



BARBARA J. RILEY COMMUNITY & SENIOR CENTER JUNE 2015



Hollywood Bowl
Registration Begins
June 3rd



Strength Training
Tuesdays & Fridays
1:00 - 2:30pm



**HOURS OF
OPERATION**

Monday	8am-6pm
Tuesday	8am-9pm
Wednesday	8am-9pm
Thursday	8am-9pm
Friday	8am-5pm

What's Inside:

- Page 2 Upcoming Events & Monthly Movies
- Page 3 HSA Lunch Menu
- Page 4 Senior Resources
- Page 5 Weekly Activities & CareMore Workshops
- Page 6 Facilities Conduct Policy
- Page 7 Surprise Sheet!
- Page 8 Employee spotlight & Billiards Tournament

Contact Information
7810 Quill Dr.
Downey, CA 90242
562-904-7223

Excursions
Whale watching
June 27th 11am-4:30pm

Upcoming Events

Senior Center	Birthday Celebration!	City Wide Events
<p><u>Annual Billiards Tournament</u> June 10th 10:00 am Sign up at front desk.</p>  <p><u>AARP Smart Driver Course</u> June 9th and 11th 9am-1pm</p> 	<p>If your birthday is in the months of June, July, August Come celebrate with us on August 28th From 1:00 pm– 2:30 pm</p>  <p>RSVP at the front desk Enjoy cake courtesy of <u>Healthcare Partners</u></p>	<p><u>Rooftop events</u> Wednesday, June 24 7:00pm-10:00pm Rooftop Public Parking Structure 2nd St. & New St,</p>   <p><u>Twilight Summer Concerts</u> Wednesdays 7:00 pm July 1—August 5 at Furman Park</p>

May Movies
 Wednesday Afternoons at the Movies
 9:00am and 1:00pm
 Movies are subject to change without notice

June 3 – Earth to Echo



When a construction project begins in their neighborhood, four friends start receiving bizarre encoded text messages on their cell phones. Setting out to find the origin of the texts, the group stumbles on an astonishing answer

June 10 –The Giver



In a future society called The Community, pain, war and disease have been eradicated, as have individuality and free will. When a teenager named Jonas learns the truth about the real world, he must decide wheth-

June 17–Maleficent

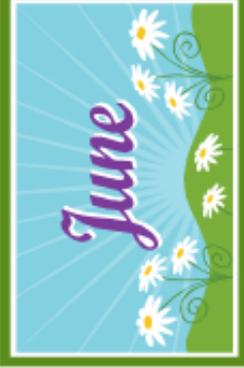


Turning the classic fairy tale "Sleeping Beauty" on its head, this fantasy drama retells the story from the point of view of evil godmother Maleficent. While defending her homeland from invaders, the young Maleficent is dealt a cruel blow by fate

June 24 –When the game stands tall



The journey of legendary football coach Bob Ladouceur (Jim Caviezel), who took the De La Salle High School Spartans from obscurity to a 151-game winning streak that shattered all records for any American sport.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Navy Bean Soup BBQ PORK ON A BUN WG Bun Corn Spinach Salad Pineapple Chunks</p>	<p>2 MEAT LASAGNA French Bread Cauliflower Caesar Salad w/CROUTONS Fresh Fruit in Season</p>	<p>3 Chicken Noodle Soup TURKEY w/CRANBERRY SALAD Whole Grain Bread Broccoli Slaw Three Bean Salad w/Onions In Italian Dressing Tropical Fruit</p>	<p>4 Tomato Soup BREADED BAKED FISH WG Bread Baked Potato Peas & Carrots Mandarin Orange Blushing Pears</p>	<p>5 Minestrone Soup LEMON CHICKEN Dinner Roll Brown Rice Pilaf Sautéed Cabbage Tossed Green Salad w/Onions & Red Peppers Watermelon or Fresh Apple</p>
<p>8 Vegetable Barley Soup HOMEMADE SALISBURY STEAK w/GRAVY WG Bun Mashed Potatoes Mixed Vegetables Peaches or Fresh Fruit in Season</p>	<p>9 Corn Chowder Soup CHICKEN ENCHILADA VERDE CASSEROLE Pinto Beans Mixed Field Green Salad w/CROUTONS & Red Onions Fresh Orange</p>	<p>10 <i>Choice of Entrée</i> BREADED FISH SANDWICH OR HAMBURGER IN BBQ SAUCE WG Bun Oven Roasted Potatoes Carrot Salad w/Raisins Cantaloupe</p>	<p>11 Bayou Chowder PORK CHOP AUJUS Macaroni Salad Cauliflower w/Nutmeg Spinach Salad w/Mandarin Orange & Red Onion Applesauce w/Cinnamon</p>	<p>12 Tortilla Soup FISH AMANDINE Dinner Roll Baked Potato Tricolor Slaw Peaches Oatmeal Cookies</p>
<p>15 MUSTARD THYME MARINATED CHICKEN BREAST Dinner Roll Couscous Cauliflower Waldorf Salad Vanilla & Chocolate Swirl Pudding</p>	<p>16 <i>Choice of Entrée</i> CARNITAS w/SALSA OR SEASONED BREADED WHITE FISH TACO Corn Tortilla (2) Pinto Beans Squash Medley Cantaloupe</p>	<p>17 Potato Soup HOT OPEN FACE ROAST BEEF SANDWICH w/GRAVY WG Bread (1) Broccoli Mannated Beet & Onion Salad Fruit Cocktail</p>	<p>18 Split Pea Soup STUFFED BELL PEPPER WG Bread Mashed Potatoes Carrots Coleslaw Banana</p>	<p>19 <i>Father's Day Luncheon!</i> Orange Juice BBQ CHICKEN Hamburger Bun Potato Salad Carrot-Pineapple Salad Lettuce, Tomato Slices, Onion Slices / Watermelon Wedge</p> 
<p>22 BEEF STROGANOFF Dinner Roll Egg Noodles Green Beans Spinach Salad w/Tomato Pineapple Chunks</p>	<p>23 Chicken Barley Soup FISH CREOLE WG Bread Baked Potato Carrot Salad w/Raisins Banana</p>	<p>24 <i>Happy June Birthdays!</i>  Lentil Soup PORK CHOP Brown & Wild Rice Peas & Corn / Orange / "Cake"</p>	<p>25 Fideo Soup CHICKEN MOLE Corn Tortilla (2) Pinto Beans Cauliflower Mannated Beet & Onion Salad Pears</p>	<p>26 Broccoli Cheese Soup MEATLOAF WG Bread Mashed Potatoes Mixed Vegetables Grapes Or Apple</p>
<p>29 Bean & Turkey Soup TUNA SALAD WG Bread (2) Carrot Pineapple Salad Tossed Green Salad Orange</p>	<p>30 Italian Wedding Soup ROAST BEEF w/GRAVY WG Bread (1) Noodles Creamed Spinach Cantaloupe Or Honeydew Butterscotch Pudding</p>	<p> <i>Happy Father's Day!</i></p>	<p>SUGGESTED DONATION FOR SENIORS 60 YRS & OLDER \$2.25 FEE FOR NON - SENIORS \$4.50</p>	

SENIOR NUTRITION PROGRAM

562.862.8800

****Reservations are required 24 hours in advance****

Administered by the Human Services Association (HSA)

Days/Times: Monday - Friday, served at 11:30AM

Suggested Donation: \$2.25 (Must be 60+ years)

Bingo played on Wednesdays and Fridays from 10:15-11:15AM

****Pastries, bread & coffee are for the nutrition program participants only****



STAY HEALTHY

DOWNEY



KAISER PERMANENTE FITNESS CENTER

562.904.7223

Fitness Room Orientation for 50yrs & up ~ * FREE* ~

Appointment Required

Mondays & Fridays, 2:00PM

Saturday, 9:30AM

Workout Room hours:

Mon. 7:45AM – 2:00PM, 3:00 - 6:00PM

Tues. Wed. Thurs. 7:45AM – 9:00 PM

Fri. 7:45AM – 2:00PM, 3:00 - 5:00PM

Sat. 10:30AM – 2:00PM

Fitness Room will be **CLOSED** for workouts during orientation hours & Holidays

RESOURCES & REFERRALS

APPOINTMENT NEEDED:

LEGAL ADVICE 2ND TUESDAY, 12:00 – 2:00PM

MEDICARE ASSISTANCE 1st & 3rd WEDNESDAY, 9AM-12NOON

*NOT FOR MEDI-CAL QUESTIONS, MEDICARE QUESTIONS ONLY

A PLACE FOR MOM

PROVIDE FREE REFERRALS FOR PRIVATE CAREGIVERS.

EMAIL LONGBEACH@APLACEFORMOM.COM FOR

IMMEDIATE ASSISTANCE OR CALL (562) 472-1468 TO SPEAK

TO A REPRESENTATIVE.

THE DOWNEY CEMETERY

FOR NICHE SALES OR BURIAL INFORMATION, REGARDING THE DOWNEY

CEMETERY, PLEASE CALL LORENA ARELLANO-DISTRICT COORDINATOR

@ (562) 904-7223 OR BY EMAIL AT LARELLANO@DOWNEYCA.ORG.

THE DOWNEY CEMETERY- 9073 GARDENDALE ST. DOWNEY, CA.

NO APPOINTMENT NEEDED:

BLOOD PRESSURE

1ST FRIDAY, 9 – 11:00AM (PROVIDED BY COMMITTEE ON AGING)

CONGRESSWOMAN

ONGOING WEEKLY ACTIVITIES

- MONDAY:** LUNCH SERVED AT 11:30AM
CHESS & CHECKERS, 1:00-5:00PM
- TUESDAY:** DOWNEY SENIOR CITIZENS RECREATION CLUB,
9:30AM – 2:30PM
LUNCH SERVED AT 11:30AM
STRENGTH TRAINING 1:00 – 2:30PM
- WEDNESDAY:** BINGO AT 10:15AM,
LUNCH SERVED AT 11:30AM
WEEKLY MOVIE SHOWN AT 9:00AM & 1:00PM
- THURSDAY:** SENIOR CALIFORNIANS OF DOWNEY,
9:30AM – 2:30PM
LUNCH SERVED AT 11:30AM
TRIVIA BOARD GAMES, CARDS & PUZZLES
1:00 - *6:00PM
- FRIDAY:** BINGO AT 10:15AM,
LUNCH SERVED AT 11:30AM
CHESS & CHECKERS, 1:00-5:00PM
STRENGTH TRAINING 1:00 – 2:30PM
TRIVIA BOARD GAMES, CARDS & PUZZLES
12:45 - *4:45PM

PROGRAMS AVAILABLE

Available for all patrons 50 years+

- ◇ Billiards Room
- ◇ Library & Computer Lab
- ◇ Kaiser Fitness Room

*****Please inquire at the front desk for additional information*****



COMMUNITY FOLK MUSIC JAM

Last Tuesday of the
Month

June 29th

Come and join the fun!

Drop-in Program

Free!

****Bring your musical instrument****



FREE

Health & Wellness
Workshops for 50+

June 5, 2015—10:00AM
Summer Skin Protection
(RSVP required)

**June 19, 2015-10:00
AM**
Make & Take Marigolds
(RSVP required)

July 3, 2015-10:00 AM
Make & Take Patriotic
Keychains (RSVP re-
quired)

July 17, 2015-10:00 AM
Chair Massage Therapy
(RSVP required)

**City of Downey
Parks and Recreation Department
Facilities Conduct Policy
April, 2011**

The Parks and Recreation Department's first priority is public service. Every day, hundreds of people visit our facilities to attend programs, take recreational/leisure classes, enjoy special events, enjoy services offered and request information from city staff. Because we pride ourselves in quality customer service, we have established a Facilities Conduct Policy ("Policy") so that Facility Users can enjoy our city facilities and city staff can have a pleasant and safe working environment. This Policy applies to the following city facilities ("city facilities"):

City parks (including picnic shelters, multi-purpose rooms, restrooms, and open park space):

Apollo Park/Gary P. McCaughan Gym 12544 Rives Avenue	Brookshire Children's Park 12520 Brookshire Avenue	Crawford Park 7000 Dinwiddie Street
Dennis the Menace Park 9125 Arrington Avenue	Discovery Sports Complex 12400 Columbia Way	Downey Community Aquatic Center 11040 Brookshire Avenue
Furman Park 10419 Rives Avenue	Golden Park 8840 Golden Avenue	Independence Park 12334 Bellflower Avenue
Rio San Gabriel Park 9612 Ardine Street	Temple Park 7132 Cole Street	Treasure Island Park 9300 Bluff Road
Wilderness Park 10999 Little Lake Road	Rio Hondo Event/Golf Center 10627 Old River School Road	Barbara J. Riley Community & Senior Ctr. 7810 Quill Drive
Transit Depot 8150 Nance Street	Downey Theatre 8435 Firestone Boulevard	

The Parks and Recreation Department requires that all Facility Users comply with the following rules of conduct in all city facilities:

Facility Users shall not engage in any activity prohibited by municipal, state and/or federal laws.

Facility Users shall not engage in disruptive behavior, such as talking loudly, making noise or engaging in conduct that disturbs, annoys or harasses others as determined by city staff after reasonable investigation.

Facility Users shall not engage in conduct that interferes with the ability of city staff to manage and operate city facilities.

Facility Users shall not use vulgar, obscene or profane language directed towards other patrons, facility service providers/vendors or city staff.

Facility Users shall not engage in horse play or other unsafe behavior that poses a risk of injury to persons or property.

Facility Users shall not interfere with or disrupt any organized program or event.

Facility Users shall not bathe or sleep in city facility restrooms.

Facility Users shall follow the directives of city staff in enforcing this Policy.

The Parks and Recreation Department reserves the right to prohibit the use of its facilities and premises by persons who do not abide by this Policy. Facility Users who fail to comply with park rules are subject to arrest pursuant to Downey Municipal Code Section 10102.

City staff shall enforce this Policy as follows:

A. Warning

The Parks and Recreation Department Director or city staff may issue a verbal and/or written warning to a Facility User who commits any violation of this Policy. The verbal or written warning shall advise the Facility User that he/she must comply with this Policy or be excluded from the city facility where the violation occurred for a 24-hour period.

B. Exclusion from City Facility.

After being warned by the Parks and Recreation Department Director or city staff in writing or verbally of a violation of this Policy, and after failing to comply with this Policy following such warning, the Director or city staff may exclude the Facility User from use of that city facility for a 24-hour period. The Facility User shall be re-admitted to that city facility at the expiration of the 24-hour period.

FATHER'S DAY WORD SEARCH

Happy Father's Day!



Celebrate
Relaxation
Inspiration
Appreciate
Grandfather
Devoted

Gift
Son
Wise
Laugh
Kiss
Card

Home
Hugs
Sunday
Happy
Fun
Cake

Caring
Holiday
Giving
Love
Family
Strong

Honor
Hero
Daddy
Loyal
Friend
Father

Daughter
Gentleman
Children
Encourager
Provider
Greatest

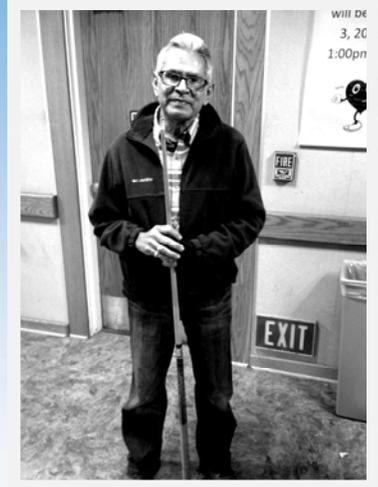
© 2010 Funsational, Inc.

May billiards tournament winners

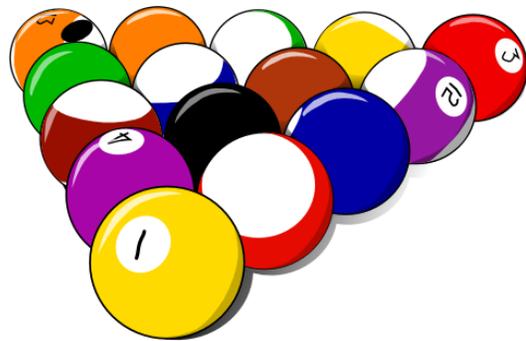
Novice :Leo Leivd



Advanced: Armando Luna



Sign up today for our
8th annual Billiards
Tournament on
June 10th at 10:00am



Get to know your staff

Fernando Lopez "Tall Fernando"

College: Long Beach Community College

What do you like most about the center:

Billiards Room and talking with patrons.

Favorite Movie: Lone Survivor

Favorite sport: Basketball/ Baseball



