

JANUARY 2025

LOEL Foundation is a private non-profit 501c3



SELF-DEFENCE SKILLS

JOIN US!

RED DOT SELF-DEFENSE

Learn practical steps
to enhance your safety every day.

Thursday, January 23
1:00 P.M. to 2:30 P.M.

Cherie Sintes-Glover, certified instructor, will share why planning for safety is important, how to stay alert to your surroundings to spot potential dangers, and offer tips on avoiding risky situations and staying safe without confrontation. She will also discuss simple, effective tips to protect your home from break-ins and how to practice ways to stay calm and ready in any situation

Admission is Free

Sign-ups are not required to attend



Poetry Presentation & Workshop

Wednesday, January 15
12:30 P.M. (1 hour)

Jim Fox of Lodi is a member of Heritage Writers Community of San Joaquin County, as well as the San Joaquin Writers Branch of the California Writers Club

Jim Fox will present poetry reading as performance followed by an analysis of several poems

RSVP at the Front Desk to attend

• MOVIES AT LOEL

Thursday, January 9, at 1:00 P.M.

"A Walk in the Woods" **Robert Redford, Nick Nolte, Emma Thompson**

In this new comedy adventure, celebrated travel writer, Bill Bryson (Robert Redford), instead of retiring to enjoy his loving and beautiful wife, Catherine (Dame Emma Thompson), and large and happy family, challenges himself to hike the Appalachian Trail. He agrees to being accompanied by the only person he can find willing to join him on the trek - his former friend Stephen Katz (Nick Nolte), who sees the trip as a way to sneak out of paying some debts and sneak into one last adventure before it's too late. The trouble is, the two have a completely different definition of the word, "adventure". Now they're about to find out that when you push yourself to the edge, the real fun begins.
Rated "R" 1 hour 44 minutes



Come & Enjoy!
FREE Movie, Popcorn & Beverage

Services offered at LOEL

For more information about any of these services
Call the front desk 209.369.1591

Blood Pressure Checks

Tuesdays at 9:00 AM

Brain Builders

This class meets 2nd & 4th Thursday

HICAP

(Health Insurance Counseling for Medicare)

Call Dianna 209.470.7812

By appointment only

In-Touch Calling

Personal phone calling service that
telephones seniors who live alone in the

Para Legal Services

Para Legal services are available on the
1st Thursday of each month

By appointment only

Mobile Farmers Market

Stockton Emergency Food Bank visits on the 2nd
Wednesday of every Month at 10:30 AM
(available for seniors 60 years & older)

Meals on Wheels

This program is available for seniors 60 years or
older, who live in the greater Lodi area and are
homebound

For more information call 209.365.0572

Fridays Frozen Meals

Frozen meals every Friday, 12:00 noon until sold
out \$4.00 per meal (limit 2)

We would like to give a special Thank you to our

Christmas Luncheon Sponsors:

Lodi Sunrise Rotary

Kiwanis

*Thank You to all the Volunteers
who helped make this another great event:*

Mayor Lisa Craig-Hensley

Lodi Sunrise Rotary Members

Lodi Creek Post-Acute

Lodi Fire Department Employees

Lodi Police Department

LOEL Board Members

Hospice of San Joaquin

WelbeHealth

Special Thank you to:

Steve & Laura Reeves

for the wonderful gifts for everyone

Donations made in November

William & Olga Beck

Linda Elson

Emanuel American Lutheran Church of Lodi

Foster Lumber

Jerry & Ruth Heminger

Linda Houser

Carolyn Hushour

Barbara Johns

MDH Construction

Philip & Cherylene Marcus

Amy Morita

Steven Paoletti

PayPal Giving Fund

Rita Plummer

Dr Ram & Radhika Rao

Roberts Retirement Group

Audrey Smith

Marty & Christi Weybret

Ronald & Karen Williams

Young Ladies Grand Institute

Donations made...

in memory of Carolyn Anderson

Paul A. Heaney

in memory of Ray Donato

Lenore Donato

in memory of Carol McNeal

Sharon Balding

Rebecca Huffman

Ed Rosa

Thank you!



JANUARY 2025

Activities

Hours Of Operation

Monday-Thursday: 8:00 a.m.- 4:00 p.m.

Friday: 8:00 a.m.-1:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All activities on break Open 10:00 A.M. to 1 P.M. Lunch will be served at 11:30 A.M. Make your Reservation</p>		<p>1 New Year's Day CLOSED</p> 	<p>All activities on break Open 10:00 A.M. to 1 P.M. Lunch will be served at 11:30 A.M. Make your Reservation</p>	
6	7	8	9	10
Exercise 8:30 Hand & Foot 9:00 Widows Meeting 10:30 Widows Pinochle 12:30 Trump Whist 12:30 Mexican Train 12:30 Yoga 2:00	Exercise 8:30 Blood Pressure 9:00 Balance—UOP 9:30 Dup Bridge 12:30 *Bingo 1:00	Exercise 8:30 Mah-Jongg 10:00 Mobile Farmers Market 10:30 Bridge 12:30 *Tai Chi 2:00	Exercise 8:30 Brain Builders 9:30 Balance-UOP 9:30 Poker 12:00 Afternoon at the Movies 1:00	Knitting/Crochet 9:00 (all levels) Line Dancing Beg 9:30 Adv 10:30
13	14	15	16	17
Exercise 8:30 Hand & Foot 9:00 Bridge 12:30 Trump Whist 12:30 Mexican Train 12:30 Yoga 2:00	Exercise 8:30 Blood Pressure 9:00 Balance—UOP 9:30 Dup Bridge 12:30 *Bunco 1:00	Exercise 8:30 Mah-Jongg 10:00 Bridge 12:30 Poetry Presentation & Workshop 12:30 *Tai Chi 2:00	Exercise 8:30 Paralegal 9:00 Balance-UOP 9:30 Poker 12:00 Book Buddies 1:00 Pickleball 1:00	Knitting/Crochet 9:00 (all levels) Line Dancing Beg 9:30 Adv 10:30
20 Martin Luther King, Jr Day CLOSED	21	22	23	24
	Exercise 8:30 Blood Pressure 9:00 Balance—UOP 9:30 Dup Bridge 12:30 *Bingo 1:00	Exercise 8:30 Mah-Jongg 10:00 Bridge 12:30 *Tai Chi 2:00	Exercise 8:30 Brain Builders 9:30 Balance-UOP 9:30 Poker 12:00 Red-Dot Self-Defense 1:00	Knitting/Crochet 9:00 (all levels) Line Dancing Beg 9:30 Adv 10:30
27	28	29	30	31
Exercise 8:30 Hand & Foot 9:00 Widows Bridge 12:30 Trump Whist 12:30 Mexican Train 12:30 Yoga 2:00	Exercise 8:30 Blood Pressure 9:00 Balance—UOP 9:30 Dup Bridge 12:30 Newcomers Pinochle 12:30 *Bunco 1:00	Exercise 8:30 Mah-Jongg 10:00 Bridge 12:30 *Tai Chi 2:00	Exercise 8:30 Balance-UOP 9:30 Poker 12:00	Knitting/Crochet 9:00 (all levels) Line Dancing Beg 9:30 Adv 10:30

*Fee associated with activity

Bingo \$10.00 (first pack) — Bunco \$5.00 per person — Tai-Chi \$6.00 per person

LOEL SENIOR CENTER STAFF: Janelle Wilkinson, Rose Juarez, Victoria Wattenbarger, Curtis Booher, Robin Hackler, Dawn Carvalho, Mike Twitty, Tina Mercer, Gonzalo Delgado, Yvonne Porras Torres, Anson Souza

LOEL's wish list



New BINGO Board & Stand

NEW-ULTRA SILENT
Black Professional Table Top Bingo Blower
with Standard Electronic Flashboard

Flashboard Stand
for use with
Electronic Flashboard

\$5,800

JUST A REMINDER !

CLOSED: Wednesday, January 1, 2025
(New Year's Day)

Modified Schedule & No Activities:
Thursday, January 2, 2025
& Friday, January 3, 2025

OPEN: 10:00 A.M. to 1:00 P.M. ONLY

Lunch will be served during our modified schedule.

Please call our meals coordinator to make reservations
(209.365.0572).

Regular Schedule Beginning:
January 6, 2025