

SENIOR

MESSENGER

November 2024



Parks
Make
Life
Better!



November Events at the Senior Center! 🎉

Get ready for a fun and festive November with our exciting events and outings! Don't miss out on the fun—mark your calendars and register early!

November 9 – Trip to Tom's Farm

- Cost: Commerce residents: \$2.00 | Non-residents: \$5.00
- Details: Enjoy live music, delicious food, and unique boutique shopping. Come experience all the charm of Tom's Farm!
- Please bring exact change for registration.

November 21 – Café Y Chisme at Mariachi Bakery in Whittier

- Registration:
 - Commerce residents: Monday, November 4, 2024, at 9:00 AM
 - Non-residents: Monday, November 18, 2024, at 9:00 AM
- Cost: \$5.00 (exact amount required)
- Details: Sip coffee, savor bakery treats, and share chisme (gossip) with friends in a cozy setting.
- Note: Current resident card required for resident registration.

November 22 – Thanksgiving Luncheon & Karaoke 🎤

- When: Thursday, 11:00 AM – 1:30 PM
- Preregistration: Register at the Senior Center with HSA from Tuesday, November 12, 2024. Registration closes Wednesday, November 19, 2024.
- Cost: Ages 60 and up: \$3.00 donation | Ages 50-59: \$7.00 fee
- Details: Enjoy a Thanksgiving meal followed by a lively karaoke session!
- Please bring exact change, payable on the day of the event.

Looking Ahead: December Events! 🎄

December 7 – Tamale Festival in La Habra, CA

- Registration:
 - Commerce residents: Monday, November 4, 2024, at 9:00 AM
 - Non-residents: Monday, November 18, 2024, at 9:00 AM
- Cost: Commerce residents: \$2.00 | Non-residents: \$5.00
- Details: Savor delicious tamales, enjoy live music, and explore unique vendor booths!
- Bring exact change for registration.

December 14 – Mission Inn Lights, Riverside, CA

- Registration:
 - Commerce residents: Monday, November 4, 2024, at 9:00 AM
 - Non-residents: Monday, November 18, 2024, at 9:00 AM
- Cost: Commerce residents: \$2.00 | Non-residents: \$5.00
- Details: Take a magical walk through the Mission Inn's holiday lights, enjoy dinner, and treat yourself to dessert as you soak up the festive atmosphere.

Make sure to register early to secure your spot, and let's make this season bright with joy and community spirit! ✨ For more information, call us at the Senior Center.

Veronica Jimenez

SENIOR CENTER SUPERVISOR



Brain Exercises for the Month of November

5 facts women need to know about high blood pressure

What do headaches, fluid retention, and tightness around your chest have in common? They can all be symptoms of high blood pressure in women.

High blood pressure often has no symptoms. But some women experience warning signs that they may mistakenly blame on stress or hormonal changes.

More than 44% of women have high blood pressure — and fewer than 1 in 4 women have it under control. High blood pressure is a major risk factor for heart disease, the number one killer of women. And it's a leading cause of kidney failure.

It's important to know your blood pressure numbers and risk factors so you can take steps to stay healthy.

What your numbers mean

Two numbers tell you your blood pressure. The first (top) number is the systolic pressure. It shows how hard the blood pushes when your heart pumps. The second (bottom) number is the diastolic pressure. It shows how hard the blood pushes on artery walls when your heart relaxes between beats.

- *Normal blood pressure — Blood pressure is below 120/80.*
- *Elevated blood pressure — The top number ranges from 120 to 129, and the bottom number is below 80.*

- *Elevated at-risk blood pressure — The top number ranges from 130 to 139 or the bottom number ranges from 80 to 89. Your doctor may treat you for high blood pressure if you have other high-risk factors, like heart or kidney disease.*
- *High blood pressure — The top number is 140 or higher or the bottom number is 90 or higher.*

When to get checked

People 40 and older should get their blood pressure checked once a year. High-risk adults, including those who are overweight or obese, should also get checked every year. Other adults 18 to 39 can get theirs checked every 3 to 5 years.

5 facts about high blood pressure in women

Anyone can develop high blood pressure. Experts don't know why some people get high blood pressure. Anyone can get it, at almost any age.

Certain risk factors make some women more likely to develop high blood pressure:

- **Race.** *Black women have the highest rates of high blood pressure, and 5 times the risk of death.*
- **Genetics.** *If a family member has high blood pressure, you're at higher risk. Talk to your relatives about their blood pressure and heart health.*
- **Age.** *Women's risk begins to increase after menopause, usually around age 50.*
- **Pregnancy.** *Having high blood pressure from pregnancy makes you more likely to develop it when you're older.*
- **Certain conditions.** *Health issues like polycystic ovary syndrome, lupus, and rheumatoid arthritis increase your risk of high blood pressure.*
- **Some birth control pills.** *Oral contraceptives may affect your blood vessels and blood pressure. If you take*

them, be sure to get your blood pressure checked every year.

Other factors can also increase your risk.

"Chronic conditions such as kidney disease, diabetes, or sleep apnea can lead to high blood pressure,". "And certain lifestyle factors, such as lack of exercise, tobacco use, eating too much salt, and drinking too much alcohol can also increase your risk of high blood pressure."

Symptoms may be hard to identify

High blood pressure is called a "silent killer" because many people may not have symptoms. If you do have symptoms, it might be that your blood pressure has been high for a long time. That's why it's important to know your risk factors and get your blood pressure checked accordingly.

High blood pressure may cause symptoms like:

- *Severe headaches*
- *Blurry vision*
- *Chest pain, including feeling like your bra is painfully tight*
- *Irregular heart rhythm or heart palpitations*
- *Dizziness*
- *Fluid retention*
- *Numbness or weakness on one side of your body*

If you believe you're experiencing symptoms of severe high blood pressure, call 911 or go to the nearest hospital.

If you're prescribed high blood pressure medications, be sure to take them as directed. People without symptoms may forget to take their medications because they can't feel them working.

High blood pressure from pregnancy increases your risk later in life

Some women develop high blood pressure during pregnancy. About 1 in 25 pregnant people will experience preeclampsia, a form of high blood pressure during pregnancy.

High blood pressure from pregnancy usually goes away within a few months. But it puts some women at a higher risk of developing chronic high blood pressure when they're older. If you had high blood pressure during a pregnancy, let your current doctor know so you can be monitored carefully.

Your risk is higher after reaching menopause

Menopause occurs when you've gone without a period for 12 months in a row, usually around age 50. Heart disease risk factors increase around this time — including high blood pressure, high cholesterol, and poor sleep. And women who reach menopause early (before 45) have a greater chance of having heart disease.

It's important to focus on your heart health during this transition to help prevent problems later. Get your blood pressure checked at your yearly doctor visit — and more often if you experience any sudden health changes.

Lifestyle changes can lower your risk

The good news? A healthy lifestyle can help you avoid or manage high blood pressure. "The best things you can do to prevent heart disease are healthy eating, staying active, and maintaining a healthy weight,".

From better nutrition to less stress, these habits can keep your heart and blood vessels healthy.

- *Make healthy food choices. Eat mainly plant-based, whole foods, like vegetables, fruits, legumes, healthy grains, and nuts. Choose foods low in sodium and high in potassium — like baked potatoes, spinach, and avocados, Dr. Ong-Su says. Sodium (including salt) increases your blood volume, putting more pressure on your blood vessels. That makes your heart work harder. Potassium helps relax blood vessels and decrease blood pressure.*
- *Limit alcohol to 1 drink a day or less.*
- *Get at least 150 minutes of physical activity a week. That could be 30 minutes of exercise 5 days a week.*

- *Be mindful of your weight and try to lose extra weight if you need to.*
- *Aim to sleep at least 7 hours a night.*
- *Find ways to manage stress. Take time for self-care and activities you enjoy.*
- *Choose a program to help you quit smoking.*
- *Avoid certain over-the-counter medications if you're being treated for high blood pressure. Talk to your doctor about which medications are safe for you.*

Healthier living for a healthier heart

High blood pressure can be a serious condition if left untreated.



1. What do the circles in the "Welcome to Fabulous Las Vegas" sign represent?

- Poker Chips*
- Silver Dollars*
- roulette Balls*
- Pennies*

2. What year was the Berlin Wall torn down?

- 1985*
- 1989*
- 1991*
- 1995*

3. Often pulled apart for good luck, a turkey's wishbone is equivalent to what bone in humans?

- Femur*
- Collarbone*
- Shinbone*
- Tailbone*

Which President refused to officially designate Thanksgiving as a national holiday during his tenure in office?

- Abraham Lincoln*
- Thomas Jefferson*
- Andrew Jackson*
- Woodrow Wilson*

Answers to Trivia Questions

- As one of the most Instagrammed landmarks in Vegas, the "Welcome to Fabulous Las Vegas" sign is the beating heart of Sin City, and its history and design are as quirky as the city whose blood it pumps. Built in 1959, the iconic sign was created in Googie-style architecture fit for the space age and has seven circles that are supposed to represent silver dollars, attributed to Nevada's nickname, "The Silver State." Even quirkier, the sign actually isn't technically in Vegas, but rather in neighboring Clark county. What's more, it's not trademarked. The sign's designer, Willis, wanted others to make bank on her design. So, get selling. You just might get lucky!*
- After standing as both a literal and symbolic representation of the Cold War and tensions among communist influences for nearly 30 years, the Berlin Wall fell on November 9, 1989. Large machinery such as bulldozers pulled down most of it, though everyday citizens with hammers jumped in the action too, celebrating the divisive marker's downfall. The Berlin Wall was first erected in 1961 when East Germany's communist government sought to block the flow of defectors from their country into West Germany. They also wanted to prevent the influence of so-called Western fascism. People were only allowed to cross through designated checkpoints, though most were not granted permission. The Eastern side was heavily patrolled with soldiers and guard dogs, and those who tried to cross illegally were shot, with 171 people dying while attempting over the years it stood. The wall — which extended for 91 miles — divided families for decades, and once it fell, celebrations were widespread on both sides.*

One of the defining moments of the late 20th century, the Berlin Wall's fall foreshadowed the eventual dissolution of the Soviet Union in 1991.

- 3. The tradition of breaking a bird's wishbone for good luck dates back to ancient Italy. The wishbone is simply the forked chest bone of a bird. It is created by the fusion of the bird's two clavicles, also known as collarbones, and supports a bird's chest as it is flying. Humans do not have a wishbone simply because humans don't fly. We do, however, have two collarbones (clavicles), but they are not fused together. Your collarbone runs horizontally between the top of your breastbone (sternum) and the shoulder blade (scapula).*
- 4. George Washington was the first president to declare Thanksgiving a holiday, but it was initially on a year-to-year basis, requiring subsequent presidents to redeclare it annually. Thomas Jefferson, driven by a fervent commitment to the separation of church and state, adamantly refrained from designating Thanksgiving as a holiday throughout his entire presidential tenure, citing concerns about violating the First Amendment. It wasn't until 1863, when Abraham Lincoln proclaimed Thanksgiving a federal holiday to be commemorated each year on the fourth Thursday of every November.*

Quote for October

It's only possible to live happily ever after on a day-to-day basis.



The Ten Most Iconic LIFE Magazine Photos

On November 23, 1936, the first issue of the pictorial magazine LIFE is published. The magazine quickly established itself as the home of iconic photography. Here are the 10 most iconic LIFE Magazine photos...

1. The VJ Day Kiss

Alfred Eisenstadt's 1945 photo of a sailor grabbing a nurse and kissing her in Times Square in New York as VJ Day was announced is a classic image from World War II. The photo is actually controversial because, if you look closely, you see the kiss wasn't exactly mutual. The nurse has her hand curled into a fist, wedged in between her and the sailor, and many have come to see the photo as one of sexual assault. Greta Zimmer Friedman, the woman in the photo, said there actually wasn't that much to the kiss itself, as passionate as it looked on film.

2. Tank Man in Tienanmen Square

A lone man stands in front of a line of tanks, preventing them from moving forward. This simple image has become one of the best-known photos of the 20th century, and possibly in the history of photography. The photo was taken in 1989 in Tienanmen Square in Beijing during the student protests that ultimately led to a major crackdown on human rights. The photo used in LIFE Magazine was taken by Jeff Widener, who was stuck in his hotel, dealing with a concussion from being hit with a rock earlier. Widener was not the only photographer who managed to photograph the scene; Stuart Franklin, for example, also got a shot for the agency Magnum Photos, and his film was smuggled out of China by a French student, who hid the photo among some containers of tea.

3. Reaching Out (Vietnam War)

Sometimes photos don't reach the public for a few years, and the Reaching Out photo is one of those. Taken in 1966, it didn't hit the pages of LIFE Magazine until 1971. The picture, taken during the Vietnam War by Larry Burrows, shows Machine Gunnery Sergeant Jeremiah Purdie reaching toward a wounded soldier resting on the ground. Purdie himself is wounded, with a bloody bandage wrapped around his head. The picture became one of the best windows into what soldiers were experiencing in Vietnam.

4. Man on the Moon

Taken by Neil Armstrong as he and Buzz Aldrin stood on the moon on July 20, 1969, this photo remains one of the most iconic in human history.

This was the first time humans had stood on the moon's surface (conspiracy theories aside). Aldrin is shown standing in a shallow depression, looking toward Armstrong, reflections visible in his helmet's face shield. Time reports that while Aldrin wasn't happy being the second man to step on the moon, he did get to be the man on the moon viewers saw because Armstrong was behind the camera.

5. Martin Luther King Jr. at a D.C. Rally in 1957

Another picture that didn't appear for years was a photo of Martin Luther King Jr. taken in 1957, standing in front of a crowd at the Prayer Pilgrimage for Freedom in Washington, D.C. King's back is to the camera manned by Paul Schutzer, with his arms outstretched and the Washington Monument in the background. The photo was not run until April 1968, after Dr. King had been assassinated. However, it became one of the better-known photos of King as it showed both Dr. King and the scale of the crowd at one of the earlier Civil Rights rallies in the country.

6. Gandhi and His Spinning Wheel

Margaret Bourke-White's 1946 photo of Mohandas Gandhi sitting on his floor reading, with his spinning wheel in the foreground, is one of the more indelible images taken of the leader. Gandhi practiced spinning while he was in prison and kept spinning his own cloth after his release. Spinning became so important to Gandhi that Bourke-White was instructed to learn to spin before she could take the photo. The photo ran in 1948, after Gandhi's assassination.

7. Black Power Salute at the 1968 Olympics

When Tommie Smith and John Carlos stood on the podium to accept medals at the 1968 Mexico City Olympics after winning sprinting competitions, they made a political statement that was simple but powerful. Both men raised one arm, hand making a fist, in the Black Power salute. They made the gesture as a statement showing that all wasn't as well as people thought and that struggles continued at home. Tommie Smith also removed his shoes and stood in socks, a symbolic gesture meant to represent African-American poverty. The picture was taken by John Dominis.

8. Graham W. Jackson Sr. and Goin' Home

Chief Petty Officer Graham Jackson is depicted in Ed Clark's 1945 photo playing an accordion and weeping openly as President Franklin D. Roosevelt's casket passes by. The song Jackson played was Goin' Home, and the photo came to represent the link between FDR and the fight for civil rights.

However, Jackson had actually played music for FDR several times before FDR's death, so he was mourning a truly personal loss.

9. Marlboro Man

Clarence Long, or C.H. Long, was a Texas cowboy immortalized in a LIFE Magazine photo by Leonard McCombe in 1949. The picture is simple -- just a shot of Long's face looking past the camera, cigarette dangling from his mouth -- but it inspired the Marlboro Man image used to promote cigarettes for years.

10 Audience Watching a 3D Movie

3D movies nowadays are distinctly different from the versions shown in the 1950s, but one photo from that time will likely represent the genre forever. J.R. Eyerman's photo, taken in November 1952 at the premiere of Bwana Devil, the first full-length movie filmed in color 3D, shows an audience all wearing identical 3D glasses, with the glasses seeming to take over their identities. The glasses are the first thing you notice, and you have to really look to start distinguishing audience members from one another. That didn't really concern anyone; instead, the audience members reported that the movie wasn't that good and that wearing the glasses for that long was kind of uncomfortable.

Recipe for November 2024



Baked-Stuffed Pork Chops

PREP TIME: 25 min COOK TIME: 20 m

YIELD: 2 servings

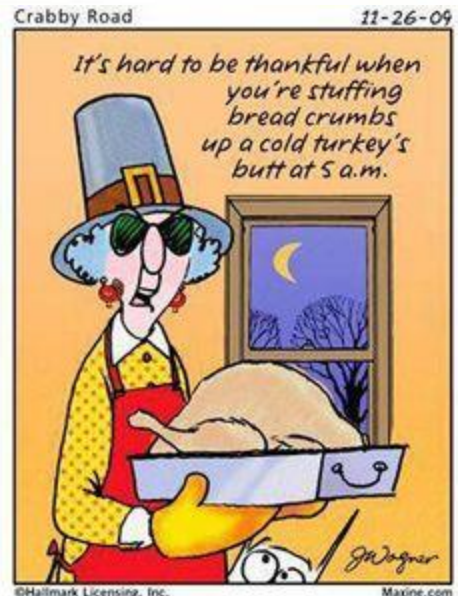
Ingredients

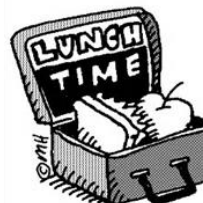
- 1 bacon strip, diced
- 1/4 cup chopped onion
- 1/2 cup cornbread stuffing mix or your favorite stuffing mix
- 1/2 cup chopped peeled tart apple
- 2 tablespoons chopped pecans
- 2 tablespoons raisins
- 2 tablespoons plus 1 cup chicken broth, divided
- 1/4 teaspoon rubbed sage
- Dash ground allspice
- 2 bone-in pork loin chops (1 inch thick and 7 ounces each)
- 1 tablespoon butter

Directions

1. To an oven safe pan cook bacon until crisp. Remove and drain on paper towels. Add onion to drippings; cook and stir until tender about 3-4 minutes. Remove it and place it into a small bowl. Stir in stuffing mix, apple, pecans, raisins, 2 tablespoons broth, sage, allspice and bacon. Cut a pocket in each pork chop by slicing almost to the bone. Be careful not to cut yourself. Fill pork chops with stuffing.
2. Add butter to pan, when butter is hot, brown chops on both sides; remove and keep warm. Add the remaining 1 cup broth. Cook for 1 minute, stirring to loosen browned bits from pan.
3. Return the pork chops to pan and place in oven at 300°F for about 20 minutes. Cook until the inside pork temperature read 145°F. If you do not like pork you can also use chicken. Make sure the internal temperature in the chicken reaches 165°F.

<https://www.tasteofhome.com/recipes/cornbread-stuffed-pork-chops/#RecipeCard>





If you are interested in joining us for lunch, please call the Senior Center 24 hours in advance by 12 noon to reserve your spot. (323) 887-4430.



Wednesday November 13, 2024
9:00 – 10:30am



**City of Commerce
 Community Service
 Department
 (323) 887-4460
 Emergency Food Assistance
 Program
 Senior Center Distribution
 Schedule
 2555 Commerce Way
 10:30am – 1:00pm**

November 21, 2024

**Delivery Time Table
 Rosewood Senior Apartments
 (Harbor Parking Lot)
 9:30am
 Telacu Manor
 9:45am
 Telacu Gardens Apartments
 10:00am**

Monday 9:00am – 5:00pm
 Tuesday 9:00am – 5:00pm
 Wednesday 9:00am – 5:00pm
 Thursday 9:00am – 5:00pm
 Friday 9:00am – 5:00pm

Saturday CLOSED
Sunday Brunch 9:00am – 11:00am

Lunes 9:00am – 5:00pm
 Martes 9:00am – 5:00pm
 Miercoles 9:00am – 5:00pm
 Jueves 9:00am – 5:00pm
 Viernes 9:00am – 5:00pm

Sabado CERRADO
Domingo Almuerzo 9:00am – 11:00am



****NO EXCEPTIONS.**
 Remember for your safety. Please stay seated in your seats while the bus is in motion**



November 2024 Movies at the senior center

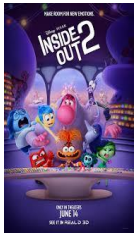
(Movies subject to change)



November 7 *Horizon: An American Saga* Chapter 1 R 2024 Western/Drama 3h 1m

In 1859 families discover the lure of the Old West as they settle in territories from Wyoming to Kansas. Meanwhile, a gruff cowboy soon finds himself on the run with a prostitute and a young boy after killing a fellow gunman.

Release date: June 28, 2024 ([USA](#))



November 14 *Inside Out 2* PG 2024 · Family/Comedy · 1h 36m

Joy, Sadness, Anger, Fear and Disgust have been running a successful operation by all accounts. However, when Anxiety shows up, they aren't sure how to feel.

Release date: June 14, 2024 ([USA](#))



November 21 *Public Enemies* R Crime/Action · 2h 20m

Depression-era bank robber John Dillinger's (Johnny Depp) charm and audacity endear him to much of America's downtrodden public, but he's also a thorn in the side of J. Edgar Hoover (Billy Crudup) and the fledgling FBI. Desperate to capture the elusive outlaw, Hoover makes Dillinger his first Public Enemy Number One and assigns his top agent, Melvin Purvis (Christian Bale), the task of bringing him in dead or alive.

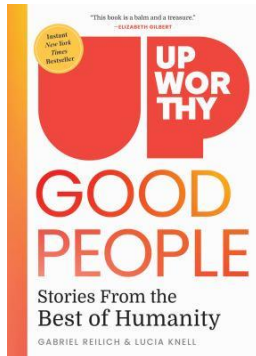
Release date: July 1, 2009 ([USA](#))

No Movie November 28, 2024

Creativebug.com offers thousands of award-winning art and craft video classes taught by recognized design experts and artists.

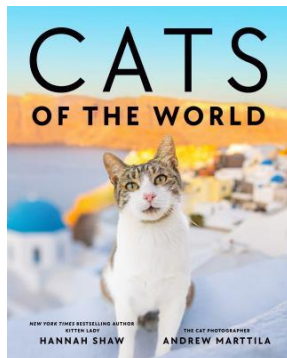
<https://www.creativebug.com/lib/commerceca>

New Non-Fiction



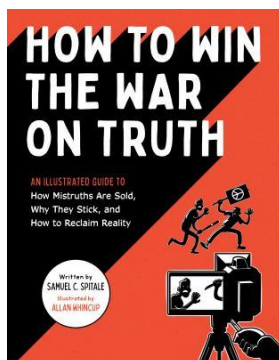
Upworthy Good People: Stories from the Best of Humanity, by Gabriel Reilich

“GOOD PEOPLE is a much-needed trove of life-affirming stories told straight from the heart. Handpicked from Upworthy’s community of millions, each piece speaks to the breadth, depth, and beauty of the human experience. With proof that decency surrounds each and every one of us, Upworthy’s first book is a perspective-changing salve that will leave even the most unlikely reader feeling better about the world.”



Cats of the World, by Hannah René Shaw

“Wife and husband team Hannah Shaw and Andrew Marttila have made cats their lives' work: they rescue and rehabilitate neonatal kittens, educate the public on cat and kitten care, and capture our feline friends' unique personalities through writing and photography. Now, in the project of their dreams, they've taken their passion for cats global... Shaw and Marttila travel across thirty countries to explore feline welfare and cat culture around the globe, documenting their travels with stunning photos and stories from each location.”



How to Win the War on Truth: An Illustrated Guide to How Mistruths are Sold, Why They Stick, and How to Reclaim Reality, by Samuel Spitale

“We're bombarded with information like never before. Some of it's true, some of it's spin, and some of it's flat-out fake news. And that's by design. Propaganda helps governments and corporations sell us products, lifestyles, and ideas. Sometimes the agenda is harmless, but other times it's destructive, and it's not always easy to spot the difference.” Meet the Author: Rosewood Library, November 19 / 6pm

Visit Us!

Library Hours

Rosewood Library: Monday-Thursday: 10am-8pm; Fridays: 10am-6pm

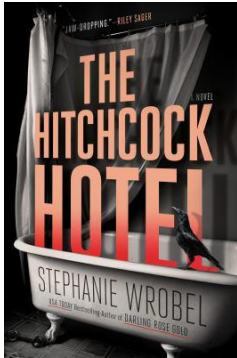
Veterans Library: Monday-Tuesday: 1pm-6pm

Bristow Library: Wednesday-Thursday: 1pm-6pm

Satellite Library @ Bandini Park: Closed Due to Park Renovation

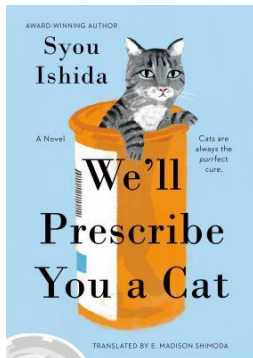
We're recommending that you wear a face mask that covers both your nose and mouth, but it's not a requirement. As conditions may change, please call us (323) 722-6660 to find our most current schedule and safety guidelines.

New Fiction



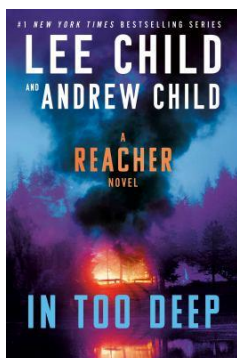
The Hitchcock Hotel, by Stephanie Wrobel

“Alfred Smettle is not your average Hitchcock fan. He is the founder, owner, and manager of the Hitchcock Hotel, a sprawling Victorian house... dedicated to the master of suspense. There, Alfred offers his guests round-the-clock film screenings, movie props and memorabilia in every room, plus an aviary with fifty crows. To celebrate the hotel's first anniversary, he invites his former best friends from his college film club for a reunion. He hasn't spoken to any of them in sixteen years, not after what happened.”



We'll Prescribe You a Cat, by Ishida Syou

“...the Kokoro Clinic for the Soul can only be found by people who are struggling in their lives and genuinely need help. The mysterious clinic offers a unique treatment to those who find their way there: it prescribes cats as medication. Patients are often puzzled by this unconventional prescription, but when they "take" their cat for the recommended duration, they witness profound transformations in their lives, guided by the playful, empathetic, occasionally challenging yet endearing cats.”



In Too Deep, by Lee Child & Andrew Child

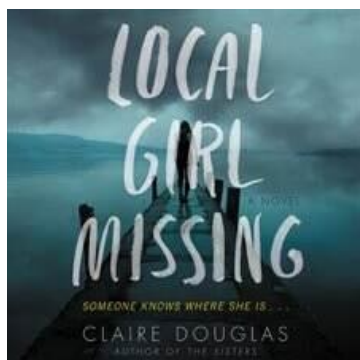
"Reacher wakes up, alone, in the dark, handcuffed to a bed in a makeshift hospital room. His few possessions are gone. He has no memory of getting there. The last thing he can recall is the car he had hitched a ride in getting run off the road. The driver was killed. The people who staged the attack assume Reacher was the driver's accomplice and patch up his wounds as they plan to make him talk.”

Go Digital!

Hoopla Digital

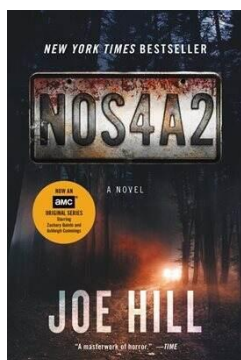
It's been called the "Netflix" of libraries. Download the Hoopla Digital app to your smart phone and you can check out up to 10 electronic books, audiobooks, music, and videos per month! Please note that you'll also need your library card and an e-mail address to create your own Hoopla account. To see what Hoopla has to offer, check out some of the titles listed below.

Download/Stream eBooks & Audiobooks



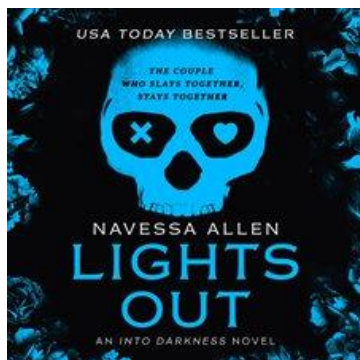
Local Girl Missing, by Claire Douglas (e-Audiobook)

“Francesca Howe, known as Frankie, was Sophie’s best friend, and even now she is haunted by the mystery of what happened to her. When Frankie gets a call from Sophie’s brother, Daniel, informing her that human remains have been found washed up nearby, she immediately wonders if it could be Sophie, and returns to her old hometown to try and find closure.”



NOS4A2, by Joe Hill (e-Book)

“Victoria McQueen has a secret gift for finding things... On her Raleigh Tuff Burner bike, she makes her way to a rickety covered bridge that, within moments, takes her wherever she needs to go, whether it’s across Massachusetts or across the country. Charles Talent Manx has a way with children. He likes to take them for rides in his 1938 Rolls-Royce Wraith with the NOS4A2 vanity plate. With his old car, he can slip right out of the everyday world, and onto the hidden roads that transport them to an astonishing – and terrifying – playground of amusements he calls ‘Christmasland.’”



Lights Out, by Navessa Allen (e-Audiobook)

“Trauma nurse Aly Cappellucci doesn’t need any more kinks. She likes the one she’s landed on just fine. To her, nothing could top the masked men she follows online. Unless one of those men was shirtless, heavily tattooed, and waiting for her in her bedroom. She dreams about being hunted by one in particular, of him chasing her down and doing deliciously dark things to her willing body. She never could have guessed that by sending one drunken text, those dreams would become her new reality.”

New DVDs



Deadpool & Wolverine, with Hugh Jackman & Ryan Reynolds

“When their late police captain gets linked to drug cartels, wisecracking Miami cops Mike Lowrey and Marcus Burnett embark on a dangerous mission to clear his name, even if they must do so on the run.”



Harold and the Purple Crayon, with an ensemble cast

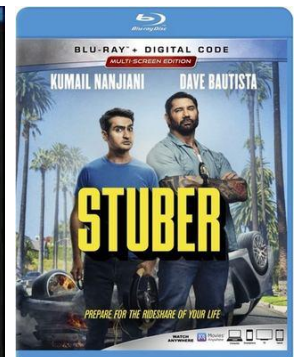
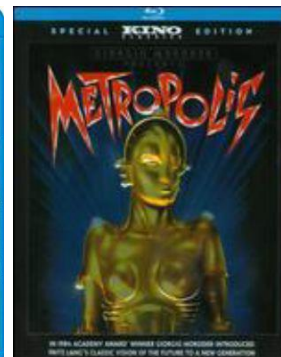
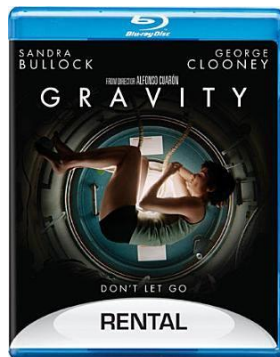
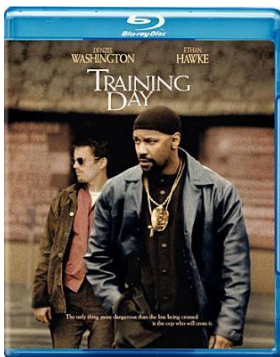
“Inside of his book, adventurous Harold can make anything come to life simply by drawing it. After he grows up and draws himself off the book’s pages and into the physical world, Harold finds he has a lot to learn about real life, and that his trusty purple crayon may set off more hilarious hijinks than he thought possible. When the power of unlimited imagination falls into the wrong hands, it will take all of Harold and his friends' creativity to save both the real world and his own.”



Twisters, with an ensemble cast

“Ever since a devastating tornado encounter, Kate gave up chasing storms across the Oklahoma prairie to safely study them on screens in New York City. Lured back to the field by her friend Javi and a once-in-a-lifetime scientific opportunity, Kate crosses paths with Tyler, a charming daredevil and self-proclaimed tornado wrangler whose thirst for tornado-tracking adventures made him a social media sensation. As storm season intensifies with terrifying phenomena unlike anything...”

Check Out Blu-Ray @ your City of Commerce Public Library

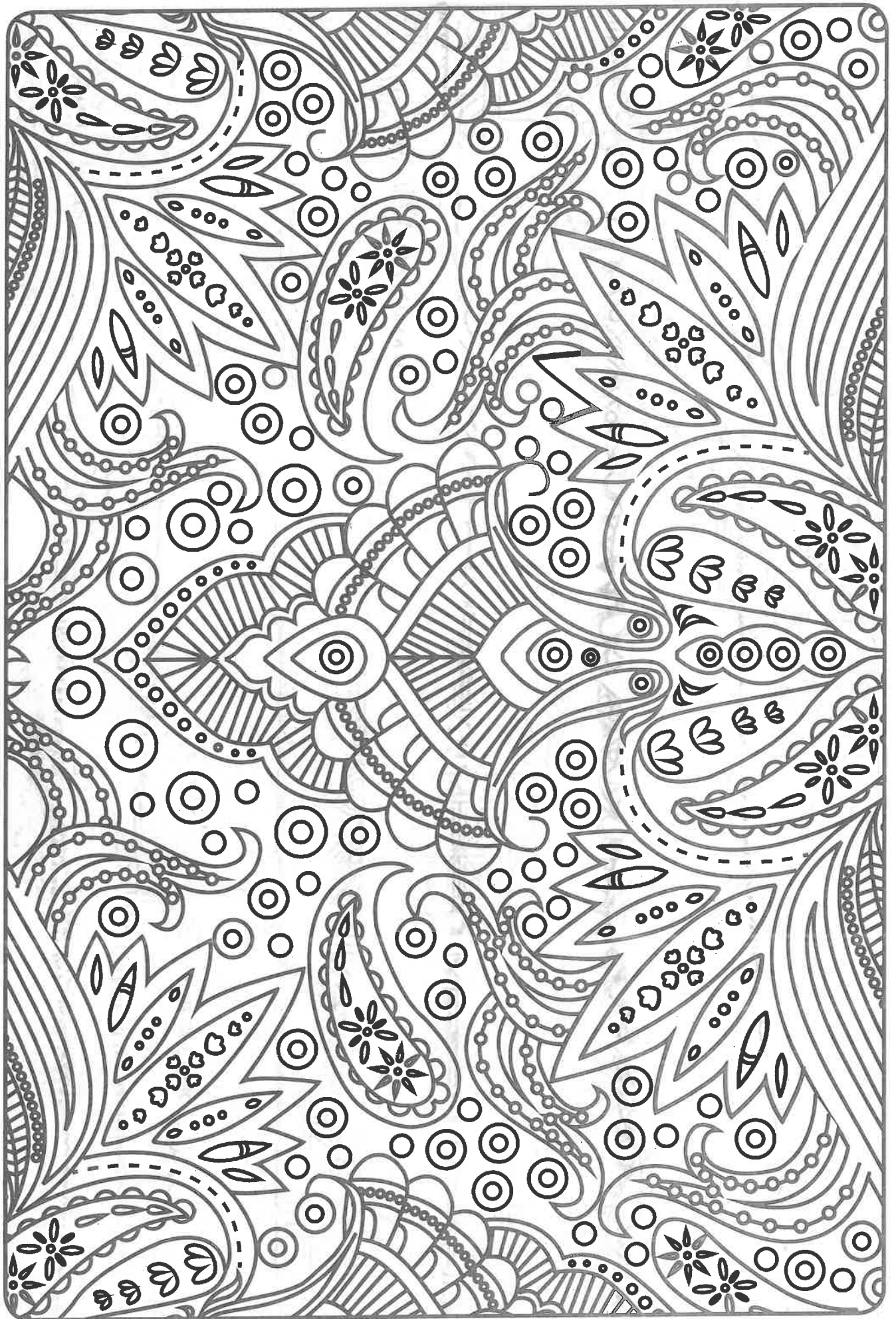


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>VOLUNTARY DONATION FOR SENIORS 60 YRS & OLDER \$3.00 FEE FOR NON-SENIORS \$7.00</p>			<p>1 BEEF LASAGNA WG Roll Zucchini Medley Broccoli Slaw Tropical Fruit Cream Sandwich <i>or</i> Cookie</p>
<p>4 Split Pea Soup BAKED ZITI (TURKEY) WG Pasta Sourdough Bread Corn Zucchini Medley Kiwi</p>	<p>5 ROSEMARY CHICKEN w/CREAMY GARLIC SAUCE Couscous Pilaf Broccoli & Cauliflower Chopped Salad Apple or Applesauce Green Gelatin</p>	<p>6 Tomato Soup MEATLOAF w/GRAVY WG Bread Mashed Potatoes Mediterranean Salad Fruit Cocktail w/Coconut Garnish</p>	<p>7 Happy November Birthdays! BBQ CHICKEN WG Dinner Roll Carrots Baked Beans Orange “Cake”</p> 	<p>8 Choice of Entrée GARLIC BUTTER FISH <i>OR</i> SWEET & SOUR PORK Biscuit / Brown Rice Spinach Coleslaw Banana</p>
<p>11 ALL SITES CLOSED VETERAN’S DAY</p> 	<p>12 BEEF STEW w/ POTATOES, CELERY, ONION WG Dinner Roll Carrots Creamy Dill Cucumber Salad Orange Fruited Vanilla Yogurt</p>	<p>13 Lentil Soup CHICKEN MARSALA w/MUSHROOM & WHITE WINE SAUCE WG Penne Pasta Peas & Onions Marinated Beet Salad Kiwi</p>	<p>14 BREADED FISH Flour Tortilla (1) Brown Spanish Rice Zucchini Medley Creamy Coleslaw w/Chipotle Dressing Banana</p>	<p>15 Chicken Cilantro Soup BBQ HAMBURGER WG Bun Broccoli Macaroni Salad Plum or Pear</p>
<p>18 Choice of Entrée TURKEY CHILLI w/BARLEY OR VEGETARIAN CHILI w/BARLEY Cornbread / Baked Potato Chopped Kale & Spinach Salad w/Tomatoes Pear</p>	<p>19 CREAMY CILANTRO BAKED FISH Biscuit Brown Rice Pilaf Broccoli Romaine Caesar Salad w/Croutons Kiwi</p>	<p>20 ROAST BEEF W/GRAVY WG Roll Mashed Sweet Potatoes Collard Green Waldorf Salad Vanilla Wafer</p>	<p>21 Fideo Soup CHICKEN SALAD BOWL WG Roll Garden Salad Garbanzo Bean w/Red Onion, Celery & Tomato Mandarin Oranges</p>	<p>22 Thanksgiving Luncheon ROAST TURKEY W/GRAVY Dinner Roll, Cranberry Sauce Cornbread Stuffing Mashed Potatoes Peas & Carrots Fruit or Fruit Cup Pumpkin Pie</p> 
<p>25 SPAGHETTI w/ MEATBALLS Sourdough Bread w/ Garlic Spread WG Spaghetti Broccoli Romaine Caesar Salad Apple or Applesauce</p>	<p>26 CHICKEN ENCHILADA CASSEROLE w/ RED SAUCE Black Beans Tomato & Cucumber Salad Orange</p>	<p>27 Cream of Broccoli Soup FISH VERA CRUZ WG Bread Corn Carrot Salad Kiwi Vanilla Chocolate Swirl Pudding</p>	<p>28 ALL HSA SITES CLOSED</p> 	<p>29 ALL HSA SITES CLOSED</p> 

November 2024

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
					1	2
					Yoga 8:00-9:00am Social Club Meeting 10:00-11:00am Bingo 12:30-2:00pm	<i>Social Club Hemet 8:00am CLOSED</i>
3	4	5	6	7	8	9
Senior Brunch 9:00-11:00am Commerce Residents only 60+ <i>DAY LIGHT SAVINGS</i>	Yoga 8:00-9:00am English/Spanish Class 10:00-11:30am <i>MONDAY NIGHT FOOTBALL 5:00pm</i>	Pilates 9:00-10:00am Genealogy class 9:30-11:00am Crochet 12:00-2:00pm <i>Election Day</i>	Yoga 8:00 – 9:00am Stenciling 9:30- 11:00am Auld Lang Syne Club 10:00-11:00am	Pilates 9:00-10:00am Tech Class 9:30-11:00am Movie 12:30pm	Yoga 8:00-9:00am Social Club Meeting 10:00-11:00am Loteria 12:30-2:00pm	<i>Senior Center Tom’s Farm 9:30am CLOSED</i>
10	11	12	13	14	15	16
NO BRUNCH	CLOSED <i>VETERAN’S DAY</i>	Pilates 9:00-10:00am Genealogy class 9:30-11:00am Crochet 12-2:30pm	Yoga 8:00 – 9:00am Food Bank 9:00-11:00am Stenciling 9:30- 11:00am	Pilates 9:00-10:00am Tech Class 9:30-11:30pm Movie 12:30pm	Yoga 8:00-9:00am Social Club Meeting 10:00-11:00am Bingo 12:30-2:00pm <i>Tri-City Craft 1:00pm Pre-registration required</i>	<i>5K Turkey Trot 8:00am CLOSED Al Lang Syne Las Viejas Mall 8:00am</i>
17	18	19	20	21	22	23
NO BRUNCH	Yoga 8:00-9:00am English/Spanish Class 10:00-11:30am <i>MONDAY NIGHT FOOTBALL 5:00pm</i>	Pilates 9:00-10:00am Crochet 12:00-2:00pm	Yoga 8:00 – 9:00am Stenciling 9:30- 11:00am Auld Lang Syne Club 10:00-11:00	Pilates 9:00-10:00am Tech Class 9:30-11:00pm Movie 12:30pm Commerce Pantry 10:30-1:00pm Democrat Club 7:00- 8:00	Yoga 8:00-9:00am Social Club Meeting 10:00-11:00am Loteria 12:30-2:00pm <i>Café y Chisme 9:30am</i>	CLOSED
24	25	26	27	28	29	30
NO BRUNCH	Yoga 8:00-9:00am English/Spanish Class 10:00-11:30am <i>MONDAY NIGHT FOOTBALL 5:00pm Lions Club 7:00-8:00am</i>	Pilates 9:00-10:00am Crochet 12:00-2:00pm Senior Citizens Club 2:00-4:00pm	Yoga 8:00 – 9:00am Stenciling 9:30- 11:00am	CLOSED THANKSGIVING	CLOSED	CLOSED

◆Lunch is served Monday-Friday at 11:30a.m.



Turkey Flag Football



bat



closed umbrella



megaphone



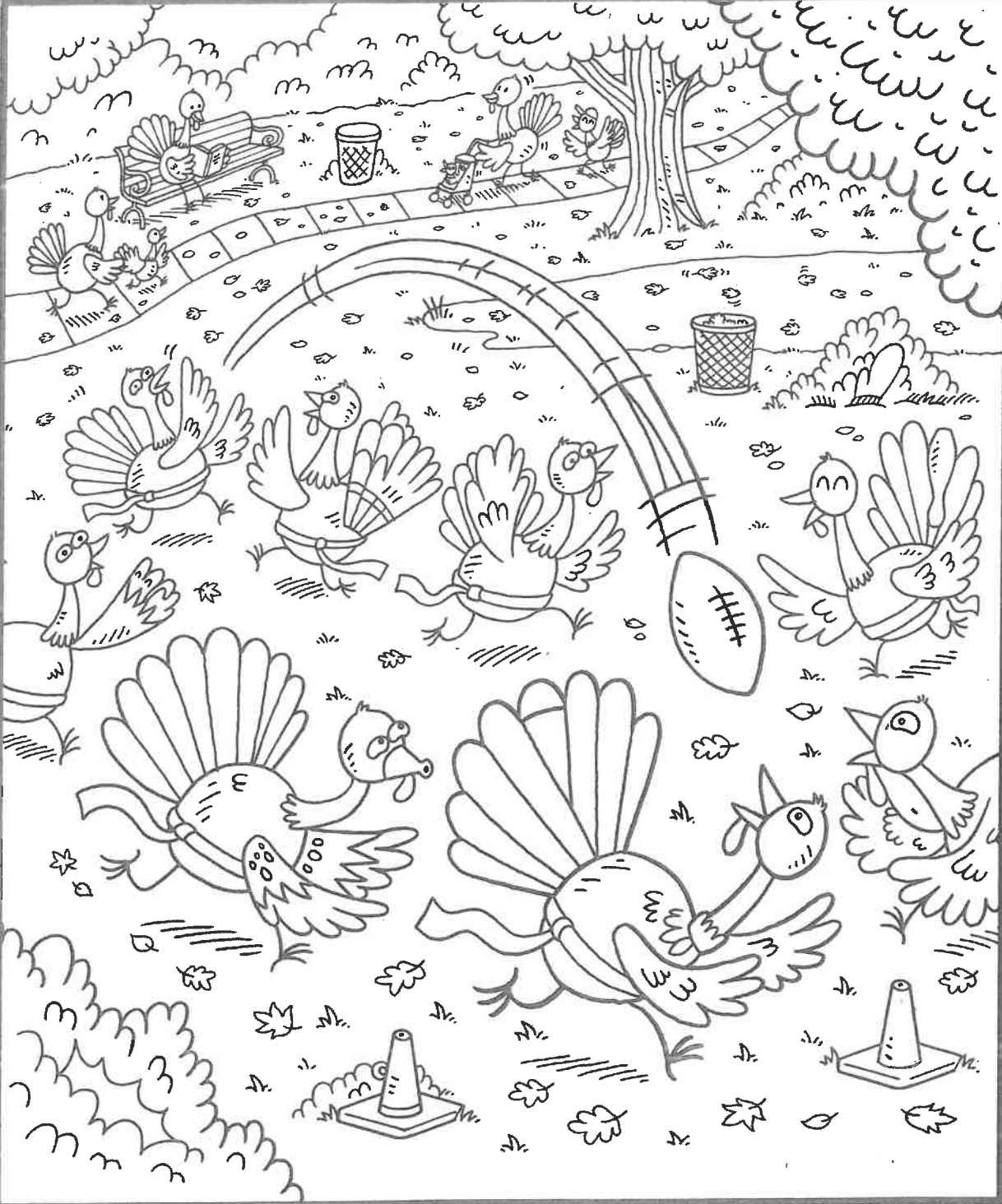
candle



crown



nail



Art by Neff Numberrman



bowling pin



ice-cream cone



canoe



mitten



fish



glove



thimble



domino

Senior Center Trips

Sat. Nov. 9, 2024

Tom's Farm
Leaving Senior Center
@9:30am
Leaving South East
@9:45am

Sat. Dec. 7, 2024

**La Habra
Tamale Festival**
Leaving South East
@ 9:20am
Leaving Senior Center
@ 9:30am

Sat. Dec. 14, 2024

Riverside/Mission Inn
Leaving Senior Center
@ 11:30am
South East
@11:45am

Auld Lang Syne

President
Martha Esquivel
323-369-6759

Vice President
Raul Elenes

Secretary
Maria De Los Angeles Barrera

Treasurer
Oscar Ramierez

Sunshine Person
Isidra Navarro

Trip Chairperson
Martha Esquivel
323-369-6759

Membership Dues - \$7.00

Sat. Nov. 16, 2024

Las Viejas Mall
Leaving South East
@ 7:30am
Leaving Senior Center
@ 8:00 am

Senior Citizen Club

President
Martha Esquivel
323-369-6759

Vice President
Raul Elenes

Secretary
Oscar Ramirez

Treasurer
Alfonso Trevizo

Sunshine Person
Isidra Navarro

Trip Chairperson
Martha Esquivel
323-369-6759

Membership Dues - \$7.00

Sat. Nov.23, 2024 Old Town Temecula
Leaving South East
@ 7:30am
Leaving Senior Center
@ 8:00am

Social Club

President
Raul Elenes

Vice President
Guille Reyes

Secretary
Gloria Nezahuacoyotl
Treasurer
Martha Esquivel

Sunshine Person
Maria De Los Angeles Barrera

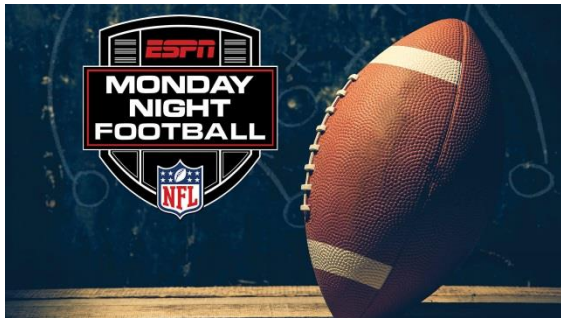
Trip Chairperson
Raul Elenes
(562) – 319-8022

Membership Dues - \$7.00

Sat. Nov. 2, 2024 **Hemet**
Leaving South East
@7:30am
Senior Center
@ 8:00am



*Day light savings begins
Nov. 3, 2024*



Nov. 4, 2024 Buccaneers vs Chiefs
Nov. 11, 2024 Dolphins vs Rams
Nov. 18, 2024 Texans vs Cowboys
Nov. 25, 2024 Ravens vs Chargers

Dec. 2, 2024 Browns vs Broncos
Dec. 9, 2024 Bengals vs Cowboys
Dec. 16, 2024 Bears vs Vikings
Dec. 23, 2024 Saints vs Packers
Dec. 30, 2024 Lions vs 49'ers



Acknowledgements

COMMERCE SENIOR CITIZENS CENTER

2555 Commerce Way
323.887.4430

Monday - Friday
Open: 9:00 a.m. - 5:00 p.m.

Closed Saturday, Sunday & Holidays

SENIOR CENTER STAFF

Senior Center Supervisor
Veronica Jimenez

Supervising Recreation Leaders
Elsie Cardoza
Margaret De La Rosa
Andrea Grajeda
Lois Vasquez

Recreation Leader
Jennifer Villareal

Nutrition Program Manager
Elisa Gutierrez

DEPARTMENT OF PARKS & RECREATION

Director of Parks and Recreation
Greg Alaniz
Assistant Director
Adolfo Marquez

Mayor
Hugo A. Argumedo
Vice Mayor
Ivan Altamirano
Councilmember Mireya Garcia
Councilmember Kevin Lainez
Councilmember Oralia Y. Rebollo

City Manager
Ernie Hernandez

SENIOR CITIZENS COMMISSION

Chairperson
Martha Esquivel
Vice Chairperson
Raul Elenes
Commissioner Maria De Los Angeles Barrera
Commissioner Jesus Cervantes
Commissioner Beatriz Del Rosario Jimenez

Meeting is held on the first Wednesday of the month
in the

E.O.C. meeting room
Agenda is posted at the Senior Center
The meeting begins at 12:30 p.m.