

# Communicator

A Publication of  
THE CITY OF GARDENA  
Recreation and Human Services Department  
SENIOR CITIZENS BUREAU (310) 217-9552

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April 2013

## SCAMP LUNCH PROGRAM

Lunch is served daily in the Nakaoka Auditorium, 1670 W 162<sup>nd</sup> Street, Gardena at **12:15 p.m.** **Reservations are recommended at least 24 hours in advance.** Call (310) 217-9552 for more information. If you have made a reservation and will be unable to come for lunch, please remember to notify the office (310) 217-9552.

## SCAMP MOVIE MONDAYS

Movies begin following the Senior Lunch.  
April 8 ~ *Lincoln* w/Daniel Day Lewis  
April 22 ~ DisneyNature film *Chimpanzie*  
Movies subject to change depending on availability.

## Annual Strawberry Festival

Sunday ~ May 19, 2013 ~ In Oxnard  
Depart at 9:00a.m. from Rush Gym  
Return at 6:00p.m. Cost : \$30.00  
This is a "walking trip" !

## Annual Volunteer Appreciation Dinner

Thursday ~ April 25, 2013  
5:00p.m. Nakaoka Center Auditorium  
By Invitation for all Senior Bureau Volunteers  
Join us for a special night to honor YOU !  
Invitations to go out April 8, 2013  
Entertainment, door prizes ! Gift for all volunteers !  
RSVP in the Senior Bureau Office by 4/18/2013!  
Non-Volunteer guests ~ \$5.00

Looking for a way to give back to your community? Looking for a way to stay active?  
Want an easy *feel-good* experience?

Why not join our Meals On Wheels volunteer group, *the Scampers!* They "scamper" around the city, delivering a hot lunch-time meal to Seniors that are unable to cook for themselves! You can become a *Scamper* for a **two-hour** time commitment on any week-day morning!  
Call Lauren to VOLUNTEER for this New Year!

## Be Well Nutrition

Exercise and Nutrition Classes  
Every Thursday 9:00 to 11 a.m.

## Gardena On The Go Trips

Sign up with Lauren or at the office!

May 19, 2013 ~ Sunday **Annual Strawberry Festival**  
*Cost of \$30 includes transportation, drivers tip, snack for the way back. Lunch is on your own at the festival.*  
July 2013 **Hollywood Bowl**, info to be announced!

## ~ April SPECIAL Dates ~

SCAMP Senior Community Action Meal Program

- April 2 Bingo following lunch
- April 3 Thrift Sale 7:30a.m to 11:00a.m.  
Farmers Market 9:00 am – 1:00 pm  
Top Notch Volunteer Mtg. 1:15 pm
- April 4 Be Well / Nutrition Class 9:00 am
- April 5 Bingo following Lunch
- April 8 Monday Movie following Lunch
- April 9 Special Transit ID Pictures 10:00am – 12:00p  
Bingo following Lunch  
GSSAC Meeting 1:00p.m.
- April 10 Thrift Sale 7:30 am – 11:00 am  
Farmers Market 9:00 am – 1:00 pm
- April 11 Be Well Exercise/ Nutrition Class 9:00a.m.  
Nutrition Program Q.A. meeting 2:00p.m.
- April 12 Bingo following Lunch at 12:30p.m.
- April 16 Diabetic Support Group 10:00 am  
Bingo following Lunch
- April 17 Thrift Sale 7:30 am – 11:00 am  
Farmers Market 9:00 am – 1:00 pm  
Blood Pressure 10:00 am
- April 18 Be Well / Nutrition Class 9:00 am  
Bet Tzdek Legal Services 9:00 am  
**RSVP's Due for Volunteer Dinner !**
- April 19 Bingo following Lunch
- April 22 **Special Earth Day Lunch** 12:00 noon  
Monday Movie following Lunch
- April 23 Bingo following Lunch
- April 24 Thrift Sale 7:30 am – 11:00 am  
Farmers Market 9:00 am – 1:00 pm
- April 25 Be Well/ Nutrition Class 9:00a.m.  
**Annual Volunteer Appreciation Dinner** 5:00pm
- April 26 Bingo following Lunch
- April 30 Bingo following Lunch

Happy Spring!