

FOR IMMEDIATE RELEASE

# CITY OF PALMDALE

## *NEWS RELEASE*

CONTACT: John Mlynar  
PHONE: 661/267-5115  
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### Free Resource Fair for Seniors Coming to Legacy Commons This Thursday

PALMDALE – The City of Palmdale’s Legacy Commons for Active Seniors will host the third annual Senior Resource Fair this Thursday, April 14 from 10 am to 12 noon at Legacy Commons, East Avenue Q-9 in Palmdale. Admission is free and there will be raffles and door prizes given away.

“Representatives from organizations that provide assistance and resources to individuals 55 and above will be on hand to answer questions and present information on everything from health and wellness, to housing and transportation, to leisure activities and more,” said Palmdale’s Recreation Coordinator Jennifer Tallakson.

Participating organizations include: AAG Reverse Mortgage, Americana Referral Services, Antelope Valley Partners in Health, Antelope Valley Transit Authority (AVTA), AV Community Clinic-Lancaster Adult Day Health Care, AV Seniors Network/CARA, Bankers Life/Colonial Penn, Bartz-Altadonna Community Center, Braille Institute Library Services, California Telephone Access Program/CA Phones, Center for Health Care Rights, Curves, Halley-Olson-Murphy, Health Net, HealthCare Partners Medical Group, High Desert Medical Group, HRBC Insurance, Independent Living Center of Southern California, LA Care, Mom’s House, Neptune Society, New Horizon Marketing Services, Parkinson’s Support Group of Antelope Valley, ProCare Hospice, Sam’s Club #4767, SCAN Health Plan, Sierra Medical Group, STS Property Management, Surge 365 and United States Postal Inspection Service.

## **About Legacy Commons**

Legacy Commons provides adults age 55+ the opportunity to remain young-at-heart with a wide range of drop-in activities in a modern, contemporary center. Experience camaraderie, enhance your overall health, continue learning and foster self-reliance through our fitness and exercise classes, visual and performing arts programs, informational seminars and special interest groups. Adjacent Legacy Park features walking paths and picnic tables, bocce ball courts, horseshoe pits and a croquet lawn. Visitors are invited to pick up a detailed schedule of activities. No membership is required.

Legacy Commons is located at 930 East Avenue Q-9, and is open Monday through Thursday, from 8 am to 4:30 pm and Friday's from 8 am to 12 noon. For more information call Legacy Commons at 661/267-5904.

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Communications Department • 38300 Sierra Highway • Palmdale, CA 93550  
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