

# SENIOR MESSENGER

February 2026



**Parks  
Make  
Life  
Better!**



[WWW.CI.COMMERCE.CA.US](http://WWW.CI.COMMERCE.CA.US)

*Veronica Jimenez*

SENIOR CENTER SUPERVISOR

## Upcoming Trips & Events - February 2026

### San Diego Safari Park

Thursday, February 5, 2026

Join us for a fun and adventurous day at the San Diego Safari Park!

Resident Registration: • Now open

- \$2.00 deposit

Non-Resident Registration:

- Begins 9:00 AM on Monday, February 2, 2026
- \$5.00 bus fee

Admission Requirements:

- Seniors 65+ are free with a valid California ID.
  - ID must be presented at the gate.
  - If you forget your ID, admission is \$79.00 (no exceptions).
  - Guests may not wait on the bus or roam the surrounding area.
- Individuals ages 50–64 – Admission is \$79.00, payable upon arrival.

### Grammy Museum – Selena Exhibit

Thursday, February 26, 2026

Celebrate the legacy of Selena with this special exhibit at the Grammy Museum!

Resident Registration: • Now open

- Seniors 65+ are \$18.00. Due at registration (non-refundable)
- Adults 50 – 64 yrs. of age are \$22.50. Due at registration (non-refundable)

Non-Resident Registration:

- Begins 9:00 AM on Monday, February 2, 2026
- Seniors 65+ are \$23.00 (includes exhibit ticket + \$5 bus fee). Due at time of registration (non-refundable)
- Adults 50 – 64 yrs. of age are \$27.50 (includes exhibit + \$5 bus fee). Due at time of Registration. (non-refundable)
- Payment due at registration (non-refundable)

### Valentine's Day Dance

Thursday, February 12, 2026

Dance: 10:00 AM – 12:00 PM

Lunch: 12:00 PM

Fees:

- Ages 60+: \$3.00 suggested donation
- Ages 50–59: \$7.00 fee (payable day of event)

Registration for All:

- Monday, February 2, 2026
- 9:00 AM – 1:00 PM

Come enjoy music, dancing, lunch, and a lovely celebration with friends!

HAPPY  
*Valentine's*  
DAY



## BRAIN EXERCISES FOR THE MONTH OF FEBRUARY

### *What to know about sleep deprivation?*

Do you wake up feeling refreshed? If not, you may be sleep deprived. Defines being sleep deprived as not getting the sleep you need to feel rested. How much sleep you need changes with age. It also varies between people. The American Academy of Sleep Medicine recommends adults get 7 to 8 hours of sleep. But more than 1 in 3 adults get less. If you regularly get less than 7 hours of sleep and feel fine, you might naturally need less sleep. “However, you could still be experiencing subtle declines in concentration and memory that aren’t immediately noticeable.”

### **Here are some signs you may be sleep deprived:**

- You set multiple alarms, hit the snooze button several times, or depend on a person to wake you up.
- You sleep in more than 2 hours on your days off.
- You doze off during the day when you shouldn’t, such as while driving or during meetings.
- Sleep deprivation can affect your health

Being sleep deprived can lead you to exercise less, eat more, and gain weight. It increases your vulnerability to anxiety and depression. And it ages your skin. Just one night of too little sleep can make it harder to pay attention and slow your reaction time. And these deficits build up with additional nights of sleep deprivation. Slowed reactions and briefly dozing — unexpectedly sleeping a few seconds — can cause accidents. Sleep deprivation causes about 1 in 9 motor vehicle crashes. The longer you live short on sleep, the more likely you’ll develop serious health issues like heart disease, high blood pressure, and Type 2 diabetes.

### *The benefits of sleeping*

- **Physically**, sleep allows your body to repair your cells and tissues, including those of your heart. It also helps regulate hormone levels that control appetite and insulin, supports fertility, and strengthens your immune system.
- **Mentally**, a good night’s sleep gives you the focus you need to solve problems, make decisions, and be creative. Sleep is key to learning and remembering. Good sleep also has a major positive impact on your mental health.



### ***Tips to improve your sleep***

People who often go without sleep can be unaware of the effects this has on how they function day to day. And getting enough sleep can be incredibly difficult — especially if you're taking care of young children, work multiple jobs or swing shifts, or spend a lot of time on digital devices. But if you're trying to be less stressed, exercise more, or lose some weight, getting more sleep could make it much easier to achieve your goals. If you're sleeping 6 hours a night but need 7, it's like losing an entire night of sleep every week. If you have a health condition, talk to your doctor about any sleep issues. Both health problems and medications can disrupt sleep. What helps you sleep can be highly personal, but some of these tips may work for you.

### ***Create a good space for sleep***

- Set up your bedroom to be a calm, comfortable place to sleep.
- Consider window coverings that block out all light.
- Keep it cool. Dr. Hwang says most adults sleep better when the room temperature is about 68 degrees.
- Keep it quiet. Consider using white noise — a fan or a recording of ocean waves — to mask outside sounds.
- Reserve your bed just for sleep.
- Does your pet wake you up? Try making a separate bed for them.

### ***Make time for sleep***

- Set aside time to wind down as well as time to sleep.
- If you work shifts and have trouble falling asleep, it's especially important to schedule enough time for sleep.
- If possible, get up and go to bed at the same time every day.

### ***Create routines that encourage sleep***

- Exercise at least 20 minutes each day. A walk counts.
- Eat your last meal 3 hours before bed.
- Limit caffeine to the morning and avoid alcohol 3 hours before bed.
- Start your pre-bedtime routine an hour before you want to sleep.
- You might take a warm shower, *stretch*, *meditate* or pray, read, or listen to music.
- Go to bed when you start to feel sleepy.

### ***Recognize your sleep enemies***

Devices — phones, tablets — are a huge problem. Social media and apps are designed to keep you online. Set devices to Do Not Disturb mode an hour or 2 before you go to bed. Realize that texting or scrolling is stimulating. The American Academy of Sleep Medicine says to get off devices at least 30 minutes before going to bed. Also recognizes that devices give you access to *self-care apps* with tools to help you sleep, like guided meditations and white noise. If you don't do things like doomscroll while listening to guided meditation, devices in bed can be OK.

***Prioritizing sleep could help you feel more alert now and add healthy years to your life.***

# TRIVIA

## ***1. Who was America's only Catholic president?***

- a. Donald Trump
- b. John F. Kennedy
- c. Dwight Eisenhower
- d. Jimmy Carter

The U.S. Constitution famously prohibits any religious test or requirement for public office. Still, almost all of the nation's presidents have been Christians and many have been Episcopalians or Presbyterians, with most of the rest belonging to other prominent Protestant denominations. Although Roman Catholicism has long been the nation's largest religious denomination, John F. Kennedy remains the only Catholic president. And since Kennedy's assassination in 1963, only one other Catholic, John Kerry, has been a presidential nominee on a major party ticket.

## ***2. What U.S. President helped save football as we know it?***

- a. Franklin Roosevelt
- b. Richard Nixon
- c. Gerald Ford
- d. Theodore Roosevelt

Football has always been a relatively dangerous game, but at the turn of the 20th century it was particularly risky. A brutal stretch of injuries and fatalities on the football field led to widespread calls for the abolition of college football — or at least for changes to make the game more like rugby. In 1905, the death of Union College halfback Harold Moore made headlines across the country, and Duke, Northwestern, and Columbia universities all suspended their football programs. Enter then-president Teddy Roosevelt. Roosevelt helped set up a committee after the 1905 season, which established a number of rules that define modern football. What all was included in these new regulations? The forward pass was introduced; it now took 10 yards to win a first down as opposed to 5; and penalties were established for unsportsmanlike behavior. The forward pass, in particular, led to players spreading out across the field, which limited the number of violent multiplayer collisions.

## ***3. Who was the first President from the Democratic Party?***

- a. Andrew Jackson
- b. Thomas Jefferson
- c. Martin Van Buren
- d. Grover Cleveland

The U.S. hasn't always had the two-party system we're so familiar with today. The first President, George Washington, didn't belong to any political party, believing they were tools of division and distraction. John Adams took on the role as the second President of the U.S. under the Federalist Party. Most of these two Founding Fathers' successors participated in the

Democratic-Republican Party, until America's seventh President, Andrew Jackson. Jackson originally ran for the presidency in 1824, but despite winning the popular vote lacked an electoral majority. As a result, the presidency went to John Quincy Adams. New York Senator Martin Van Buren recognized that in order to win the presidency, Jackson needed support; with his help, the splintering Democratic-Republican broke into two. With the new Democratic Party backing Jackson's campaign, he was successfully elected in 1828 and then again in 1832, becoming the first official Democrat President.

**4. Which U.S. president officially gave the White House its name?**

- a. George Washington
- b. John Adams
- c. Thomas Jefferson
- d. Theodore Roosevelt

Although the executive mansion had been informally called the “White House” for decades due to its white-painted exterior, the name was not made official until 1901. President Theodore Roosevelt formally adopted “The White House” in government correspondence and stationery, replacing earlier titles such as the “Executive Mansion” and the “President’s House.” His decision standardized the name across federal usage, cemented it in public consciousness, and ensured it would remain the building’s permanent and recognized designation.



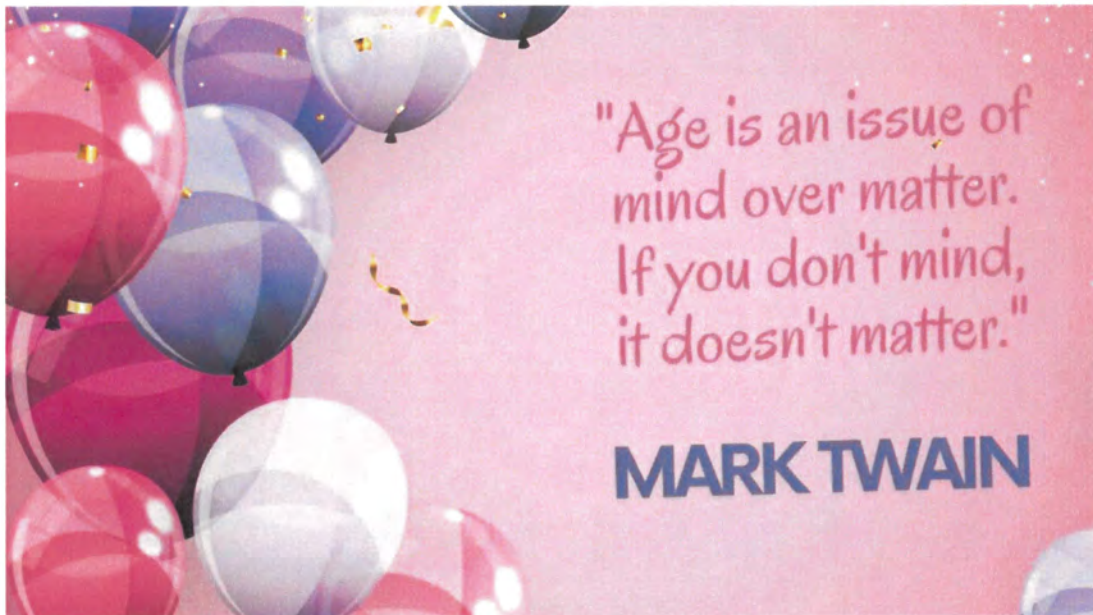
# QUOTES FOR FEBRUARY

Positive Mind  
Good Vibes  
Great Life

February is the time  
to see the positive and  
bright side in everything  
you do and experience.

Remez Sasson

[SuccessConsciousness.com](http://SuccessConsciousness.com)



"Age is an issue of  
mind over matter.  
If you don't mind,  
it doesn't matter."

**MARK TWAIN**

## 5 surprising Things you didn't know about Mardi Gras

*On February 17, 1827, a group of masked and costumed students danced through the streets of New Orleans, Louisiana, marking the beginning of the city's famous Mardi Gras celebrations.*



### **1. Alabama held the first Mardi Gras Celebration**

Contrary to popular belief, the festival didn't actually begin in New Orleans, but rather in present day Mobile Alabama. Dating even further back, Mardi Gras came to the Us in the late 17<sup>th</sup> century from medieval Europe as a French Catholic tradition. King Louis the XIV ordered his men to defend Frances's territorial claim of "Louisiane", which incorporated Alabama,Loiusana, Mississippi, and parts of Texas. Years later, French settlers put together the first Mardi Gras celebrations on American soil in Mobile Alabama. When New Orleans was eventually established, Mardi Gras made its way there. To this day, Mobile puts on a huge festival for Mardi Gras

### **2. Mardi Gras colors are purple, gold, and green**

It's tough not to notice the vibrant colors that make up the scene of Mardi Gras. More specifically, you'll notice green, gold and purple being donned on all the eccentric costumes and bright beads adorned by party goers. The colors date back to 1982 and were chosen not just because of the vibrancy but also because of what they symbolize. Gold strands for faith, green strands for faith, and purple symbolizes justice.



### **3. *Mardi Gras is a legal Holiday***

Mardi Gras isn't just a party in the streets or parades of floats. Mardi Gras is a legal holiday in Louisiana and has been since 1875. When Governor Warmoth signed the "Mardi Gras Act". The holiday is on the Tuesday before Ash Wednesday, a day honored by Catholics. Following Mardi Gras, Lent begins, which is six weeks leading up to Easter. This day is also referred to as "Fat Tuesday" or "Shrove Tuesday" because it's the last opportunity to eat rich, fatty foods before upholding the sacrifices throughout the season of Lent

### **4. *"Laissez les bon temps rouler" Is the official greeting of Mardi Gras***

You'll hear "laissez les bon temps rouler (pronounced lay-say le bon tom roo-lay) over and over again at Mardi Gras celebrations. The phrase means "let the good times roll" in Cajun French. Apparently, there is a way to respond to the popular French phrase. When someone shouts "Laissez les bon temps rouler" you should response with "Oui, cher"

### **5. *It's illegal not to wear a mask onboard a float***

It's not a tradition-it's the law! Everyone on the float must wear a mask or paint their face. The practice was originally started to encourage people to mingle and talk to those outside of your social circle. But if you want to ride on a float, it will cost you. In addition to paying a membership fee, krewe members dish out major cash for beads, costumes, security clean-up crews and Mardi Gras balls year after year. Luckily, many krewes allow members to take a break for a year, as long as they send a friend to ride (and pay) in their place.



# RECIPE FOR FEBRUARY

## *Sheet Pan Fajitas*



### **Ingredients**

- 4 boneless, skinless chicken breasts
- 1 bag frozen bell pepper and onion blend
- 1 packet low-sodium taco seasoning
- 2 Tbsp. olive oil
- 1 Tbsp. lime juice

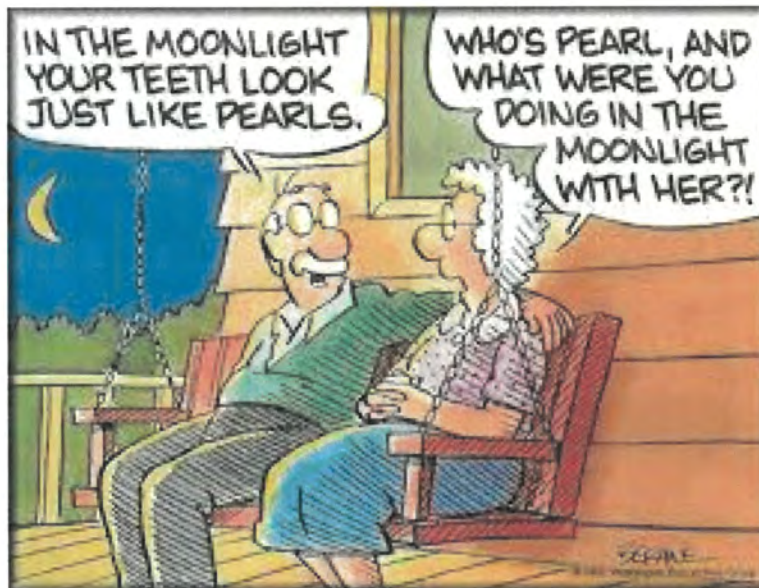
### **Instructions**

- Preheat oven to 425°F. Cut chicken breasts into strips and place in a bowl.
- Stir together taco seasoning, olive oil and lime juice.
- Pour mixture over chicken until it is completely covered.
- Place chicken and frozen peppers in a single layer on baking sheet.
- Bake for 18-22 minutes and serve!

# SENIOR HUMOR



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## February 2026 Movies (Movie subject to change)



**Feb 5 Valentine's Day pg13 2010 · Comedy/Romance · 2h 5m**

In a series of interconnected stories, various Los Angeles residents (Jessica Alba, Jessica Biel, Bradley Cooper) wend their way through the highs and lows of love during a single day. As the holiday unfolds, they experience first dates, longtime commitments, youthful crushes and connections to old flames.



**Feb 19 Love Actually R 2 Comedy/Romance 2h 15m** Nine intertwined journeys examine the complexities of the one emotion that connects all individuals, love. Among these individuals is David, the handsome, newly elected British prime minister who falls for a junior staffer. Sarah is a graphic designer whose devotion to her mentally ill brother complicates her love life. Harry, a married man, is tempted by his attractive new secretary.



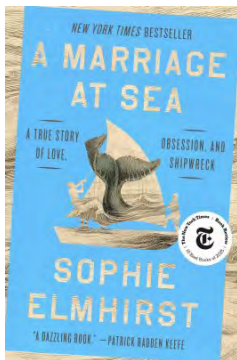
**Feb 26 The Emperor's New Groove G 2000 · Family/Comedy · 1h 18m**

Arrogant young Emperor Kuzco is transformed into a llama by his power-hungry advisor -- the devious diva Yzma. Stranded in the jungle, Kuzco's only chance to get back home and reclaim the high life rests with a good-hearted peasant named Pacha. Together, they must return Kuzco to the throne before Yzma tracks them down and finishes him off.

[Creativebug.com](https://www.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>

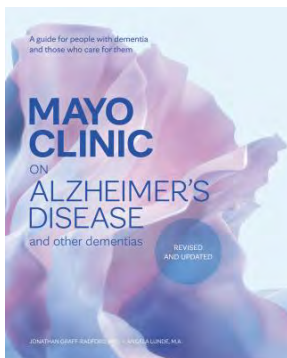
## New Non-Fiction



### *A Marriage at Sea: A True Story of Love, Obsession, and Shipwreck* by Sophie Elmhirst

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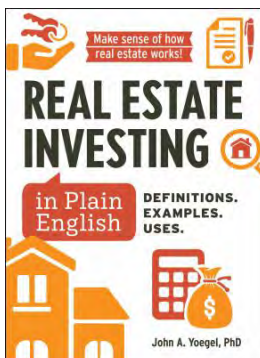
“Maurice and Maralyn make an odd couple. He's a loner, awkward and obsessive; she's charismatic and ambitious. But they share a horror of wasting their lives. And they dream--as we all dream--of running away from it all. What if they quit their jobs, sold their house, bought a boat, and sailed away? Most of us begin and end with the daydream. But Maurice began to study nautical navigation. Maralyn made detailed lists of provisions. And in June 1972, they set sail...”



### *Mayo Clinic on Alzheimer's Disease and Other Dementias: A Guide for People with Dementia and Those Who Care for Them*, by Jonathan Graff-Radford

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“Dementia is a serious health challenge, and by some estimates the number of people living with dementia could more than double by 2050. While Alzheimer's disease is the most common type of dementia, other types also affect adults worldwide, causing loss of cognitive functions such as memory, reasoning and judgment. The diseases that cause dementia have long been considered difficult and unrelenting, but recent advances offer hope.”



### *Real Estate Investing in Plain English: Definitions, Examples, Uses*, by John A. Yoegel

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“Understanding the real estate and housing market so you can successfully purchase the property you desire is not an easy job, and it's made even more complicated by the specific terminology. Even the most financially responsible people can struggle to understand the various aspects of real estate investing... you'll find straight-forward explanations of 350 real estate terms ranging from loan-to-value ratio, equity, and foreclosure to mortgage REITs, leverages, opportunity zones, and more.”

## Visit Us!

## Library Hours

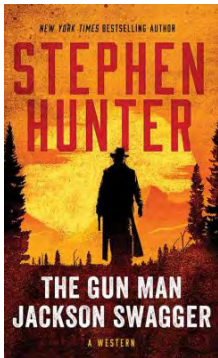
Rosewood Library: Monday-Thursday: 10am-8pm; Fridays: 10am-6pm

Veterans Library: Closed for Repairs.

Bristow Library: TEMPORARY HOURS Monday-Thursday: 12pm-6pm

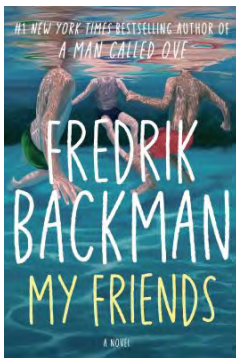
Bandini Library & Learning Center: Coming Soon!

## New Fiction



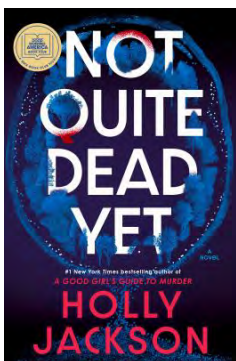
### The Gun Man Jackson Swagger, by Stephen Hunter

“In the frying pan of a drought-scorched 1890s Southwest, an old man shows up at the region's only prosperous spread, the Callahan ranch, seeking work. Jack is flinty, shrewd, tough, and a natural with a gun. As an incentive to be taken on at his age, he shows the foreman an uncanny skill with one of Mr. Winchester's latest models. Winchester's latest models.”



### My Friends, by Fredrik Backman

“Twenty-five years earlier, in a distant town, a group of teenagers find refuge from their difficult home lives by spending their days laughing and telling stories out on a pier. There's Joar, who never backs down from a fight; quiet and bookish Ted who is mourning his father; Ali, the daughter of a man who never stays in one place for long; and finally, there's the artist, a boy who hoards sleeping pills and shuns attention, but who possesses an extraordinary gift that might be his ticket to a better life. These four lost souls find in each other a reason to get up each morning, a reason to dream.”



### Not Quite Dead Yet, by Holly Jackson

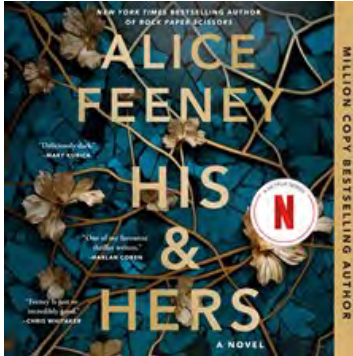
"In seven days Jet Mason will be dead. Jet is the daughter of one of the wealthiest families in Woodstock, Vermont. Twenty-seven years old, she's still waiting for her life to begin. I'll do it later, she always says. She has time. Until Halloween night, when Jet is violently attacked by an unseen intruder. She suffers a catastrophic head injury. The doctor is certain that within a week, the injury will trigger a deadly aneurysm... She has at most seven days, and as her condition deteriorates she has only her childhood friend Billy for help. But nevertheless, she's absolutely determined to finally finish something: Jet is going to solve her own murder.”

## Go Digital!

## Hoopla Digital

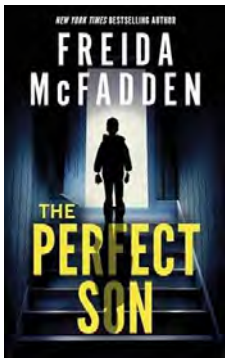
It's been called the "Netflix" of libraries. Download the Hoopla Digital app to your smart phone and you can check out up to 10 electronic books, audiobooks, music, and videos per month! Please note that you'll also need your library card and an e-mail address to create your own Hoopla account. To see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

### Download/Stream eBooks & Audiobooks



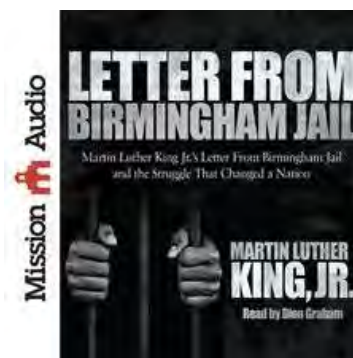
#### His & Hers, by Alice Feeney (e-Audiobook)

“There are two sides to every story: yours and mine, ours and theirs, His & Hers. Which means someone is always lying. Anna Andrews finally has what she wants. Almost. She's worked hard to become the main TV presenter of the BBC's lunchtime news, putting work before friends, family, and her now ex-husband. So, when someone threatens to take her dream job away, she'll do almost anything to keep it...”



#### The Perfect Son, by Uketsu (e-Book)

“Erika Cass has a perfect family and a perfect life. Until the evening when two detectives show up at her front door. A high school girl has vanished from Erika's quiet suburban neighborhood. The police suspect the worst--murder. And Erika's teenage son, Liam, was the last person to see the girl alive. Erika has always sensed something dark and disturbed in her seemingly perfect older child. She wants to believe he's innocent, but as the evidence mounts, she can't deny the truth--Liam may have done the unthinkable. Now she must ask herself: How far will she go to protect her son?”



#### Letter from Birmingham Jail, by Martin Luther King, Jr. (e-Audiobook)

“More than fifty years ago, Dr. Martin Luther King, Jr. wrote his "Letter from a Birmingham Jail", where he explains why blacks can no longer be victims of inequality.”

## New DVDs



### Tron: Ares, with an ensemble cast

“It follows a highly sophisticated Program, Ares, who is sent from the digital world into the real world on a dangerous mission, marking humankind's first encounter with A.I. beings.”



### Wicked: For Good, with an ensemble cast

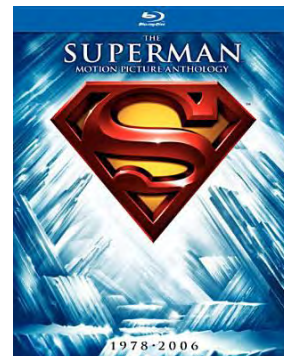
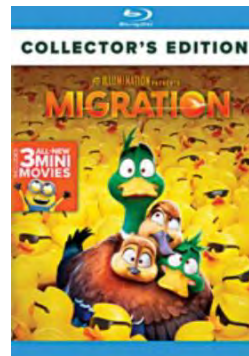
“Only Lt. Frank Drebin Jr. (Liam Neeson) has the particular set of skills... to lead Police Squad and save the world! He's following in his father's footsteps in *The Naked Gun*, directed by Akiva Schaffer.”



### Roofman, with Channing Tatum

“Based on an unbelievable true story, Roofman follows Jeffrey Manchester, an Army veteran and struggling father who turns to robbing McDonald's restaurants by cutting holes in their roofs, earning him the nickname: Roofman. After escaping prison, he secretly lives inside a Toys "R" Us for six months, surviving undetected while planning his next move.”

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



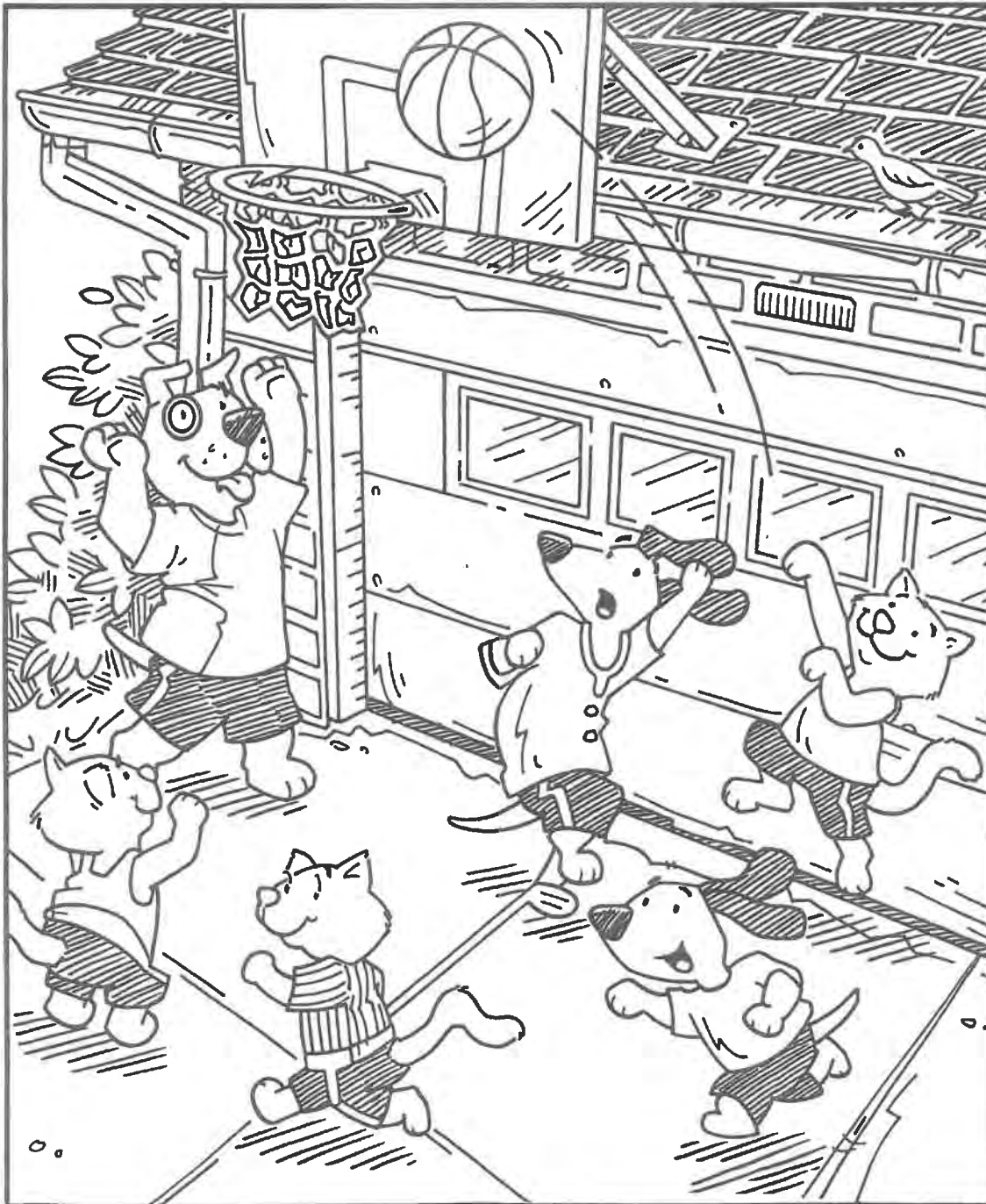
**HUMAN SERVICES ASSOCIATION** “Where Caring Becomes Doing” ✨ **COMMERCE DINING CENTER** **FEBRUARY 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> <i>Choice of Entrée</i>  <b>GARLIC BUTTER FISH</b>  <b>OR SWEET &amp; SOUR</b>  <b>PORK w/BELL PEPPER</b>                      Barley w/Herbs/Spinach                      Marinated Tomato &amp; Onion                      Salad/Pear</p>	<p><b>3</b> Lentil Soup  <b>HAWAIIAN CHICKEN</b>                      w/PINEAPPLE                      Brown Rice                      Asian Mixed Vegetables                      Chopped Asian Salad                      w/Romaine &amp; Green Onions                      Cantaloupe</p>	<p><b>4</b> <i>Happy February Birthdays</i>  <b>BEEF STEW</b>                      WG Dinner Roll/Carrots                      Creamy Cucumber Salad                      Orange                      Fruited Vanilla                      Yogurt/”Cake” </p>	<p><b>5</b> <b>CHICKEN MARSALA</b>                      w/MUSHROOM &amp;  <b>WHITE WINE SAUCE</b>                      WG Penne Pasta/Peas                      Marinated Beet Salad                      Kiwi</p>	<p><b>6</b> Tuscan Soup  <b>BREADED FISH</b>                      Flour Tortilla                      Cilantro Lime Brown Rice                      Coleslaw w/Chipotle Dressing                      Zucchini Medley                      Banana</p>
<p><b>9</b> Cream Of Mushroom  <b>BBQ HAMBURGER</b>                      WG Bun                      Broccoli                      Baked Beans                      Melon</p>	<p><b>10</b> <b>CREAMY CILANTRO</b>  <b>BAKED FISH</b>                      Biscuits                      WG Penne Pasta                      Brussel Sprouts                      Spinach &amp; Kale Salad                      Peach or Plum</p>	<p><b>11</b> Chicken Tortilla Soup  <b>ROAST TURKEY</b>                      Herb WG Stuffing                      Green Beans                      Coleslaw                      Banana</p>	<p><b>12</b> <i>Valentine’s Luncheon</i>  <b>CHICKEN w/WINE SAUCE</b>                      WG Dinner Roll                      Peas &amp; Carrots                       Couscous Pilaf                      Green Salad                      w/Red Onions, Radish &amp; Corn                      Pineapple, Mango &amp;                      Strawberries/Special Cake</p>	<p><b>13</b> <b>ROAST BEEF</b>                      w/GRAVY                      WG Bread                      Mashed Potatoes                      Collard Greens                      Mandarin Orange                      Green Gelatin</p>
<p><b>16</b> ALL SITES CLOSED</p> 	<p><b>17</b> <i>Chinese New Year Luncheon</i>  <b>!TERIYAKI CHICKEN</b>  <b>BOWL!</b>                      WG Roll/White Rice                      Asian Mixed Vegetable                      Marinated Asian Cucumber                      Salad                      Orange or Mandarin                      Almond or Fortune Cookie</p>	<p><b>18</b> <b>BAKED FISH w/WINE,</b>  <b>TOMATO &amp; ONION</b>  <b>SAUCE</b>                      WG Rotini Pasta                      Sesame Broccoli                      Mixed Field Green                      Fresh Fruit                      Apple Crumb Cake</p>	<p><b>19</b> <b>CHICKEN ENCHILADA</b>  <b>CASSEROLE</b>                      WG Corn Tortilla                      Black Beans                      Creamy Cucumber Salad                      Orange/Sherbet</p>	<p><b>20</b> Cabbage &amp; Tomato Soup  <b>LEMON PEPPER FISH</b>                      WG Roll                      Corn                      Green Beans                      Kiwi</p>
<p><b>23</b> Northern Bean Soup  <b>BEEF CHILI MAC</b>                      WG Spiral Pasta                      Peas &amp; Corn                      Chopped Spinach                      &amp; Kale w/Red Onions Salad                      Pear</p>	<p><b>24</b> <b>CHICKEN MOLE</b>                      Tortilla                      Spanish Brown Rice                      Pinto Beans                      Carrots w/Jicama Salad                      w/Lime Vinaigrette/Kiwi</p>	<p><b>25</b> Butternut Squash Soup  <b>TURKEY A LA KING</b>                      Biscuit                      WG Pasta                      Cauliflower                      Marinated Beet Salad                      w/Onions/Peach</p>	<p><b>26</b> <b>MEATLOAF w/RED</b>  <b>SAUCE</b>                      WG Bread                      Mashed Potatoes                      Mediterranean Salad                      Fruit Cocktail w/Coconut                      Garnish</p>	<p><b>27</b> <i>Choice of Entrée</i>  <b>HERB BAKED FISH w/DILL</b>  <b>SAUCE OR ROAST PORK</b>  <b>w/MUSTARD SAUCE</b>                      WG Bread                      Couscous/Steamed Cabbage                      Waldorf Salad/Cookie</p>
<p><b>VOLUNTARY</b>  <b>CONTRIBUTION</b>  <b>FOR SENIORS 60</b>  <b>YRS</b>  <b>&amp; OLDER \$3.00</b>  <b>FEE FOR</b>  <b>NON-SENIORS \$7.00</b></p>		<p><i>Happy Valentine's Day</i></p>		

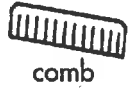
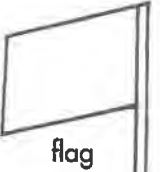
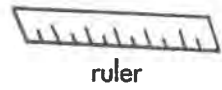
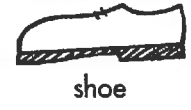
## February 2026

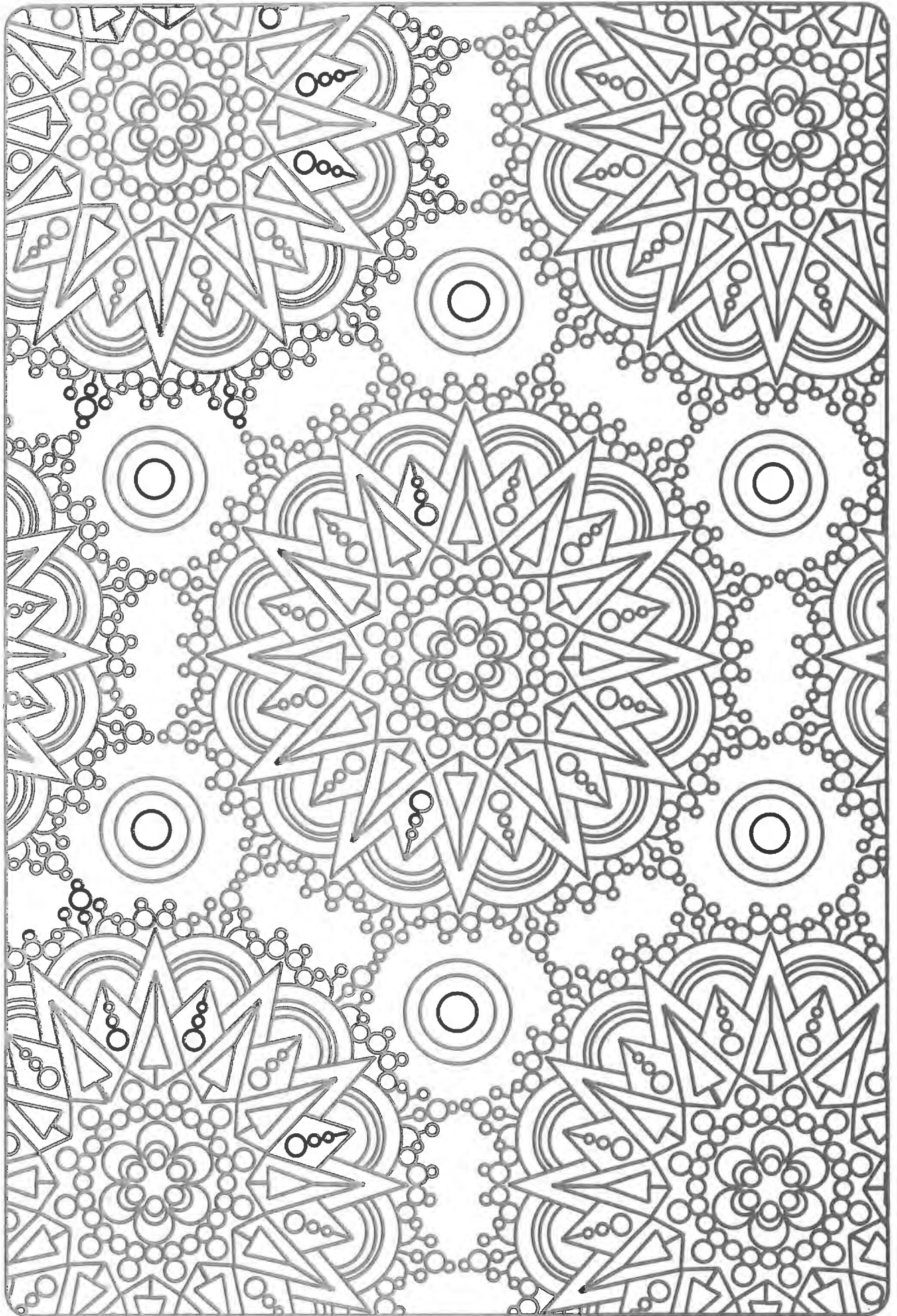
<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1	2	3	4	5	6	7
CLOSED	Yoga 8:00-9:00am <i>Watercolor 3pm</i>	Pilates 8:00-9:00am Walking club 9am Painting @ 1pm Salsa @ 3pm	Yoga 8:00 – 9:00am Walking Club 9:00am Café y Loteria 10-11:00am <i>Sewing Class 1pm</i>	Pilates 8:00-9:00am No Walking class <i>Salsa @ 3pm</i>  <b>Senior Center</b> <b>San Diego Safari Park</b> <b>8:00am</b>	Yoga 8:00-9:00am Social Club 10-11am Bingo 12:30-2:00pm	<i>Senior Citizens Club</i> <i>Santa Monica Promenade</i> <b>9:00am</b> CLOSED
8	9	10	11	12	13	14
CLOSED	Yoga 8:00-9:00am Bowling 12:00-2:00pm <i>Watercolor 3pm</i>	Pilates 8:00-9:00am Walking club 9am Painting @ 1pm Salsa @ 3pm	Yoga 8:00 – 9:00am Food Bank 9:00–10:30am Walking Club 9:00am Café y Loteria 10-11:00am <i>Cooking class 1:00 pm</i> <i>Sewing Class 1pm</i>	Pilates 8:00-9:00am <i>Salsa @ 3pm</i>  <i>Valentines Dance</i> <i>10-1am</i>	Yoga 8:00-9:00am Social Club 10-11am Bingo 12:30-2:00pm	CLOSED
15	16	17	18	19	20	21
CLOSED	Yoga 8:00-9:00am Walking club 9:00am Bowling 12:00-2:00pm <i>Watercolor 3pm</i>	Pilates 8:00-9:00am Walking club 9am Painting @ 1pm Salsa @ 3pm	Yoga 8:00 – 9:00am Walking Club 9:00 Café y Loteria 10-11:00am <i>Sewing Class 1pm</i>	Pilates 8:00-9:00am Walking Club 9:00am Commerce Pantry 10:30-1:00pm <i>Salsa @ 3pm</i>	Yoga 8:00-9:00am Social Club 10-11am Bingo 12:30-2:00pm	<i>Social Club</i> <i>Las Viejas Mall</i> <b>8:00am</b>  CLOSED
22	23	24	25	26	27	28
CLOSED	Yoga 8:00-9:00am Walking club 9:00am Bowling 12:00-2:00pm <i>Watercolor 3pm</i>	Pilates 8:00-9:00am <i>Walking Club 9am</i> Painting @ 1pm Salsa @ 3pm  <i>Senior Citizens Meeting 1:00pm</i>	Yoga 8:00 – 9:00am Walking Club 9:00 am Café y Loteria 10-11:00am <i>Sewing Class 1pm</i> <i>Craft Corner 1:00pm</i>	Pilates 8:00-9:00am Walking Club 9:00am <i>Salsa @ 3pm</i>  <b>Senior Center Grammy Museum 9:30am</b>	Yoga 8:00-9:00am Social Club 10-11am Bingo 12:30-2:00pm	CLOSED
29	30	1	2	3	4	5
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

◆Lunch is served Monday-Friday at 11:30a.m. Lunch reservations must be made a day before by 12:00 PM. Monday lunch reservations need to be made by Friday at 12:00 PM.



Can you find these objects hidden in the picture?





# FOOD BANK ANNOUNCEMENTS

LOS ANGELES REGIONAL



Fighting Hunger. Giving Hope.

**February 11<sup>th</sup>, 2026**

## ***Deliver Timetable***

Rosewood Senior Apartments  
(Harbor parking lot)

**9:30am**

Telacu Maner

**9:45am**

Telacu Gardens Apartment

**10:00am**

Commerce Senior Gage Apartments

**10:10am**



***City of Commerce  
Community Service Department  
(323) 877-4460***

Emergency Food Assistance Program  
Senior Center Distribution Schedule

2555 Commerce Way  
10:30am – 1:00pm

February 19, 2026

March 19, 2026

April 16, 2026

May 21, 2026

June 18, 2026

July 16, 2026

August 20, 2026

September 17, 2026

October 15, 2026

November 19, 2026

December 17, 2026



If you are interested in joining us for lunch. Lunch is served every day at 11:30am.

***Please call the Senior Center  
24 hours in advance by 12 noon  
to reserve your spot.***



### **Hours of Operation**

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	CLOSED

### **Horario de atención**

<b>Lunes</b>	9:00 am – 5:00 pm
<b>Martes</b>	9:00 am – 5:00 pm
<b>Miércoles</b>	9:00 am – 5:00 pm
<b>Jueves</b>	9:00 am – 5:00 pm
<b>Viernes</b>	9:00 am – 5:00 pm
Sábado	CERRADO
Domingo	CERRADO

## *Senior Center Trips*

Trip: San Diego Zoo Safari Park

Date: Thur. February 5, 2026

Time: SC 8:00am-SE 8:20am

Trip: Grammy Museum

Date: Thurs. February 26, 2026

Time: SC 9:30am-Telacu 9:50am-Gage 9:55am

Trip: Downtown Disney District

Date: Tues. March 17, 2026

Time: SC 10:00am-Gage 10:15am-Telacu 10:20 1

*A \$2.00 deposit is required. Cancellations must be made 72 hours prior to the trip to guarantee your full refund.*



**Remember for your safety.  
Please stay seated in  
your seats while  
bus is in motion.**



## ***Senior Citizen Club***

### **President**

Yvonne Sandoval

### **Vice President**

Maria De Los Angeles Barrera

### **Treasurer**

Lori Meeks

### **Secretary**

Vera Cano

### **Trip Chairperson**

Yvonne Sandoval  
323-578-1438

Trip: Santa Monica Promenade

Date: Sat. February 7, 2026

Time: Southeast 8:30am-SC 9:00am

**Membership Dues: \$7.00**

## ***Social Club***

### **President**

Gloria Cobian

### **Vice President**

Maria De La Angeles Barrera

### **Treasurer**

Oscar Ramirez

### **Secretary**

Rosa Romero

### **Trip Chairperson**

Gloria Cobian  
562-927-6745

Trip: Las Viejas Mall

Date: February 21, 2026

Time: Southeast 7:30am-SC 8:00am

**Membership Dues: \$7.00**



# *Acknowledgements*

## **Senior Center**

2555 Commerce Way  
Commerce, CA. 90040  
323-887-4430

### **Hours of Operation:**

Monday- Friday: 9:00AM – 5:00PM  
Saturday and Sunday: Closed  
Closed on Major Holidays

## **Senior Center Supervisor**

Veronica Jimenez

## **Senior Recreation Leaders**

Elsie Cardoza  
Margaret De La Rosa  
Kimberlee Martinez  
Lois Vasquez

## **Recreation Leaders**

Nadine Cardenas  
Camilia Diaz  
Maleah Gonzales  
Vanessa Gonzalez  
Celeste Lugo  
Jennifer Villareal

## **Facility Maintenance**

Jennifer Gonzales

## **Nutrition Program Manager**

Adriana Aquirre

## ***Parks & Recreation***

### **Assistant Director**

Adolfo Marquez

### ***City Officials***

#### **Mayor**

Kevin Lainez

#### **Mayor Pro-tem**

Mireya Garcia

#### **Councilmember**

Ivan Altamirano

#### **Councilmember**

Hugo A. Argumedo

#### **Councilmember**

Oralia Y. Rebello

#### **City Manager**

Ernie Hernandez

## **Senior Citizen's Commission Chairperson**

Maria De Los Angeles Barrera

### **Vice Chairperson**

Raul Elenes

### **Commissioner**

Jesus Cervantes

### **Commissioner**

Gloria Cobian

### **Commissioner**

**The meeting is held on the first Wednesday  
of the month in the E.O.C. meeting room**

The agenda is posted in the Senior Center.

The meeting begins at 12:30pm