

## Senior Housing Centers

Artesia Senior Center.....	(562) 925-0832
Bellflower Christian Retirement Center.....	(562) 925-7171
Bellflower Convalescent Hospital.....	(562) 925-2274
Bellflower Friendship Manor.....	(562) 867-9550
Bellflower Senior Center.....	(562) 867-3350
Bellflower Terrace Sr. Housing Complex.....	(562) 866-8866
Bel Tooren Villa Convalescent Home.....	(562) 867-1761
Belmont Place Senior Complex.....	(562) 804-1458
Boggs Realty Senior Complex.....	(562) 867-3350
Golden Age Convalescent Home.....	(562) 925-4252
Ramona Senior Center.....	(562) 920-2804
Woodruff Convalescent Center.....	(562) 925-8457
Woodruff Leisure Life Convalescent Home.....	(562) 925-6581

## Hospitals & Clinics

Bellflower Health Center	(562) 804-8111
Bellflower Medical Center	(562) 925-8355
Charter Suburban (Promise Hospital)	(562) 531-3110
Lakewood Regional Medical Center	(562) 531-2550
Long Beach Memorial Hospital	(562) 933-2000
Kaiser Foundation Hospital	(562) 461-3000
Tri-Medical Clinic	(562) 925-0455

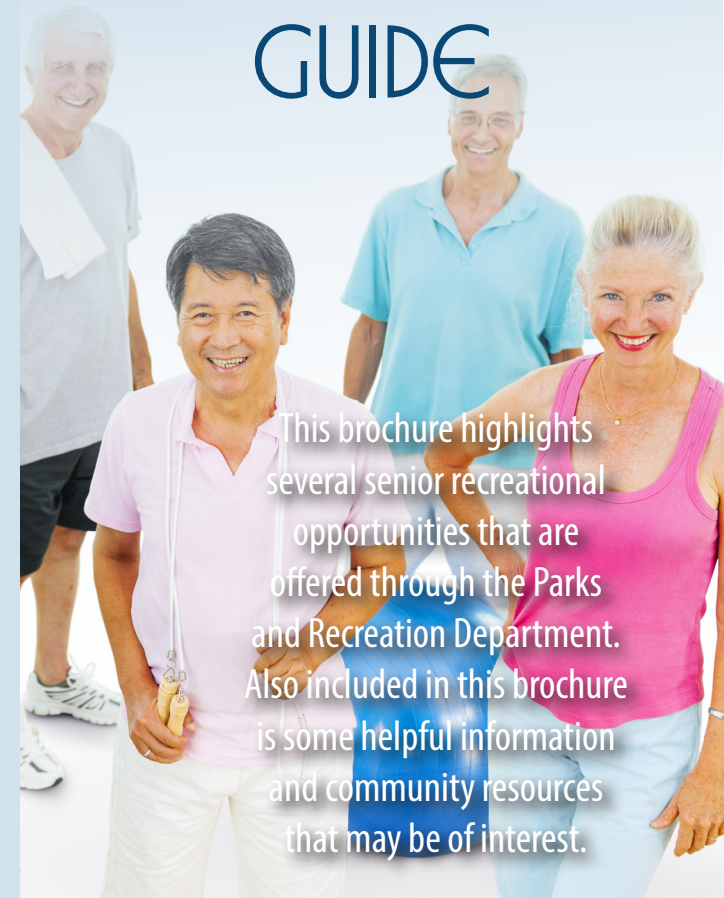


## Senior Services

AARP.....	(562) 496-2277
Adult Protective Services (Elderly Abuse) .....	(800) 992-1660
Bellflower Bus (Information & Schedule) .....	(562) 865-7433
Bellflower Recreation Department.....	(562) 804-1424
Family Caregiver Alliance .....	(800) 445-8106
Human Services Association.....	(562) 806-5400
In-Home Supportive Services.....	(888) 944-IHSS
CA Department of Aging .....	(916) 322-3887
California Registry (Referral Services).....	(800) 777-7575
CareNet LA.....	(310) 393-1282
Community Alliance for the Blind .....	(562) 698-7576
Corporation for Better Housing (Senior Housing) (818) 905-2430	
Dept. of Social Services .....	(562) 807-7610
Dial-A-Ride.....	(562) 865-7433
Disabled Resource Center (Counseling) .....	(562) 427-1000
Fair Housing Foundation (Discrimination) .....	(800) 446-3247
Flu Shot Information.....	(800) 427-8700
LA County Agency on Aging .....	(213) 738-4004
LA County Gov't Info Center.....	(213) 974-1234
LA County 211 (Health/Human Services) .....	Dial 2-1-1
Meals on Wheels (Registration/Delivery) .....	(562) 806-5400
Medi-Cal Information Hotline .....	(877) 597-4777
National Fraud Info Center (Report Fraud) .....	(800) 876-7060
National "Do not Call" Registry.....	(888) 382-1222
Pathway Volunteer Hospice.....	(562) 531-3031
Section 8 (Rental Assistance) .....	(562) 570-6985
Senior Abuse Hotline.....	(800) 992-1660
Senior Care Action Network (SCAN).....	(916) 445-4171
Senior Citizen Club (Thompson Park).....	(562) 866-8614
Senior Nutrition Program (Simms Park) .....	(562) 925-6485
Southern CA Rehabilitation Services .....	(562) 862-6531
Social Security Office.....	(800) 772-1213
State Controller (Property Tax) .....	(800) 952-5661
Stroke Association of So. Cal .....	(310) 575-1699
YMCA (Los Cerritos) .....	(562) 925-1292

CITY OF BELLFLOWER  
DEPARTMENT OF PARKS & RECREATION

# SENIOR OPPORTUNITY AND RESOURCE GUIDE



This brochure highlights several senior recreational opportunities that are offered through the Parks and Recreation Department. Also included in this brochure is some helpful information and community resources that may be of interest.

## Nutrition

**Senior Nutrition Program** (date of program to resume is TBD, please call (562) 806-5400 for more information) Low cost, nutritious meals served cafeteria style at 11:30 a.m., Monday through Friday, in Rooms 3 & 4 at Simms Park. Call from 9:00 a.m. to 12:00 p.m. for a reservation, (562) 925-6485. Donation is \$2.25. Operated by the Human Services Association.

### **Home Delivered Meals**

The Human Services Association will deliver low cost meals to those confined to their homes due to health problems.

**To register, call (562) 806-5400**

## Exercise

### **Senior Exercise**

Meets each Monday, from 9:00-10:00 a.m. at Simms Park. This low impact fitness class focuses on stretching, cardiovascular conditioning and relaxation techniques. Location: Simms Park. Fee: \$1 per meeting, no pre-registration required.

### **Weight Room**

A full weight room including treadmills, exercise cycles, and stairclimbers are available. Staff are available to show proper use of equipment. Location: Thompson Park Aquatic Center. Fee: \$1 per visit (Bellflower residents), \$2 per visit (non-residents), no pre-registration required. Please call the Bellflower Aquatic Center for session days and times at (562) 866-2015.

### **Lap Swim, Water Walking & Aquatic Exercise**

Open to adults 18 years and over, from novices to accomplished swimmers...even non-swimmers! Water walkers and aquatic exercisers are welcome in the shallow end of the pool. Location: Thompson Park Aquatic Center. Fee: \$1 per visit (Bellflower residents), \$2 per visit (non-residents), no pre-registration required. Patrons may also use the weight room (same session only), at no additional cost. Please call the Bellflower Aquatic Center for session days and times at: (562) 866-2015.

## Transportation

### **Bellflower Bus**

The Bellflower Bus operates Monday thru Friday from 7:00 a.m. - 5:00 p.m. The Bellflower Bus runs every half hour and offers two routes that cover the northern and southern ends of Bellflower respectively. Bus stops are located every few blocks along each route. Fee: 25¢ per ride, and riders must have exact change.

**Call (562) 865-7433 for the stop nearest you!**

### **Dial-A-Ride (Membership Required)**

Dial-A-Ride operates Monday thru Friday from 9:00 a.m. - 5:00 p.m. and provides curb-to-curb transportation for Bellflower residents 55 years or older, and disabled persons of any age that have registered and obtained a photo ID card from Bellflower City Hall, 16600 Civic Center Drive. Fee: 50¢ per ride within Bellflower city limits, and \$2.00 per ride (medical trips only) for destinations located outside of Bellflower city limits but within the Dial-A-Ride service area.

Reservations can be made Monday thru Friday from 9:00 a.m. - 5:00 p.m. and should be made at least 48 hours in advance. Disabled riders must indicate if they are using a cane, walker, wheelchair, or if they will be accompanied by an attendant.

**For reservations, call (562) 865-7433**

## Volunteerism

### **Bellflower Volunteer Center**

The Bellflower Volunteer Center offers a wide range of volunteer opportunities like Nutrition Program Assistance, ushering at the William and Jane Bristol Civic Auditorium, community beautification projects, tutoring/mentoring programs, or assisting at community special events, local thrift stores, and family donation programs.

**To become a volunteer, call  
(562) 804-1424, ext. 2331**

## Classes

### **Special Interest Classes**

The Bellflower Department of Parks and Recreation offers many adult special interest classes at affordable prices in rooms located at John S. Simms Park, T. Mayne Thompson Park, Ruth R. Caruthers Park, and on occasion at some off-site locations.

Examples of classes can include Arts, Crafts, Dance, Fitness, Music, Self-Defense, and Sports. Classes are subject to change from season to season. For a listing of current or upcoming classes, a Recreation Brochure can be obtained at any City park for free or it can be viewed online at the City's website at:

**[www.bellflower.org](http://www.bellflower.org)**

## Clubs

### **Thompson Park Senior Club**

Meets each Tuesday, from 9:00 a.m.-12:00 p.m. in Rooms A & B. Socialize with other seniors, play bingo, cards and more. The club has a general meeting at 11:00 a.m.

**For more information, please call (562) 866-8614**

### **Thompson Park Oil Painting Club**

This free club is looking for adults interested in painting (oil, acrylic, watercolor or pastel). Share your talents with other participants every Tuesday from 9:00 a.m.-1:00 p.m. in Room C at Thompson Park. Participants should have a good understanding of painting and work on your own projects.

**For more information, please call (562) 866-8614**

## Tax Assistance

Weingart Senior Center .....(562) 630-6141  
Cerritos Senior Center.....(562) 916-8550  
Houghton Park.....(562) 570-1640  
Riley Com. & Senior Center.....(562) 904-7223

**FOR MORE INFORMATION, VISIT US ONLINE**

**bellflower**  
parks & recreation

f i t  
[www.bellflower.org](http://www.bellflower.org)