



The Voice

A PUBLICATION OF THE CORTEZ PARK COMMUNITY AND SENIOR CENTER

October, November, December



SENIOR SERVICES HOURS:

MONDAY - FRIDAY 9:00 A.M. - 3:00 P.M.

Closure Dates:

Friday, November 10

Thursday, November 23

Friday, November 24

Monday, December 25

Monday, January 1

Visit our city website at

www.westcovina.org Come Visit Us!

2501 E. Cortez Street West Covina, CA 91791

For more information on any of our upcoming events, services, classes or trips, please contact us at (626) 331 - 5366.



Bulletin Board

W E L C O M E

Marisela



A message from the Senior Center

staff:

Thank you for spending the year at the Cortez Park Community and Senior Center. Have a wonderful holiday season full of joy and cheer!

We hope to see you at any of our holiday events!

Welcome to the team Marisela who is our new Recreation Leader. She will be assisting the chefs in the kitchen with daily duties and meal service.

Thank you to San Gabriel Valley Senior Softball Team for their book donations for the Cortez Park Community & Senior Center and Cameron Community Center's Little Libraries!

COFFEE

It's officially hot-beverage season! Don't forget to pick up your coffee at the front desk.

Daily coffee:

\$1.00

Monthly Coffee Pass:

\$10.00



Free Senior Center Workshops

Medicare 101

Presented by

CR Partner's Insurance Services- Rosa Arencibia

This workshop will teach you the basics of Medicare. Topics include the difference between all the parts of Medicare: Requirements, Deadlines, Initial Enrollment, Cost, Late Enrollment Penalties, Annual Enrollment, Open Enrollment, Special Enrollment, Advantage Plans, and Medicare Supplements will be discussed. The purpose of this workshop is to help you navigate through Medicare and be in control of your healthcare. Pre-registration is required. Open to the first 20 participants.

Dates:

Thursday, October 5

Tuesday, November 14

Tuesday, December 12

Time:

12:00 p.m. - 1:00 p.m.

Medicare 101

Are you Ready for Annual Open Enrollment?

Presented by Optum & TMB Insurance Services

Pre-registration required. Open to the first 20 participants.

Date:

Thursday, October 19

Time:

1:00 p.m. - 2:00 p.m.



Compare Medicare Plans

Presented by JAR Insurance

Pre-registration is required. Open to the first 20 participants.

Date:

Thursday, October 17

Time:

9:30 a.m.- 11:00 a.m.



Financial Literacy Series

Presented by World Financial Group- Sharon Watcher

Importance of Estate Preservation and End of Life Planning

Topics:

These workshops cover the importance of Estate Preservation and End of Life Planning. You will learn about the process of creating a living trust and how to best prepare for you and your family. Pre-registration is required.

Open to the first 20 participants.

Dates:

Long Term Care: Thursday, October 26

Wealth Preservation: Thursday, November 9

Estate Planning: Thursday, December 14

Time:

9:30 a.m.- 10:30 a.m.



Free Senior Center Workshops

CALIFORNIA PROPERTY TAX PROPOSITIONS: LEARN WHICH ONES ARE AVAILABLE AND HOW THEY WORK

Presented by CPA Tax Consultant

Retiring...Downsizing... Want to cash in on your investment? Can you transfer equity to your heirs? Can you transfer your tax base when you sell your home? Whatever the reason may be, come and learn how to properly use the best tax strategies and government incentives that will benefit you and save you money! Pre-registration is required. Open to the first 20 participants.

Date:

Thursday, October 19

Time:

1:00 p.m. - 2:00 p.m.

Real Estate Workshop

Presented by David Ibanez Jr.

DRE - 02205771 - Keller Williams, Chino Hills

Attention, All Seniors! Learn the tips and strategies of buying and selling property. Get information from a qualified lender on buyer and seller program benefits, how title companies protect your property, and when to use your Prop 19 benefit.

Speak directly to a Trust and Probate Attorney!!! Learn more on Wills, Probate, Trusts, Power of Attorney and Healthcare Directive straight from the Expert! Pre-registration required. Open to the first 20 participants.

Dates:

Thursday, October, 12

Thursday, November, 2

Thursday, December, 14

Time:

12:00 p.m. - 1:00 p.m.

The Mediterranean Diet

The Mediterranean Diet has been shown to have many health benefits. Join us for a discussion on which foods to eat, how following this diet can improve our health, and how it can help prevent certain medical conditions.

Date: Wednesday, October 11, 2023

Time: 9:30 a.m. - 10:30 a.m.

Improving Joint Mobility and Strength Workshop

Presented by SoCal Regenerative Medical Clinics

Our doctor will discuss and teach techniques to increase joint mobility and strength, to prevent falls, injury, and joint degeneration. Pre-registration required. Open to the first 20 participants.

Date: Thursday, October 26 (Spanish Only- Clase en Espanol)

Time: 12:00 p.m. - 1:00 p.m.

Planning the Care of Your Loved Ones

Presented by Quality-of-Life Group

Learn how to best care for your loved ones with Dr. Min Cole. Pre-registration is required. Open to the first 20 participants.

Date:

Tuesday November 28

Time:

9:30 a.m. - 10:30 a.m.

Raffle Included

Life Planning

Presented by Rose Hills Memorial Park - Rachel Zhao

How and why, you should plan ahead with 4 simple steps: reflect, record, secure, and share. Pre-registration is required. Open to the first 20 participants.

Date:

Tuesday December 5

Time:

9:30 a.m. - 10:30 a.m.

Holiday Craft Workshop

Sponsored by Optum & JAR insurance

Join us for some fall crafting! Get into the fall spirit by making a fall garland. **Pre-registration required.** Open to the first 15 participants.

Date:

Wednesday, November 1

Time:

9:30 a.m. - 11:30 a.m.

Art Workshops

by Terri Thomas

Register today at Cortez Park Community & Senior Center or call (626)331-5366.
Come visit us at 2501 E. Cortez St. West Covina, CA 91791

Pre-registration is required.

Registration Fee for each workshop: \$12.00

+ Material Fee to be paid directly to instructor: \$15.00



Date: Wednesday, October, 11

Time: 9:30 a.m. - 11:30 a.m

Ages: 50+

**Acrylic Painting
Fall Pumpkin**



Autum Wreath

Date: Wednesday, October 18

Time: 9:30 a.m. - 11:30 a.m.

Ages: 50+

Date: Wednesday, December 6

Time: 9:30 a.m. - 11:30 a.m.

Ages: 50+

**Merry & Bright
Wreath**



*Jingle
All the
Way*



Watercolor Workshop
Date: Wednesday, December 13

Time: 9:30 a.m. - 11:30 a.m.

Ages: 50+

Senior Center Happenings

WEST COVINA KIWANIS IN PARTNERSHIP WITH EASTLAND CENTER PRESENTS

ALL PROCEEDS WILL GO TOWARDS SCHOLARSHIPS & THE WEST COVINA SENIOR CENTER.

KARTOBER-FEST Car Show

OCTOBER 21 • 11 AM-3 PM

2753 E. EASTLAND CENTER DR., WEST COVINA 91791

CORNAMENT • ENTERTAINMENT • GAMES
LIVE BANDS • FOOD • JUMPERS

FOR ANY QUESTIONS OR TO REGISTER FOR EVENT VISIT WWW.WESTCOVINAKIWANIS.COM
FOR MORE INFORMATION CALL (626) 260-1997

WEST COVINA 100TH ANNIVERSARY

AMERICA Recycles Day

Join us on America Recycles Day where we reduce, reuse & recycle. Enjoy live music, vendors, and fun!

Lets help our environment, together!

Saturday, November 18
9:00 a.m. - 1:00 p.m.

West Covina's Farmers Market
195 Glendora Ave. near Lakes Dr. and Edwards Cinemas

Onsite paper shredding.
Residents can bring up to up to 4 boxes to be shredded.

For more information please call:
(626) 331-5365 or visit www.westcovina.org

@WestCovinaCity

Shadow Oak Community Center Senior Mt. Sac Classes

Healthy Aging

Healthy Aging, including diet, nutrition, disease prevention, and application of physical fitness principles to maintain health while aging.

Instructor: Mt. Sac

Notes: Class is geared for Older Adults 55+

NO CLASS: 11/10, 11/23, & 11/24

Age: 18+

Dates: 8/30-12/13

Day: Wednesdays

Time: 10:30 a.m.-11:20 a.m.

Fee: FREE

Mobile Information and Technology for the Beginner

This class is an introduction to mobile information and technology for skill, concepts, and principles to use mobile platform devices and the internet safely and effectively.

Instructor: Mt. Sac

Notes: Class is geared for Older Adults

NO CLASS: 11/10, 11/23, & 11/24

Age: 18+

Dates: 8/29-12/12

Day: Tuesday

Time: 9:00 a.m. - 11:50 a.m.

Fee: FREE

Registration must be completed directly with the instructor on the first day of class. Students must provide their own materials. These classes will be held at: Shadow Oak Community Center located at 2121 Shadow Oak Drive, West Covina 91790. For more information please call (626) 965-0328.



Special Events



HALLOWEEN BASH

Boogie on down to the Senior Center and join us for a spooky dance! You won't want to miss out on Dj Phil's jams and a delicious lunch provided by our chefs. All costumes and monsters welcomed! **SAME DAY REGISTRATION** will be open to the first 140 participants.

Friday, October 27

11:00 a.m. - 1:00 p.m.

DOORS OPEN AT 10:00 A.M.

Halloween Costume Contest!

Costume Contest Categories:

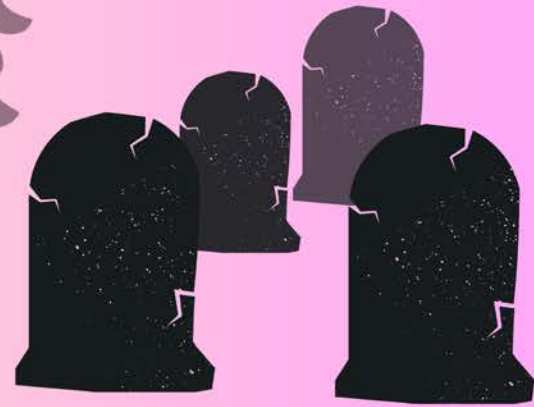
Best Costume (Overall)

Spookiest Costume

Best Couple Costume

Most Original Costume

Funniest Costume



DIA DE LOS MUERTOS SUGAR SKULLS

A day of Celebration, remembering those family members and friends who have passed on. Paint and decorate your very own sugar skull.

Same day registration will be open to the first 30 participants.

Date: Wednesday, November 1

Time: 1:00p.m. - 3:00p.m.

Doors open at 12:30 p.m.



Special Events

Veterans Day Celebration

A day of celebration honoring all our Veterans. Thank you to those who served.
Entertainment provided by the Tap Chicks. Same day registration will be open to the first 180 participants. Doors open at 9:00 a.m.
Wednesday, November 8
11:00 a.m. - 1:00 p.m.



Ballroom/Latin Dance Party

Hosted by Dance Instructor Chris Chu

Join us for an afternoon of music, dance, fellowship and fun! Light refreshments will be served. Pre-registration is required.

Date:
Friday, November 3
Time:
1:00p.m. - 3:00p.m.
Fee: \$5.00



Volunteer Luncheon

In recognition of our volunteers who service Cortez Park Community and Senior Center.

“The Great Gatsby”

Friday, November 17

11:00 a.m. - 2:00 p.m.

DOORS OPEN AT 10:00 A.M.

Same day registration to the first 180 participants



Thanksgiving Celebration

Thanksgiving is a day to give thanks for all we are blessed with. Please join us for a wonderful Thanksgiving event. Same day registration will be open to the first 200 participants.

Wednesday, November 22

11:00 a.m. - 2:00 p.m.

Doors open at 9:00 a.m.





Christmas at Cortez!

FREE!

FREE!



Disco All The Way

Come dressed in your best 70's attire.

Monday, December 18

4:00 P.m. - 6:00 P.m.

Open to the first 140 Participants. Doors open at 3:00 P.m.

DIY Christmas Tree

Tuesday, December 19

1:00 P.m. - 3:00 P.m.

Open to the first 50 Participants.



Mystery Event?

Wednesday, December 20

1:00 P.m. - 3:00 P.m.

Open to the first 140 Participants.



Deck The Halls with DJ Rudy

Thursday, December 21

11:00 a.m. - 2:00 p.m.

Pink meal cards required.






EXCURSIONS

(Pre-registration required for all activities until further notice & 3% administration fee will be added to all registrations / transactions)

Trip Registration Information

Pre-registration is required for all excursions. To register or for information, call the Senior Center at (626) 331-5366 or visit the City website at www.westcovina.org. Deluxe motor coaches and professional driver are used on all trips.

1. All trips leave from the Cortez Park Community and Senior Center, 2501 E. Cortez St.
2. Registration is only accepted over the phone or in-person cashless payments. Checks or Visa, Mastercard and Discover will be accepted.
3. Full payment must be made at the time of registration.
4. If all seats are sold, a waitlist will be established.
5. Trips are subject to change without notice.
6. Trips may be cancelled due to low enrollment.
7. Participants must be at least 21 years of age and older for casino trips. (Bring Valid ID)
8. Trips go rain or shine. (Please arrive 15 minutes prior to trips departure.)
9. Special mobility accommodations must be requested 30 days prior to the credit deadline date.
10. A credit will be provided only if cancellation is made prior to the credit deadline date. No Refunds!
11. A 3% administration fee will be added to each excursion transaction.

-  - Trip requires high amount of walking
-  - Trip requires moderate amount of walking
-  - Trip requires low amount of walking

EXCURSIONS

(Pre-registration required for all activities until further notice & 3% administration fee will be added to all registrations / transactions)

THE GROVE & GRIFFITH OBSERVATORY



Have you been to Griffith Observatory yet? It is an observatory in Los Angeles, California, on the south-facing slope of Mount Hollywood in Griffith Park. It commands a view of the Los Angeles Basin including Downtown Los Angeles to the southeast, Hollywood to the south, and the Pacific Ocean to the southwest. Later, we will go to Los Angeles' favorite shopping, dining, and lifestyle destination. Explore a mix of retail, restaurants and entertainment in an open-air environment pulsing with style and energy. Visit with friends and family to shop, dine, and make memories under the California sun.

Date: Thursday, October 12, 2023

Time: 8:30 a.m. – 5:30 p.m.

Fee: \$35 (Lunch Not Included)

Credit Deadline: Friday, September 15, 2023

FANTASY SPRINGS



Walk through the doors of Fantasy Springs Resort Casino and you're immediately transported to a world of elegance, exciting ambience and good luck. This award-winning casino in the Palm Springs area is home to 1,800 of the hottest slots and video poker, 40 table games, the action-packed casino-floor Springs bar, friendly hosts and dealers, and the Fantasy Rewards Club –Fantasy Springs offers world-class gaming at a desert oasis setting, close to anywhere in southern California. Here you'll find the newest and hottest games, low table minimums and the best odds in the Valley. For Dining options, you can try The Bistro, Joy Asian Cuisine, or the Fresh Grill Buffet to bring all the feeling of winning together!

Note: All players will receive \$40 of game play

Date: Thursday, October 19, 2023

Time: 8:30 a.m. – 5:30 p.m.

Fee: \$45 (Lunch Not Included)

Credit Deadline: Friday, September 22, 2023

USS MIDWAY MUSEUM & GASLAMP DISTRICT



Get on ABOARD! Explore the aircraft carrier known as USS Midway, where you get to check out an extensive collection of aircraft from US history. The USS Midway was known as America's longest-serving aircraft carrier of the 20th century, and you can walk in the footsteps of the 225,000 people who served on the Midway. After flying through some history with the USS Midway, we will explore the Gaslamp District of San Diego, which has amazing shopping blocks, restaurants, and specialty shops.

Date: Thursday, November 9, 2023

Time: 8:00 a.m. – 5:30 p.m.

Fee: \$45 (Lunch Not Included)

Credit Deadline: Friday, October 13, 2023

EXCURSIONS

(Pre-registration required for all activities until further notice & 3% administration fee will be added to all registrations / transactions)

HARRAHS CASINO



With 1,500 slot machines, get more of the sights, sounds, and sizzle of the Vegas-style action at Harrah's Casino and Resort! You can play all of your favorite games including 1,500 hot slots and more exciting table games and put your money to work. Enjoy lunch at one of the many choices Harrah's Casino has to offer such as Rita's Cantina and KJ Chinese Restaurant.

NOTE: *All group members MUST have a current valid photo ID while in the casino, photocopies are not acceptable.*

Date: Thursday, November 16, 2023

Time: 8:30 a.m. – 5:30 p.m.

Fee: \$30 (Lunch Not Included)

Credit Deadline: Friday, October 20, 2023

ARCADIA MALL & LIGHTSCAPE



Let's enjoy the holiday season at the Arcadia Mall, where it is decorated like the North Pole! The Mall is home to numerous retailers, which is perfect for holiday shopping, and various full-service eateries in an area known as Restaurant Square but if you are looking for a quick bite, they do have a food court! After Arcadia Mall, we will make our way down to Lightscape; It is an experience to let your imagination soar with new sights and sounds along the Serpent Trail and Forest Path of the Arboretum. They will capture you with their mesmerizing Fire Garden, awesome Arch of Light, and the eye-catching Feast of Light!

Date: Thursday, December 14, 2023

Time: 5:30 p.m. - 11:00 p.m.

Fee: \$40 (Lunch Not Included)

Credit Deadline: Friday, November 17, 2023

GRAND CENTRAL MARKET & MJ LIVE



Get to try some of the most trending food in the heart of LA. With a variety of options, you can have it all! Want a taste of true Central Texas BBQ? Well Look no further for Horse Thief BBQ or go traditional Japanese cuisine in the form of a bento box from Bento Ya Japanese Cuisine! After a tasteful experience, we will embark to see the multi-Tony Award-winning musical MJ The Musical at Famous Pantages Theater.

Date: Thursday, January 25, 2023

Time: 3:00 p.m. – 12:30 a.m.

Fee: \$80 (Dinner Not Included)

Credit Deadline: Friday, January 5, 2023

City Services

(Pre-registration required for all activities until further notice & 3% administration fee will be added to all registrations / transactions)

Congregate Meal Program

We are back to in-person meals! Tickets are given at 8:45 a.m. All participants attending the meal program for the first time are required to complete an intake form.

Replacement meal cards will result in a \$2 fee

Suggested \$3.00 donation for seniors 60+ years

Required \$5 payment for 59 years and under

Monday - Thursday | 11:00 a.m. lunch is served

Friday 11:00 a.m. frozen meal pick-up

Note: Must be checked in by 10:45 a.m.

EYE DAS (Support for the Vision Impaired)

A non-profit organization dedicated to helping the visually impaired in the San Gabriel Valley. Membership is open to anyone with impaired, partial or no vision. Sighted individuals are always welcome. EYE-DAS encourages those with visual problems to become more independent in order to be able to lead more productive and satisfying lives.

9:00 a.m. - 12:00 p.m.

* 1st Thursday of each month *

Billiards Room

Available during our operating hours from 9:00 a.m. - 1:00 p.m. Equipment is now located in the billiards room of the North Wing building at the Cortez Park Community and Senior Center.

Pool tournament will be Friday, December 8, 2023

Time:

10:00a.m.

Fee:

Free

(Pre-registration is required.)

See front office for more details.

Cortez Computer Lab

The Computer Lab is open to adults 55+ years of age. Come in and check your email or surf the web! Printer available, user must provide own paper.

West Covina Dial-A-Ride

West Covina Dial-A-Ride offers transportation to residents 55 years of age and older. Residents under the age of 55 that have a physician-certified disability are eligible. Please fill out your application and submit it at the Senior Center.

Valid I.D. required.

1-800-425-5777

Little Library

Welcome to the Cortez Park Community and Senior Center

book-sharing movement!

Join us in:

Building Community

Inspiring Readers

Expanding Book Access for All

Pick up a book *today* directly outside of the facility.



Free Notary Services

Services provided by:
Sona E. Baghdassarian
Realty One Group Masters
Your local Realtor
BRE #01079462

Notary services will be provided on the 3rd Wednesday of each month at 11:30 a.m. - 12:30 p.m. by appointment only. For seniors 50 and older and only a single page document notarized per person.

Make an appointment at the front counter or call
(626) 331-5366.

Dates of appointments:

October 18
November 15
December 20

Legal Assurance

Services provided by Kevin Stapleton. Assists seniors in understanding their legal concerns. Offered by attorneys at no charge. Please call the senior center to schedule an appointment. Spaces are limited.

Dates of appointments:

Tuesdays
October 3, 17
November 7
December 5

Time: 11:00 a.m. - 12:00 p.m.

Case Management YWCA

Case Management Services are provided by Intervalley Senior Services. This program is oriented to assist the elderly who have problems, which are preventing them from living independently or from receiving needed services.

By Appointment Only.

Dates of appointments:

October 4, 11, 18
November 1, 8, 15
December 6, 13, 20

Time: 9:00 a.m. - 11:30 a.m.

Free Real Estate Option Program

Consultation

Services provided by:
Realty One Group Masters
Sona E. Baghdassarian
Your local Realtor
BRE# 01079462

Explore your options if you are thinking of moving closer to family, downsizing, and understanding how that works for you.

Free 15 minutes consultations will be provided on the 3rd Wednesday of each month from 12:30 p.m. to 1:30 p.m. by appointment only.

Make an appointment at the front counter or call 626-331-5366.

Dates of appointments:

October 18
November 15
December 20

AARP Driver Safety Course

The AARP Driver Safety Course is designed especially for the driver's aged 50 and older. By taking a driver safety course, you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment.

\$20 AARP member/ \$25 non-members

Drivers Safety, Two Day Course:

Wednesday, December 6 &
Thursday December 7
9:30a.m. - 1:30p.m.

Refresher Course:

Wednesday, October 25
9:30 a.m. - 2:30 p.m.

*Fee payable to instructor on first day of class. Make check payable to AARP. (Check Only)

Limited to 20 students per class SM



AARP Tax Aide Volunteers Needed

AARP Tax Aide seeks volunteers to prepare tax returns at the West Covina Senior Center during the 2023 tax season. Individuals with basic computer skills, an interest in doing taxes, and a desire to help others are welcome! Volunteers will be trained by AARP and will be required to certify by taking a test. Training begins in December, and tax preparation starts in February and ends on April 12th. Tax preparers work one day a week during tax season. If you are interested, please contact us at (626) 331-5366 or sign up to volunteer at

<https://www.aarp.org/volunteer/programs/tax-aide/>



C.A.P.S. Adult Daycare

A program that provides fun and socialization for adults living with Alzheimer's disease and other types of memory loss.

For more information call
(626) 917 - 4484

Electronics Day

Staff will help seniors navigate through electric devices including: smartphones, iPads, iPhones, laptops, and tablets.

Days: 4th Thursday of each month
Time: 11:30 a.m. - 12:30 p.m.

No Electronics Day on 11/23 & 12/28

Sharps Program

The Cortez Park Community and Senior Center is a Sharps container drop-off location. Two containers can be dropped off per household per day per resident.

Red Hatters Club

Days: 2nd Monday of each month
Time: 9:00 a.m. - 12:00 p.m.

Red Hat Holiday Boutique

Thursday, October 26

9:00 a.m. - 2:00 p.m.

Senior Center (North Wing)

Join the Red Hat Club and shop for your holiday gifts!

Athens Discount Services

Athens services are offering a 25% reduction rate on waste collection fees.

To participate residents must:

- *Be 62 years of age or older
- *Valid drivers license or I.D.
- *Be living in a single family home in West Covina
- *Meet low income requirements set by the State of California.

The Classics!

Enjoy some classic board games with your friends.

Check out a board game at the front desk.

LA Regional Food Bank Boxes

Cancelled Until Further Notice

Sports Day Thursdays!

Visiting us on a Thursday?

Wear your favorite sports gear!

Bring a friend and enjoy our shuffle board and other outdoor activities!

See Front office staff for more information.



CITY CLASSES

(Pre- registration required for all activities until further notice & 3% administration fee will be added to all registrations / transactions)

Line Dancing With Pam

This exciting class will teach you basic line dance steps. Learn new steps and dances that are choreographed to current hits on the radio. Everyone will have fun dancing and getting exercise at the same time.

Please wear shoes with backs, no sandals or flip flops.

Instructor: Pam Wagoner

Day & Time:

Mondays, October - 10/2 - 10/30, November - 11/6 - 11/27, December 12/4 - 12/18

10:00 a.m. - 11:00 a.m.

Fee: \$25 monthly or \$5 drop-in per class (October)

\$20 monthly or \$5 drop-in per class (November)

\$15 monthly or \$5 drop-in class only (December)



Line Dancing - Happy Line Dancers

Teaching popular international line dances: Western, Cowboy - Country, Rock n Roll, Swing, Jive, Cha Cha, Rumba, Merengue, Cumbia, Bachata, Mambo, Tango, Waltz, and Hip Hop. This class will help you learn and enjoy line dancing, get exercise to improve coordination, and enhance memory at the same time.

Instructor: Roger Hwang

Day & Time:

Wednesdays, October - 10/4 - 10/25

9:00 a.m. - 11:30 a.m.

Fee: \$20 monthly or \$6 drop-in per class

Flex Fitness

Low impact and easy on the joints exercise. This class is designed to maintain and improve your range of motion and flexibility. Warm-up with chair exercise, move on to standing exercise than a little dance to increase endurance and circulation, finish with a cool down. Participants must bring the stretch bands and hand weights.

Instructor: Terri Thomas

Day & Time:

Tuesdays, October - 10/3 - 10/31, November - 11/7 - 11/28,
December - 12/5 - 12/19

1:00 p.m. - 2:00 p.m.

Fee: \$2 per class



(Pre- registration required for all activities until further notice & 3% administration fee will be added to all registrations / transactions)

Walking Club

Join us for fitness and fun every Friday!
The last Friday of each month we will go on a mini excursion to a location within the City of West Covina.

Day & Time: Fridays, 9:30 a.m. - 10:30 a.m.
Fee: \$5 Monthly



Indoor Chair Volleyball

Fun, Mobility, and Music!
Join us for a free friendly game of chair volleyball in the main hall every Friday.
LIMITED to the first 12 participants.
(Availability subject to change)

Day & Time: Fridays, 9:30 a.m. - 10:30 a.m.
Fee: Free



Pickle Ball

Join the new trending sport of Pickleball! It is a paddle sport that combines elements of tennis, badminton, and ping-pong using a paddle and plastic ball with holes.

Date & Time: Fridays, 12:30 p.m. – 1:30 p.m.
FEE: Free
Limited to the first 12 participants. (Availability subject to change)



(Pre- registration required for all activities until further notice & 3% administration fee will be added to all registrations / transactions)

Ballroom Dancing

Have fun learning Ballroom dances:
Waltz, Tango, Swing, Foxtrot, Taiwan Jitterbug, etc.
No partner needed, will do partner rotation during class.

Instructor: Chris Chuc

Day & Time:

Wednesdays, October - 10/4 - 10/25, November - 11/1 - 11/22
and December - 12/6 - 12/20

12:00 p.m. - 1:00 p.m.

Fee: \$20 monthly or \$6 drop-in per class

\$15 monthly or \$6 drop-in per class (December Only)



Latin Dance

Have fun moving and grooving to your favorite Latin hits. In this class you will learn Latin dances like the Cha Cha, Rumba, Salsa, Merengue, Bachata etc. No partner needed, will do partner rotation during class.

Instructor: Chris Chuc

Date & Time:

Wednesdays, October - 10/4 - 10/25, November - 11/1 - 11/22
and December - 12/6 - 12/20

1:00 p.m. - 2:00 p.m.

Fee: \$20 monthly or \$6 drop-in per class

\$15 monthly or \$6 drop-in per class (December Only)



Zumba

Zumba Gold combines low-impact Latin-based dance fitness moved with a wide range of music to take the “work” out of the workout. Make sure to bring water, a towel, and your athletic shoes, and get ready to have some FUN!

Instructor: Alicia Flores

October

Drop-In - \$6 per class

Tuesdays - (8:30 a.m. - 9:30 a.m.) /
Thursdays - (1:00 p.m. - 2:00 p.m.)
\$42 Monthly

Tuesdays - ONLY (8:30 a.m. - 9:30 a.m.)
\$21 Monthly

Thursdays ONLY (1:00 p.m. - 2:00 p.m.)
\$21 Monthly

-No Class October 31-

November

Drop-In \$6 per class

Tuesdays - (8:30 a.m. - 9:30 a.m.)
Thursdays - (1:00 p.m. - 2:00 p.m.)
\$42 Monthly

Tuesdays ONLY- (8:30 a.m. - 9:30 a.m.)
21\$ Monthly

Thursdays ONLY- (1:00 p.m. - 2:00 p.m.)
\$21 Monthly

-No Class November 23-

December

Drop-In - \$6 per class

Tuesdays - (8:30 a.m. - 9:30 a.m.) /
Thursdays (1:00 p.m. - 2:00 p.m.)
Monthly \$42

Tuesdays ONLY (8:30 a.m. - 9:30 a.m.)
\$21 Monthly

Thursdays ONLY (1:00 p.m. - 2:00 p.m.)
\$21 Monthly

-No Class-
December 26 & December 28



FREE MT. SAC CLASSES

All classes are subject to availability.
2023 Fall Session: August 28 - December 15

All classes are held at the Senior Center. Registration must be completed directly with the instructor on the first day of class. Students must provide their own materials.

No Class:
November 10, 23, & 24

COMPUTER SKILLS

Basic Computing
Level 2 - Wednesdays, 9:00 a.m. - 11:50 a.m.
(8/30 - 10/18)

Mobile Information Technology for the
Beginner - (Cell Phone)
Tuesdays, 9:00 a.m. - 11:50 p.m.
Wednesdays, 12:00 p.m. - 2:50 p.m.

Internet Research - An Introduction
Wednesdays, 9:00 a.m. - 11:50 a.m.
(10/25 - 12/13)
Thursdays, 9:00 a.m. - 11:50 a.m.

DECORATIVE/ HOME FINE ARTS

Home Gardening
Thursdays, 10:00 a.m. - 11:50 a.m.

Watercolor Painting
Fridays, 10:00 a.m. - 12:30 p.m.

HEALTH

Healthy Aging - (Aerobics Classes)
Mondays, 9:00 a.m. - 9:50 a.m.
Fridays, 9:00 a.m. - 9:50 a.m.
Fridays, 10:00 a.m.- 10:50 a.m.

Healthy Aging -
Principles of Slow Movement (Tai Chi)
Mondays, 12:00 p.m. - 1:25 p.m.
Mondays, 1:30 p.m. - 2:55 p.m.

Healthy Aging -
Principles of Posture and Flexibility (Yoga)
Tuesdays, 10:00 a.m. - 10:50 a.m.
Thursdays, 10:00 a.m. - 10:50 a.m.





FOR INFORMATION ABOUT THE CORTEZ PARK COMMUNITY & SENIOR CENTER, CONTACT US AT (626) 331 - 5366

Moviemania

Join our center every Friday for a movie showing! Enjoy the experience on our 70" HD TV with our very own home theatre system. Popcorn will be provided.

Subject to changes and cancellation

Fridays at 9:15 a.m.

Now Playing:

Fridays

October 6: The Mitchells vs. The Machines [PG]

October 13: Hotel Transylvania 2 [PG-13]

October 20: The Karate Kid [PG]

October 27: Goosebumps [PG]

November 3: Murder Mystery 2 [PG-13]

November 17: The Adam Project [PG-13]

December 1: Stuart Little [PG]

December 8: Liar Liar [PG-13]

December 15: Enola Holmes [PG]

December 22: After Earth [PG-13]

Partnership Opportunities

The Senior Center is looking for organizations to sponsor events and programs throughout the year. Anyone interested in sponsoring events at the Cortez Park Community and Senior Center please contact us at (626) 331 - 5366.

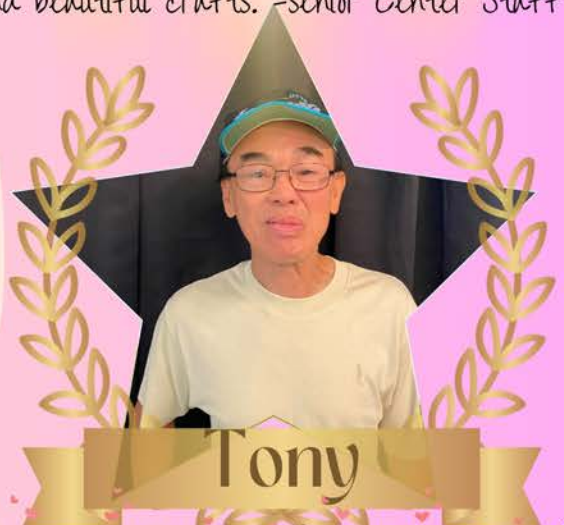
Accessing The Voice online

1. Go to <http://www.westcovina.org>
2. In the "Departments" drop down, select " Public Services Department Community Services Division"
3. Then on the sidebar click "Parks and Community Services Facilities.
4. Once again on the same sidebar select "Cortez Community and Senior Center"
5. Locate "The Voice Newsletter" to see the most current newsletter.

Volunteer Highlight

Thank you for being an amazing volunteer! We all appreciate your positive attitude, hard work and beautiful crafts. -senior center staff

**"The smallest act of kindness is worth more than the grandest intention."
-Oscar Wilde**



TRAVEL TIME TOURS



West Covina is partnering with Travel Time Tours to provide extended trips. Participants must be at least 21 years of age to sign up for any trips involving casinos. Registration can be taken over the phone or in-person. Please have all your information prepared before calling. Security deposit is due upon registration.

Sedona Verde Canyon Train (Plus Laughlin)

Aboard The Verde Canyon Railroad

October 2 - 5

Shared Room (2): \$729.50

Single: \$874.50

Minimum Deposit: \$350.00



From Dallas Texas to Branson Missouri

(Including JFK Tribute Tour)

Nov 7 - 13

Shared Room (2): \$CALL.00

Single: \$Call.00

Minimum Deposit: \$800.00

Sedona, Arizona's Verde Canyon Train

Verde Canyon, Oak Creek Canyon

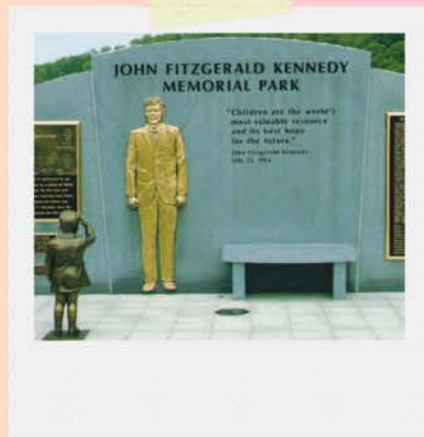
(Plus Laughlin, NV)

OCT 9 - 12

Shared Room (2): \$729.50

Single: \$874.50

Minimum Deposit: \$350.00



Memphis, Branson, and "The Ozarks"

Memphis - Branson - Eureka Springs

Nov 8 - 13

Shared Room (2): \$2899.00

Single: \$3309.00

Minimum Deposit: \$1200.00

Grand Canyon National Park

October 23 - 26

Shared Room (2): \$729.50

Single: \$969.50

Minimum Deposit: \$350.00



Christmas In New York City

Dec 4 - 8

Shared Room (2): \$2589.00

Single: \$3294.00

Minimum Deposit: \$800.00





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