

# SENIOR MESSENGER

April 2026



**Parks  
Make  
Life  
Better!**



[WWW.COMMERCECA.GOV](http://WWW.COMMERCECA.GOV)

*Veronica Jimenez*

SENIOR CENTER SUPERVISOR

## Upcoming Trips - April 2026

### Cowboy Festival

Saturday, April 18, 2026

Dust off your boots and sharpen your spurs. It's time for the Cowboy Festival. Celebrate the spirit of the Old West through line dancing and good old BBQ.

Resident Registration:

• Begins 9:00 AM on Monday, April 6, 2026 • \$2.00 deposit.

Non-Resident Registration:

• Begins 9:00 AM on Monday, April 13, 2026 • \$5.00 bus fee.

### Spring Fling Dance

Thursday, April 23, 2026

Let's celebrate the beauty of spring and make new memories with friends! Join us for our first-ever Spring Dance. Enjoy lively entertainment and capture the moment with a Photo Booth provided by Boogie Down DJ Services. Be sure to bring out your best pastels and florals to welcome the season in style! Register early to secure your spot, as space is limited.

Registration:

• Begins 9:00 AM on Monday, April 6, 2026, with Senior Center staff

Seniors 60+ \$3 suggested donation

Seniors 50-59 yrs. \$7.00 fee

### FUTURE TRIPS:

#### May 11<sup>th</sup> - Yakult Factory followed by lunch at The Anaheim Packing District

• 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.

#### Academy Museum of Motion Pictures and lunch at The Original Farmers Market at the Grove

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

• Seniors 62+ \$17.00 and Seniors 50-61 \$22.00

Non-Resident Registration:

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

Seniors 62+ \$22.00 and Seniors 50-61 \$27.00





Senior Center recent outings were filled with wonderful memories, starting with an afternoon at the Selena Museum where we marveled at her iconic costumes and celebrated her incredible musical legacy. Another trip was spent soaking up the sun and energy of the Downtown Disney District, wandering through the shops and enjoying the lively atmosphere with a great group of friends. These trips provided the perfect backdrop for laughter and connection, leaving us with beautiful photos and even better stories to share.



## BRAIN EXERCISES FOR THE MONTH OF APRIL

### ***How to make new friends as an adult***

Stressful days are inevitable. Maybe you missed a deadline at work. Or you got stuck in traffic on the way to an appointment. Or the garbage disposal backed up. Again. When you're having one of *those days*, a quick phone call from a friend can turn it all around.

The bad days don't seem quite so bad when you have a friend listening to you and supporting you. It's important to remember how much our relationships can affect how we feel. When you're tired and overwhelmed, getting a nice text message from a friend can really make your day better. Whether you have lots of friends or just a few close ones, what matters most is that you're there for each other. It's vital to feel supported and valued by the people around you.

In fact, spending too much time alone can be bad for your health. According to the American Heart Association, social isolation can be dangerous, especially for older adults. Feeling lonely can increase your chances of heart problems or even an early death.

Studies have shown that people with good, stable friendships are less likely to feel sad and tend to be happier overall. Not only are friends good for your mental health, but they can also help you stay physically healthy, too. People with strong social connections are less likely to have health issues like high blood pressure or being overweight.

#### **Tips for making new friends as an adult**

It's not unusual to have fewer friends as an adult. Maybe you've moved away or grown apart — or just been busy with life. Fortunately, it's always possible to make new friends no matter how old you are. If you're not sure where to start, here are some tips to help you expand your social circle:

- **Be open:** Friendships can be found anywhere. You just have to put yourself out there. Strike up a conversation with your neighbor. Say hello to the regular customers at your local coffee shop. If you have a dog, head to the dog park and chat with the other dog owners you meet there. Say yes when you're invited to something — and then return the favor by offering

your own invitation. The more people you meet, the more likely you are to make a new friend.

- **Join clubs or groups:** Sign up for a cooking class at a community center. Or take a Pilates class at your local gym. You can even join a recreational sports league. There are also meet-up groups organized around activities or hobbies like hiking or board games. When you share common interests, it's easier to bond and form a friendship. Plus, hobbies can be good for your health.
- **Volunteer:** Help others in your community by offering your time and talents at a community center, place of worship, hospital, museum, or local food bank. Animal shelters are always looking for people to help walk dogs or play with cats. Wherever you choose to volunteer, you'll meet people who care about the same things you do, and that can lead to great friendships.

### **Ways to maintain and nurture lasting friendships**

Friendships are like flowers — strong healthy relationships take time and energy to grow. Without that commitment, you can drift apart. Maintaining a friendship takes a lot of work on both your parts, but it's worth the effort. Strong friendships can make you happier and healthier, but to have good friends you need to be one. Here are some ways to make your relationships stronger:

- **Practice open communication:** Share your thoughts, feelings, and experiences with your friends. Let them know they can be vulnerable with you, too. Open and honest conversations build trust and make your relationships stronger.
- **Be a good listener:** Giving support is just as important as getting support. When you're a good listener to your friends, you're showing genuine interest in their lives. Avoid distractions and give them your full attention. Being a good listener shows you care.
- **Spend quality time together:** Building a close friendship takes time from both sides. Schedule regular get-togethers or activities and check in with each other when you're not hanging out. Doing fun things together strengthens your bond and deepens your friendship. It can be tough to maintain friendships but it's also rewarding. Strong social connections are a key part of your overall health. No matter how busy life gets, it's important to take time to make new friends or catch up with old ones. Investing time in your friendships can help you feel healthier and happier overall. For programs and services that can help you connect with others, explore community resources in your area.



- 1. Who claimed to have purchased the Liberty Bell as an April Fools' prank in 1996?**
  - a. Taco Bell
  - b. Liberty Mutual
  - c. Philadelphia Phillies
  - d. Sylvester Stallone
  
- 2. In what country did the tradition of the Easter Bunny originate?**
  - a. Italy
  - b. Germany
  - c. France
  - d. England
  
- 3. What was the original color of the first decorated Easter eggs?**
  - a. Blue
  - b. Green
  - c. Red
  - d. Gold
  
- 4. What is the most popular Easter candy in the United States?**
  - a. Peeps
  - b. Jellybeans
  - c. Reese's Peanut Butter Eggs
  - d. Chocolate Bunnies

**Answers:**

1. In 1996, Taco Bell pulled off one of the most memorable April Fools' Day pranks in advertising history by claiming it had purchased the Liberty Bell. The company took out full-page ads in major newspapers, including The New York Times, announcing that it had acquired the Liberty Bell as a patriotic gesture to help reduce the national debt. According to the ad, the bell would be renamed the "Taco Liberty Bell" and relocated to Taco Bell's corporate headquarters in California. The prank sparked widespread confusion and even outrage, before it was revealed that the sale was a hoax.
2. The tradition of the Easter Bunny originated in Germany. The earliest references to an egg-laying hare, known as the "Osterhase" or "Oschter Haws," date back to 17th-century German folklore. According to the legend, this mythical rabbit would lay colorful eggs for children to find during Easter celebrations. German immigrants brought the custom to America in the 1700s, particularly in Pennsylvania, where the tradition evolved and became widely embraced. Over time, the Easter Bunny became a central figure in Easter festivities.
3. Early Christian tradition involved dyeing eggs red to symbolize the blood of Christ.
4. Reese's Peanut Butter Eggs are consistently ranked as the top-selling Easter treat in the U.S..

# ***The Strange History of the Easter Bunny***



Easter, known in the Christian faith as Resurrection Sunday, is a religious holiday that commemorates when Jesus Christ rose from the dead. According to the New Testament of the Bible, the resurrection occurred on the third day after Jesus' crucifixion by the Romans at Calvary, around 30 CE. Fast-forward to the present day, and we find people celebrating this miraculous event by searching for hidden colorful eggs and consuming copious amounts of chocolate, all of it enabled by a fluffy rabbit — not exactly what you would associate with the events following the crucifixion. The rabbit's involvement, in particular, is somewhat baffling. The Bible certainly doesn't mention any rabbits in association with Jesus' resurrection, Holy Week (the last week of Lent), or Easter. So where did the Easter Bunny come from? Historians still aren't entirely sure, but there are some clues as to the origins of this legendary leporid.

## ***The Easter Bunny's Ancient Origins***

Rabbits and hares have been perceived as sacred for millennia by civilizations across the globe. They were venerated in Celtic mythology, they appear in the fables of Central African societies, and they are portrayed as cunning tricksters in the myths of Indigenous tribes in North America such as the Michabo and Manabush. Then there's the intriguing "three hares" symbol, an enigmatic representation of three hares running in an endless loop, which has been discovered in numerous cultures across the globe, from the United Kingdom to China. How any of this might connect with Easter is difficult to say, but we do know that the rabbit has a long history of symbolic usage and is commonly associated with fertility. Rabbits, after all, are well known for their ability to reproduce at impressive rates — something the philosopher Aristotle noted way back in the fourth century BCE. By the medieval and Renaissance periods, rabbits had become well established as symbols of reproduction in European art. So, while we don't know precisely when the rabbit became involved with Easter, we do know that it had a symbolic connection with birth, and therefore rebirth — or resurrection.

## ***The First Easter Hare***

It's not until the 1600s that we see *the hare specifically linked to Easter*, and this connection originated in Europe. Accounts from Germany describe children hunting for Easter eggs hidden by the Easter hare, much like our modern tradition. At the same time, records from England also mention the Easter hare, which was traditionally hunted and eaten during the Easter feast. We cannot know for sure exactly why and how these traditions came about, but we do know that our

concept of the Easter Bunny — and its role in the modern holiday — was established in parts of Europe during the 17th century.

### ***The Easter Bunny Arrives in America***

The Easter Bunny first came to America with German immigrants, possibly in the late 1600s. During colonial times, the Pennsylvania Dutch — the name given to a group of German-speaking peoples who settled primarily in Pennsylvania’s southwestern corner — came to America, bringing their own customs with them. These settlers laid the foundation for our modern Easter traditions, including the Easter Bunny. *According to Alfred Shoemaker, a Pennsylvania Dutch folklorist, “The Easter rabbit is perhaps the greatest contribution the Pennsylvania Dutch have made to American life.”* One German immigrant, Johann Conrad Gilbert, who arrived in Pennsylvania in 1757, created the first known paintings of the Easter Bunny made on American soil, including two drawings of a leaping hare holding a basket of colorful Easter eggs. Likely created around 1778, the drawings are concrete evidence of the Easter Bunny’s arrival in America.

## APRIL “QUOTES”



# STIRRING UP MEMORIES IN THE KITCHEN

## Spinach & Ricotta Stuffed Shells



### *Ingredients*

**Pasta:** 1 box (12 oz) jumbo pasta shells.

**Seasoning:** 1 tsp Italian seasoning, 1/2 tsp salt, and 1/4 tsp black pepper.

**Sauce:** 1 jar (24 oz) marinara or pasta sauce.

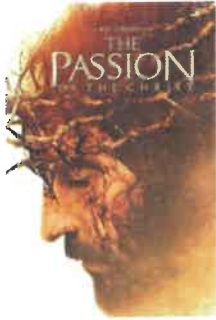
### **Filling:**

- 1 container (15 oz) ricotta cheese.
- 2 cups fresh baby spinach (chopped and wilted) or 10 oz frozen spinach (thawed and squeezed very dry).
- 1 cup shredded mozzarella cheese.
- 1/2 cup grated Parmesan cheese.
- 1 large egg (to bind the filling).
- 2 cloves garlic, minced.

### *Instructions*

1. **Prep & Boil:** Preheat oven to **375°F (190°C)**. Cook pasta shells in salted water until just *al dente* (usually 1–2 minutes less than the package says); drain and rinse with cold water to stop cooking.
2. **Prepare Spinach:** If using fresh spinach, sauté it in a pan with a little olive oil until wilted, then chop. If using frozen, squeeze it in a clean kitchen towel to remove all excess water.
3. **Mix Filling:** In a large bowl, combine the ricotta, half of the mozzarella, the Parmesan, egg, garlic, seasonings, and prepared spinach.
4. **Assemble:** Spread about 1 cup of marinara sauce on the bottom of a 9x13-inch baking dish. Stuff each shell with a generous spoonful of the cheese mixture and place them in the dish.
5. **Top & Bake:** Pour the remaining sauce over the shells and sprinkle with the rest of the mozzarella. Cover with foil and bake for **25 minutes**.
6. **Final Crisp:** Remove the foil and bake for another **10 minutes** until the cheese is bubbly and golden.

# April 2026 Thursday Movie Matinees



**Movie Feature:** *The Passion of the Christ*

**Show Date:** April 2nd

**Time:** 12:30 PM

**Snack:** Crown of Thorns bread and pretzels

**Drink:** Grape Juice

**Length:** 2 hours 7 minutes

**Cast:** Jim Caviezel, Maia Morgenstern, Monica Bellucci

**Director:** Mel Gibson

**Production:** Icon Productions

*The Passion of the Christ* tells the powerful story of the final hours in the life of Jesus Christ. Beginning with his prayer in the Garden of Gethsemane and continuing through his arrest, trial, and crucifixion, the film presents a moving portrayal of sacrifice, faith, and redemption. Through intense and emotional storytelling, the movie reflects on the profound love and suffering at the heart of the Christian story.



**Movie Feature:** *I Can Only Imagine*

**Show Date:** April 9

**Time:** 12:30 PM

**Snack:** Bacon and potato frittata

**Drink:** Sweet tea

**Length:** 1 hour 50 minutes

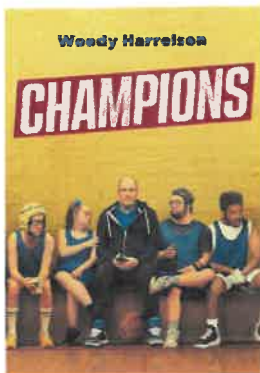
**Genre:** Christian drama / biographical

**Cast:** J. Michael Finley, Madeline Carroll, Dennis Quaid

**Director:** Jon Erwin and Andrew Erwin

**Production:** Kingdom Story Company and Lionsgate

*I Can Only Imagine* is an inspiring Christian drama based on the true story behind the hit song by the band MercyMe. The film follows lead singer Bart Millard as he grows up with a troubled relationship with his father but ultimately discovers forgiveness, faith, and healing. His personal journey leads him to write the song "I Can Only Imagine," a powerful anthem that has touched millions of listeners around the world.



**Movie Feature:** *Champions*

**Show Date:** April 16

**Time:** 12:30 PM

**Snack:** Nachos

**Drink:** Gatorade

**Length:** 2 hours 4 minutes

**Genre:** Sports comedy / drama

**Cast:** Woody Harrelson, Kaitlin Olson, Ernie Hudson

**Director:** Bobby Farrelly

**Production:** Gold Circle Entertainment and Focus Features

*Champions* is a heartwarming sports comedy about a former minor-league basketball coach who, after a series of mistakes, is ordered by the court to coach a team of players with intellectual disabilities. Though skeptical at first, he soon discovers the team's determination, humor, and unique strengths. Along the way, he learns valuable lessons about teamwork, respect, and believing in others.



**Movie Feature: *Sound of Freedom***

**Show Date:** April 23

**Time:** 12:30 PM

**Snack:** Empanadas

**Drink:** Salpicón (fruit cocktail in soda)

**Length:** 2 hours 11 minutes

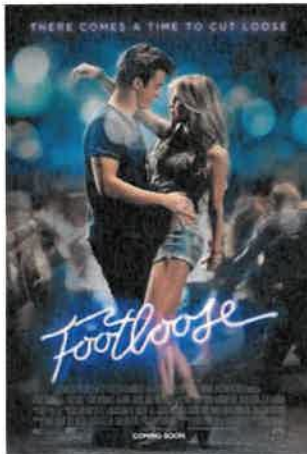
**Genre:** Action / drama / biographical

**Cast:** Jim Caviezel, Mira Sorvino, Bill Camp

**Director:** Alejandro Monteverde

**Production:** Angel Studios and Santa Fe Films

*Sound of Freedom* is a powerful action drama based on the true story of Tim Ballard, a former government agent who leaves his job to dedicate his life to rescuing children from human trafficking. As he travels beyond U.S. borders to carry out dangerous rescue missions, the film highlights courage, faith, and the importance of protecting the most vulnerable.



**Movie Feature: *Footloose***

**Show Date:** April 30

**Time:** 12:30 PM

**Snack:** Sliders

**Drink:** Milkshake

**Length:** 1 hour 53 minutes

**Genre:** Musical / drama

**Cast:** Kenny Wormald, Julianne Hough, Dennis Quaid

**Director:** Craig Brewer

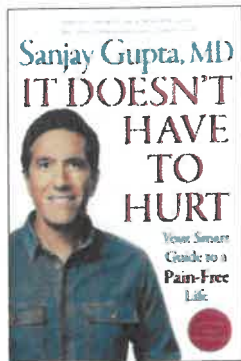
**Production:** Paramount Pictures

*Footloose* (2011) follows teenager Ren McCormack as he moves from Boston to a small Southern town where dancing and loud music have been banned after a tragic accident. Struggling to fit in, Ren challenges the town's strict rules and encourages his new friends to rediscover joy through music and dance. As tensions rise, the community is forced to confront fear, healing, and the importance of understanding between generations.

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>

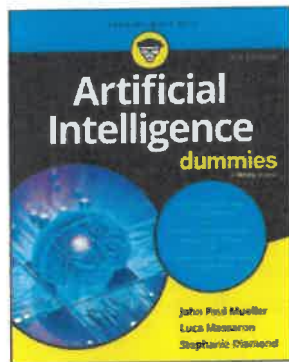
### New Non-Fiction



#### *It Doesn't Have to Hurt, by Sanjay Gupta, MD*

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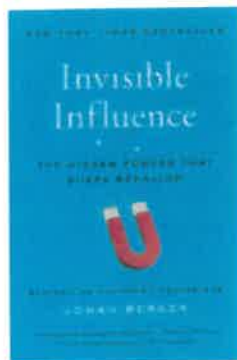
“Are you one of the 52 million people who experience chronic pain in your day-to-day life? In *It Doesn't Have to Hurt*, Sanjay Gupta makes the empowering argument that there are effective options for relief that you can start practicing today to greatly reduce your chances of suffering pain tomorrow. The significance of reducing and even eliminating pain cannot be overstated. Gupta shows how pain carries an enormous amount of physical, social, and emotional baggage...”



#### *Artificial Intelligence for Dummies, by John Mueller*

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“Artificial intelligence is just as artificial as it always was, but it's gotten considerably more intelligent lately. This book helps you stay in the know about how artificial intelligence is changing, and changing the world. You'll learn about the latest generative AI tools as well as the expert systems that are changing industries. This beginner-friendly guide also delves into the role of data in AI, so you can understand where AI is getting the information it gives us. Hungry for more? Explore the fascinating, behind-the-scenes AI systems that are transforming just about everything you (yes, you) do.”



#### *Invisible Influence: the Hidden Forces that Shape Behavior, by Jonah Berger*

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“If you're like most people, you think your individual tastes and opinions drive your choices and behaviors. You wear a certain jacket because you liked how it looked. You picked a career because you found it interesting. The notion that our choices are driven by our own personal thoughts and opinions is patently obvious. Right? Wrong. Without our realizing it, other people's behavior has a huge influence on everything we do at every moment of our lives, from the mundane to the momentous.”

## 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

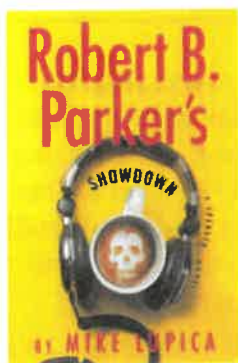
Bandini Library & Learning Center: Coming Soon!

## New Fiction



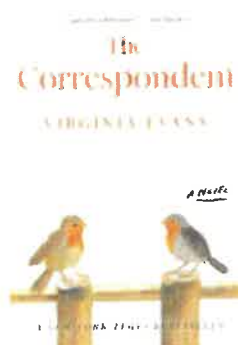
### Return of the Spider, by James Patterson

“Detective Alex Cross has faced some horrific characters. Gary Soneji is among the worst. Police discover that Soneji kept a murder book, Profiles in Homicidal Genius, detailing his transformation from substitute teacher to hardened serial killer--including clues that imply missteps that Alex Cross may have made a rookie homicide detective. Now Alex must retrace the steps of that long-ago investigation and face the return of the spider.”



### Robert B. Parker's Showdown, by Mike Lupica

“Vic Hale isn't anyone's idea of a father figure. He is one of the biggest - and loudest - podcasters in the nation and got there by spewing overheated rhetoric that's reviled by some but loved by even more. His particular brand of "entertainment" is so successful, he's about to sign the biggest contract in the history of online broadcasting. Vic's riding high...until he gets a visit from Spenser, who specializes in bringing guys like Hale back down to Earth.”



### The Correspondent, by Virginia Evans

"Throughout her life Sybil Van Antwerp has used letters to make sense of the world and her place in it. Most mornings around half past ten Sybil sits down to write letters--to her brother, to her best friend, to the president of the university who will not allow her to audit a class she desperately wants to take, to Joan Didion and Larry McMurtry to tell them what she thinks of their latest books, and to one person to whom she writes often yet never sends the letter.”

## Go Digital!

## Hoopla Digital

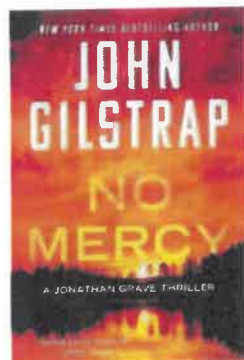
It's been called the "Netflix" of libraries. Download the Hoopla Digital app to your smart phone and you can check out up to 10 electronic books, audiobooks, music, and videos per month! Please note that you'll also need your library card and an e-mail address to create your own Hoopla account. To see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

### Download/Stream eBooks & Audiobooks



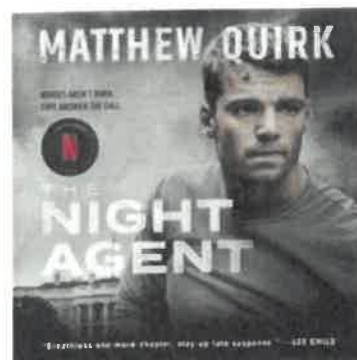
#### Wuthering Heights, by Emily Brontë (e-Audiobook)

"A passionate tale of a chaotic and often violent love, *Wuthering Heights* transcends your average romance and, with its Gothic undertones, takes the listener on a journey through one man's lustful hunt for revenge. Believing he has been spurned by Cathy Earnshaw, the only woman he has ever loved, Heathcliff abandons the wild moors of Wuthering Heights, fervently wishing to reestablish himself as the wealthy gentleman he believes Cathy seeks. Having been successful in his ventures, he later returns to the adoptive family who raised him and hungrily seeks to punish those who once rejected him.



#### No Mercy, by John Gilstrap (e-Book)

"When those inside the corridors of power need help outside the law, they know who to call. Jonathan Grave, covert rescue specialist, always gets results. No names. No feds. No trace evidence. When an Indiana college student is abducted, Jonathan and his team of ace operatives unravel a deadly scheme the government wants ignored. Someone wants to control a devastating secret. Someone rich, powerful, and willing to kill anyone to get it."



#### The Night Agent, by Matthew Quirk (e-Audiobook)

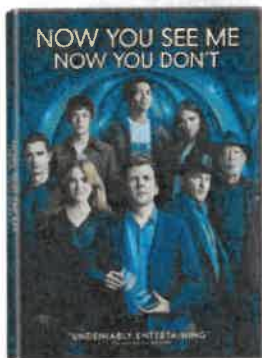
"No one was more surprised than FBI Agent Peter Sutherland when he's tapped to work in the White House Situation Room. From his earliest days as a surveillance specialist, Peter has scrupulously done everything by the book, hoping his record will help him escape the taint of his past. When Peter was a boy, his father, a section chief in FBI counterintelligence, was suspected of selling secrets to the Russians—a catastrophic breach that had cost him his career, his reputation, and eventually his life."

## New DVDs



### *Song Sung Blue*, with Hugh Jackman & Kate Hudson

“Based on a true story, two down-on-their-luck musicians form a joyous Neil Diamond tribute band, proving it's never too late to find love and follow your dreams.”



### *Now You See Me, Now You Don't*, with an ensemble cast

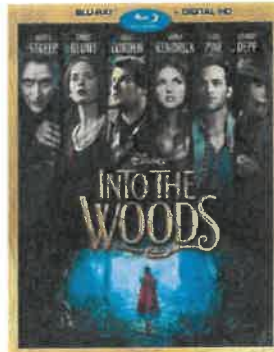
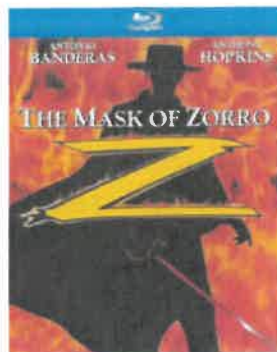
“The Four Horsemen return along with a new generation of illusionists performing mind-melding twists, turns, surprises, and magic unlike anything ever captured on film.”



### *Predator: Badlands*, with an ensemble cast

“Dismissed as a runt by his clan, young Predator Dek (Dimitrius Schuster-Koloamatangi) was determined to prove himself by traveling to the perilous planet Genna and making a trophy of its dominant species, the Kalisk. After a crash-land, Dek encountered the damaged android Thia (Elle Fanning), bisected as a result of her own disastrous Kalisk hunt... and found an unlikely but necessary partner in survival against a deadly prey.”

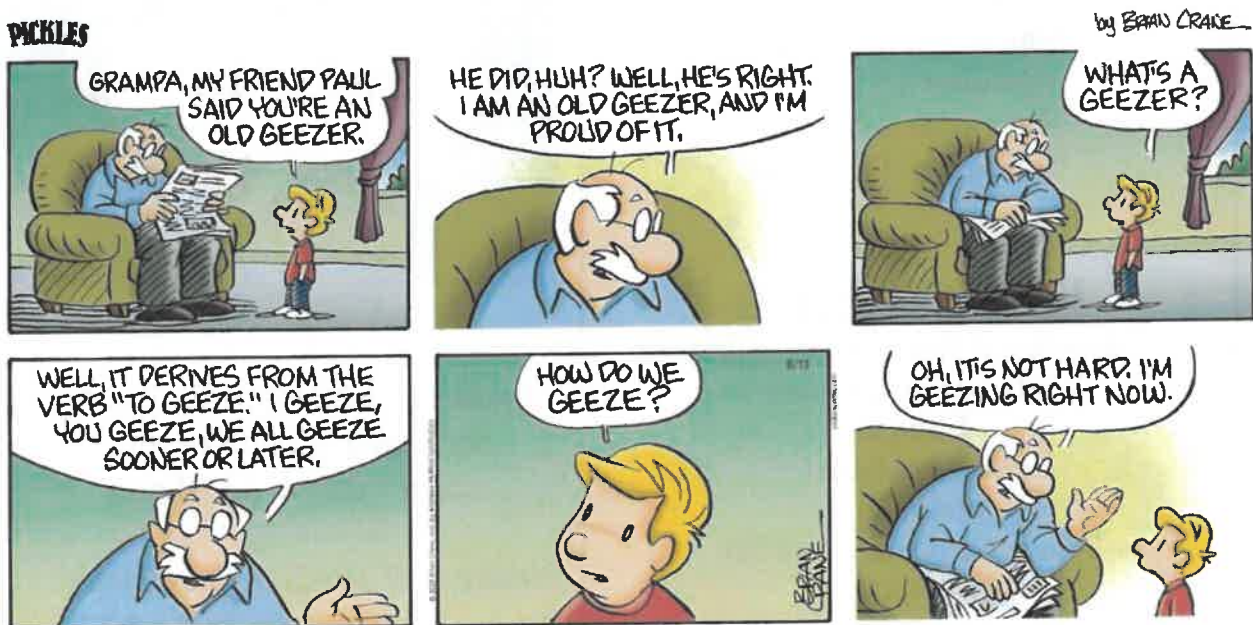
## **Check Out Blu-Ray @ your City of Commerce Public Library**



# VINTAGE VIBES & EARLY BEDTIME HUMOR



## PICKLES



# 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.

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

## **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.

**April 8, 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.***

# HUMAN SERVICES ASSOCIATION "Where Caring Becomes Doing" COMMERCE SENIOR DINING CENTER APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <b>CHICKEN ENCHILADA CASSEROLE</b> WG Corn Tortilla Black Beans Creamy Cucumber Salad Orange Sherbet	<b>2</b> <b>Easter Luncheon</b> <b>!GLAZED HAM!</b> WG Roll Sweet Potato Greens Beans Spinach Salad w/Raspberry Vinaigrette  Melon/Rainbow Sherbet	<b>3</b> Cabbage and Tomato Soup <b>LEMON PEPPER FISH</b> WG Roll Normandie Vegetables Corn Kiwi
<b>6</b> Northern Bean Soup <b>BEEF CHILI MAC</b> WG Spiral Pasta Peas & Corn Chopped Spinach & Kale w/Red Onions Salad Pear	<b>7</b> <i>Choice of Entrée</i> <b>HERB BAKED FISH w/DILL SAUCE OR ROAST PORK w/MUSTARD SAUCE</b> WG Bread Couscous/Steamed Cabbage Waldorf Salad/Cookie	<b>8</b> Butternut Squash Soup <b>TURKEY A LA KING</b> Biscuit WG Pasta Cauliflower Marinated Beet Salad w/Onions Peach	<b>9</b> <b>MEATLOAF w/RED SAUCE</b> WG Bread Mashed Potatoes Mediterranean Salad Fruit Cocktail w/Coconut Garnish	<b>10</b> <b>CHICKEN MOLE</b> Tortilla Spanish Brown Rice Pinto Beans Carrots w/Jicama Salad w/Lime Vinaigrette Kiwi
<b>13</b> Beef Barley Soup <b>STUFFED BELL PEPPER</b> WG Roll Mashed Potato/Green Beans Applesauce Red Gelatin w/Fruit	<b>14</b> <b>BEEF PICADO</b> Flour Tortilla Brown Spanish Rice Black Beans Chopped Romaine Salad Mandarin Oranges w/Jicama	<b>15</b> Fideo Soup <b>FISH VERA CRUZ</b> Barley Pilaf Fiesta Corn Garden Salad w/Shredded Purple Cabbage Garnish Cantaloupe	<b>16</b> <b>OVEN BAKED CHICKEN</b> WG Cornbread Stuffing Cauliflower Carrots & Raisin Salad Peach	<b>17</b> Minestrone Soup <b>MEATBALL SANDWICH</b> WG Deli Roll Broccoli Chopped Spinach & Kale Salad, Ranch dressing & Red Onions/Banana
<b>20</b> <b>BEEF LASAGNA</b> WG Roll Cauliflower Cesar Salad w/Croutons Applesauce Cream Sandwich Cookie	<b>21</b> Cream of Broccoli Soup <b>SHEPHERD'S PIE</b> WG Bread Green Beans Mashed Potato Chopped Kale & Spinach w/Shredded Carrots Garnish Salad/Pear	<b>22</b> Tomato Soup <b>LEMON DIJON CHICKEN</b> Barley w/Parsley Brussel Sprouts Chopped Salad Tropical Fruit	<b>23</b> <i>Spring Celebration</i> <b>MIXED BBQ GRILL</b> Stuffed Baked Potatoes Steamed Carrots Coleslaw w/Pineapple WG Dinner Roll Chocolate Cake	<b>24</b> <b>BEEF w/GREEN ONION STIR FRY</b> Brown Rice Asian Vegetables Garden Salad w/Red Onions Garnish Pineapple & Mango
<b>27</b> <i>Choice of Entrée</i> <b>GARLIC BUTTER FISH OR SWEET &amp; SOUR PORK w/BELL PEPPER</b> Barley w/Herbs/Spinach Marinated Tomato & Onion Salad/Pear	<b>28</b> Lentil Soup <b>HAWAIIAN CHICKEN w/PINEAPPLE</b> Brown Rice Asian Mixed Vegetables Chopped Asian Salad w/Romaine & Green Onions Cantaloupe	<b>29</b> <b>BEEF STEW</b> WG Dinner Roll Carrots Creamy Cucumber Salad Orange Fruited Vanilla Yogurt	<b>30</b> <b>CHICKEN MARSALA w/MUSHROOM &amp; WHITE WINE SAUCE</b> WG Penne Pasta Peas Marinated Beet Salad Kiwi	<b>VOLUNTARY CONTRIBUTION FOR SENIORS 60 YRS &amp; OLDER \$3.00 FEE FOR NON-SENIORS \$7.00</b>

All MEALS SERVED WITH NONFAT OR 1 %LOW FAT MILK. PLEASE SEE SITE MANAGER FOR CHOICE OF FRUIT ! HIGH SODIUM! \*MENU SUBJECT TO CHANGE WITHOUT NOTICE - This project is funded, in part by Los Angeles County Area Agency on Aging, through the Older Americans Act of 1965 as amended. **RESERVATIONS TAKEN 24 HRS IN ADVANCE AT ALL SITES**

# Bunny B-Ball



tack



spool of thread



butterfly



artist's brush



spoon



feather



button



carrot



slice of pie



banana



glove



spatula



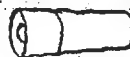
bell



flying disk



ring



flashlight




Illustrated by David Helton



**SHASTA DAISY**

# April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
CLOSED	Yoga 8:00-9:00am Walking Club 9:00am Watercolor 3pm	Pilates 8:00-9:00am Walking club 9am Painting 1pm Salsa 3-4pm	Yoga 8:00 – 9:00am Walking Club 9:00am Café y Loteria 10-11:00am 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  <i>Senior Citizen Trip: Downtown La Jolla</i>
5	6	7	8	9	10	11
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 9am Painting 1pm Salsa 3-4pm	Yoga 8:00 – 9:00am Walking Club 9:00am Café y Loteria 10-11:00am Sewing Class 1pm  <i>Cooking class 1:00 pm Food Bank 9:00-10:30am</i>	Pilates 8:00-9:00am Walking Club 9:00am Movie 12:30pm Salsa 3-4pm	Yoga 8:00-9:00am NO Club Meeting Bingo 12:30-2:00pm  <i>Senior Ball</i>	CLOSED
12	13	14	15	16	17	18
CLOSED	Yoga 8:00-9:00am Walking club 9:00am Watercolor 3pm	Pilates 8:00-9:00am Walking club 9am Painting 1pm Salsa 3-4pm	Yoga 8:00 – 9:00am Walking Club 9:00 Stenciling Class 9:30am-11am Café y Loteria 10-11:00am Sewing Class 1pm  <i>“Vintage Voices” 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 SD 8AM  Senior Center: Cowboy Festival 9AM</i>
19	20	21	22	23	24	25
Sunday Brunch 9-11 AM  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 9am Painting 1pm 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>Craft Corner 1:00pm</i>	Pilates 8:00-9:00am No Walking Club No Movie Salsa 3-4pm  <i>Spring Fling</i>	Yoga 8:00-9:00am Social Club 10-11am Bingo 12:30-2:00pm	CLOSED
26	27	28	29	30		
CLOSED	Yoga 8:00-9:00am Walking club 9:00am Watercolor 3pm	Pilates 8:00-9:00am Walking Club 9am Painting 1pm Salsa 3-4pm <i>Senior Citizens Club Meeting 1:00pm</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.						



### **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**

<b>Lunes</b>	9:00a.m. – 5:00p.m.
<b>Martes</b>	9:00a.m. – 5:00p.m.
<b>Miércoles</b>	9:00a.m. – 5:00p.m.
<b>Jueves</b>	9:00a.m. – 5:00p.m.
<b>Viernes</b>	9:00a.m. – 5:00p.m.

Sábado CERRADO

Domingo CERRADO

## *Senior Center Trips*

Trip: Cowboy Festival

Date: Saturday, April 18<sup>th</sup>, 2026

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

Trip: Yakult Factory

Date: Monday, May 11, 2026

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

Trip: Academy Museum of Motion Pictures

Date: Thursday May 28, 2026

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

*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:** Downtown La Jolla  
**Date:** April 5, 2026  
**Time:** SE 7:30a.m. – SC 8:00a.m.

**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: Old Town San Diego**  
**Date:** April 18, 2026  
**Time:** SE 7:30a.m.-SC 8:00a.m.

**Trip: Old Town La Quint**  
**Date:** May 23, 2026  
**Time:** SE 7:30a.m. – SC 8:00a.m.

**Trip: Santa Barbara City College**  
**Date:** June 6, 2026  
**Time:** SE 7:30a.m. – SC 8:00a.m.

**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

### **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.**