

CITY OF TORRANCE

## **5-O AND ON THE GO!**

PROMOTING FITNESS, FUN, AND FRIENDSHIPS

November/December 2024

### **IT'S TIME TO RENEW YOUR 5-O AND ON THE GO! MEMBERSHIP!**

*5-0 and on the go!* Membership dues are \$5.00 per person.

**Persons who live outside of Torrance are welcome to join.**

Your membership includes the bi-monthly *5-0 and on the go!* Newsletter, which announces special events, exercise classes, Senior Centers schedules, activities, lunch menus, and much more!

### **PLEASE RENEW YOUR MEMBERSHIP BY FEBRUARY!**

#### **TO RENEW YOUR MEMBERSHIP:**

Come to any of our three Senior Centers (Bartlett, Tillim, or Walteria Park) and pay your \$5.00 dues in person. Or, if you wish, renewing members may pay the \$5.00 Membership dues by mail.

Just send a check payable to the City of Torrance to the Bartlett Center at

1318 Cravens Avenue, Torrance, CA 90501.

Everyone aged 50 and up is invited to join 5-O and on the Go!

#### **NEW MEMBERSHIP: Want to join 5-O and on the go?**

Come to any of our three Senior Centers (Bartlett, Tillim, or Walteria Park) and fill out the Senior Citizens Center Welcome Packet. (Please print legibly!) You may pay your \$5.00 dues by cash or check payable to the City of Torrance.



City of Torrance Community Services Department \* RECREATION DIVISION  
3031 Torrance Blvd., Torrance, CA 90503 \* (310) 320-5918 \* [www.Recreation.TorranceCA.Gov](http://www.Recreation.TorranceCA.Gov)  
"Creating and Enriching Community through People, Programs and Partnerships"



YOU ARE INVITED TO DO YOUR HOLIDAY SHOPPING AT OUR

# SENIOR CITIZENS HOLIDAY Arts & Crafts Sale

FIND THAT

ONE-OF-

A-KIND

GIFT ITEM

FOR THE

HOLIDAYS!



ALL ITEMS

FOR SALE ARE

HAND-CRAFTED

BY

SENIOR

CITIZENS!

Free admission!

**SATURDAY, NOVEMBER 9, 2024**

9:30 a.m. to 2:30 p.m.

**KEN MILLER RECREATION CENTER**

3341 Torrance Blvd., CA

*“Creating and Enriching Community through People, Programs and Partnerships”*





# BARTLETT CENTER

1318 Cravens Avenue (310) 320-5918



**HOURS: MONDAY through FRIDAY - 8 a.m. to 4 p.m.**

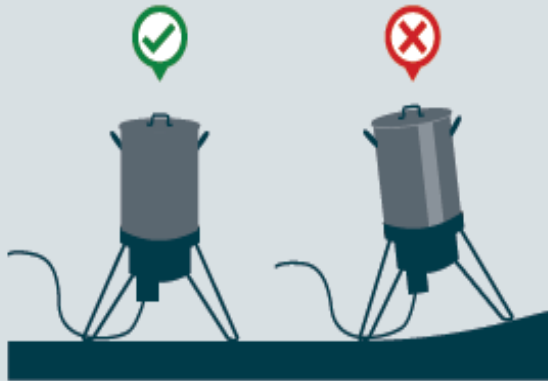
Nutritious lunches served MONDAY through FRIDAY at 11:30 a.m. for the low cost of \$3. Please make reservations at least 24 hours in advance. If you need to cancel, please call so that others may take your place.

<b>MONDAY</b>	8:05 - 9:15 a.m.	<b>Fitness Difference</b> For more information go to Olefclasses@gmail.com or (424) 271-5523
	9:30 a.m. - 12noon	<b>Lapidary Workshop - Fee: \$2</b>
	10 - 11 a.m.	<b>Salsa for Seniors!</b> For more information or to register, contact OLEF www.Olefclasses.Com or (424) 271-5523
	12:30 - 3:45 p.m.	<b>Bridge</b>
	12 - 1 p.m.	<b>Conversational Spanish Class</b> For more information go to Olefclasses@gmail.com or (424) 271-5523
<b>TUESDAY</b>	8:15 - 11.30 a.m.	<b>Line Dancing</b>
	10 - 11 a.m.	<b>Spanish Book Club</b> - Meets every 2 <sup>nd</sup> Tuesday of the month. Call (310) 320-5918 for more information.
	12:30 - 2:30 p.m.	<b>"Coffee with Maxine" Discussion Group</b>
<b>WEDNESDAY</b>	8 - 9:15 a.m.	<b>Fitness Difference</b> - 6/03 to 7/31 For more information go to Olefclasses@gmail.com or (424) 271-5523
	8 a.m. - 12noon	<b>Beading Workshop</b>
	9 - 11:15 a.m.	<b>Gardening Club</b>
	9:30 a.m. - 12noon	<b>Lapidary Workshop - Fee: \$2</b>
	10 - 11:15 a.m.	<b>Chair Fusion</b> For more information go to Olefclasses@gmail.com or (424) 271-5523
<b>THURSDAY</b>	8:15 - 11.30 a.m.	<b>Line Dancing</b>
	9:30 a.m. - 12noon	<b>Lapidary Workshop - Fee: \$2</b>
	12:15 - 1:45p.m.	<b>Writing Class</b> For more information go to Olefclasses@gmail.com or (424) 271-5523
<b>FRIDAY</b>	8 - 9:15 a.m.	<b>Fitness Difference</b> For more information go to Olefclasses@gmail.com or (424) 271-5523
	9 a.m. - 12noon	<b>Crafts Workshop</b>
	9 a.m. - 11:15 a.m.	<b>Meditation with Beverly</b>
	10 a.m.	<b>Seniors Citizens Walking Club</b>
	10 - 11 a.m.	<b>Salsa for Seniors!</b> For more information go to Olefclasses@gmail.com or (424) 271-5523
	1 - 3 p.m.	<b>Seniors Discussion Group</b>
<b>Monday - Friday</b>	9:30- 11 a.m. 12:30- 3 p.m.	<b>The Mini Fitness Center is Open!</b>

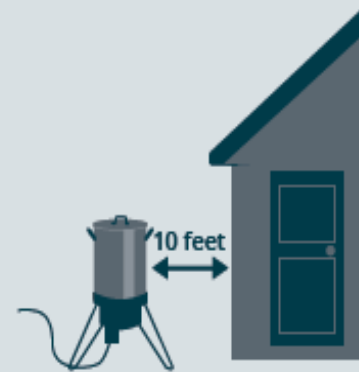


# Turkey Fryer *Fire Safety*

Frying food puts you at the greatest risk of cooking fires. Before you fry a turkey, review these tips to keep you and your loved ones safe.



Turkey fryers can tip over easily, spilling hot cooking oil over a large area. Make sure your turkey fryer is on a sturdy, level surface and do not move it once it is in use.



Make sure it is at least 10 feet from your home and not under roof eaves.



**An overfilled cooking pot will cause cooking oil to spill when the turkey is put in.**

Test the amount of oil you need by filling your fryer with water. Place the turkey in the pot making sure the water doesn't get too close to the top. Measure the water and use that as a guide for filling the pot with oil.



**A partially frozen turkey will cause cooking oil to splatter when you put it in the cooking pot.**

Make sure your turkey is fully thawed without frost on it before you fry it.



**Without thermostat controls, deep fryers can overheat oil to the point of starting a fire.**

If your turkey fryer does not have a thermostat, use a kitchen thermometer that attaches to the side of the pot. This will help you monitor the temperature of the oil.



**The sides of the cooking pot, lid and pot handles can get dangerously hot.**

Always use protective oven mitts. Keep children and pets at least 3 feet from the turkey fryer.



Consider using an electric or air fryer.



Click here to add image.

Visit [usfa.fema.gov](https://www.usfa.fema.gov) for more free fire-safety resources.



# Line Dancing

**Tuesdays & Thursdays 8:15 - 11:30 a.m.**

8:15-9 a.m. Open dancing; 9-10 a.m. Beginner class;

10:15-11:30a.m. Improver class



## **Bartlett Center - 1318 Cravens Avenue, Torrance**

Research has shown line dancing can help improve cardiovascular function, lung function, bone strength, balance, and brain function.



## **WALTERIA PARK SENIOR CITIZENS CENTER**

3855 W. 242nd Street (310) 378-3862

**MONDAYS & THURSDAYS 11 a.m. to 3 p.m.**



<b>MONDAYS &amp; THURSDAYS</b>	11 a.m. - 3 p.m.	<b>Ping-Pong</b> - Play Ping-Pong with friendly people! Playing improves hand-eye coordination and stimulates mental alertness, concentration, and tactical strategy!
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## **HERMA TILLIM SENIOR CITIZENS CENTER**

3612 W. Artesia Blvd. (310) 329-1889

**TUESDAY, WEDNESDAY, & THURSDAY 9 a.m. to 3 p.m.**



<b>TUESDAY</b>	9 a.m. - 3 p.m.	<b>Cards, Table Games, and Pool Playing</b>
	11:30 a.m. - 3 p.m.	<b>Creative Crafters Workshop -</b>
		All mediums and levels welcome!
<b>WEDNESDAY</b>	9 a.m.	<b>Painting Workshop -</b> Bring your creativity and art supplies and join the group!
	9 a.m. - 3 p.m.	<b>Cards, Table Games, and Pool Playing</b>
<b>THURSDAY</b>	9 a.m. - 3 p.m.	<b>Cards, Table Games, and Pool Playing</b>



# Optimum Life Educational Foundation Fitness Classes (OLEF)

## BARTLETT CENTER

1318 Cravens Avenue, Torrance



### Fitness Difference

Mondays, Wednesdays, & Fridays 8 - 9:15 a.m.

### Chair Fusion

Wednesdays 10 - 11 a.m.



### Salsa for Seniors

Mondays & Fridays 10 - 11 a.m.



### Conversational Spanish Class

Mondays 12noon - 1 p.m.



## EL RETIRO PARK

126 Vista Del Parque, Torrance

### Yoga, Intermediate

Mondays & Wednesdays 9:45 - 11 a.m.



## LA ROMERIA PARK

19501 S. Inglewood Ave, Torrance

### Latin Rhythms 50+

Tuesdays & Thursdays 4 - 5 p.m.



All OLEF classes: Register in class. Suggested donation \$5 to OLEF  
For more information, please call (424) 271-5523





## Fire Safety Tips for the Holidays



Are your holiday lights in danger of overloading your electrical outlets? And would you believe that more than 40% of home fires caused by holiday decorations happen because the decorations are placed too close to a heat source? It's true, the National Fire Protection Association says, adding that one-third of those fires are started by candles. To make your holiday decor safer:

- Pick decorations that are flame resistant or flame retardant.
- Consider using flameless candles.
- Keep lit candles away from children, pets and decorations.
- Replace string lights that show signs of wear or have broken cords or bulbs.
- Place trees at least 3 feet away from fireplaces, radiators and other sources of heat.
- Make sure artificial trees are labeled "fire resistant."
- Don't let live trees dry out; water them often.
- Place a screen in front of your fireplace.
- Blow out candles and turn off electric decorations when you go to bed.



# FOCAL POINT ON AGING

An essential information hub for senior citizens and their families. This program offers easy access to a comprehensive range of services designed to address the unique needs of our older residents. From transportation and housing to healthcare, Meals-On-Wheels, HMOs, Medicare, social and legal services, and more, the Focal Point Program is here to assist.

The dedicated team of Focal Point volunteers is well-prepared to receive inquiries by phone. They excel at providing accurate initial assessments of individual needs and connecting people with the appropriate services.




The Focal Point Program is housed in the Russ Nolte Annex, 1339 Post Avenue, next to the Bartlett Senior Citizens Center in Downtown Torrance. Please note that Focal Point operates exclusively by phone, available Monday through Friday between 9 a.m. and 12noon. **No Walk-ins.**

**For more information and assistance, contact the Focal Point team at (310) 320-1300.** This program is proudly sponsored by the Torrance Commission on Aging through the Torrance Community Services Department.

# COMMISSION ON AGING

The Commission deals with the needs and issues confronting senior citizens in the community and provides a voice for senior citizens as a community group.

The Commission meets the first Tuesday of each month at 9:30 a.m. and goes dark in August and January. Meetings take place at the West Annex Commission Room, 3031 Torrance Bl

<u>TORRANCE CENTENARIAN PROGRAM</u>	
Joseph H. Gerson Honored at Council Meeting for 100th Birthday	
At the August 8, 2024, Torrance City Council meeting, Mr. Joseph H. Gerson was honored for reaching his 100th birthday. A longtime South Bay resident, Mr. Gerson grew up during the Great Depression and served as a sergeant in the U.S. Army Signal Corps during World War II. After the war, he cared for his disabled niece and remained active well into his later years, regularly swimming at the Torrance YMCA and fixing electronics. Mr. Gerson's 70 years in the South Bay have been marked by kindness, resilience, and dedication to family and community, leaving a lasting impact.	
	City officials celebrated Mr. Gerson for his century of life, noting that his story is an inspiration and a reminder of the enduring values.
	





# WINTER!



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E	G	G	N	O	G	B	S	I	G	A	I	T	T
T	A	A	K	R	A	P	N	N	N	U	C	E	L
U	V	R	Z	A	M	B	O	N	I	Q	E	R	E
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- CURLING
- MITTENS
- EARMUFFS
- ICEBERG
- SNOWBIRD
- LONGJOHNS
- FIREPLACE
- POINSETTIA
- HOCKEY
- MISTLETOE
- WINTERBERRY
- AVALANCHE
- SNOWMAN
- TURTLENECK
- ZAMBONI
- BLIZZARD
- TOBAGGAN
- SQUALL
- CINNAMON
- SKIING
- PARKA
- EGGNOG





# Bartlett Café

1318 Cravens Avenue, Torrance

Bartlett Senior Citizens Center Lunch Program

**November 4 - 29, 2024**

11:30 a.m. \$3.00 per lunch Coffee 50¢ (free refills all day)

**FOR RESERVATIONS, PLEASE CALL: 310-320-5918**



Monday, Nov. 4	Tuesday, Nov. 5	Wednesday, Nov. 6	Thursday, Nov. 7	Friday, Nov. 8
<b>Veggie Lasagna</b> <b>Salad</b> <b>Dessert</b> 	<b>Ground Turkey</b> <b>Hardshell Taco</b> <b>Beans</b> <b>Dessert</b>	<b>Lemon Chicken</b> <b>Bowtie Pasta</b> <b>w/ Rice</b> <b>Mixed Veggies</b> <b>Birthday Cake</b>	<b>Creamy</b> <b>Tomato Soup</b> <b>Grilled Ham &amp;</b> <b>Cheese Sandwich</b> <b>Dessert</b>	<b>Orange Chicken</b> <b>Rice</b> <b>Asian Salad</b> <b>Dessert</b>
<b>Monday, Nov. 11</b> <b>Veteran's Day</b>  <b>Bartlett Center is Closed</b>	<b>Chicken</b> <b>Noodle Soup</b> <b>Roasted</b> <b>Veggie Panini</b> <b>Dessert</b> 	<b>Wed., Nov. 13</b> <b>Meat Loaf</b> <b>Mashed</b> <b>Potatoes</b> <b>Carrots</b> <b>Dinner roll</b> <b>Dessert</b>	<b>Thursday, Nov. 14</b> <b>Oven</b> <b>Fried Chicken</b> <b>Corn</b> <b>Biscuit</b> <b>Dessert</b> 	<b>Friday, Nov. 15</b> <b>Crispy Chicken</b> <b>Sandwich</b> <b>Salad</b> <b>Dessert</b>
<b>Monday, Nov. 18</b> <b>Chicken Fajita</b> <b>Soft Taco</b> <b>Rice &amp; Beans</b> <b>Dessert</b> 	<b>Tuesday, Nov. 19</b> <b>All Beef Hotdog</b> <b>Chips</b> <b>Dessert</b>	<b>Wed., Nov. 20</b> <b>Three Cheese</b> <b>Mac w/ BBQ</b> <b>Chicken</b> <b>Cabbage Salad</b> <b>Dessert</b>	<b>Thursday, Nov. 21</b> <b>Thanksgiving Luncheon</b> <b>\$5.00</b> <b>Sliced Turkey w/ Gravy</b> <b>Ham Stuffing</b> <b>Mashed Potatoes</b> <b>Green Beans</b> <b>Pumpkin Pie</b>	<b>Friday, Nov. 22</b> <b>Hamburger</b> <b>Wedge Fries</b> <b>Dessert</b> 
<b>Monday, Nov. 25</b> <b>Garlic</b> <b>Steak Bites</b> <b>Roasted</b> <b>Potatoes</b> <b>Veggies</b> <b>Dessert</b>	<b>Tuesday, Nov. 26</b> <b>Ground</b> <b>Turkey Taco</b> <b>Beans</b> <b>Dessert</b> 	<b>Wed., Nov. 27</b> <b>Lemon Chicken</b> <b>Roasted Veggies</b> <b>Rice</b> <b>Dessert</b>	<b>Thursday, Nov. 28</b> <b>Thanksgiving</b>  <b>Bartlett Center Is Closed</b>	<b>Friday, Nov. 29</b> <b>Day after Thanksgiving</b>  <b>Bartlett Center Is Closed</b>



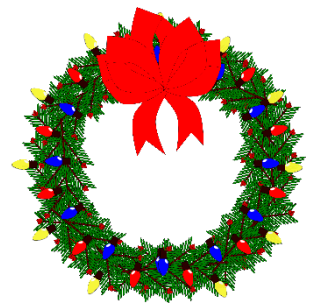
*Please call (310) 320-5918 if you need to cancel your reservation so that someone else can take your place!*





# Bartlett Café

1318 Cravens Avenue, Torrance  
 Bartlett Senior Citizens Center Lunch Program  
**December 2 - 31, 2024**



11:30 a.m. \$3 per lunch Coffee 50¢ (free refills all day)  
**FOR RESERVATIONS, PLEASE CALL: 310-320-5918**

Monday, Dec. 2	Tuesday, Dec. 3	Wed., Dec. 4	Thurs., Dec. 5	Friday, Dec. 6
<b>Meat Lasagna</b> <b>Salad</b> <b>Dessert</b>	<b>Ground Turkey</b> <b>Hardshell Taco</b> <b>Rice &amp; Beans</b> <b>Dessert</b> 	<b>Lemon Chicken</b> <b>Mashed Potatoes</b> <b>Mixed Vegetables</b> <b>Biscuit</b> <b>Dessert</b>	<b>Creamy Tomato Soup</b> <b>Bacon Grilled Cheese Sandwich</b> <b>Dessert</b>	<b>Crispy Chicken Sandwich</b> <b>Coleslaw</b> <b>Dessert</b>
Mon., Dec. 9	Tues., Dec. 10	Wed., Dec. 11	Thurs., Dec. 12	Friday, Dec. 13
<b>Garlic Noodles</b> <b>Teriyaki Chicken</b> <b>Asian Slaw</b> <b>Dessert</b> 	<b>Roasted Turkey</b> <b>Stuffing</b> <b>Corn</b> <b>Dessert</b>	<b>Garlic Steak Bites</b> <b>Rice Pilaf</b> <b>Veggies</b> <b>Dessert</b>	<b>Herbed Chicken</b> <b>Mashed Potato</b> <b>Roasted Carrots</b> <b>Dessert</b>	<b>Cheeseburger Fries</b> <b>Dessert</b>
Mon., Dec. 16	Tues., Dec. 17	Wed., Dec. 18	Thurs., Dec. 19	Friday, Dec. 20
<b>Pork Carnitas Tacos</b> <b>Rice &amp; Beans</b> <b>Dessert</b>	<b>Chicken Noodle Soup</b> <b>Roasted Veggie Panini</b> <b>Dessert</b> 	<b>Meatloaf</b> <b>Mashed Potatoes</b> <b>Carrots</b> <b>Dinner Roll</b> <b>Dessert</b>	<b>Creamy Roasted Garlic Zucchini &amp; Corn Pasta</b> <b>Dessert</b> 	<b>BBQ Chicken Quarter</b> <b>Corn Biscuit</b> <b>Dessert</b>
Mon., Dec. 23	Tues., Dec. 24	Wed., Dec. 25	Thurs., Dec. 26	Friday, Dec. 27
<b>Herbed Pepper Crusted Tri Tip</b> <b>Bistro Veggies</b> <b>Mashed Potato</b> <b>Dinner Roll</b> <b>Dessert</b>	<b>Bartlett Center Is Closed</b> 	<b>Bartlett Center Is Closed</b> 	<b>Chicken Parmesan</b> <b>Caesar Salad</b> <b>Dessert</b> 	<b>Cheeseburger Wedge Fries</b> <b>Dessert</b>

Please call (310) 320-5918 if you need to cancel your reservation so that someone else can take your place!





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**CITY OF  
TORRANCE**

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**Community Services Department**  
3031 Torrance Boulevard  
Torrance, CA 90509-2970

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