



MEDIA RELEASE

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FOR IMMEDIATE RELEASE

June Events at Fontana Community Senior Center

Fontana, California, May 20, 2011 – The Mayor and City Council invite Fontana’s residents, age 55 and up, to enjoy this June’s events at the Fontana Community Senior Center, located at 16710 Ceres Ave.

This June, the Fontana Community Senior Center has several events for Fontana seniors, starting with the California Dreaming Beach Dance on Friday, June 10. This California beach themed dance brings the fun and sun of the beach to the Senior Center along with entertainment, refreshments and fun music. The only thing that’s missing is the sunburn. The dance is from 5 to 8 p.m. and is \$3 for seniors age 55+ and \$5 for non-seniors. For ticket information, please call (909) 854-5151.

Later this June the Senior Center hosts a Father’s Day Brunch in the Center’s dining room on Friday, June 17. Afterwards, the Center has a birthday celebration for everyone who has a birthday this month. The celebration takes place in the dining room during lunch hours from 11 a.m. to 1 p.m. Lunch is \$3 for seniors and \$5 for individuals under 54. Make sure to stop by and celebrate your birthday with your friends!

Also in June, the Senior Center will be having an excursion to Stateline on Saturday, June 25. Come enjoy a buffet with other seniors and visit one or all three of the casinos at Buffalo Bill’s, Primm Valley and Whiskey Pete’s. The excursion is from 7 a.m. to 11 p.m. and tickets are \$33.

The last event for June is the 2011 Senior Health and Resource Fair on Wednesday, June 29 from 10 a.m. to 2 p.m. The Fair’s theme is “BE STRONG: Mind, Body, and Soul” and features a variety of health and wellness related information, screenings, and community resources in one convenient location.

“This event is an excellent opportunity for seniors and their family members to get useful advice to help them start or continue to lead healthy lifestyles,” says Community Services Coordinator, Tiffany Starks. The 2011 Senior Health and Resource Fair is free to the public and provides health screenings such as bone density, blood pressure, glucose, and body fat. Information on legal services, health care plans, medical equipment, personal training and so much more is also available.

Getting to the Senior Center is easier than ever with the help of the Senior Services Transportation Program, which offers rides to and from the center, as well as a variety of retail and grocery stores, doctor offices and hospitals within Fontana city limits. The Transportation Program operates Monday through Friday from 8 a.m. to 5 p.m. and Saturday 9 a.m. to 3 p.m. Transportation riders can purchase an annual pass for only \$25 which includes one round trip per operational day or \$1 for a one way trip. Participants must be a City of Fontana resident over the age of 55. For more information, please call the Transportation Program office at (909) 854-5175.

There are other great events at the Senior Center this June. The Center has many daily activities such as clubs for knitting, billiards, cards, crafts and a dance club. There are also many amenities at the Senior Center to keep seniors occupied, like a fitness room with equipment designed for seniors and those with disabilities, a professional hair salon, two lounges, an arts and crafts room, an art gallery and a computer lab with 24 personal computers.

The Fontana Community Senior Center is located at 16710 Ceres Ave. For more information about the services or events at the Fontana Community Senior Center, please call (909) 854-5151 or visit seniors.fontana.org.

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