

NON-PROFIT
 ORG.
 U.S. POSTAGE
 PAID
 GLENDALE, CA
 PERMIT No.
 1608



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

WE'RE HERE FOR YOU

SENIOR ACTIVITIES & EVENTS January - March 2012



PINOCHLE

Beginners welcome at any time. CCY: Every Tuesday 1-4pm

MAH JONGG

Beginners welcome at any time. CCY: Fridays 1-4pm VHY: Thursdays, 1-4pm

Y KNOT KNIT?

Knitting & Crocheting—Bring your project or problems.

CCY: Every Thursday 12:30 pm – 2:30 pm VHY: Knitting for the troops—Contact Suzanne

BINGO

Tuesday 1:30 - 3:30 pm CCY (\$1 per card, raffle) Jan. 10, Feb. 14, March 13

VHY (\$1 for 2 cards, raffle): Jan. 24, Feb. 28, March 27

BOOK CLUB

VHY: Mondays 1:00 pm, January 16, February 20, March 19

Join a group of fellow readers to read and discuss a different book each month.

January 16: *Snow Flower and the Secret Fan* by Lisa See

February 20: *The Immortal Life of Henrietta Lacks* by Rebecca Skloot

March 19: *The Color of Water* by James McBride

CCY: Anyone interested in a Book Club? If so, contact Nancy at 818.790.0123, ext. 225

HEALTH RHYTHMS *Formerly known as Drum Circle*

VHY: Mondays 12:30 pm, January 9, February 13, March 12

Recreational music to promote health and well-being. No prior musical experience required.

Participation is fun, therapeutic and healing. Instruments provided.

LUNCH BUNCH

Wednesdays 11:45am

Try a different local restaurant each month. Reservations required with Nancy.

January 18, **Zen** 2650 Foothill Blvd., La Crescenta

February 15, **Olive Branch Restaurant** 3658 Foothill Blvd., La Crescenta

March 21, **Portobello's** 2235 Honolulu Ave, Montrose

DAY TRIP

WHALE WATCHING

Thursday, February 16, 9am-4pm



Enjoy lunch (on your own) and then a whale watching cruise out of Long Beach Harbor. Bring your cameras! Pick up is at the Lowell Park & Ride at 9am, at the La Canada United Artists Theater (by Starbucks) at 9:15am. Price: \$59. Secure your spot by paying at the front desk.

JANUARY

- 13** **Falling is Not a Natural Part of the Aging Process**
Friday, January 13, 11am-Noon **CCY** Patio Room
Learn about the steps you can take to reduce your risk of falling. Presented by Dan Layne, instructor of Fallproof™ Balance & Mobility Program.
- 19** **ASTER FOCUS GROUP**
Thursday, January 19, 11am-Noon **CCY** Patio Room
Please come and give us your input as to what you would like to see the ASTER (Assisting Seniors Through Enhanced Resources) group do for seniors in our community. Please RSVP to Nancy.
- 20** **Parkinson's Support Group—Social Movement Disorder Society**
Friday, January 20, 11am **CCY** Patio Room
"Ghosts of Parkinson's" Parkinson's research and treatment from the past, present and future.
- 25** **Neuropathy Support Group**
Wednesday, January 25, 1:00 pm **CCY** Patio Room
Topic and presenter to be announced.
- 30** **"Rosie the Riveter"**
Monday, January 30, 12-2pm **VHY**
Debbie McIntosh will be presenting women's roles during war time. Light lunch will be served. \$5 at the door.

FEBRUARY

- 2** **Drama Classes - Storytelling & Video Diaries For Seniors**
Thursdays, February 2-March 8, 12-1:30pm **CCY** MPR
Storytelling, 12:00 - 1:30pm. An introductory class in the joy of storytelling, using theater games and improvisation. \$43 for members, \$55 for non-members. Sign up at front desk.
Video Diaries For Seniors, 2:00 - 3:30pm. Each student chooses two or more stories from their lives and then rehearses and records them on camera. The stories give insight into what your earlier life was like. A DVD will be given to each class member as a special gift. \$43 for members, \$55 for non-members. Sign up at front desk.
- 8** **"How to be Happy and Healthy Until You're 100"**
Wednesday, February 8, 12pm **CCY** Patio Room
Presented by Mark Anthony, Chiropractor. RSVP to Nancy at 818.790.0123, ext. 225
- 17** **Parkinson's Support Group—Social Movement Disorder Society**
Friday, February 17, 11am **CCY** Patio Room
Topic and presenter to be announced.
- 22** **Neuropathy Support Group**
Wednesday, February 22, 1:00 pm **CCY** Patio Room
Topic and presenter to be announced.
- 27** **English Tea**
Monday, February 27, 12-2pm **VHY**
English Tea with finger sandwiches and other delectables. Speaker will be from the Classroom Safari's Organization - "A Comparison of Athletic Prowess of the Champion Athlete vs. Gifted Animals." Donations at the door.

MARCH

- 16** **Parkinson's Support Group—Social Movement Disorder Society**
Friday, March 16, 11am **CCY** Patio Room
Topic and presenter to be announced.
- 22** **"Travel- What You Need to Know Before You Go"**
Thursday, March 22, 4-6pm **CCY** MPR - Presented by ASTER
Dr. Dennis Chang will speak on: "Don't let your health unravel when you travel, stay healthy during and after your traveling." A travel agent will speak on local day trips. Light dinner will be served. This event is free.
- 26** **Fun Filled Bingo**
Monday, March 26 12-2pm **VHY**
Bring an unwrapped white elephant gift, snacks provided. \$1 for 2 Bingo Cards.
- 28** **Neuropathy Support Group**
Wednesday, March 28, 1:00 pm **CCY** Patio Room
How physical therapy can impact neuropathy, presented by Wellspring Therapy.
- 27** **"Successful Strategies for De-cluttering, Downsizing & Understanding Alternative Living Options."**
Saturday, March 31, 10am-12pm **CCY** Patio Room
Greg Gunderson, President of Gentle Transitions will be discussing what to do with all that stuff, as well as invaluable insights on how to downsize and lighten one's load without the backache. Kelly Finney, Director of Community Relations with Royal Oaks will be stressing how to maximize your independence while being exposed to alternative living options and supportive services to make the most out of our senior years. Presented by Regina & Teri, Senior Real Estate Specialists. Continental Breakfast and door prizes. RSVP to 818.583.1205 or reginaandteri@hotmail.com



As our older population increases, most families will experience the issues of aging. Sometimes all that is needed is help in locating the appropriate resource. Sometimes, multiple problems make it difficult to know where to begin. Finding the right solution can be confusing and frustrating. Information and support is available to seniors, family members and residents of our communities. A YMCA membership is not required and all services are free of charge.

The Y's Community Senior Services program will help answer these common issues: safety for the senior living at home, assistance for caregivers, locating transportation, joining an HMO, Medicare part D, dealing with depression, Alzheimer's disease, senior housing, conservatorship, hiring a housekeeper, and long-term care insurance.

For assistance contact Nancy Turney at (818) 790-0123, ext. 225.