CLASS</b><br/>8:00 AM—9:00 AM</p> <p><b>LONGEVITY STICK</b><br/>9:00 AM—9:45 AM</p> <p><b>CHULA VISTA WALKS</b><br/>9:30 AM—10:30 AM</p> <p><b>BEREAVEMENT</b><br/>10:30 AM—12:00 PM</p> <p><b>3RD THURS. GARDEN CLUB</b><br/>11:00 AM—1:30 PM</p> <p><b>1ST THURS. CV SENIOR CLUB DANCE</b><br/>1:00 PM—3:00 PM</p> <p><b>BOOK CLUB: 1ST THURS.</b><br/>3:30 PM—5:30 PM</p> <p><b>YOGA</b><br/>4:30 PM—6:30 PM</p> | <p><b>CHAIR YOGA</b><br/>8:00 AM—9:30 AM</p> <p><b>MAH JONGG</b><br/>10:00 AM—3:00 PM</p> <p><b>SPANISH CONVERSATION</b><br/>10:00 AM—12:00 PM</p> <p><b>COMUPTER LAB</b><br/>10:00 AM—12:00 PM (Fee Pg. 6)</p> <p><b>PINOCHLE</b><br/>12:00 PM—4:00 PM</p> <p><b>SCRABBLE</b><br/>12:30 PM—4:00 PM</p> <p><b>BINGO - CV SENIOR CLUB</b><br/>12:00 PM—2:00 PM</p> <p><b>BUNCO - CV SENIOR CLUB</b><br/>2:30 PM—4:00 PM</p> |

**Out 2 Lunch Bunch**

The Out-2-Lunch Bunch meets at 1:00 PM at the pre-designated restaurant. This group emphasizes making new friends and socializing. Everyone pays for their own lunch.

**Jan 9th (Thu)**—Agave Grill —625 H St Chula Vista

**Feb 13th (Thu)**— Apple Bees —610 Palomar St. Chula Vista

**Mar 12th (Thu)**- El Patio —410 Broadway St Chula Vista

Don't forget to mark your calendars!



# CENTER OPERATIONS

## FITNESS CENTER HOURS

Mon.—Thurs. 8:00 AM—7:00 PM

Fri. 8:00 AM—5:00 PM

## NORMAN PARK STAFF

Aaron Ruiz  
Adolfo Herrera  
Caitlin Weston  
Kassandra Hernandez  
Carol Herrera  
Dayanira Heredia  
Anthony Cosio  
Jahnessa Contreras  
Roseann Schertzer

Gabriel Luna  
Jazmine Hernandez

## CENTER HOURS OF OPERATION

Mon.—Thurs. 8:00 AM—7:00 PM

Fri. 8:00 AM—5:00 PM

## HOLIDAYS

Martin Luther King Jr Day Monday Jan 20, 2020

Presidents Day Monday Feb 17, 2020

## FRIENDS OF NORMAN

Kay Bodge  
Dr. Manuel Belandrez  
Vincent Snodgrass  
Magali Picazo  
Joanie Corey  
Dr Lupe Valladolid  
Toni Rowden

## COMMISSION ON AGING

**Chair**-Paul Crawford  
**Vice Chair**- Madeleine Corbeil  
Emily Train  
Mary Johnson  
Monica Allen  
Pat Mallen

Meets the 2nd Wednesday of every-other-month Jan 8th 2020 & Mar 11th 2020 from 1:00—2:30 PM in the Conference Room. For more information contact (619) 409-5979.

To be more environmentally conscious and reduce our high printing costs, our quarterly newsletter is now on the city website at <https://www.chulavistaca.gov/departments/recreation/seniors>