



# 5-0 and on the go!

Promoting fitness, fun, and friendships

JULY/AUGUST 2020

The health and safety of our residents and visitors is our highest priority, and the City of Torrance is striving to provide service while following local, state, and federal guidelines for preventing the spread of COVID-19. Therefore, the Bartlett and Tillim Senior Centers will be closed until further notice, and our senior citizens programs offered at the Russ Nolte Annex, Ken Miller Recreation Center, and Walteria Park are canceled.

We are disappointed that we have had to make these difficult decisions and we will reassess their status on a weekly basis. We will also continue to monitor COVID-19 and its effect on the public closely to make the best informed decisions.

We thank everyone for their patience, support and understanding - we look forward to welcoming our seniors back soon.

## Torrance Cares Farmers' Market Curbside Pick-Up Program

The Torrance Cares Farmers' Market Curbside Pick-Up Program allows Torrance at-risk residents (seniors 60+, those with disabilities, and those with underlying health conditions) to pre-order a pre-selected produce box directly from the farmer and pick it up at Wilson Park, without having to get out of the car.

To order please go to: <https://www.cityoftorranceca.com/tcfarmersmarket.html>

Customers will pre-order from the Farmer and pay directly in advance. Please follow instructions specific to the Farmer you are placing an order with. All sales will be considered final.

Customers will drive by for pick-up between 11:00 a.m. and noon on their designated pick up day. Staff will take names, check ID, and deliver orders to customer in the Wilson Park roundabout.

### FOR ADDITIONAL INFORMATION

Torrance Certified Farmers' Market at Wilson Park

2400 Jefferson St., Torrance, California

[JChan@TorranceCA.Gov](mailto:JChan@TorranceCA.Gov)

310-781-7520

<https://www.cityoftorranceca.com/tcfarmersmarket.html>

Stay Safe, Stay Healthy, Stay Home.

Our City. Your Home. #TorranceCares



For information about resources for seniors or if you have any questions about what Torrance is doing for seniors, call the **Senior CoVid-19 Info Hotline** at 310-320-5918





## CitiCABLE PRESENTS: COVID-19 TODAY

Monday to Thursday at 4 P.M.

Friday to Sunday at 2 P.M.

Catch Torrance CitiCABLE's newest program "COVID-19 TODAY" and get daily live updates on the coronavirus health crisis and its impact here in Torrance.

## Help Us Help Others

The City of Torrance is proud to have a community that wants to help those in need. The best way for you to contribute your time, monetary, or in-kind donations is by partnering up with one of our Torrance Based Non-Profit Organizations. With the uncertainty of the pandemic, please contact groups directly to coordinate donation.



For more information: Call (310) 328-5310 or visit: <https://www.cityoftorranceca.com/tcconnections.html>



## TORRANCE GROCERS ACCOMMODATING VULNERABLE GROUPS



3455 Sepulveda Blvd.  
(near Target)  
7 to 7:30 a.m. - exclusive shopping for seniors 60+

5035 Pacific Coast Hwy  
(PCH/Calle Mayor)  
7 to 7:30 a.m. - exclusive shopping for seniors 60+

1770 W. Carson Street  
(Carson/Abalone)  
7 to 7:30 a.m. - exclusive shopping for seniors 60+

2909 Rolling Hills Road  
(Rolling Hills Rd/Crenshaw)  
7 to 7:30 a.m. - exclusive shopping for seniors 60+



5130 190th Street.  
(190th / Anza)  
7 to 8 a.m. (Tue & Thu)  
Shopping for age 65+

1824 W. 182nd St.  
(182nd/Western)  
7 to 8 a.m. (Tue & Thu)  
Shopping for age 65+



24325 Crenshaw Blvd.  
(Crenshaw/Lomita)  
7 to 9 a.m. (Mon-Fri) - Seniors, pregnant women, customers with disabilities & compromised immune systems

4705 Torrance Blvd.  
(Torrance/Anza)  
7 to 9 a.m. (Mon-Fri) - Seniors, pregnant women, customers with disabilities & compromised immune systems



19340 Hawthorne Blvd.  
(Hawthorne/Del Amo)  
6 to 7 a.m. Tuesdays reserved for seniors 60+



2640 Lomita Blvd.  
8 to 9 a.m. (Tue & Thur)  
reserved for seniors 60+



2655 Pacific Coast Highway  
(Rolling Hills Plaza)  
7 to 8 a.m. - exclusive shopping for seniors 60+



3433 Sepulveda Blvd.  
1st hour each Wednesday reserved for elderly and those with underlying health concerns



19720 Hawthorne Blvd.  
(Torrance Promenade)  
Seniors 65+ may bypass the line

2545 Pacific Coast Highway  
(Rolling Hills Plaza)  
8 to 9 a.m. daily, special line for seniors 65+



2601 Skypark Drive  
7 to 9 a.m. (Tue & Thu)  
Drive-up concierge orders for seniors and at-risk members



4848 W. 190th Street  
(190th/Anza)  
8 to 9 a.m. (Tue & Thur)  
reserved for senior shoppers



2755 Pacific Coast Highway  
(PCH/Crenshaw)  
7:30 to 8 a.m. - reserved for seniors 65+ and customers with disabilities

17500 Crenshaw Blvd.  
(Crenshaw/Artesia)  
7:30 to 8 a.m. - reserved for seniors 65+ and customers with disabilities

21035 Hawthorne Blvd.  
(Hawthorne/Torrance)  
7:30 to 8 a.m. - reserved for seniors 65+ and customers with disabilities



3525 W. Carson Street  
(Del Amo Fashion Center)  
8 to 9 a.m. Saturdays  
Reserved shopping for seniors and pregnant women



## GoldenTALK - 24hr Senior Chatline

(888) 60-GOLDEN OR (888) 604-6533

GoldenTALK is a chat and crisis line for Older Adults who are 60 years of age and older. The chat line assists senior facing social isolation through warm conversations and also provides referrals and works closely with multiple agencies within Los Angeles County in the event of a crisis.



### Re-imagine Recreation!



Staying active may seem difficult while social distancing, but a little distance can go a long way. Physical activity can help to boost your mood, reduce stress, improve sleep, and sharpen your Focus - benefits that can be especially important during stressful times. Discover how to stay active with our Virtual Recreation Center and Resources.

Explore the Virtual Recreation Center now at:  
<https://www.torranceca.gov/services/virtual-recreation>



**Delivered Meals:** These two agencies will provide home delivered meals to seniors.



Torrance-South Bay Family YMCA (310) 602-4909



**MEALS  
ON WHEELS**

*Serving Torrance and Lomita, California*

Torrance-Lomita Meals on Wheels (310) 542-3434

### Free COVID-19 Testing for Residents of Los Angeles County



- The City of Los Angeles, in partnership with the County of Los Angeles and CORE (Community Organized Relief Effort), is providing free COVID-19 testing to **ALL** Los Angeles County residents, whether or not you are experiencing COVID-19 symptoms. Priority for the same or next day testing is still given to people with symptoms, such as fever, cough, shortness of breath, chills, muscle pain, headaches, sore throat, or a new loss of sense of smell. Testing is by appointment only.
- To confirm eligibility and testing appointment availability, go to: [Coronavirus.LACity.org/Testing](https://Coronavirus.LACity.org/Testing)
- Residents of LA County without internet access can call 2-1-1, where operators can assist with online registration to determine eligibility and appointment details.
- For more information, please visit the Los Angeles County Department of Public Health website: <http://publichealth.lacounty.gov/media/coronavirus/>



## Bee Safety: Steps to Prevent Stings

“Bee” smart about stings and bites!



With the summer sun and increased outdoor activity drawing bees from their hives, it's important to know what to do - and what not to do. Follow these safety guidelines and treatment tips around bees:

-  Bees are attracted to sweet scents, so avoid wearing flowery perfumes or leaving sugary food out
-  When drinking sweet beverages outside, check cans and straws for insects before drinking
-  Guard your face and neck, the most common places for bees to sting
-  If you are stung, apply hydrocortisone cream to ease itching or stinging sensation
-  Leave the immediate area; bee stings release a chemical that attracts other bees to the scene
-  Scrape a bee stinger off with a fingernail or dull object—do not pull out using tweezers
-  If a swarm of bees is attacking, rather than trying to swat them away, get into a closed area, “play dead,” or dive into water
-  If you have experienced an allergic reaction to a bee sting before, professionals recommend carrying an EpiPen with you at all times



When there is an emergency, get the information first with **TorranceAlerts**, the City of Torrance early warning notification system.

**TorranceAlerts** is our mass emergency notification system that enables you to receive early warning notifications concerning emergency events such as an earthquake, fire, public health emergency or similar situation. A **TorranceAlert** will be sent when the City is informing you of a “call to action,” such as evacuate, avoid, shelter, etc. to your telephone, email, and/or text. You can also download the app to receive notifications.

Individuals with disabilities who need assistance registering for **TorranceAlerts** may call the Interactive Communications Office at 310.618.5762 during regular business hours: Monday – Thursday and alternate Fridays, 8:00a.m. to 5:00p.m or email us at [TorranceAlerts@TorranceCA.Gov](mailto:TorranceAlerts@TorranceCA.Gov)

## Trivia Quiz!

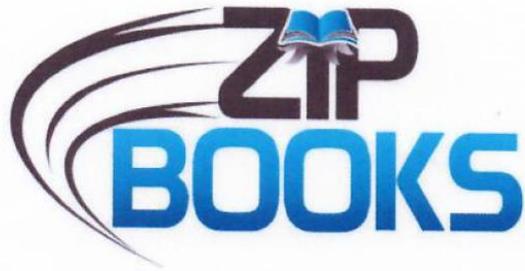


1. According to Greek mythology who was the first woman on earth?
2. Samuel Tilden, Grover Cleveland, Al Gore and Hillary Clinton share what distinction among U.S. presidential candidates?
3. Tennis star Serena Williams won which major tournament while pregnant with her first child?
4. Which African country was formerly known as Abyssinia?
5. In which European city would you find Orly airport?
6. Which singer's real name is Stefani Joanne Angelina Germanotta?
7. The only known monotremes in the animal kingdom are the echidna and which other creature?

### Answers:

1. Pandora
2. They won the popular vote, but lost the electoral-college vote
3. The Australian Open
4. Ethiopia
5. Paris
6. Lady Gaga
7. The platypus

**Torrance Public Library Presents**



**Request any eligible book or Book on CD, and the book ships directly to your home via Amazon Prime!**

**Make a request online, or call the Reference Desk at any Torrance Public Library!**



**For more information please call,  
(310) 781-7599 or visit  
[www.Library.TorranceCA.gov](http://www.Library.TorranceCA.gov)**

**City of Torrance Community Services Department: Creating and Enriching Community through People, Programs, and Partnerships**



***Zip Books is a statewide project of the NorthNet Library System, funded by the California State Library.***



# ***Great Plates Delivered* program.**

***Great Plates Delivered*** is designed to support adults 65 and older and adults 60-64 who are at high-risk from COVID-19, in staying home and staying healthy by delivering a maximum of three (3) nutritious meals a day, and also provide essential economic stimulus to local businesses and workers struggling to stay afloat during the COVID crisis.

## **Who qualifies for enrollment into the program?**

- Individuals who are 65 or older, or 60-64 and at high-risk as defined by the CDC, including:
  - ✓ Individuals who are COVID-19 positive (as documented by a state/local public health official or medical health professional),
  - ✓ Individuals who have been exposed to COVID-19 (as documented by a state/local public health official or medical health professional), or
  - ✓ Individuals with an underlying condition.
- Individuals must live alone or with one other program-eligible adult
- Participants must not be currently receiving assistance from other state or federal nutrition assistance programs
- Participants must earn no more than 600% of the federal poverty limit
- Individuals must affirm an inability to prepare or obtain meals



## **Will I be charged for meals delivered?**

No, meals are delivered free of charge through this program.

## **How many meals may be delivered per day?**

Each individual is allowed a maximum of three (3) nutritious meals per day.

## **How can I enroll into the program if I believe I qualify?**

To enroll call 2-1-1 - Operators are available to help you enroll in Great Plates Delivered.



## ***An Island of Wilderness in the City!***



A visit to the Madrona Marsh Preserve is truly a unique experience. Come and explore one of the last remaining vernal marshes in Southern California. The Madrona Marsh Preserve is currently open Thursdays, Fridays, & Saturdays, by appointment only. Please call (310) 782-3989 to make an appointment or for more information. The entrance gate to the Preserve is directly across the street from the Nature Center, where there's plenty of parking available.

### **Madrona Marsh Preserve & Nature Center**

3201 Plaza Del Amo

Torrance, CA 90503

(310) 782-3989

Please note: Madrona Marsh Nature Center remains closed.



# Crossword Puzzle!

## ACROSS

- 1) Chips off the old flock?
- 6) Like luxury hotels
- 10) Ostrich cousins
- 14) Bye, in France
- 15) One opposed
- 16) Highest-quality
- 17) Spy vs. spy, e.g.
- 20) Suburb of Atlanta
- 21) Hymn book
- 22) Boise's state
- 25) "The defense \_\_\_!"
- 26) Annoying smell
- 30) "Star Trek" speed
- 32) Close-mouthed
- 35) Painting props
- 41) Haphazardly
- 43) Pearl City partings
- 44) Extreme emotional outburst
- 45) TV's "\_\_\_-Team"
- 47) Like karaoke performances
- 48) Birch tree
- 53) Moral standard
- 56) Move like a snake
- 58) Rounded roof structure
- 63) Some computer monitors
- 66) Well aware of
- 67) Dare into doing
- 68) Dickens' scheming Heep
- 69) Mattel wares
- 70) Young newts
- 71) Annoying

## DOWN

- 1) Plant pouches
- 2) Food in a red coat
- 3) Word with "slicker" or "hall"
- 4) Dotted-line instruction
- 5) Islam's largest branch
- 6) Actress Dawber
- 7) Lennon's wife
- 8) Shocked state
- 9) Blow off steam?
- 10) Birdie beater
- 11) Castle trenches
- 12) Not gratified, as needs
- 13) Fortune-tellers
- 18) Mom's mate
- 19) Word before "drop" or "flap"
- 23) Barley bristles
- 24) Short-handled ax
- 26) Threat in the ocean
- 27) Post-ante activity
- 28) "Beetle Bailey" canine
- 29) Wealthy
- 31) Goldfish, gerbils and such
- 33) Chinese tea
- 34) Point in the right direction?
- 36) Work in Hollywood, perhaps
- 37) Cows and sows
- 38) Brown shade
- 39) Form of "lie"
- 40) Entanglement
- 42) Hindu nursemaid
- 46) "... upon receipt \_\_\_"
- 48) Adam's-apple warmer
- 49) Treeless plain below the equator
- 50) Cheerful little earful
- 51) Community spirit
- 52) Part of the Greek alphabet
- 54) Like some winter roads
- 55) Funny person
- 57) Outer limit
- 59) Not diluted
- 60) Kimono closers
- 61) Tap mishap
- 62) Covered with soot
- 64) Cat's prey
- 65) They're on billboards

## HERE, KITTY

By Luke Cayon

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**CITY OF  
TORRANCE**

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**Community Services Department**  
3031 Torrance Boulevard  
Torrance, CA 90509-2970

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