

SENIOR MESSENGER

April 2026



**Parks
Make
Life
Better!**



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Veronica Jimenez

SENIOR CENTER SUPERVISOR

Upcoming Programs, Events, and Trips - May 2026

Senior Fraud Awareness presented by the Los Angeles Sheriff's Department

Wednesday, May 6, 2026 10:00-11:00 AM

at the Commerce Senior Center

Free of cost

No registration required

Stay informed and protect yourself and others from common scams and fraud targeting older adults, including phone, email, and financial exploitation. Elder abuse can take many forms—financial, physical, and often goes unreported. Warning signs may include sudden financial changes, poor living conditions, lack of food or care, or signs of distress. This presentation will be conducted by professional detectives who specialize in fraud, providing expert insight on prevention and protection.

Loteria & Coffee for Mom, Loteria y Cafecito Para Mama

Join us for a special afternoon celebrating moms with fun, laughter, and a warm cup of cafecito!

Wednesday, May 6, 2026

12:30-2:30 PM

Cost: Free

Enjoy a lively game of Loteria, delicious coffee, and great company in a welcoming space just for the ladies.

LADIES EVENT ONLY!

Don't worry, your special celebration is coming in June!

Registration Required:

Sign up on Monday, May 4-Tuesday, May 5, 2026, to reserve your spot. Space is limited! We look forward to celebrating with you!

FUTURE TRIPS:

May 11th - Yakult Factory followed by lunch at The Anaheim Packing District

Get an exclusive look at how Yakult's famous probiotic drinks are made! Enjoy a guided, behind-the-scenes tour and learn about the science behind this popular health beverage. After the tour, we'll head to the Anaheim Packing District where you can explore a variety of dining options and enjoy lunch at your own cost. Don't miss this fun and educational outing!

• Begins 9:00 AM on Monday, April 20, 2026 • \$2.00 deposit.

Non-Resident Registration:

• Begins 9:00 AM on Monday, May 4, 2026 • \$5.00 bus fee.

May 28th - Academy Museum of Motion Pictures and lunch at The:Original Farmers Market at the Grove.

Lights, camera, action! Step into the exciting world of filmmaking and discover the rich history behind the movies we love. After the tour, enjoy free time to explore a variety of eateries, try new cuisines, and treat yourself to something sweet. All at your own cost.

• Begins 9:00 AM on Monday, April 20, 2026

• 62+ \$17.00, Adults 50-61 yrs. \$22.00

Non-Resident Registration:

• Begins 9:00 AM on Monday, May 4, 2026

• 62+ \$22.00, Adults 50-61 yrs. \$27.00



This past April, we stayed busy with wonderful trips to the Cowboy Festival and the Senior Ball. It was great to see everyone dressed up, dancing, and enjoying the festive music together. We had a fantastic time making new memories and simply enjoying each other's company.



Hours of Operation

Monday	9:00a.m.-5:00p.m.
Tuesday	9:00a.m.-5:00p.m.
Wednesday	9:00a.m.-5:00p.m.
Thursday	9:00a.m.-5:00p.m.
Friday	9:00a.m.-5:00p.m.
Saturday	CLOSED
Sunday	CLOSED

Horario de atención

Lunes	9:00a.m. – 5:00p.m.
Martes	9:00a.m. – 5:00p.m.
Miércoles	9:00a.m. – 5:00p.m.
Jueves	9:00a.m. – 5:00p.m.
Viernes	9:00a.m. – 5:00p.m.
Sábado	CERRADO
Domingo	CERRADO



THE WISE OWL CORNER

Alcohol and your health: Risks, effects and safe consumption

Many people like to enjoy a glass of wine or alcoholic drink when they spend time with friends or to relax. But sometimes it can be easy to “over-enjoy” and drink more than intended.

How much alcohol is safe to drink daily?

Alcohol affects people differently depending on their gender and age. Women should have no more than 1 drink a day or 7 drinks a week, and men should have no more than 2 drinks a day or 14 drinks a week, according to the Dietary Guidelines for Americans. The definition of "one drink" depends on the type of alcohol. Beverages with a higher percentage of alcohol have a stronger impact.

A standard drink of 14 grams is equal to:

- Hard liquor (40% alcohol) — 1.5 ounces
- Wine (12% alcohol) — 5 ounces
- Beer (5% alcohol) — 12 ounces, which is usually the amount in a can or bottle of beer

Since the size of wine and alcohol glasses vary, you can first measure the amount of wine or hard alcohol before pouring it in a glass. Having extra drinks at party doesn't mean you have a problem. But if you've found yourself drinking more often, it may be a good time to look at your relationship with alcohol. Drinking too much can put you at risk for several health problems. A study found that 5 or more days of heavy drinking over a 3-month period can increase the chance of developing a severe alcohol use disorder. ***Health risks and implications of alcohol;*** If you're often drinking too much alcohol, you could be hurting your health without knowing it. Alcohol is a toxin that most tissues in the body absorb. That means too much of it can harm

many of your organs — either creating health problems or making existing ones worse. Alcohol also increases your chances of getting several types of cancers.

Here are some common alcohol health issues related to drinking too much

Liver disease

Your liver does most of the work in breaking down alcohol, so it's the organ most at risk of damage. *"The amount of alcohol needed to hurt your liver depends on your genetic makeup," "The most common issue I see is fatty liver disease,"* Alcohol-related fatty liver disease is curable, but it can lead to cirrhosis, a disease that causes liver failure. When liver cells die, they're replaced by scar tissue. Cirrhosis can be fatal without a liver transplant. Just recently, the number of people waiting for a liver transplant has risen. "We're getting 3 to 4 cases a week," up from 1 to 2 a month. Most patients are in their 50s, but she's now seeing some in their early 30s.

Heart disease

One of the serious health risks of alcohol is its effect on the heart. Heavy drinking can cause a rapid, irregular heart rhythm. This condition is called atrial fibrillation (AFib). People over 55 and those who drink even one glass of alcohol each day have a greater chance of developing AFib. If it happens often, AFib can increase your risk of stroke. Drinking can also raise your cholesterol and blood pressure.

Insomnia

Often, people depend on alcohol to help them fall asleep. But after a few hours, alcohol can wake you up and make it hard to go back to sleep. It may take up to 90 days without alcohol for your brain to reset its sleep cues. While you adjust, drink less caffeine and exercise every day.

Depression and anxiety

- Mental health issues and alcohol misuse are often connected. People who use alcohol regularly are more likely to develop symptoms of depression and anxiety. And people who have depression or anxiety are more likely to have alcohol problems.
- Limiting how much you drink, or quitting drinking altogether, may help address some mental health issues. However, if you're still struggling with mental health issues after changing your drinking habits, talk to your doctor about treatment options. They can also help you assess your drinking and come up with a plan.
- Be mindful of your alcohol use. Maintaining a mindful relationship with alcohol and health can help reduce long-term risks. The key is to keep your drinking at low to moderate levels. You may also decide to change your habits. If so, here are some tips for how to drink less.
- If you or someone you love is struggling with alcohol use, a range of treatment and recovery options in a safe, judgment-free environment.



1. **What country has the largest air force in the world?**
 - a. India
 - b. China
 - c. Russia
 - d. United States

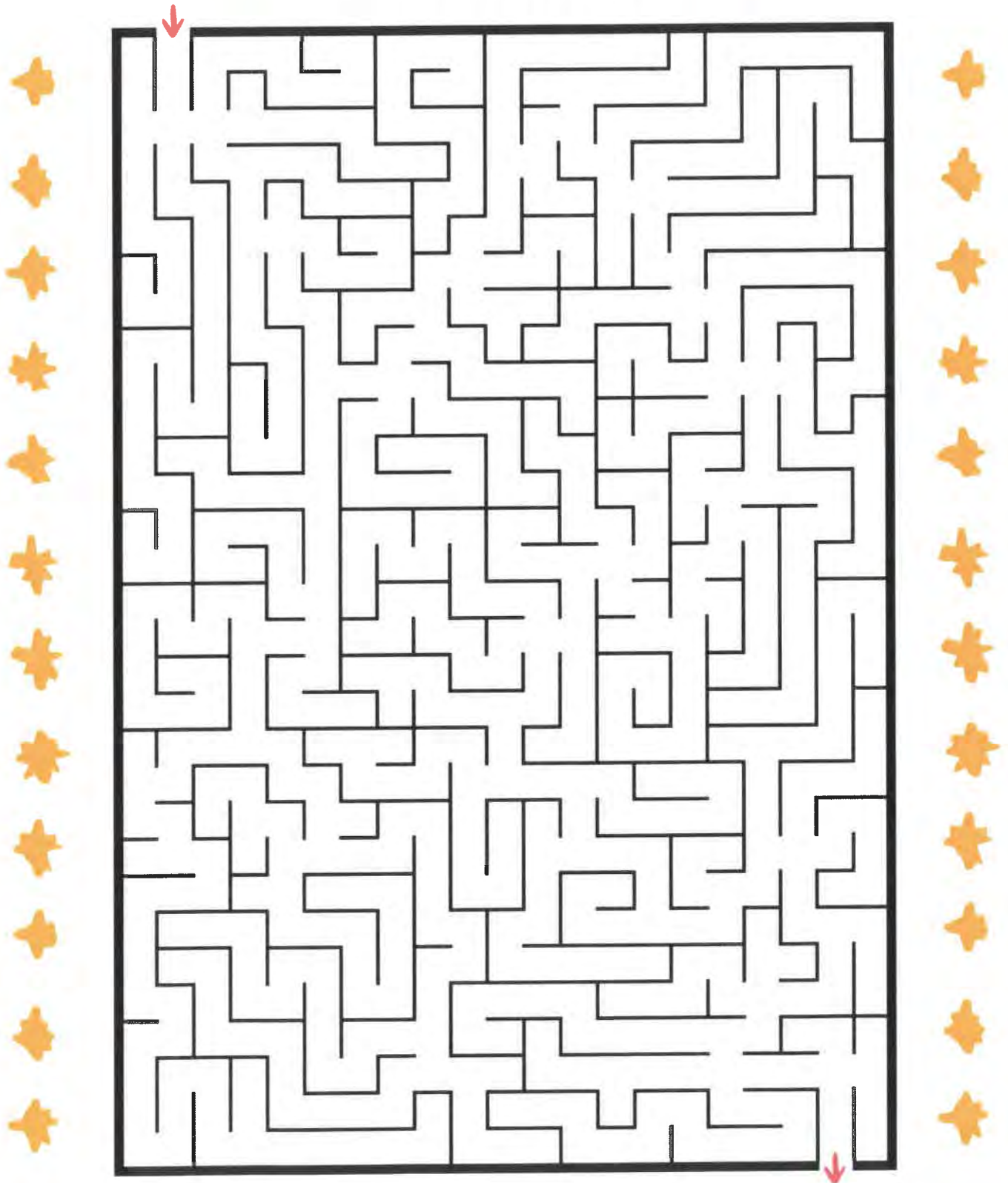
2. **According to Guinness World Records, what is the record number of children born by one woman?**
 - a. 39
 - b. 49
 - c. 59
 - d. 69

3. **What does Cinco de Mayo celebrate?**
 - a. Mexican Independence Day
 - b. The Battle of Puebla
 - c. The end of the Mexican American War
 - d. The founding of Mexico City

Answers

1. The U.S. Air Force is the largest on Earth. It employs 462,910 people with a **\$647 billion** budget. Its fleet contains 13,362 aircraft, including 2,000 fighter planes. Russia ranks second with 3,914 aircraft and 148,000 personnel on a \$47 billion budget. China holds third place, operating 3,035 aircraft with 398,000 personnel and a \$151 billion budget.
2. The record for the most children born to one woman is 69. Mrs. Vasilyev, an 18th-century Russian peasant, achieved this across 27 pregnancies. She gave birth to 16 pairs of twins, seven sets of triplets, and four sets of quadruplets. Her husband, Feodor, later had 18 more children with his second wife. In total, Feodor fathered 87 children.
3. Cinco de Mayo honors the Mexican army's 1862 victory over France at the **Battle of Puebla**. It is not Mexico's Independence Day, despite common misconceptions. In Mexico, the holiday is primarily a regional event. However, it has evolved into a massive celebration of Mexican heritage and food across the United States.

MAZE



MAY "QUOTES"



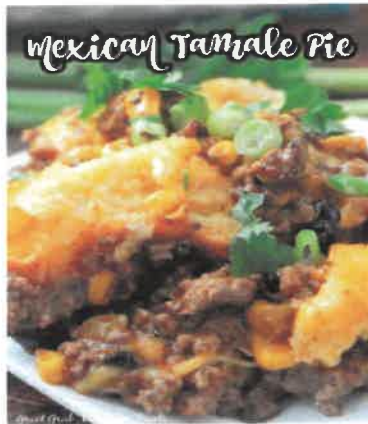
• BE YOUR OWN KIND OF •
Beautiful



VINTAGE VIBES & EARLY BEDTIME HUMOR



STIRRING UP MEMORIES IN THE KITCHEN



Mexican Tamale Bake

This version uses a cornbread topper, which is softer and more moist than traditional corn husks, making it ideal for seniors.

- **Prep time:** 20 minutes
- **Cook time:** 35 minutes
- **Servings:** 6–8

Ingredients

- **Filling:** 1 lb. lean ground beef, 1 cup salsa, 1 can (15 oz) black beans (rinsed), and 1 cup frozen corn.
- **Seasoning:** 1 packet taco seasoning (or a mix of chili powder and cumin).
- **Topping:** 1 box (8.5 oz) corn muffin mix (like *Jiffy*), plus the milk and egg required by the box.
- **Cheese:** 1.5 cups shredded Mexican blend cheese.

Instructions

1. **Prep:** Preheat your oven to **375°F** and grease a 9x13-inch baking dish.
2. **Brown:** In a large skillet, brown the ground beef. Drain any excess fat.
3. **Mix Filling:** Stir in the taco seasoning, salsa, black beans, and corn. Let it simmer for about 5 minutes to thicken, then pour it into your baking dish.
4. **Add Cheese:** Sprinkle about 1 cup of the cheese over the meat mixture.
5. **Top:** Whisk the corn muffin mix with the egg and milk as directed. Spread the batter evenly over the beef.
6. **Bake:** Bake for **20–25 minutes** until the cornbread is golden brown and firm.
7. **Finish:** Top with the remaining cheese and bake for 2 more minutes until melted.

May 2026 Thursday Movie Matinees



Title: *Cinco de Mayo: La Batalla*

Show Date: May 7th

Length: 1 hour 45 minutes

Genre: Historical Drama / War

Director: Alejandro Ruiz

Cast:

- Diego Luna as General Ignacio Zaragoza
- Tenoch Huerta as Captain Miguel Negrete
- Ana de la Reguera as María, a local supporter of the army
- Joaquín Cosío as General Porfirio Díaz

Production: Produced by Sol Azteca Films in collaboration with

Horizonte Studios.

Synopsis:

Cinco de Mayo: La Batalla brings to life the unlikely victory of the Mexican army over French forces on May 5, 1862. Against overwhelming odds, General Ignacio Zaragoza leads a determined group of soldiers and civilians to defend their homeland. The film blends intense battlefield action with personal stories of courage, unity, and resilience, capturing the spirit behind one of Mexico's most celebrated historical moments.



Title: *La Llorona*

Show Date: May 14th

Length: 1 hour 37 minutes

Genre: Horror / Drama

Director: Jayro Bustamante

Cast:

- María Mercedes Coroy as Alma
- Julio Díaz as General Enrique Monteverde
- Margarita Kenéfic as Carmen
- Sabrina De La Hoz as Natalia

Production:

Produced by La Casa de Producción in collaboration with international partners from Mexico and France.

Synopsis:

La Llorona reimagines the legendary weeping woman myth within a modern political context. A retired general accused of war crimes is confined to his home as protests grow outside. When a mysterious young woman appears as a servant, eerie events begin to unfold. The film weaves supernatural horror with themes of justice, memory, and the lingering impact of past atrocities.



Title: *Taking Chance*

Show Date: May 21

Length: 1 hour 17 minutes

Genre: Drama/War

Director: Ross Katz

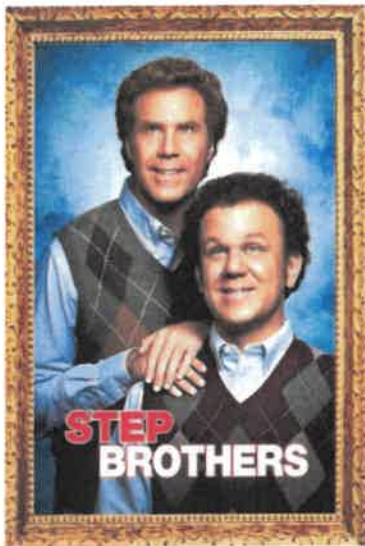
Cast:

- Kevin Bacon
- Tom Aldredge
- Nicholas Art

Production: HBO Films

Synopsis:

A moving and respectful story based on true events, *Taking Chance* follows a Marine officer escorting a fallen soldier home, honoring sacrifice, service, and dignity.



Title: *Step Brothers*

Show Date: May 28

Length: 1 hour 38 minutes

Genre: Comedy

Director: Adam McKay

Cast:

- Will Ferrell
- John C. Reilly
- Mary Steenburgen
- Richard Jenkins

Production: Columbia Pictures

Synopsis:

A hilarious comedy about two middle-aged men who become stepbrothers and are forced to live together, leading to chaos, rivalry, and unexpected bonding.

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

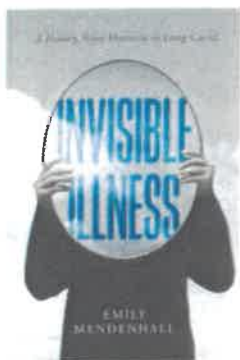
<https://www.creativebug.com/lib/commerceca>

New Non-Fiction



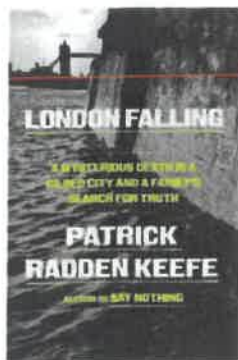
***Walking a City's History: Mexico City from the Sixteenth Century to the Present*, by Mauricio Tenorio-Trillo**

“Mexico City is the fifth largest city in the world and one of the few veritable megalopolises in the Americas. Established upon a lake in the 1400s as the seat of the Aztec Empire and later expanded and reinvented with the arrival of Spanish conquerors, the birth of the Republic, and several wars, invasions, and migratory waves in between, it has long been a source of endless fascination. It has also been and continues to be a meeting place for artists, intellectuals, and revolutionaries; religious pilgrims; and now, digital nomads.”



***Invisible Illness: A History, from Hysteria to Long COVID*, by Emily Mendenhall**

“This is a moving cultural history of disability--and a powerful call to action to change how our medical system and society supports those with complex chronic conditions. From lupus to Lyme, invisible illness is often dismissed by everyone but the sufferers. Why does the medical establishment continually insist that, when symptoms are hard to explain, they are probably just in your head?”



***London Falling: A Mysterious Death in a Gilded City and a Family's Search for Truth*, by Patrick Radden Keefe**

“In the early morning of November 29th, 2019, surveillance cameras at the headquarters of MI6, Britain's spy agency, captured a video of a young man pacing back and forth on a balcony of Riverwalk, a luxury building on the opposite bank of the Thames River. At 2:24 a.m., he jumped. But his death was just the beginning of the shocks: [The young man was known by a different name than the one his parents gave him. His other identity was that of Zac Ismailov, the child of a wealthy Russian oligarch.”

Visit Us!

Library Hours

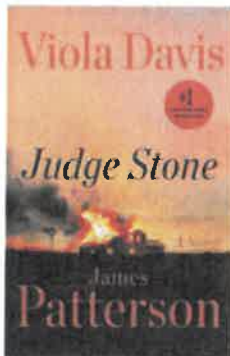
Rosewood Library: Monday-Thursday: 10am-8pm; Fridays: 10am-6pm; Saturdays 10am-2pm

Veterans Library: Closed for Repairs.

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

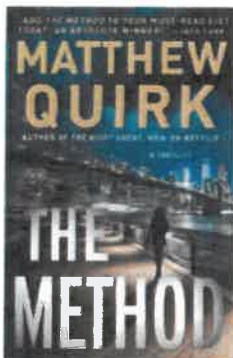
Bandini Library & Learning Center: Monday-Thursday: 10am-7pm

New Fiction



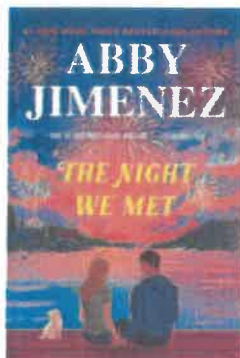
Judge Stone, by Viola Davis & James Patterson

“In Judge Mary Stone's courtroom, a person has to take a stand. In Union Springs, Alabama (population 3,314), Judge Stone is a local celebrity. Born a farmer's daughter in a town where dogwoods bloom every spring and churches rise on every street corner, Judge Stone holds her courtroom to the highest standard in the land. Do the right thing, or don't do it at all. Then she draws the biggest case Alabama has ever seen. Criminally, it's open-and-shut. Ethically, there is no middle ground. It's a choice between life and death. As she fights to determine the wisest course, Judge Stone will make history--or die trying.”



The Method, by Matthew Quirk

“Actress Anna Vaughn is fearless-on screen, at least. She tends to play doomed brunettes with a badass streak, and has put in countless hours training for parts and learning how to fight, shoot, and drive like a pro. She likes to believe she is as tough as her characters, but off-camera she leads a far quieter life: trying to keep her acting career alive so she can take care of her younger sister. When her best friend Natalie, her rock, disappears after a night out with a mysterious new man, the signs point to foul play and a circle of spies operating in Manhattan. Anna must use all the tricks she's learned for her roles to hunt for her missing friend.”



The Night We Met, by Abby Jimenez

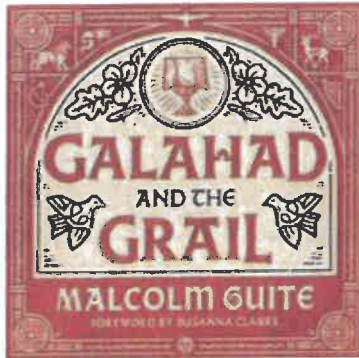
"In everyone's life, there's a split-second decision that can change everything... For Larissa, it came when choosing who to ride home with after a concert. That night, she had no idea she'd met the perfect man. She and Chris are great friends, co-parenting a slightly unhinged rescue Yorkie, sharing their favorite books, and judging bread (pumpnickel for the win!). For the first time amid all her side hustles to scrape by, things finally feel easy. But she didn't choose Chris to drive her home all those months ago-she went with his best friend, and he became her boyfriend..."

Go Digital!

Hoopla Digital

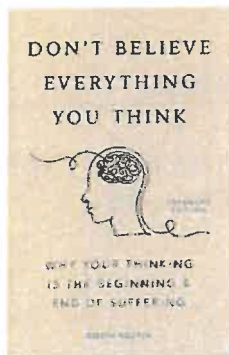
It's been called the "Netflix" of libraries. Download the Hoopla Digital app to your smart phone and you can check out up to 10 electronic books, audiobooks, music, and videos per month! Please note that you'll also need your library card and an e-mail address to create your own Hoopla account. To see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

Download/Stream eBooks & Audiobooks



Galahad and the Grail, by Malcolm Guite (e-Audiobook)

"In this first Volume of Merlin's Isle, join the prophesied youth, Sir Galahad, and the other knights of the quest as they set out from Camelot to achieve the Holy Grail. The accomplishment of their goal will heal not only the wounded Fisher King, but will bring about the long-hoped for healing of the land itself."



Don't Believe Everything You Think, by Joseph Nguyen (e-Book)

"Learn how to overcome anxiety, self-doubt & self-sabotage without needing to rely on motivation or willpower. In this book, you'll discover the root cause of all psychological and emotional suffering and how to achieve freedom of mind to effortlessly create the life you've always wanted to live. Although pain is inevitable, suffering is optional. This book offers a completely new paradigm and understanding of where our human experience comes from, allowing us to end our own suffering and create how we want to feel at any moment."



Twice, by Mitch Albom (e-Audiobook)

"When he is eight years old, Alfie Logan discovers the magical ability to get a second chance at everything. He can undo any moment and live it again. The one catch: he must accept the consequences of his second try-for better or worse. He grows up correcting his mistakes and saving himself from adolescent embarrassments. He even takes foolishly dangerous risks, just to see what it's like to come close to death, before tapping back to safety. Eventually, Alfie turns his gift to his love life."

New DVDs



***The SpongeBob Movie: Search for SquarePants*, with an ensemble cast**

“SpongeBob and his Bikini Bottom friends set sail in their biggest, all-new, can’t miss cinematic event ever... The SpongeBob Movie: Search for SquarePants. Desperate to be a big guy, SpongeBob sets out to prove his bravery to Mr. Krabs by following The Flying Dutchman--a mysterious swashbuckling ghost pirate--on a seafaring comedy adventure that takes him to the deepest depths of the deep sea, where no Sponge has gone before.”



***Send Help*, with Rachel McAdams & Dylan O’Brien**

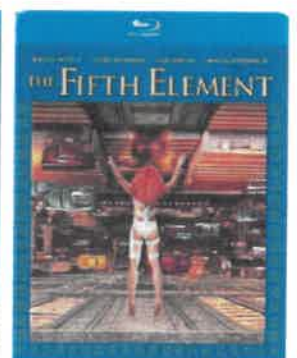
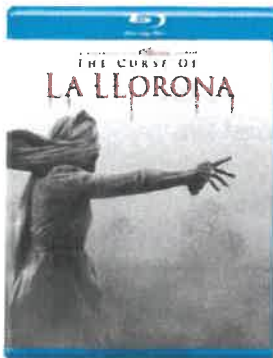
“A woman and her overbearing boss become stranded on a deserted island after a plane crash. They must overcome past grievances and work together to survive, but ultimately, it's a battle of wills and wits to make it out alive.”



***Greenland 2*, with Gerard Butler & Morena Baccarin**

“In the aftermath of a comet strike that decimated most of the planet, the Garrity family must leave the safety of their Greenland bunker to traverse a shattered world in search of a new home.”

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





Overslept!



Art by Tim Davis



kite



sailboat



crown



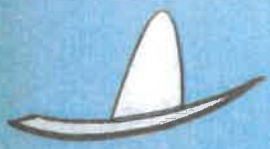
needle



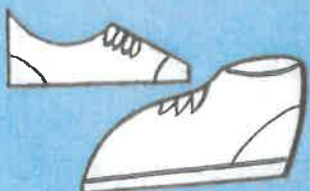
banana



tweezers



hat



2 shoes



fish



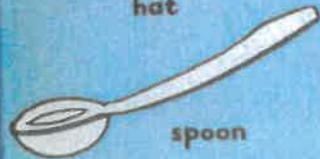
heart



light bulb



pair of pants



spoon




egg



teacup

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>VOLUNTARY CONTRIBUTION FOR SENIORS 60 YRS & OLDER \$3.00 FEE FOR NON-SENIORS \$7.00</p>				<p>1 Tuscan Soup BREADED FISH Flour Tortilla Cilantro Lime Brown Rice Zucchini Medley Coleslaw w/Chipotle Dressing/Banana</p>
<p>4 Cream of Mushroom BBQ HAMBURGER WG Bun Broccoli Baked Beans Fresh Melon</p>	<p>5 <i>Cinco de Mayo Luncheon!</i> STEAK PICADO Flour Tortilla Spanish Brown Rice Pinto Beans Green Salad w/Corn, Red Onion & Tomato for garnish Mandarin Orange w/Jicama Tres Leches Cake</p> 	<p>6 Chicken Tortilla Soup TURKEY & CRANBERRY SALAD WG Bread Garden Salad w/Vinaigrette Coleslaw Banana</p>	<p>7 ROAST BEEF w/GRAVY WG Bread Mashed Potatoes Collard Greens Mandarin Oranges Green Gelatin</p>	<p>8 <i>Mother's Day Luncheon!</i> CHICKEN BREAST MILANO Dinner Roll WG Rotini Pasta w/Sundried Tomatoes Steamed Carrots Marinated Garbanzo, Cucumber and Red Onions Salad w/Feta Cheese for garnish Fresh Fruit or Fruit Cup Cheesecake or White Cake</p> 
<p>11 Turkey Rice Soup TUNA SANDWICH WG Bread Carrot Pineapple Slaw Shredded Brussels Sprouts & Cabbage Salad Applesauce</p>	<p>12 SPAGHETTI w/MEATBALLS WG Spaghetti Sourdough Bread Broccoli Romaine Caesar Salad Banana</p>	<p>13 CHICKEN ENCHILADA CASSEROLE WG Corn Tortilla Black Beans Creamy Cucumber Salad Orange/Sherbet</p>	<p>14 <i>Happy May Birthdays!</i> Cabbage & Tomato Soup LEMON PEPPER FISH WG Roll Corn Green Beans Kiwi</p> 	<p>15 PORK LOIN w/BLACK PEPPERCORN SAUCE WG Bread Stuffing Fresh Sweet Potato Beet & Onion Salad Tangerine</p>
<p>18 Northern Bean Soup BEEF CHILI MAC WG Spiral Pasta Peas & Corn Chopped Spinach & Kale Salad w/Red Onions Pear</p>	<p>19 <i>Choice of Entrée</i> HERB BAKED FISH w/DILL SAUCE OR ROAST PORK w/MUSTARD SAUCE WG Bread/Couscous Steamed Cabbage Waldorf Salad/Cookies</p>	<p>20 Butternut Squash Soup TURKEY A LA KING WG Pasta Biscuits Cauliflower Marinated Beet Salad w/Onions Fresh Fruit</p>	<p>21 MEATLOAF w/RED SAUCE Whole Grain Bread Mashed Potatoes Mediterranean Salad Fruit Cocktail w/Coconut Garnish</p>	<p>22 <i>Memorial Day Luncheon!</i> Orange Juice !CHILI HOT DOG! WG Hot Dog Bun Potato Salad Marinated Beet Salad w/Onions Watermelon Wedge</p> 
<p>25 ALL SITES CLOSED</p> <p>***** * IN HONOR OF * * <i>Memorial Day</i> * * WE WILL BE CLOSED * *****</p>	<p>26 BEEF PICADO Flour Tortilla Brown Spanish Rice Black Beans Chopped Romaine Salad Mandarin Oranges w/Jicama</p>	<p>27 Fideo Soup TUNA SALAD WG Bread Potato Salad Garden Salad, Shredded Purple Cabbage Garnish Cantaloupe</p>	<p>28 OVEN BAKED CHICKEN WG Cornbread Stuffing Cauliflower Carrot & Raisin Salad Peach</p>	<p>29 Minestrone Soup MEATLOAF WG Bread Broccoli Chopped Spinach & Kale Salad Banana</p>

May 2026

<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 10-11am Bingo 12:30-2:00pm	CLOSED
3	4	5	6	7	8	9
CLOSED	Yoga 8:00-9:00am Walking Club 9:00am Watercolor 3pm	Pilates 8:00-9:00am Walking Club 9:00am Advanced painting class 1-3 pm Beginner painting class 3-5 pm Salsa 3-4pm	Yoga 8:00 – 9:00am <u>Sheriffs Fraud Presentation 10-11 AM</u> Stenciling Class 9:30am-11am <u>Mother's Day Loteria 12:30 PM</u> Sewing Class 1pm	Pilates 8:00-9:00am Walking Club 9:00am Movie 12:30pm Salsa 3-4pm	Yoga 8:00-9:00am Social Club 10-11am Bingo 12:30-2:00pm	CLOSED
10	11	12	13	14	15	16
CLOSED	Yoga 8:00-9:00am Walking Club 9:00am Watercolor 3pm <i>Senior Center: Yakult Factory Tour</i>	Pilates 8:00-9:00am Walking Club 9:00am Advanced painting class 1-3 pm Beginner painting class 3-5 pm Salsa 3-4pm	Yoga 8:00 – 9:00am Walking Club 9:00 <u>Food Bank 9:00-10:30AM</u> Stenciling Class 9:30am-11am Café y Loteria 10-11:00am Sewing Class 1pm <i>Cooking class 1:00 pm</i>	Pilates 8:00-9:00am Walking Club 9:00am Movie 12:30pm Salsa 3-4pm	Yoga 8:00-9:00am Social Club 10-11am Bingo 12:30-2:00pm	CLOSED
17	18	19	20	21	22	23
CLOSED	Yoga 8:00-9:00am Walking Club 9:00am Watercolor 3pm <i>Lions Club 7:00pm</i>	Pilates 8:00-9:00am Walking Club 9:00am Advanced painting class 1-3 pm Beginner painting class 3-5 pm Salsa 3-4pm	Yoga 8:00 – 9:00am Walking Club 9:00 am Stenciling Class 9:30am-11am Café y Loteria 10-11:00am Sewing Class 1pm <i>Karaoke 12:30PM-2PM</i>	Pilates 8:00-9:00am Walking Club 9:00am Movie 12:30pm Salsa 3-4pm <i>Commerce Pantry 10:30AM-1:00PM Democratic Club 7:00PM</i>	Yoga 8:00-9:00am Social Club 10-11am Bingo 12:30-2:00pm	CLOSED <i>Social Club: Old Town La Quinta</i>
24/ 31	25	26	27	28	29	30
CLOSED	Yoga 8:00-9:00am Walking club 9:00am Watercolor 3pm HSA-Closed (No Lunch) 	Pilates 8:00-9:00am Walking Club 9:00am Advanced painting class 1-3 pm Beginner painting class 3-5 pm Salsa 3-4pm <i>Senior Citizens Club Meeting 1:00PM</i>	Yoga 8:00 – 9:00am Walking Club 9:00am Stenciling Class 9:30am-11am Café y Loteria 10-11:00am Sewing Class 1pm <i>Craft Corner 1:00PM</i>	Pilates 8:00-9:00am Walking Club 9:00am Movie 12:30pm Salsa 3-4pm <i>Senior Center: Academy Museum of Motion Pictures</i>	Yoga 8:00-9:00am Social Club 10-11am Bingo 12:30-2:00pm	CLOSED <i>Senior Citizen Club: Cabazon Outlets</i>
♦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.						

FOOD BANK ANNOUNCEMENTS



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

Emergency Food Assistance Program
Senior Center Distribution Schedule
2555 Commerce Way
10:30a.m. – 1:00p.m.

May 21, 2026
June 18, 2026
July 16, 2026
August 20, 2026
September 17, 2026
October 15, 2026
November 19, 2026
December 17, 2026

Deliver Timetable

Rosewood Senior Apartments
(Harbor parking lot)
9:30a.m.
Telacu Maner
9:45a.m.
Telacu Gardens Apartment
10:00a.m.
Commerce Senior Gage Apartments
10:10a.m.

LOS ANGELES REGIONAL



Fighting Hunger. Giving Hope.

May 13, 2026



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

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

Senior Center Trips

Trip: Yakult Factory Tour

Date: Monday, May 11, 2026

Time: SC 8:30am-Telacu 8:45am Gage-8:50am

Trip: Academy Museum of Motion Pictures and
Lunch at The Original Farmers Market/Grove

Date: Thursday May 28, 2026

Time: SC 9:15am-Telacu 9:30am Gage 9:35am



A \$2.00 deposits 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: Cabazon Outlets

Date: May 30, 2026

Time: SE 7:30a.m. – SC 8:00a.m.

Trip: South Gate Park

Date: June 13, 2026

Time: SE 7:30a.m. – SC 8:00a.m.

Resident Membership Dues: \$7.00

Non-Residents Membership \$15.00

Social Club

President

Gloria Cobian

Vice President

Maria De La Angeles Barrera

Treasurer

Oscar Ramirez

Secretary

Rosa Romero

Trip Chairperson

Gloria Cobian
562-972-6745

Trip: Old Town La Quinta

Date: May 23, 2026

Time: SE 7:30a.m. – SC 8:00a.m.

Trip: Santa Barbara City College

Date: June 27, 2026

Time: SE 7:30a.m. – SC 8:00a.m.

Resident Membership Dues: \$7.00

Non-Residents Membership \$15.00



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

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

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

Beatriz Del Rosario Jimenez

**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 12:30p.m.