



Farmers Market every Friday. This takes place from 11:00 a.m. to 3:00 p.m. at Bell Gardens Veterans Park. This program allows registered residents to sell any art that they created or any guard still items that they might have. Commissioner Ana Maria Sanchez motioned to file report. Commissioner Stephanie Perez seconds the motion to file the report.

Chairperson Diana requests Commission Secretary Miriam Vargas-Cervantes to take roll call vote.

- Chairperson Diana Rivera                      yes
- Vice-Chairperson Stephanie Perez            yes
- Commissioner Ana Maria-Sanchez            yes

**B. Senion Updates:**

Supervisor Diana Ortiz provides an update of the senior activities. The Senior Health Fair is scheduled for Thursday, July 13<sup>th</sup> at Bell Gardens Veterans Park. The event aims to promote the senior communities well-being offering them access to valuable information and resources. Attendees will be able to participate in different activities and workshops that are centered around topics such as nutrition and exercise and mental wellness. Throughout the afternoon seniors will have the opportunity to actively participate in the sessions to empower them to make positive choices for their health and to live vibrant lives. Encourages seniors to join and to stay for the entirety of the program considering the raffles will be taking place at every end of the event. The Senior Center will be transformed into a tropical paradise. The planned event will include lively music and delicious food. One event will be at the Clara Senior Center on July 20<sup>th</sup>. On Tuesday July 25<sup>th</sup> the second event will be held at the Bell Gardens Veterans Park. Both events are completely free to all seniors. The Senior Center will have a worldwide delicacy, a new program that was recently launched. It offers immersive cultural experience by merging into the diverse countries and the distinct culinary traditions. This program has been thoughtfully crafted to educate our seniors about different nations and indulge them in the delightful journey of their flavor. This past month it went into India, staff provided some information and cultural facts about India. Seniors had the opportunity to taste Indian food. The center received positive feedback; it was their first time trying Indian food. The next event will be held on July 27<sup>th</sup>. Invites the commissioners to attend the delicious Italian delicacy. Lastly, intergenerational activities are currently being worked on. The centers are opening from 8:00 a.m. to 2:00 p.m. Hours are being worked on and be able to implement more fun and inviting programing. In the past the department has had an intergenerational talent show. The center plans on having it again since it was a fun event. Commissioner Ama Maria- Sanchez motions to file report. Vice Chairperson Stephanie Perez seconds the motion to file report.

Chairperson Diana requests Commission Secretary Miriam Vargas-Cervantes to take role call and file this report.

- Chairperson Diana Rivera                      yes
- Vice-Chairperson Stephanie Perez            yes
- Commissioner Ana Maria-Sanchez            yes

**Public Comments:**

Commission Secretary, Miriam Vargas-Cervantes confirms there are no public comments on non-agenda items.

**Comments from Commission:**

Vice Chairperson Stephanie Perez would like to thank staff for putting all the summer awesome activities. Encourages everyone to stay cool and hydrated.

Commissioner Ana Maria Sanchez would like to congratulate all senior staff. They are always offering the best of the best at all the events.

**Adjournment:**

Chairperson Diana announces the meeting will be adjourned if there is no objection by the commissioners. Meeting adjourned at 6:21 p.m.

Recorded By: MVCS - Cervantes  
Miriam Vargas-Cervantes, Senior Citizen Commission Secretary