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 PAID
 GLENDALE, CA
 PERMIT No.
 1608



SENIOR EVENTS AT THE Y

October - December 2011



Pinochle

Beginners welcome at any time.
CCY: Every **Tuesday** 1-4:00pm

Mah Jongg

Beginners welcome at any time.
CCY: Every **Friday** 1:00- 4:00 pm
VHY: Every **Thursday**, Beginners at noon
 Players from 1:00 - 4:00 pm

Y Knot Knit (and Crochet)?

Bring your project or problems.
CCY: Every **Thursday** 12:30 pm - 2:30 pm
VHY: Contact Suzanne regarding knitting
 for the troops

Bingo (\$1 per card, raffle & refreshments)
Tuesday 1:30 - 3:30 pm
CCY: Oct. 11, Nov. 8, Dec. 13
VHY: Oct. 25, Nov. 22, Dec. 27

DAY TRIP

Guided Los Angeles City Tour

Friday, September 30, 8:45 am - 4:00 pm

Act like a tourist in your own city. We will have a professional guide taking us to the Disney Hall, Bradbury building, Union Station, Olvera Street, Chinese Theater and Angels Flight. We'll stop at Cliftons Cafeteria for lunch (on your own). Pick up at the Lowell Park&Ride at 8:45 am, LC United Artist Theater (by Starbucks) at 9:00am-Price \$45
 Secure your spot by paying at the front desk.



EVENING TRIP

Haugh Performing Arts Center: Christmas Is...

Friday, December 16, 5:15 - 11pm

The holidays are always merry at Citrus College and the centerpiece of the celebration is their annual choral concert and holiday musical Christmas Is... Dinner before the show at Glendora Continental Restaurant where you will have your choice of prime rib, halibut steak or BBQ pork ribs with soup, salad, potatoes or rice pilaf, dessert and non-alcoholic beverage. One pick up only at the LC United Artist Theater (by Starbucks) at 5:15 pm. **Tickets must be purchased at front desk by 10/28.** Price: \$73

Book Club

VHY: Mondays 1:00 pm, October 17, November 21, December 19
 Join a group of fellow readers to read and discuss a different book each month.
 October 17: **A Thousand Splendid Suns** by Khaled Hosseini
 November 21: **Tattoos on the Heart** by Father Gregory Boyle
 December 19: **An Amish Christmas** by Cynthia Keller
CCY: Tuesdays at noon, October 25, November 22, December 27
 Let's get a book club started. At the first meeting we will choose monthly books.

Health Rhythms (Formerly known as Drum Circle)

VHY: Mondays 12:30 pm, October 10, November 14, December 12
CCY: Tuesdays 12 Noon, October 18, November 15, December 20
 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.
 October 19, **Magpie's Grill** 1438 Foothill Blvd., La Canada
 November 16, **Angeles National Golf Club** 9401 Foothill Blvd., Sunland
 December 21, **Taylor's Steakhouse** 901 Foothill Blvd., La Canada

OCTOBER

5, 12
& 19

Diabetes Education

Wednesdays, October 5, 12 and 19, 2:30 - 4:00 pm **CCY** Patio Room
Presented by Huntington Hospital's Healthy Lifestyle Program. Get the information you need to prevent diabetes, or see if you are at risk. For more information or to register, call (626) 397-8604. Come 30 minutes early (2pm) to register at the first meeting.

6 Drama Classes - Storytelling & Video Diaries For Seniors

Thursdays, October 6 - November 10, **CCY** MPR
Storytelling, 12:00 - 1:30pm. An introductory class in the joy of storytelling, using theater games and improvisation. Together we create wacky characters, bizarre situations and a sense of camaraderie. Lots of fun, silliness and laughs.

Video Diaries, 2:00 - 3:30pm. Each student chooses two or more stories from their lives and then rehearses and records them on camera. The stories can be about anything that happened to you, either in childhood or later in life. 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 for each 6 week class. Sign up at the front desk.

7 **Flu shots - Friday, October 7th**, 10:00am - 12 noon, **CCY** Patio Room
Provided by Flintridge Pharmacy. Free with Medicare with no HMO, otherwise \$25. To make an appointment, call Nancy Turney at (818) 790-0123, ext. 225

12 **"Know the 10 Signs; Early Detection Matters"**
Wednesday, October 12, 12 Noon **CCY** Patio Room
Learn the 10 warning signs of Alzheimer's disease, the benefits of early detection and early diagnosis. RSVP to Nancy Turney at (818) 790-0123, ext. 225

21 **SoCal Movement Disorder Society La Canada YMCA Support Group**
Friday, October 21 - 11:00 am, **CCY** Patio Room
Guest Speaker to be announced. This group is free and open to the community.

24 **Chili Cook Off VHY**
Monday, October 24 - 12:00-2:00 pm
Mix up a pot of your favorite chili recipe and bring it to the Y. Prizes will be awarded. Sign up at the front desk.

26 **Neuropathy Support Group**
Wednesday, October 26, 1:00 pm **CCY** Patio Room
Presented by Flintridge Pharmacy. Free and open to the community.

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.

NOVEMBER

2 **Autumn Tea**
Wednesday, November 2 - 12:00 Noon - 1:30pm, **CCY** Multi Purpose Room
Feast on scones, tea sandwiches and other delicacies with your lady friends. Entertainment will be provided. Buy your tickets at the front desk. Price: \$10 before 10/28, \$15 after 10/28

9 **"Hypertension, Diabetes and Alzheimer's Disease"**
Wednesday, November 9 - 12:00 Noon, **CCY** Patio Room
Learn about the role of Diabetes and Hypertension in your brain's health. RSVP to Nancy Turney at (818) 790-0123, ext. 225

15 **National Memory Screening Day**
Tuesday, November 15 - 9:00am - 12:00 Noon, **CCY** Patio Room
Co-sponsored by Steppingstones & Verdugo Hills Hospital. An initiative of the Alzheimer's Foundation. Confidential. Make appointment with Nancy Turney.

18 **SoCal Movement Disorder Society La Canada YMCA Support Group**
Friday, November 18 - 11:00 am, **CCY** Patio Room
Guest speaker to be announced. This group is free and open to the community.

23 **Neuropathy Support Group**
Wednesday, November 23, 1:00 pm **CCY** Patio Room
Presented by Bryan Haas, Doctor of Chiropractic, Glenale Neuropathy Institute.

28 **Medicare Panel**
Monday, November 28, 12:00 - 1:00 pm **VHY**
Have your Medicare questions answered. Sign up at the desk.

DECEMBER

9 **Holiday Pot Luck**
Friday, December 9 - 12:00 - 1:30 pm, **CCY** Multi Purpose Room
Bring your favorite holiday party dish and spend time with your Y friends and staff. Sign up at front desk.

15 **"Holiday Blues"** Presented by Virginia Evans, LCSW
Thursday, December 15 - 12:00 Noon, **CCY** Patio Room
Are you down in the dumps this time of year while everyone else is humming Christmas carols? Then this presentation is for you. RSVP to Nancy (818) 790-0123, ext. 225

16 **SoCal Movement Disorder Society La Canada YMCA Support Group**
Friday, December 16 - 11:00 am, **CCY** Patio Room, speaker to be announced.

19 **Holiday Pot Luck**
Monday, December 19 - 12:00 - 1:30 pm, **VHY**
Bring your favorite holiday party dish and spend time with your Y friends and staff.

27 **Neuropathy Support Group**
Wednesday, December 28, 1:00 pm **CCY** Patio Room
Presented by Dr. Alan Snyder, Podiatrist.