



December Birthdays

Maria Villegas 12/1, Phyllis Frasher 12/2
 Lauren Punzolan 12/2
 Edith Romero de Serna 12/2, Lupe Cazares 12/3
 Kathryn Shannon 12/3, Nancie Johnston 12/5
 Mary Loera 12/5, Hank Chen Cheieshong 12/6
 Lillian Dreyfuss 12/6, Ron Garber 12/6
 Adina Mesa 12/6, Ali Solumanzadeh 12/6
 Karen Day 12/7, Steea Dolomandin 12/7
 Dolores Gehr 12/7, Pat Trerise 12/7
 Raquel Navarro 12/8, Gethel Freeman 12/9
 Cathy Henry 12/9, Dorothy Osborn 12/9
 Maria Zepeda 12/9, Zhing Zhan Lu 12/9
 Helen Graham 12/10, Robert Prada 12/10
 Irma Reveles 12/10, Ford Chang 12/11
 Donna Georgino 12/11, Deborah Pyles 12/11
 Eva Maggard 12/11, Ann Van Der Ahe 12/11
 Grace Querriero 12/12, Melita Robertson 12/12
 Herminia Sarmiento 12/12, Lillie Berry 12/13
 Roger Earnest 12/13, Virginia Gomez 12/13
 Emma Aranda 12/14, Daniel Hanzei 12/14
 Betty Jacob 12/14, Carolus Reichard 12/14
 Chunlian Wang 12/14, Sabatini Fernandez 12/15
 Larry Arnot 12/16, Clara Castro 12/16
 Sheila Woehler 12/18, Buell Brown 12/19
 Timmie Petersilge 12/19, Lillia Reynoso 12/19
 Lolita Abolos 12/21, Nathaniel Mack 12/21
 Betty Schiloski 12/21, Patricia Sleeter 12/21
 Pasakda Elvesa 12/22, Leroy Jaramiello 12/22
 Mushir Khan 12/22, Lillian Chacon 12/23
 Renata Deliman 12/23, Helen Minns 12/23
 Eliana Kecino 12/23, Victor Tonayo 12/23
 Pat Saelow 12/24, Maria del Carmen Orozco 12/25
 Claudia Heller 12/25, Pyska Huguette 12/25
 Patchares Saelon 12/25, Miranda Lee 12/25
 Ofelia Lerma 12/25, Paul Muller 12/25
 Saroj Narang Sarei 12/25, Anita Ortiz 12/26
 Amelia DeBelen 12/27, Yolanda Carbonetta 12/28
 Donna Langley 12/28, Teresa Evangelista 12/29
 Alan Heller 12/29, Douglas McComb 12/30
 Leticia Barranco 12/31, Forest Brakeman 12/31
 Odette Dugat 12/31, Virgilio Malang 12/31
 Mary Rumsey 12/31, Robert Traynos 12/31

Birthdays will be celebrated on Wednesday, December 7 at 12:30 p.m. Birthday cake donated by Vons Pavilion in Monrovia.

TECH SUPPORT

Wednesday, December 14
 1:00 p.m.

BLOOD PRESSURE CHECKS

Tuesday, December 13
 10:00 a.m. – 12:00 p.m.



Health Care Partners will provide a medical assistant to do free blood pressure checks.



NOTARY SERVICE
 There will be no notary service offered this month.

FREE LEGAL CLINIC

Wednesday, December 14
 1:00 – 2:30 p.m.



Sara Polinsky, Elder Law Attorney, will be at the Center to provide free legal counsel. Please call the Center at 357-3513 to schedule an appointment.

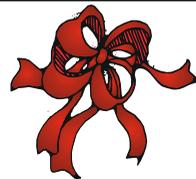


BUNCO

Wednesday, December 7
 12:30 – 3:00 p.m.

The cost of an afternoon of fun is just \$1. Cash prizes and a lot of fun. Please RSVP if you would like to attend.

Merry Christmas and Happy New Year!



At this time of the year, we look to one another in celebration. We share memories and in so doing, make new ones. Thank you for all the enjoyment you have provided us during the last year. Wishing you and yours a holiday season filled with love, joy and happiness.
 Peggy & Kelly

Duarte Senior Center



December 2016
 1610 Huntington Drive
 Duarte, CA 91010
 (626) 357-3513
 Monday - Friday, 9:00 a.m. to 2:00 p.m.
www.accessduarte.com

Holiday Boutique and Sweet Shoppe

Monday through Friday
 December 12 - 16
 9:00 a.m. - 1:00 p.m.

Come to the Center to buy gift items, home baked goods, and candies.

If you are interested in donating baked goods or items for the boutique, sign up at the front desk



Christmas Concert

Monday, December 12
 11:45 a.m.

Fee: \$3 (Lunch included)

Duarte High School Choir will be here to kick off the holiday season. There will also be raffle prizes.

Reservations required by noon on December 9th. Sign up at front desk with payment.

Christmas Program "Silver Strings" Guitar Class to Perform



Tue., December 20, 12:00 - 12:30 p.m.
 Fee: \$3 (Lunch included)

Come and let the Duarte Senior Center guitar class inspire you with their lovely holiday arrangements. There will also be raffle prizes. Please make a reservation by noon on Monday, December 19. Sign up at front desk with payment.

Christmas Luncheon Party

Thursday, December 22, 11:45 a.m.
 Fee: \$7 (Lunch included)

Join us for our last special program before Christmas. Enjoy a special Christmas program. Reservations required by noon on December 21 with payment. Lots of raffles and a visit from Santa.

REMINDER: The Duarte Senior Center will be closed December 23, 26, 30 and January 2 in observance of the holidays.

ADULT EXCURSIONS

Online registration now available at accessduarte.com.

Registration for the following excursions begins December 5. Online registration begins at 6:00 a.m. and walk-in registration begins at 9:00 a.m. at the **Duarte Senior Center**.

Bus will now pick up at the Duarte Civic Center overflow parking lot at 1620 Huntington Dr., Duarte.

Visa/MasterCard/Discover accepted

Disney on Ice Worlds of Enchantment

Family excursion - ages 4 and older (Dinner on your own)

Wed., January 4, 3:30 - 10:00 p.m.

Fee: \$37 regular price (Resident discount price \$29, non-resident discount price \$33)

Palm Springs Musical Journey

(Lunch on your own)

Wed., February 22, 9:30 a.m. - 5:30 p.m.

Fee: \$50 regular price (Resident discount price \$42, non-resident discount \$46)

Laughlin Riverside Resort & Casino

(Must be 21 years of age or older.)

Meals in Laughlin include two breakfast buffets and one "your choice" buffet (breakfast, lunch or dinner)

Tue., March 28, 9:00 a.m. through

Thu., March 30, 6:00 p.m.

Fee: \$106 per person, double occupancy
\$138 per person, single occupancy

REFUNDS: In the event of a participant cancellation, an attempt will be made to fill the spot from the waiting list. If successful, the participant will receive a gift certificate equal to the amount of the trip minus a \$10 service charge.

Adult Extended Excursion

The Pacific Northwest's Coastal Treasures

July 9 - 17

9 Days, 13 Meals

\$3,639 per person, double occupancy

\$4,539 per person, single occupancy

Special travel presentation on Tuesday, January 10 at 11:00 a.m. at the Duarte Senior Center.

Cribbage



Tue., December 6 & 20

12:30 - 2:00 p.m.

Sign up at the front desk!

Braille Institute

Are you experiencing LOW VISION?

Braille Institute will be offering three FREE life enrichment classes to those who are experiencing difficulty with daily living tasks. Classes are held from 11:30 - 12:30 p.m. on the following days:

Friday, January 13

Understanding Vision Loss and the Emotional Impact

Friday, January 20

The Business of Living

Friday, January 27

Staying Connected! Reading, Writing and Technology When You Are Visually Impaired.



Beadweaving

Monday, December 12

1:00 - 5:00 p.m.

Class size is limited to the first 10 people to register

For the December class the project you will be completing is an ornament. Please stop by the front desk to see example. If you are interested, please register at the front desk and pick up a supply list.



Trail Trekkers

Eaton Canyon Natural Area

Tuesday, December 13 at 9:00 a.m.

Join Trail Trekkers for our hike to the Eaton Canyon Natural Area, a 190-acre zoological, botanical, and geological nature preserve situated at the base of the beautiful San Gabriel Mountains in Pasadena.

Please see the flyer for additional information and directions. Contact the front desk to sign up for this free hike.

People Helping People

How Can We Help?

Do you or anyone you know, age 55 or over, need some assistance? We are here to help!

The People Helping People program unites teenage volunteers with local senior citizens in the community. Our volunteers are willing to assist our community's seniors with light housework, yard work, or just give them a visit at absolutely **NO COST**. Call the Senior Center at 357-3513 and ask to speak to Valerie, our VIP Fellow.

Book Club Readers!

Monday, December 19, 1:30 p.m.

This month we will be finishing "Americanah" by Chimamanda Ngozi Adichie, chapter 23 to the end.

Jan Rietow will be our moderator.



Bingo

Tuesday, 12:45-2:30 p.m.

25¢ per card



DUARTE'S ON THE MOVE

RIDER'S CLUB

L.A. Farmer's Market & The Grove

Wednesday, December 28

8:25 a.m. - 5:00 p.m..

Join Duarte's "On the Move Rider's Club" for one of our upcoming trips. It's a great way to learn more about our public transportation systems.

We will meet at the Duarte Gold Line Station for this trip. Be prepared for some walking at our destination, however, there are ample places to just sit and relax too. Contact the front desk to sign up for this trip and please see the flyer for additional information and directions.

WHAT'S HAPPENING IN DUARTE

With Councilmember Liz Reilly

Monday, December 19, 12:30 p.m.

Enjoy some conversation at the Senior Center.

NO GREETING CARD CLASS IN DECEMBER



MOVIE DAYS

Wednesday, December 7
12:45 p.m. – 2:45 p.m.
"It's A Wonderful Life"

Wednesday, December 28
12:45 p.m. – 2:45 p.m.
"Joy"



The Movie Guy Presents:
"Miracle On 34th Street"
Wednesday, December 21
1:00 p.m.

Did you know that the film helped make the annual Macy's Day Parade an American institution? Macys and Gimbels had to give their approval of the script and production before it could be shot. William Frawley, who would later go on to play the role of Fred Mertz on the "I Love Lucy" TV series, has a brief role in the film. Natalie Wood who plays Maureen O'Hara's daughter in the film, thought the actor playing Santa Claus, Edmund Gwenn, really was Santa Claus. Learn about these interesting facts and many more from the movie guy as we talk about "Miracle On 34th Street" starring Maureen O'Hara, Natalie Wood and Edmund Gwenn, and then show the movie.

Chess for Seniors

There will only be one meeting this month.
Friday, December 2
1:00 p.m. - 2:00 p.m.



Holiday Tree Lighting and Fiesta



Tuesday, December 6
6:30 p.m. – 8:00 p.m.

Duarte Senior/Community Center
Dinner: \$7 per person

Join the fun as Duarteans light the city's official living Christmas tree. Enjoy musical entertainment and dine on a delicious traditional tamale dinner. NO RESERVATION NEEDED.

A.A.R.P. SMART DRIVER COURSE

(8-hour course)



Tuesday, January 17 and
Thursday, January 19, 1:00 – 5:00 p.m.
\$15 for members; \$20 for non-members

(4-hour refresher course)

Thursday, March 16, 1:00 – 5:00 p.m.
\$15 for members; \$20 for non-members

Classes are conducted by A.A.R.P. at the Duarte Senior Center. Auto insurance companies are required by law to offer discounts to course graduates age 55 and older. Payment required at registration. For any questions, please call 357-3513.

Pickleball

Fridays
10:00 - 12:00pm.

Remember there is no equipment needed. The Center has racquets, balls and nets for play that will be set up at Duarte Park 1344 Bloomdale Street.

Fee and Charge Classes

Online Registration! www.accessduarte.com quick Links > Register for Recreation Programs. Registration for the winter session begins December 5. Classes begin the week of January 2. All classes are for adults 55 years and older. NO REFUNDS. **Please note that no classes will be held on Monday, January 2 as it is an observed holiday and the Senior Center will be closed.**

Time	Day	Begins	Fee
Ballroom Dance – 10-week session. Discover the beauty and fun of Ballroom Dancing. Come learn to dance with Bill and Margaret Berry who have taught dancing on Cruise Ships around the world. You'll start with basic steps of Ballroom Dance.			
1:00-2:00 p.m.	Fri	1/6	\$35
Cross Fit - 10-week session. Join instructor Shelly Amaro as she leads students through steps/weights/resistance bands and floor stretches. Wear comfortable clothes.			
10:15-11:15 a.m.	Wed	1/4	\$10
Exercise With Shelly - 10-week session. Shelly Amaro will lead students utilizing weights and resistance bands.			
10:15-11:15 a.m.	M/F	1/2	\$20
Intro to Computers – 8-week session. Never touched a computer? Explore the basic skills to enrich your knowledge and understand the terminologies. Experienced learners can sharpen their skills. Hands-on practice can accelerate students to master the computer. <i>Lab and supply fee: \$10 payable to instructor.</i> Held at the Duarte Senior Center.			
2:00-2:45 p.m.	Fri	1/6	\$65
Piano/Keyboard – 10-week session. Instructor Roxie Arnot will teach you how to play the piano at the beginning or intermediate level.			
9:00-10:00 a.m.	Thu	1/5	\$50
10:00-11:00 a.m.	Thu	1/5	\$50
Pompeii A.D. 79 – Daily Life in an Ancient Roman City – 8-week session. Instructor is Professor Gordon Dyer. <i>\$20 supply fee payable to instructor.</i>			
10:00-11:15 a.m.	Fri	1/6	\$40
Sewing - Focus will be on basic sewing techniques. Students will complete a simple project. Instructor is Susana Capra. Limited to first 6 people to arrive.			
10:30-12:00 p.m.	Mon	on-going	\$2 class
Strength Training - 10-week session. This class, instructed by Leslie Lollar, is designed for seniors who want to increase their muscle strength. Classes held at the Fitness Center.			
1:00-2:00 p.m.	T/Th	1/10	\$70
Western Line Dance - 10-week session. Instructors are Bill and Margaret Berry.			
Beg. 10:15-11:45 a.m.	Thu	1/5	\$35
Yoga - 8-week course. This class focuses on increasing range of motion, flexibility, balance, relaxation using breathing techniques, gentle stretching, body exercises, and meditation. Instructor is Betsy Laban.			
9:00-10:00 a.m.	Thu	1/5	\$24

Free Ongoing Classes

Cardio Fitness - Join instructor Adriana Florio as she leads students in a fun aerobic exercise program.
9:00-10:00 a.m. Tue

Ceramics - *This class is currently full.* If you are interested, please add your name to the waiting list.
9:00-11:30 a.m. Tue

Chess - Have fun playing one of the world's most popular board games in a casual and social environment. Players may bring their own chess set or purchase from instructor.
1:00-2:00 p.m. 1st & 3rd Friday of each month

Choir - Join your voice with others in song. Instructor is Laura Theune.
9:00-10:00 a.m. Mon

English As A Second Language - Join instructor Frances Fierro who will teach you conversational English.
9:00 - 10:00 a.m. Tue

Guitar (Intermediate) - *This class is currently full.* If you are interested in this class, please add your name to the waiting list at front desk. Instructor is Marco Morejon.
12:30-2:30 p.m. Tue

Guitar (Beginning) - *This class is currently full.* If you are interested in this class, please add your name to the waiting list at front desk. Instructor is Marco Morejon.
12:00-1:00 p.m. Thu

Knitting - Marilyn Huebert shares her talent of knitting.
9:00-10:00 a.m. Mon

Martial Dance - This class is a very unique approach that uses traditional Chinese dances to exercise body & mind. Instructor is Mary Liu.
1:30-3:30 p.m. Thu

Oil Painting – Join instructor Barbara Cervantes who displays a unique post-impressionist approach to oil painting, bringing together several elements of impressionism and realism.
1:00-4:00 p.m. Wed

Spanish - Beg. - Gloria Morejon will teach you basic beginning Spanish. *\$10 disk fee payable to instructor.*
1:00-3:00 p.m. Mon

Spanish - Adv. Beg. - Gloria Morejon will teach basic level Spanish. *\$10 disk fee payable to instructor.*
1:00-3:00 p.m. Wed

Tai Chi/Qigong - This gentle form of exercise is designed for all levels. Instructor is Debbie Callandrillo.
9:00-10:00 a.m. M/F

Watercolor - Instructor is Jim Kelly
1:00-3:00 p.m. Mon

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">December</p>	<p>SUGGESTED DONATION \$3 Administered by YWCA/Intervale Senior Services and funded in part by the L.A. County Area Agency on Aging Through the Older Americans Act of 1965 as amended. All meals include low-fat milk. Menu subject to change.</p>	<p>Reservations must be made 24 hours in advance; otherwise, first come first served. For first choice options, you should be aware there might be days when we will not be able to honor your first choice. To guarantee a reservation you must check-in by 11:45 a.m.</p>	<p>1 SALISBURY STEAK W/LS BROWN GRAVY MASHED POTATOES GREEN PEAS SALAD W/RADISH & RED CABBAGE RANCH DRESSING WHOLE GRAIN BREAD W/MARGARINE FRESH ORANGE SECTIONS</p>	<p>2 LUNCH WILL BE HELD IN THE CITY HALL COMMUNITY CENTER LENTIL SOUP & CRACKERS TURKEY W/LS GRAVY CORNBREAD STUFFING BROCCOLI MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/MARGARINE SLICED PEARS</p>
<p>5 SLICED ROAST PORK W/LS GRAVY MASHED POTATOES CARROTS THREE BEAN SALAD WHOLE GRAIN BREAD W/MRG. PINEAPPLE CHUNKS</p>	<p>6 YOUR CHOICE SLICED ROAST TURKEY W/LS GRAVY OR SALMON IN MUSTARD-DILL SAUCE W/ LEMON SLICE & TARTAR SAUCE, FRESH SWEET POTATOES GREEN PEAS GARDEN SALAD W/ RED CABBAGE, FRENCH DRESSING., WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE</p>	<p>7 ALBONDIGAS SOUP & CRACKERS BEEF FAJITAS IN LS SAUCE TEX-MEX BROWN & WHITE RICE LS BLACK BEANS CITRUS FRUIT SALAD FLOUR TORTILLA W/ MARGARINE CUSTARD</p>	<p>8 VEGETABLE SOUP & CRACKERS TERIYAKI CHICKEN IN LS SAUCE CREAMED SPINACH CORN NIBBLETS CARROT - BROCCOLI SLAW WHOLE GRAIN BREAD W/MARGARINE FRESH BANANA</p>	<p>9 PORK CARNITAS IN LS SAUCE W/PICO DE GALLO BAKED WINTER SQUASH REFRIED BEANS MARINATED TOMATO, ONION & GREEN PEPPER SALAD FLOUR TORTILLA W/MARGARINE CANTALOUPE</p>
<p>12 SLICED ROAST BEEF W/ LS GRAVY PARSLEY POTATOES MIXED VEGETABLES CREAMY COLESLAW WHOLE GRAIN BREAD W/MRG. GINGERED PEARS</p>	<p>13 ALBONDIGAS SOUP & CRACKERS CHICKEN FAJITAS IN LS SAUCE TEX-MEX BROWN & WHITE RICE LS PINTO BEANS MARINATED BEET & ONION SALAD FLOUR TORTILLA W/MARGARINE CITRUS FRUIT CUP</p>	<p>14 YOUR CHOICE CREAMY SQUASH SOUP & CRACKERS FISH VERA CRUZ IN LS SAUCE W/LEMON SLICE & TARTAR SAUCE OR SLICED PORK LOIN IN LS GRAVY FRESH SWEET POTATOES CREAMED SPINACH LETTUCE W/RADISH & MUSHROOMS SALAD, RANCH DRESSING WHOLE GRAIN BREAD W/MARGARINE FRESH APPLE</p>	<p>15 SWEDISH MEATBALLS W/ SOUR CREAM IN LS SAUCE SPIRAL PASTA GREEN BEANS CAESAR SALAD W/DRESSING & CROUTONS WHOLE GRAIN BREAD W/MARGARINE ORANGE SECTIONS</p>	<p>16 CHICKEN CHOP SUEY IN LS SAUCE BROWN & WHITE RICE GARLIC BABY BOK CHOY LEMON GELATIN W/PINEAPPLE CHUNKS SLICED PEACHES</p>
<p>19 ORANGE JUICE SWEET & SOUR PORK IN LS SAUCE BROWN & WHITE RICE GREEN BEANS W/RED PEPPERS TOSSED SALAD W/MUSHROOMS FRENCH DRESSING CINNAMON APPLESAUCE</p>	<p>20 LENTIL SOUP & CRACKERS HAMBURGER W/LETTUCE, TOMATO & ONION SLICES, CONDIMENTS BAKED WINTER SQUASH CARROT COINS MACARONI SALAD WHOLE GRAIN HAMBURGER BUN HONEYDEW</p>	<p>21 VEGETABLE SOUP & CRACKERS SLICED ROAST TURKEY W/LS GRAVY CRANBERRY SAUCE, CORNBREAD STUFFING, GREEN PEAS MARINATED TOMATO, ONION & GREEN PEPPER SALAD WHOLE GRAIN ROLL W/MARGARINE ORANGE SECTIONS</p>	<p>22 WHOLE CORNISH GAME HEN MASHED POTATOES HOT BEETS W/ ONIONS BROCCOLI SLAW WHOLE GRAIN BREAD W/MARGARINE GINGERED PEARS</p>	<p style="text-align: center;"> SENIOR CENTER CLOSED</p>
<p>26 SENIOR CENTER CLOSED </p>	<p>27 SLICED ROAST PORK W/ LS GRAVY FRESH SWEET POTATOES GREEN BEANS & CORN APPLE SALAD WHOLE GRAIN BREAD W/MARGARINE LEMON PUDDING</p>	<p>28 CHICKEN CACCIATORE IN LS SAUCE BUTTERED EGG NOODLES CARROT LETTUCE W/RADISH & CUCUMBER SALAD RANCH DRESSING CANTALOUPE</p>	<p>29 MINISTRONE SOUP & CRACKERS STUFFED BELL PEPPER IN LS SAUCE BAKED WINTER SQUASH, LIMA BEANS STRAWBERRY GELATIN W/PINEAPPLE WHOLE GRAIN BREAD W/MARGARINE ORANGE SECTIONS</p>	<p>30 SENIOR CENTER CLOSED</p>