

# Communicator

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

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**MAY 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.  
 May 13 Wings Of Life a Disneynature Film  
 May 27 No Movie, Closed  
 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" !**

## Candlelight Dinner

**5:00p.m. Nakaoka Center Auditorium**  
**Entertainment By the C-Nile Sounds**  
 Menu ~ Smothered Pork Chop  
 Oven Roasted Red Potatoes Green Beans  
 Jellied Manhattan Cornbread  
 Banana Pudding Pineapple Juice Milk  
 Senior Scamp Members ~ \$5.00  
 Non-Members \$7.00  
 RSVP by Tuesday May 21<sup>st</sup> !

**Cinco De Mayo Lunch** on Monday May 6<sup>th</sup> with entertainment at 11:00a.m. by the ESL class Chorus! Chips and Salsa too!

**Special Mother's Day Lunch** on Monday May 13<sup>th</sup> with door prizes and Special Entertainment, a treat for all Mothers and a Special Menu!

## 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!

## ~ MAY SPECIAL Dates ~

SCAMP Senior Community Action Meal Program

- May 1 Thrift Sale 7:30a.m to 11:00a.m.  
 Farmers Market 9:00 am – 1:00 pm  
 Top Notch Volunteer Mtg. 1:15 pm
- May 2 Be Well / Nutrition Class 9:00 am
- May 3 Bingo following Lunch
- May 6 **Scamp Cinco De Mayo Lunch** 11:00a.m.  
 w/ entertainment and Prizes, Lunch served at Noon
- May 7 Bingo following Lunch
- May 8 Thrift Sale 7:30a.m to 11:00a.m.  
 Farmers Market 9:00 am – 1:00 pm
- May 9 Be Well / Nutrition Class 9:00 am
- May 10 Bingo following Lunch
- May 13 **Scamp Mother's Day Lunch** 12:00noon  
 Movie following Lunch
- May 14 Bingo following Lunch  
 Special Transit Photo I.D's. 10:00am-12:00p
- May 15 Thrift Sale 7:30a.m to 11:00a.m.  
 Farmers Market 9:00 am – 1:00 pm  
 Blood Pressure Screening 10:00 am
- May 16 Be Well / Nutrition Class 9:00 am
- May 17 Bingo following Lunch
- May 19 **Strawberry Festival Trip**
- May 21 Diabetic Support Group 10:00a.m.
- May 22 Thrift Sale 7:30a.m to 11:00a.m.  
 Farmers Market 9:00 am – 1:00 pm
- May 23 Be Well / Nutrition Class 9:00 am  
**Candlelight Dinner** 5:00p.m.
- May 24 Bingo following Lunch
- May 27 Closed to Observe Memorial Day
- May 28 Bingo following Lunch
- May 29 Thrift Sale 7:30a.m to 11:00a.m.  
 Farmers Market 9:00 a.m. – 1:00p.m.
- May 30 Be Well/ Nutrition Class 9:00a.m.
- May 31 Bingo following Lunch