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The Cypress Senior Center is open
Monday - Friday to distribute
frozen meals curbside,
11:00 am - 12:00 pm and to
answer phone inquiries,
8:00 am - 1:00 pm.

COVID-19 Vaccination Update

COVID-19 vaccination is one of the most important tools to end the pandemic. The State is prioritizing vaccines for equitable distribution to everyone in California who wants it. They expect to have enough supplies to vaccinate most Californians in all 58 counties by summer 2021. For the latest updates and information about the vaccination visit CovidVaccineFacts.com.

Disneyland is Orange County’s first large-scale vaccination point of distribution (POD). Othena allows you to pre-register, coordinate, and follow the vaccination process through an application-based system. Visit Othena.com or call (714) 834-2000 for more information.

AARP TAX-AIDE - READ REQUIREMENTS CAREFULLY

IN ORDER TO RECEIVE AN APPOINTMENT, IT IS REQUIRED THAT YOU FILED YOUR 2018 and/or 2019 TAXES AT THE CYPRESS SENIOR CENTER. AARP Tax-Aide is the nation’s largest free, volunteer-run tax assistance preparation service available. Tax-Aide volunteers are trained to assist with filing the 1040 Form and the more standard schedules, including Schedules A and B.

Appointments will be available on Monday afternoons, 12:30 - 3:30 pm from February 22 to April 5 at the Cypress Senior Center. Appointments will be drop-off of required information only, no face-to-face appointments allowed. Appointments can be made over the phone. For more information or to make an appointment call (714) 229-2005, Monday - Friday, 8:00 am - 1:00 pm.

Senior Center Remains Closed

Our Senior Center friendships are what the heart needs all the time.

The Cypress Senior Center will remain closed until further notice. If you’d like to be added to our email list to receive the latest updates of the Senior Center’s happenings please call (714) 229-2005 during business hours. We hope you continue to stay safe and healthy. We miss you and can’t wait to be together again!

City Closure Dates

The City will be closed on the following day:
Presidents Day - Monday, February 15, 2021
*Senior Center meal distribution and patron assistance will not be available.
City Council
Jon Peat, Mayor
Stacy Berry, Mayor Pro Tem
Anne Hertz, Council Member
Frances Marquez Ph. D., Council Member
Paulo M. Morales, Council Member

City Manager
Peter Grant

Senior Citizens Commission
The Cypress Senior Citizens Commission serves as an advisory board to the City Council on matters pertaining to older adults. The Cypress Senior Citizens Commission meets the second Wednesday of every month at 3:00pm in the Conference Room of the Senior Center. All interested parties are welcome to attend. Due to the pandemic, all Senior Citizens Commission meetings are on hold until further notice.

Gincy Heins, Commissioner
Sherre Yurenko, Commissioner
Ginger Osman, Commissioner
Carlos Ramirez, Commissioner
Jan Stein, Commissioner

Recreation & Community Services - Senior Center
Cameron Harding, Director of Recreation
Jeff Draper, Recreation Manager
Jenni Worsham, Recreation Supervisor
Shayna Gutierrez, Recreation Coordinator
Teena Tomlinson, Recreation Specialist
Miguel De Guzman, Recreation Specialist Part-Time
Lauren Hull, Recreation Specialist Part-Time
Armando Paraíso, Recreation Leader IV
Carol Shore, Office Assistant II

Cypress Farmers Market
Saturdays | 9 AM - 2 PM
Cottonwood Church Parking Lot

Every Saturday from 9:00 am to 2:00 pm, shop the variety of vendors from fresh fruits, vegetables, honey, delicious yogurt, hummus, salsas, dried fruits, nuts, loose-leaf teas, cold-pressed juices, nut butter, fresh roasted coffee, hot food options, and more. Located in the Cottonwood church parking lot off of Katella. *All vendors accept cash and card

DO YOUR PART TO REDUCE THE SPREAD OF COVID-19

Wearing is caring
Masks are required in all City facilities

Six Feet Please
Keep your distance to reduce the spread

Don’t Pass It On
Wash or sanitize your hands frequently

Happy Presidents’ Day

Cypress Recreation Mission Statement:
The Cypress Recreation & Community Services Department promotes and provides quality programs and services to meet the needs of the community.
Nutrition Programs

Meal Distribution
As an alternative to the suspended congregate lunch program, the Senior Center provides frozen meals that participants can pick up and take home. Curbside pick-ups take place Monday through Friday, between 11:00am - 12:00pm at the north end of the building on a first-come, first-served basis.

Commodities - Wednesday, February 10
Second Wednesday of each month from 9:00 - 10:30am or until gone, the Senior Center distributes monthly commodities curbside at the North end of the building. These shelf stable items provided by Second Harvest Food Bank are packed in bags by Recreation staff, following the suggested health and safety guidelines.

Community Action Partnership - Friday, February 19, 9:00am - 12:00pm
Cypress Community Center, 5700 Orange Ave.
• Third Friday of each month
• New applicants will be placed on waiting list
• Call (714) 667-0717 to find out how to apply

Home Delivered Meals
For those already on the program, Home Delivered Meals will continue to be delivered on a normal schedule. Please visit www.mealsonwheelsoc.org to apply for the program.

For additional information about any of the nutrition programs, please call the Cypress Senior Center at 714-229-2005.

Meals on Wheels Orange County

Meals on Wheels Orange County is a non-profit organization dedicated to serving seniors and their families. They offer a variety of supportive services designed to promote well-being and independence including:
• Home Delivered Meals
• Frozen Meal Distribution
• Case Management
• Homemaking
• Friendly Visitors
• Home Safety
• For more information call (714) 220-0224

Fun Facts About Presidents Day

1. Presidents Day is celebrated on the third Monday in February, thanks to the 1968 Uniform Monday Holiday Act.
2. Teddy Roosevelt was the youngest man to hold the office of president at 42 years old.
3. John F. Kennedy was the first president who was a Boy Scout.
4. George W. Bush is the only president to have earned a Master of Business Administration degree.
5. There were four presidents born in February including George Washington, Abraham Lincoln, William Harrison and Ronald Reagan.
The Cypress Senior Center, in partnership with local community organizations, offers free seminars all at the click of a mouse.

Check out fun ways to stay healthy and active while you continue to practice social distancing. Visit cypressrec.org, Virtual Recreation Center for Adults & Older Adults for more information.

**Cooking with Teena**

**Hungarian Goulash**

**Ingredients:**
- 4 pounds chuck roast, cut into 1" inch cubes
- 1 1/2 teaspoons Kosher salt
- 1/2 teaspoon coarse ground black pepper
- 3 tablespoons Hungarian sweet paprika
- 1/3 cup vegetable oil
- 1 yellow onion chopped
- 2 cloves garlic, minced
- 6 ounces tomato paste
- 1 tablespoon Worcestershire sauce
- 2 tablespoons brown sugar, packed
- 1 tablespoon red wine vinegar
- 3 cups beef broth
- 4 medium Yukon potatoes, cut into 2" cubes
- 4 medium carrots, peeled and cut into 2" cubes
- 6 ounces tomato paste
- 1 tablespoon Worcestershire sauce
- 2 tablespoons brown sugar, packed
- 1 tablespoon red wine vinegar
- 3 cups beef broth

**Directions:**
1. Preheat oven to 325 degrees.
2. Add the salt, pepper and paprika to chunks of beef, coating them well.
3. Add oil to your large Dutch oven on medium high heat and brown the cubes well on all sides, about 5-6 minutes then remove from the pan.
4. Lower the heat to medium and add the onions and garlic to the pot and cook until translucent, about 3-4 minutes.
5. Add in potatoes, carrots, tomato paste, Worcestershire sauce, brown sugar, red wine vinegar, beef broth and the seared beef cubes (along with any juices on the plate), stirring well.
6. Cover and put into the oven for 2 hours or until meat is fork tender. Enjoy!
It’s Your Special Day!
Happy Birthday to all those celebrating in February!


Love Your Brain!

By: Gincy Heins, Cypress Senior Citizen Commissioner & NOCE Instructor

Because of Valentine's Day, we associate February with love. Let's show our brain how much we love it! Here are a few easy ideas for taking care of your brain.

1. Reduce stress. Some easy ways to do this are to stop watching and listening to the news and spend less time on social media.

2. Exercise! Exercise can reduce your chances of developing Alzheimer's by as much as 50%! Meet a friend for a socially distanced, mask-wearing walk or walk around your house or yard. You can find exercise videos through a search on the internet.

3. Learn something new every day. This is easier than it sounds. You can try memorizing all 50 states and their capitals, try a new recipe, or go to the County library website at ocpl.org and find a book, DVD, or board game that interests you. Put it on hold and select the library where you'd like to pick up the item. When you're notified the hold is available, you can use curbside pickup and not even have to enter the library!

4. Your brain craves variety so give it what it wants. Change your walking route, sit at a different place at the table or in a different room when you eat your meals, or program your microwave with the opposite hand.

5. Socialize! Granted we can't do this in person right now, but you can still make a phone call. Give Facetime or Zoom a try and visit with a family member or friend. It will be nice to see them even if you aren't in person.

Happy Valentine's Day!
Beginner Pickleball
G. Rogers
Pickleball is a cross between tennis, badminton & ping pong. You will learn the art of the serve, return, volley, scoring, & how to play a game. Please wear “court shoes”, bring a hat/visor, towel, & water. Paddles & balls will be provided.
Location: Arnold Cypress Park, 8611 Watson St
6509 2/07-2/28 SUN 12:30-1:30pm $106
6507 3/02-3/11 T/TH 4:00-5:00pm $106

Intermediate Pickleball
G. Rogers
Develops skills and strategies to play games in open recreation play and round robins. Please wear “court shoes”, bring a hat/visor, towel, and water.
Location: Arnold Cypress Park, 8611 Watson St
6514 2/07-2/28 SUN 1:30-2:30pm $106
6512 3/02-3/11 T/TH 5:00-6:00pm $106

Virtual Zumba Gold
L. Morris
Dance your way to better fitness to the Latin rhythms. Zumba Gold is perfect for the active older adult with easy-to-follow choreography that focuses on balance, range of motion and coordination.
Location: Online
6564 2/08-3/08 M 10:00-11:00am $22
6566 2/10-3/10 W 10:00-11:00am $22
6837 3/15-4/19 M 10:00-11:00am $20
6838 3/17-4/21 W 10:00-11:00am $20

Eclectic Yoga for Seniors
R. Siu
Designed to meet the physical/mental needs of seniors, this class utilizes basic Yoga poses such as stretching, twisting, and weight-bearing with attention to various organs such as the brain, pancreas, or lymph-nodes. Please bring a sticky yoga mat, blanket/towel and eye cover.
Location: Outside City Hall Council Chambers, 5275 Orange Ave
Ongoing  W 10:00-11:00am Free

Tai Chi
J. Rice
The art of Tai Chi is beneficial to people of all ages, especially older adults. Learn and enhance your knowledge of these slow, harmonious, routine movements designed to promote health and longevity. All are welcome.
Location: Outside City Hall Council Chambers, 5275 Orange Ave
Ongoing  T 9:00-10:00am Free

Intermediate Line Dance
E. Ilagan/T. Mitchell
This is a fun and energizing class, created to help with memory and movement while learning how to country line dance. Volunteer instructors will guide you through simple steps to many dances.
Location: Outside City Hall Council Chambers, 5275 Orange Ave
Ongoing  T 10:30am-12:30pm Free

Mindfulness & Meditation
J. Rice
Meditation and/or relaxation helps balance our hectic lives. Learn these relaxation techniques while gaining a better mind-body connection. No experience is needed. Bring a mat and cushion for sitting.
Location: Outside City Hall Council Chambers, 5275 Orange Ave
Ongoing TH 9:00-10:00am Free

Beginning to Intermediate Line Dance
M. Velasco
Review basic line dance steps and start to learn some intermediate steps as well. Volunteer instructors will guide you through intricate, yet simple steps to many dances.
Location: Outside City Hall Council Chambers, 5275 Orange Ave
Ongoing  F 9:30-11:30am Free

Program Safety Modifications
The City of Cypress will be making safety modifications to our programs to help mitigate the transmission of COVID-19. These modifications are based on guidance of the CDC, State of California and County of Orange Health Care Agency. Before attending any Senior Center program, participants will be asked to “self-screen” themselves to ensure they are not experiencing symptoms identified by the most recent CDC guidance. Temperature checks and health questions will be conducted prior to the start of class. Face coverings and staying 6 feet apart is required.
**Taxi Voucher Program**

The Taxi Voucher Program is a curb-to-curb taxi service provided by the City of Cypress for qualifying Cypress seniors for medical and medically-related appointments, grocery shopping, banking, visiting a relative in a hospital, etc. Each qualified participant may receive up to six vouchers per month.

*Individuals must meet the following criteria:*
- Cypress Resident
- Age 60 or older
- Income maximum per month of $2,712 for an individual

To qualify, you must schedule an in-person appointment at the Senior Center. You will need to bring proof of Cypress residency, United States government-issued photo identification that shows your birth date, plus income verification. For more information please call (714) 229-2005.

**Health Insurance Counseling Advocacy Program thru the Council on Aging Southern California (HICAP)**

Over the phone appointments available, call (714) 560-0424 for more information.

Consultation for Medicare and senior health insurance-related topics. Sponsored by Council on Aging. You will receive unbiased information to help you make the best choices for your needs including information on:

- Your rights as a health care consumer.
- Medicare benefits & rights, including information on Medicare Part D, prescription drug coverage.
- Private Medicare supplemental health insurance policy benefits and exclusions.
- HMO’s and how they work.
- Long-term care insurance.

**Community Legal Aid SoCal**

Over the phone appointments available, call (800) 834-5001 for more information.

The legal advocacy program (Legal Aid) provides seniors 60 years or older, residing in Orange and Los Angeles Counties, with free counseling, referrals, and representation in administrative and civil cases.

A brief 20 minute consultation for adults 60 and older. Advice and referrals are made by a paralegal, under the direction of an attorney in areas such as bankruptcy, small claims, wills, powers of attorney, conservatorship, personal injury, workers’ compensation, family law and real estate.
Subscription to “Along the Way”

Enjoy a complimentary subscription to the Cypress Senior Center’s monthly newsletter “Along the Way” by EMAIL or MAIL.

The newsletter can be EMAIL or MAILED to you monthly, or visit cypressca.org to download the newsletter.

___ YES! Please EMAIL me my subscription to the “Along the Way” Newsletter.

E-MAIL ADDRESS: __________________________________________________________

___YES! Please MAIL me my subscription to the “Along the Way” Newsletter.

NAME: _________________________________________________________________

ADDRESS: _____________________________________________________________

Street/Apartment # City State Zip Code

PHONE NUMBER: __________________________ DATE: _____________________

Email form to senior@cypressca.org or Mail form to:
Cypress Senior Center, 9031 Grindlay Street, Cypress, CA 90630