

BRAIN GAMES & MEMORY EXERCISES

HAPPY HOLIDAYS!



HOLIDAY WORDSEARCH



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

CANDY CANE

CHRISTMAS

TREE

HOLLY

HOLY NIGHT

MISTLETOE

POINSETTIA

PRESENTS

REINDEER

JINGLEBELLS

RIBBON

MERRY



City of San Gabriel

December 2016

GRAPEVINE PRESS

NATIONAL INFLUENZA VACCINATION WEEK IS
 DECEMBER 4 - 10

Why should people get vaccinated against the flu?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. During recent flu seasons, between 80% and 90% of flu related deaths have occurred in people 65 years and older. "Flu season" in the United States can begin as early as October and last as late as May. During this time, flu viruses are circulating at higher levels in the U.S. population. An annual seasonal flu vaccine is the best way to reduce the chances that you will get seasonal flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through that community.

Misconceptions about the flu vaccine

-Can the a flu shot give you the flu?

No, the flu vaccine cannot cause flu illness. Flu shots given with a needle are currently made in two ways: the vaccine is made either with a) flu vaccine viruses that have been 'inactivated' and are therefore not infectious, or b) with no flu vaccine viruses at all (which is the case for recombinant influenza vaccine). The most common side effects from the influenza shot are soreness, redness, tenderness, or swelling where the shot was given. Low-grade fever, headache, and muscle aches may occur.

Get your flu shot!

People 65 years and older are at greater risk of serious complications from the flu compared with young, healthy adults because human immune defenses become weaker with age. While flu seasons can vary in severity, during most seasons, people 65 years and older bear the greatest burden of severe flu disease. In recent years, for example, it's estimated that between 71 percent and 85 percent of seasonal flu-related deaths have occurred in people 65 years and older and between 54 percent and 70 percent of seasonal flu-related hospitalizations have occurred among people in that age group. So influenza is often quite serious for people 65 and older.

For more information about the flu vaccine and the flu virus, please visit the Centers for Disease Control and Prevention website at <http://www.cdc.gov/flu/consumer/index.html>

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COMMUNITY INFORMATION

DECEMBER SPECIAL EVENTS

Join us for the City of San Gabriel's 40th Annual Holiday Tree Lighting!

Join your neighbors as we ring in the holidays at the annual Holiday Tree Lighting Ceremony!

Festivities begin with local schools performing some of your favorite holiday tunes. While your children make holiday ornaments to decorate Plaza Park, you can enjoy a cup of cocoa, meet new friends, and renew acquaintances.

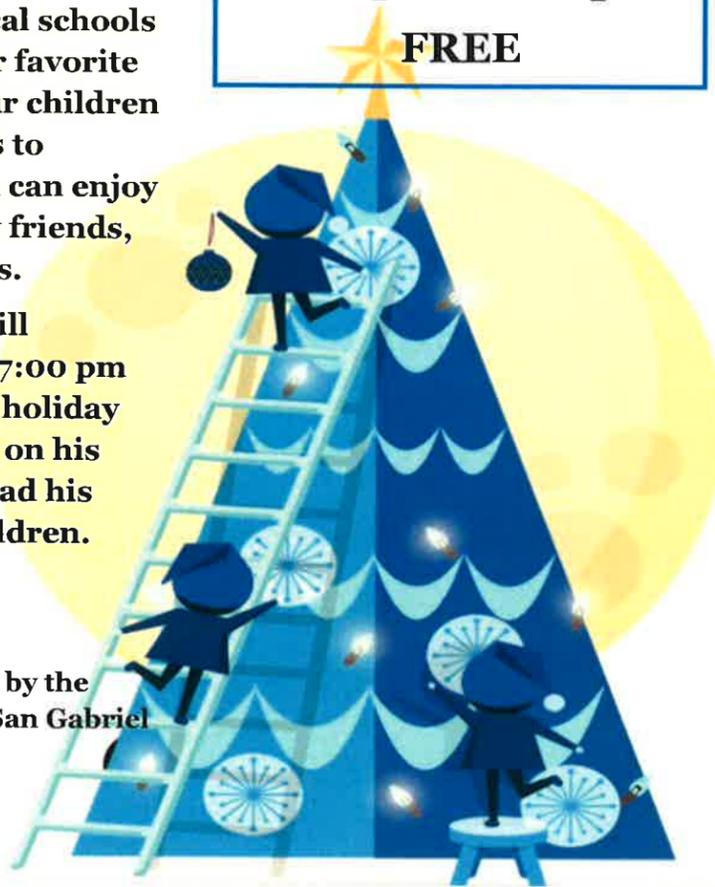
The holiday tree lights will illuminate Plaza Park at 7:00 pm to officially welcome the holiday season. Santa will arrive on his vintage fire truck to spread his holiday joy and greet children.

This free event is sponsored by the City of San Gabriel and the San Gabriel Women's Foundation.

Tuesday, December 6

6:00 pm - 8:00 pm

FREE



**FOR MORE INFORMATION ON ANY OF OUR EVENTS, PLEASE CONTACT
COMMUNITY SERVICES AT (626) 308-2875.**

UPCOMING EVENTS

DECEMBER

ART WORKSHOP

Would you like to improve your art skills? We will be offering an art workshop every first **Thursday of the month!** Instructor Dean Parker will provide instruction, using a live model, during the first half of the class. Student participation will be encouraged during the second half of the class. Pencils, paper and erasers will be provided.

Thursday, January 5

1:00 pm — 3:30 pm

FREE



HOLIDAY MOVIE



Join your friends at the Adult Recreation Center for a holiday movie after lunch!

Get ready for some laughs as you watch

National Lampoon's Christmas Vacation

Popcorn will be served

Thursday, December 22

12:30

FREE



HOLIDAY CRUISE OF LIGHTS

You will make a stop at the Harborside Restaurant located at the Pavilion in Newport Beach. You will have a number of dinner options to choose from when you make your reservation. Be sure to bring your camera, a warm sweater, and something hot to drink as you board the Catalina Passenger for a glimpse at all of the decorated homes and yachts in the Newport Harbor.

Thursday, December 15

3:00 pm — 8:30 pm

\$77

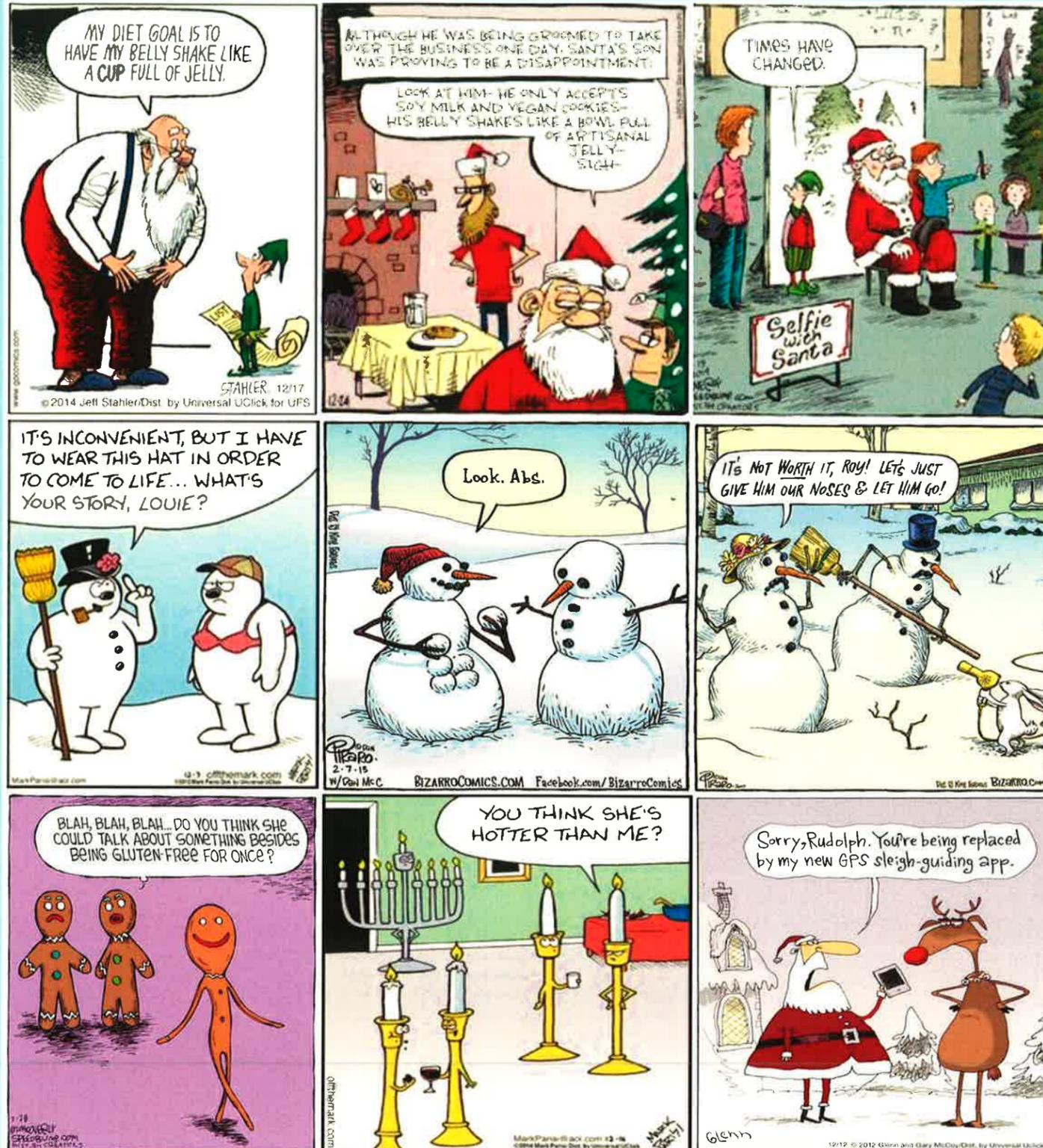


December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 11:30am <i>Lunch</i>	2 11:30am <i>Lunch</i>	3
4	5 11:30am <i>Lunch</i> 9am-12pm Pickle Ball (Smith Park)	6 11:30am <i>Lunch</i> 1pm-4pm Ballroom Dance (Padillo Room)	7 11:30am <i>Lunch</i> 9am-12pm Pickle Ball (Smith Park)	8 10:45am Blood Pressure Checks 11:30am <i>Lunch</i>	9 11:30am <i>Lunch</i> 9am-12pm Pickle Ball Demo (Smith Park)	10
11	12 11:30am <i>Lunch</i> 9am-12pm Pickle Ball (Smith Park)	13 11:30am <i>Lunch</i> 10am-12pm Computer Time 1pm-4pm Ballroom Dance	14 11:30am <i>Lunch</i> 9am-12pm Pickle Ball (Smith Park)	15 11:30am <i>Lunch</i> 10am-12pm Computer Time	16 11:30am <i>Lunch</i>	17
18	19 11:30am <i>Lunch</i> 9am-12pm Pickle Ball (Smith Park)	20 11:30am <i>Lunch</i> 10am-12pm Computer Time 1pm-4pm Ballroom Dance	21 11:30am—1:30pm Birthday Celebration  9am-12pm Pickle Ball	22 11:30am Holiday Lunch  12:30pm Holiday Movie 10am-12pm Computer Time	23 11:30am <i>Lunch</i> Center Closes at 12 noon	24
25 HAPPY 	26 HOLIDAYS Center Closed 	27 11:30am <i>Lunch</i> 10am-12pm Computer Time 1pm-4pm Ballroom Dance	28 11:30am <i>Lunch</i> 9am-12pm Pickle Ball (Smith Park)	29 11:30am <i>Lunch</i> 10am-12pm Computer Time	30 11:30am <i>Lunch</i> Center Closes at 12 noon	31
<p>For more information on Older Adult programs, please call the Community Service Department at (626) 308.2875 or visit our webpage at www.sangabrielcity.com. Any person with a disability who requires a modification or accommodation in order to participate should direct such request to the Community Services Department at (626) 308.2875 at least 48 hours before the event, if possible.</p>						

THE FUNNIES

LIFE IS BETTER WHEN YOU'RE LAUGHING



HEALTH & WELLNESS

THE INTERNET, SOCIAL MEDIA, AND OLDER ADULTS

Many people may think that social media is the domain of the younger generation, however, many older adults have enthusiastically adopted it. Whether to keep up with the times, reconnect with old acquaintances, or keep in touch with family and friends, grandparents are becoming increasingly proficient in things like Skype and Facebook. Technology has become a healthy emotional outlet and word of its benefits has spread among the senior community, according to the Pew Research Center, internet use among those 65 or older has gone up by 150 percent between 2009 and 2011. Studies show that the internet has become an important portal for reducing loneliness, isolation, and other depressive symptoms.

Older adults emphasize the informational and educational aspects of the Internet, using it in an encyclopedic fashion to research anything from government site, medical websites, or for financial advice. This gateway to the outside world is critical, especially for older adults who are homebound. Seniors have found that Skype or FaceTime are great ways to bring relatives from far away destinations right into their living rooms, while twitter has become a good tool for keying into specific news sections they want to follow.

The elderly also use the internet to connect with like-minded individuals. They use it for health for health information and to connect with others that may be experiencing similar challenges. From dementia to diabetes to depression—all can receive advice and support from the comfort of their own home. Doctors and other professionals have keyed into this demographic and have set up social media pages to take advantage of this patient and customer outlet.

Computer classes at senior centers have greatly increased in popularity. Classes on computer basics as well as instruction in using email and social media platforms such as Facebook, have become more common. Be sure to check out our Intro to Computers for Active Seniors Class and join us in the Padillo Lounge for OpenComputer Time!

As more and more of the population is aging and sticking closer to home, the Internet is an incredible tool to stay connected to the outside world. Overcoming loneliness is that much easier through the Internet and social media. It is an ever important support and informational tool that all older adults should take full advantage of.

For more information about our Computer Class and Open Computer Time, call Community Services at (626) 308-25875

For more information about seniors and technology, please visit www.huffingtonpost.com

MESSAGE FROM JAMES

Happy Holidays! This year has been an eventful one at the San Gabriel Adult Center, with old favorites like birthday celebrations and movie screenings and brand new activities like Open Computer Time, Pickleball, and our monthly Art Workshop. We have only just begun and I hope to continue to bring you more exciting programs and activities. As always, I welcome your ideas and suggestions. Thank you for making this year great and I look forward to what 2017 has in store for us!

-James Lara, Recreation Supervisor

RESOURCES & SERVICES

ADULT RECREATION CENTER

JOIN US FOR LUNCH

Lunch is served daily at the San Gabriel Adult Recreation Center at 11:30 am for anyone 60 and older (reservation check-in beings at 10 am). Choose from the American or Chinese menu option daily. Suggested donation is \$3 per meal. Monthly menus are available at www.sangabrielcity.com. Lunch program is sponsored by Intervale Senior Services/YWCA.

To make a reservation call (626) 308-2823 between 10am—12 noon, Monday—Friday, all reservations must be made one week in advance.



SERVICES

Blood Pressure Screenings - 2nd Thursday of each month, 10:45 - 11:45 am in the Grapevine Room. Sponsored by Alhambra Hospital.

Cellphone Recycling Program - Support older adult programs by donating your old cell phone. For every cellphone collected, programs can earn 35 cents to \$21.

Grapevine Press - Subscribe to the Grapevine Press for \$5 a year and stay current with activities and news. Receive a digital copy via email FREE. To subscribe, call (626) 308-2875.

Meals on Wheels - Available for home-bound residents of San Gabriel, each meal delivery includes a hot entrée and sack lunch. For more information call (626) 256-8187 or visit the web page www.volunteercentersgv.org.

Social Activities - Birthday celebrations every 3rd Wednesday, special lunches, holiday celebrations, Wii, ballroom dance, Bunco, movie screening and more! Don't miss it!

GROUPS

Origami Creations - 9:00 - 11:00am, Fridays at the Community Recreation Center. All are welcome to this free class. Instructor will go over supplies needed at first class.

Quilt with Friends - Every Tuesday at the Recreation Center from 9:00 - 2:30pm. All quilters welcome. Bring your supplies to work independently (no instructor available).

Sewing Circle - Volunteers meet at the Recreation Center first and third Thursday each month, 9:00am - 2:30pm. Donations of fabrics and sewing notions are welcomed.

RESOURCES & SERVICES

ADULT RECREATION CENTER

CASE MANAGEMENT

The Senior Services Case Managers, Xiomara Lara and Sandra Serna can provide referral information for :

- Health counseling
- Consumer problems
- Home chores
- Housing
- Legal services
- Low - cost rentals
- Meals on Wheels
- Medi-cal and Medi-care
- Property and Federal tax assistance
- Social Security
- Assistance with filling out forms

Phone: (626) 308-2822

After Hours: (626) 358-1185

Monday 8:00am - 5:00pm

Wednesday 1:00pm - 5:00pm

Thursday 8:00am - 5:00pm

Friday 8:00am - 12:00pm
(every other Friday)



TRANSPORTATION



Senior Dial-A-Ride - Reduced fare transportation for city residents 62 and older and disabled residents. Apply at the Community Services Office, 250 S Mission Dr.

MTA Reduced Fare TAP Cards - Reduced fare TAP card reloads for city residents. Monthly \$12 reloads sold at the Community Services Office from 8:00am - 4:30pm Monday - Friday, with extended hours on Tuesdays until 6:00pm.

Access Services - Curb to curb para-transit (dial-a-ride) type program provides transportation services to eligible individuals. Riders must be certified for Access Services. For more information about the certification process, and to arrange trips, call (800) 827-0829.

LA County Transportation Info Line - Transportation services for seniors and qualified disabled persons. For more information, call (800) 431-7882.

For more information on any of these services, call Community Services at (626) 308-2875

MONTHLY ACTIVITIES

DECEMBER ACTIVITIES AND EVENTS



PICKLE BALL DEMONSTRATION AT SMITH PARK

Join us as we learn about America's fastest growing sport, Pickleball!

Presented by our guest instructor Michele Logan, Pasadena's USAPA Pickleball ambassador, you will learn all about the history of the sport and about all that goes into playing it. Pickleball is a lower physically demanding sport, that also gives the opportunity to connect with your peers. Beginners young and old are welcome to observe and play this tennis and table tennis style game. Don't miss out on this amazing opportunity to get active!



Friday, December 9
9am – 12pm
Smith Park Tennis Courts



OPEN COURT TIME: PICKLEBALL AT SMITH PARK

Enjoy a friendly game of Pickleball during open court time at Smith Park. Pickleball is a fun, low-impact racquet sport that combines elements of badminton, tennis, and table tennis, and is suitable for all ages and abilities! Get some fresh air and exercise! Games will be held weekly on Mondays and Wednesday.



Mondays and Wednesdays
9am - 12pm
Smith Park Tennis Courts



**FOR MORE INFORMATION ON THESE ACTIVITIES, PLEASE CONTACT
COMMUNITY SERVICES AT (626) 308-2875.**

UPCOMING EVENTS

DECEMBER AT THE ADULT CENTER



OPEN COMPUTER TIME FOR OLDER ADULTS!

Need to check your email or want to surf the internet, but don't have a computer? Come enjoy free, open computer time! Develop and improve your basic computer skills.

Join us in the Padillo Room Lounge on Tuesdays and Thursdays, 10am to 12pm.

No need to pre-register just show up ready to surf the web!



HOLIDAY LUNCH & ENTERTAINMENT

Enjoy a special holiday lunch followed by festive entertainment and a visit from a special guest!



Thursday, December 22

11:30 am

FREE



Any person with a disability who requires a modification or accommodation in order to participate should direct such a request to the Community Services Department at (626) 308-2875 at least 48 hours before the event, if possible.