

CITY OF IRWINDALE

5050 N. IRWINDALE AVE., IRWINDALE CA 91706 • PHONE: (626) 430-2200



NOTICE AND AGENDA FOR REGULAR MEETING OF THE

SENIOR CITIZEN COMMISSION

April 27, 2026

9:00 AM

IRWINDALE COUNCIL CHAMBER

CAROL ACOSTA - Chair

ROBERT LOPEZ - Vice Chair

DOLORAS AMADOR - Commissioner

LINDA MAREZ - Commissioner

IRIS RODRIGUEZ - Commissioner

Via Zoom Webinar at <https://us02web.zoom.us/j/88366337251>

In the event that a Zoom broadcast is unavailable, staff will promptly notify the public through its social media platforms. The public meeting will proceed in accordance with The Brown Act.

Listen Over Phone: 1-669-900-6833; Webinar ID: 883-6633-7251

Spontaneous Communications: The public is encouraged to address the Senior Citizen Commission on any matter listed on the agenda or on any other matter within its jurisdiction. The Senior Citizen Commission will hear public comments on items listed on the agenda during discussion of the matter and prior to a vote. The Senior Citizen Commission will hear public comments on matters not listed on the agenda during the Spontaneous Communications period.

Pursuant to provisions of the **Brown Act**, no action may be taken on a matter unless it is listed on the agenda. The Senior Citizen Commission may request that staff research and/or schedule certain matters for consideration at a future Senior Citizen Commission meeting.

Americans with Disabilities Act: In compliance with the ADA and Government Code section 54953(g), the City of Irwindale has adopted a reasonable accommodation policy to swiftly resolve accommodation requests. The policy can be found on the City's website: <https://www.irwindaleca.gov/DocumentCenter/View/8075/AB-2449-Reasonable-Accommodation-Policy>. If you need special assistance to participate in a Senior Citizen Commission meeting or other services offered by this City, including an electronic or printed copy of the City's reasonable accommodation policy, please contact City Hall at (626) 430-2200. Notification of at least 48 hours prior to the meeting or time when services are needed will assist the City staff in assuring that reasonable arrangements can be made to provide accessibility to the meeting or service.

Note: Staff reports are available for inspection at the office of the Chief Deputy City Clerk, City Hall, 5050 N. Irwindale Avenue, during regular business hours (8:00 a.m. to 6:00 p.m., Monday through Thursday).

Code of Ethics

As City of Irwindale Senior Citizen Commissioners, our fundamental duty is to serve the public good. We are committed to the principle of an efficient and professional local government. We will be exemplary in obeying the letter and spirit of Local, State and Federal laws and City policies affecting the operation of the government and in our private life. We will be independent and impartial in our judgment and actions.

We will work for the common good of the City of Irwindale community and not for any private or personal interest. We will endeavor to treat all people with respect and civility. We will commit to observe the highest standards of morality and integrity, and to faithfully discharge the duties of our office regardless of personal consideration. We shall refrain from abusive conduct, personal charges or verbal attacks upon the character or motives of others.

We will inform ourselves on public issues, listen attentively to public discussions before the body, and focus on the business at hand. We will base our decisions on the merit and substance of that business. We will be fair and equitable in all actions, claims or transactions. We shall not use our official position to influence government decisions in which we have a financial interest or where we have a personal relationship that could present a conflict of interest, or create a perception of a conflict of interest.

We shall not take advantage of services or opportunities for personal gain by virtue of our public office that are not available to the public in general. We shall refrain from accepting gifts, favors or promises of future benefit that might compromise our independence of judgment or action or give the appearance of being compromised.

We will behave in a manner that does not bring discredit or embarrassment to the City of Irwindale. We will be honest in thought and deed in both our personal and official lives.

Ultimate responsibility for complying with this Code of Ethics rests with the individual elected and appointed official. In addition to any other penalty as provided by law, violation of this Code of Ethics may be used as a basis for disciplinary action or censure of a Council Member and/or Commissioner.

These things we hereby pledge to do in the interest and purposes for which our government has been established.

IRWINDALE SENIOR CITIZEN COMMISSION



1. CALL TO ORDER**2. PLEDGE OF ALLEGIANCE****3. INVOCATION****4. ROLL CALL** Commissioners: Doloras Amador, Linda Marez, Iris Rodriguez; Vice Chair Robert Lopez; Chair Carol Acosta**5. AB 2449 DISCLOSURES**

Remote participation by a member of the legislative body for just cause or emergency circumstances

6. CONSENT CALENDAR

The Consent Calendar contains matters of routine business and is to be approved with one motion unless a member of the Commission requests separate action on a specific item. At this time, members of the audience may ask to be heard regarding an item on the Consent Calendar.

A. Minutes of the Meeting Held March 23, 2026

Department: City Clerk

Recommendation: Approve

7. SPONTANEOUS COMMUNICATIONS

This is the time set aside for members of the audience to speak on any item not on this agenda that is within the Commission's subject matter jurisdiction. The Senior Citizen Commission is an advisory body appointed by the City Council that reviews and provides recommendations on matters related to the senior citizens of the community. Except for very limited circumstances, state law prohibits any Commission discussion or action on items that are not on the agenda.

All members of the public are asked to observe the City's Rules of Procedure and Public Meeting Decorum. The City's Rules of Procedure and Public Meeting Decorum can be found on the City's website, and at Chapter 2.40 of the Irwindale Municipal Code. You may also contact the City Clerk's Office for copies.

Each speaker will be limited to 3 minutes unless such time limits are extended. If a member of the public wishes to donate their time to another speaker, both persons must be physically present and in attendance of the meeting. The Presiding Officer may, in his or her discretion, extend the 3-minute time limitation for the particular subject for all speakers. In no event shall the total amount of speaking time exceed 6 minutes per person for the subject under discussion. Organized groups of persons wishing to address the Board on the same subject should select a spokesperson to represent the group so as to avoid unnecessary repetition.

The Commission may regulate a speaker who is speaking too long or out of order, being unduly repetitious, discussing irrelevancies, or extending to items not within the subject matter jurisdiction of the Commission. Please be reminded that discrimination, abusive use of profanity, unruly disruption,

and violent or physically threatening conduct is discouraged. Members of the public shall not disrupt the orderly conduct of the meeting. The Presiding Officer will request that a person cease any disruptive conduct, and if not immediately stopped, will direct the person to be removed from the meeting.

8. NEW BUSINESS

At this time, members of the audience may ask to be heard regarding an item on New Business.

A. Reading Room Transition

Department: Public Services

Recommendation: Receive and file the update on the Senior Center's Reading Room transition.

B. Senior Citizen of the Year

Department: Public Services

Recommendation: Discuss and provide a recommendation for staff to create program options to be presented at the May Commission meeting.

9. SENIOR CENTER MANAGER UPDATE

10. PUBLIC SERVICES DIRECTOR UPDATE

11. REQUESTS FOR AGENDA ITEMS BY COMMISSION

If a Commissioner is interested in a task or project, the Commissioner shall request that the item be agendized in this section.

12. ADJOURN

AFFIDAVIT OF POSTING

I, Armando Hegdahl, Management Analyst, certify that I caused the agenda for the regular meeting of the Irwindale Senior Citizen Commission to be held on April 27, 2026, to be posted at the City Hall, Library, and Post Office on April 23, 2026.



Armando Hegdahl, CMC
Management Analyst

**IRWINDALE COUNCIL CHAMBER
5050 N. IRWINDALE AVENUE
IRWINDALE, CALIFORNIA 91706**

**MARCH 23, 2026
MONDAY
9:00 A.M.**

The Irwindale **SENIOR CITIZEN COMMISSION** met in regular session at the above time and place.

ROLL CALL:

Present: Commissioners Doloras Amador, Linda Marez, Iris Rodriguez; Vice Chair Robert Lopez; Chair Carol Acosta

Also present: Elizabeth Rodriguez, Public Works Services Director; Elena Martinez, Senior Center Manager; and Armando Hegdahl, Management Analyst

AB 2449 DISCLOSURES

None.

CONSENT CALENDAR

A motion was made by Vice Chair Lopez, seconded by Commissioner Amador, to approve the Consent Calendar. The motion was unanimously approved.

ITEM NO. 6A
MINUTES

The minutes of the meetings held January 26 and February 23, 2026, were approved as presented.

SPONTANEOUS COMMUNICATIONS

Pat Gonzales stated that Senior Center patrons should not encourage other patrons to lie down on the couch in an empty room at the Center since they may soil the couch or experience a medical incident while nobody else is nearby.

SENIOR CENTER MANAGER UPDATE

Senior Center Manager Martinez provided the following update:

- 1) She reported on her attendance at a recent California Parks & Recreation Society conference held in Long Beach.
- 2) Class registrations have begun, with new sessions beginning March 30.
- 3) Most city offices will be closed on March 31 due to the holiday.
- 4) A trip to Knott's Boysenberry Festival was held on March 14.
- 5) A trip to the Dodgers vs. Rangers game has been scheduled for April 11.
- 6) A trip to Morongo Casino has been scheduled for May 9.
- 7) A St. Patrick's Day Dance has been scheduled for March 17.
- 8) A spring boutique has been scheduled for April 1.
- 9) A Spring Fling has been scheduled for April 17.
- 10) An Easter Egg Hunt will be held on April 3.
- 11) Staff will send out another wellness survey to the community in the hope that more individuals will respond.

Responding to an inquiry from Chair Acosta, Manager Martinez stated that staff could create a donation list outlining items that interested individuals could purchase and donate to the Senior Center.

PUBLIC SERVICES
DIRECTOR UPDATE

Director Rodriguez provided the following update:

- 1) She reported on her attendance at a recent California Parks & Recreation Society conference held in Long Beach.
- 2) Applications for the Memorial Paver are being accepted.
- 3) Applications for the 2026 Summer Youth program are also being accepted.
- 4) The County of Los Angeles is conducting a Community Strength and Needs Survey relating to water.
- 5) The Irwindale Public Library Spring Book Festival has been scheduled for March 28.
- 6) Most City offices will be closed on March 31 in observance of a state holiday.
- 7) The Recreation Department's Easter Eggstravaganza event has been scheduled for April 4.
- 8) A Rockabilities Petting Zoo event has been scheduled for April 8.
- 9) The City will host its 2026 Mayor's State of the City Address at the Dan Diaz Recreation Center on April 16. The Rockabilities program will also hold an inclusive field trip on April 19.
- 10) The Recreation Department has scheduled a trip to the Renaissance Pleasure Faire on April 25.
- 11) A spring bulky-item and electronic waste pickup event has been scheduled for May 8.

REQUESTS FOR AGENDA
ITEMS BY COMMISSION

Commissioner Rodriguez and Vice Chair Lopez spoke highly about their attendance at the CPRS conference held in Long Beach.

Chair Acosta requested that the matter that Pat Gonzales spoke about be included on the agenda for the next meeting.

Commissioner Amador requested to discuss implementing a "Senior Citizen of the Year" program.

ADJOURNMENT

There being no further business to conduct, the meeting was adjourned at 9:22 a.m.

ATTEST:

Armando Hegdahl, CMC
Management Analyst

City of
IRWINDALE
AGENDA REPORT

Date: April 27, 2026

To: Honorable Chair and Members of the Senior Citizen Commission

From: Elizabeth Rodriguez, Public Services Director

Issue: Reading Room Transition

Public Services Director's Recommendation:

Receive and file the update on the Senior Center's Reading Room transition.

Administrative Action:

Submitted by:

Elizabeth Rodriguez, Public Services Director

Prepared by:

Elena Martinez, Senior Center Manager

Background and Analysis:

At the March 23, 2026 Senior Citizen Commission Meeting, the Commission requested an update regarding the Reading Room, with interest in converting it into a more utilized space.

Attachments:

1.	Reading Room Transition Slides
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READING ROOM TRANSITION

4/27/26

Presented by: Elena Martinez, Senior Center Manager

- 1) READING ROOM
- 2) OUTDOOR EXCERSICE EQUIPMENT
- 3) FITNESS CENTER/ TV ROOM
- 4) FITNESS CENTER FOR SENIORS
- 5) BENEFITS OF SENIOR FITNESS CENTERS
- 6) IRWINDALE SENIOR FITNESS CENTER
- 7) STREGNTH TRAINING FOR SENIORS
- 8) GLIMPSE INTO THE FUTURE FITNESS CENTER
- 9) CONCLUSION
- 10) QUESTIONS

READING ROOM

- » In 2020, the room between the Computer Lab and the Craft room was converted into the “Reading Room”.
- » Despite the name, this room has been used for more than just individual reading.
 - Book Club
 - Lounging
 - Coloring
 - Games

- » Ultimately, the room has not been highly utilized by participants. Most prefer to lounge in the Lobby or the TV room.



OUTDOOR EXCERSICE EQUIPMENT

» Also in 2020, the City was given a grant through the Recreation Department for outdoor excersice equipment.

» The equipment was installed in the back patio of the Senior Center.

» Although staff have made efforts to promote the space, it remains underutilized by senior participants.

Potential contributing factors:

- Access requires passing through other rooms, which may discourage use
- Limited awareness that the equipment is available
- Physical separation and isolation from main activity areas



FITNESS CENTER/ TV ROOM

» The purchases of two treadmills, elliptical, fan and sitting bike began in 2021, after the reopening of the Senior Center.

The space was originally used as a coffee room with some exercise equipment; however, after a television was added, it
» transitioned into a dual-use area serving both social and fitness purposes.

There are casual users of the equipment; however, because the
» space only offers cardio machines, participants tend to complete brief workouts and leave, resulting in a lack of a comprehensive, full-body fitness experience.

There are frequent television users, typically later in the day; however, they tend to avoid the
» room during morning exercise times due to distractions. The presence of TV viewers can also deter participants from fully engaging in workouts, and can create a conflict between passive and active uses of the space.



FITNESS CENTER FOR SENIORS

» Already established in multiple senior center facilities, including:

- Huntington Beach Senior Center
- Oasis Senior Center
- Covina Senior Center
- El Monte Senior Center



Oasis Senior Center



Huntington Beach Senior Center



El Monte Senior Center

BENEFITS OF SENIOR FITNESS CENTERS

- Providing a space with privacy from the general population allows participants to work out comfortably, and being surrounded by like-minded individuals helps foster a sense of community and supports overall health and wellness.
- The exercise equipment is thoughtfully selected to meet the needs, abilities, and safety considerations of senior participants.
- “Many adverse public health outcomes related to obesity and poor air quality may be preventable through the implementation of a more sustainable and integrated program of community and transportation planning at the regional and local levels. Evidence has shown that built environment factors play an important role in supporting healthy behavior and reducing rates of chronic diseases and obesity. For example, improved active transportation infrastructure, better accessibility to recreational open space, and the development of more walkable communities enhance opportunities for physical exercise and thereby result in a reduction of obesity rates, along with the chronic diseases associated with physical inactivity.”

— Southern California Association of Governments (SCAG), Irwindale Local Profile

IRWINDALE SENIOR FITNESS CENTER

- Current exercise equipment will be moved to the “Reading Room.”
- On March 17, 2026, the Irwindale Community Foundation tentatively approved \$17,000 to support the addition of strength training machines in the new Fitness Center.
- The addition of strength training machines will support a more comprehensive, full-body workout experience and generate renewed interest in exercise. The dedicated space for both independent and instructor-led activities will create a more comfortable, intentional environment that encourages participants to engage in and explore new forms of fitness.
- The Fitness Center will be conveniently located adjacent to the outdoor exercise area, creating a seamless connection between the two spaces and making fitness opportunities more accessible and approachable for participants.



STRENGTH TRAINING FOR SENIORS

» Benefits of strength training for older adults according to UCLA Health:

- Improves bone mineral density
- Increases muscle strength and function
- Lowers mortality risk



» While cardio burns more calories during the workout, strength training burns calories after the work out is completed. “That’s because muscle burns more calories than other body tissue, even when you’re just sitting around doing nothing.”

-Cleveland Clinic

» Building muscle is essential for reducing the risk of falls and supporting everyday movements, such as safely getting out of a chair and maintaining independence.

GLIMPSE INTO THE FUTURE FITNESS CENTER

- » Exercise Machines Include:
 - Lat Pull Down Machine (Upper Body)
 - Leg Extention/ Leg Curl (Lower Body)
 - Leg Press/ Calf Raise (Lower Body)
 - Simple Trainer (Full Body)
- » Professional-led training sessions will be offered to instruct participants on the safe and effective use of the equipment.
- » Friendly competitions, a positive health-focused culture, and increased participation will help create a more connected, active, and stronger senior community.



CONCLUSION

- » The Reading Room will be converted into the Fitness Center.
- » Locating the Fitness Center adjacent to the outdoor exercise area creates a seamless connection between the two spaces, improving accessibility and encouraging greater participation.
- » The Fitness Center will receive new strength training machines pending final financial approval.
- » The dedicated space provides seniors with opportunities to try new forms of exercise, build muscle, and reduce health risks, supporting overall well-being and independence.



A photograph of the Irwindale Senior Citizens Center courtyard. In the foreground, a multi-tiered terracotta fountain with water spraying upwards and outwards sits in a circular basin. Behind the fountain is a low wall with a brick top and a garden bed containing various plants and a small palm tree. The background features a two-story building with a red-tiled roof, large arched windows, and a central entrance with glass doors. The text "IRWINDALE SENIOR CITIZENS CENTER" is visible above the entrance. Large, leafy trees are scattered throughout the courtyard, and a large, semi-transparent "Questions?" text is overlaid in the center.

Questions?

City of
IRWINDALE
AGENDA REPORT

Date: April 27, 2026
To: Honorable Chair and Members of the Senior Citizen Commission
From: Elizabeth Rodriguez, Public Services Director
Issue: Senior Citizen of the Year

Public Services Director's Recommendation:

Discuss and provide a recommendation for staff to create program options to be presented at the May Commission meeting.

Administrative Action:

Submitted by:

Elizabeth Rodriguez, Public Services Director

Prepared by:

Elena Martinez, Senior Center Manager

Background and Analysis:

During the March 23, 2026 Senior Citizen Commission Meeting, Commissioner Amador requested that the "Senior Citizen of the Year" be placed on the April 27th meeting agenda. Staff has reviewed similar programs and prepared background information for the Commission to consider when discussing this potential program.

The "Irwindale Citizen of the Year" is presented by the Irwindale Chamber of Commerce and is awarded annually at their Awards and Installation Brunch in January. The program is administered through an application process, which requires nominees to be residents of Irwindale who have made significant contributions to the welfare and betterment of the City. Deadlines are often extended to ensure a sufficient number of applicants. A selection committee is formed to review applications and determine the recipient, who is awarded recognition and prestige.

The "Young Citizen of the Year" program was created for residents ages 16–20 who are currently enrolled in school. The program takes place in August at the Senior Center and includes a written essay, personal interviews, and an impromptu speaking component. The winner receives a scholarship, and runners-up receive smaller scholarship awards.

With these programs in mind, does the Commission have any recommendations on the timeline, type of award, selection criteria, application process, judging process, and eligibility requirements for a

“Senior Citizen of the Year” program?

Attachments:

None