

SOUTH PASADENA SENIOR CENTER NEWSLETTER

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South Pasadena Senior Center Staff

Melissa Snyder, Community Services Supervisor
Katrina Faulmino, Community Services Coordinator
Cielo Frausto-Lupo, Management Aide
Jonathan Smith, Senior Meal Program Site Manager
Eric Corona, Recreation Leader
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South Pasadena Senior Center

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 @SPseniorcenter



Community Services Coordinator Katrina Faulmino and volunteer Sue Quon at the CPRS District 13 Awards & Installation Dinner where they were honored.

Message from the Senior Center Supervisor

Dear Senior Center Members and Patrons,

I am thrilled to announce that our Community Services Coordinator Katrina and volunteer Sue Quon received recognition at the California Parks and Recreation Society District 13 Awards this year! Katrina won the Rising Professional Award which recognized her for excellence and dedicated services in the field of parks and recreation. Sue won Community Hero Award for her dedicated time and volunteer service in the field of parks and recreation. I am delighted to extend my heartfelt congratulations to each of them as the Senior Center would not be the same without their hard work.

I also want to take some time and encourage you all to join us this May at our Senior Center as we celebrate Older Americans Month. From engaging activities to insightful workshops, there is something for everyone. Let's make this Older Americans Month a memorable one at our Senior Center!

Melissa Snyder

Community Services Supervisor

Senior Center Important Information

South Pasadena Senior Center Policy & Procedures

The Community Services Commission reviewed the South Pasadena Senior Center Policies & Procedures at its February 12, 2024 Commission Meeting, and approved recommended changes to the document. For more information, please contact the Senior Center. Hard copies are available in person or can be mailed home upon request. A digital copy of the Policies & Procedures is available online.

Notable Changes to the South Pasadena Senior Center Policies & Procedures

The Commission and Community Services Department evaluates the effectiveness of the Policies & Procedures periodically and makes recommendations for changes. Community Services staff reviewed the document and provided edits for the Commission approval.

Per staff recommendation all policies and guidelines were combined into one cohesive document. The general policies and procedures were revised to include information regarding payments, coffee service, and supplementary clarifications to the Senior Center Membership.

Additional changes included adding guidance for donations to the Senior Center, excursions, nutrition program, and special luncheons.

Hours of Operation

The South Pasadena Senior Center is open Monday through Friday from 8:00 a.m. to 5:00 p.m.

Upcoming Closures

All City facilities will be closed on Monday, May 27, 2024 in observance of Memorial Day. Normal operations will resume on Tuesday, May 28th. All City facilities will be closed on Wednesday, June 19, 2024 in observance of Juneteenth. Normal operations will resume Thursday, June 20th.

Membership Dues

Membership to the Senior Center is offered to adults age 55 and older, as well as disabled persons. Membership benefits include bi-monthly newsletter mailed to household, use of computer lab, Wii equipment, parking permit, and free classes or lectures. Membership dues can be paid by completing an application and returning a check to the Senior Center. An individual membership is \$25.00 and a couple membership is \$35.00. Checks should be made out to: **City of South Pasadena**

Dial-A-Ride Hours

South Pasadena residents can schedule transportation to essential services such as medical appointments or grocery stores. Dial-A-Ride is open Monday through Friday from 8:00 a.m. to 5:00 p.m. with last pick-up at 4:00 p.m. **To schedule an appointment please call (626) 403-7368.**

Coffee Service

A hot and cold water dispenser is available to the public for use. Patrons are encouraged to bring refillable water bottles or cups. Coffee, tea, and condiments are available for purchase. Fees are established by the current Fee Schedule. Coffee service ends at 4:30 p.m.

Computer Lab

The computers are available in the library area. Computer lab will not be available during classes, scheduled meetings, or events. **The computer lab area is available to Senior Center Members ONLY.**

Email Updates

Make sure to provide an updated and accurate email to the Senior Center to receive weekly emailed updates! Weekly updates include what activities are available for the following week, the most accurate menu, and more important information. To add your email to the mailing list or to update your current email, please call (626) 403-7360 or email seniorcenter@southpasadenaca.gov.

Payments

The Senior Center accepts cash, check, and credit card payments from 8:00 a.m. to 4:30 p.m. After 4:30 p.m. the Senior Center only accepts credit card payments.

Volunteers

We are always looking for new volunteers! If you are interested in joining, please contact Community Services Coordinator **Katrina Faulmino** at kfaulmino@southpasadenaca.gov.

WiFi

Access is available to Senior Center Members. Make sure to check with the front desk for access. Please note, the password is changed periodically. Wifi is available to Senior Center Members ONLY.

Important Phone Numbers

Dial-A-Ride

(626) 403-7368

City Hall

(626) 403-7200

Fire Department

(626) 403-7300 (Non-Emergency)

Police Department

(626) 403-7270 (Non-Emergency)

Public Works

(626) 403-7370

Library

(626) 403-7330

Elder Abuse Hotline

(877) 477-3646

Huntington Hospital

(626) 397-5000

Nutrition Program

Site Manager: Jonathan Smith

On-Site Meal Program

Meals are served weekdays at 11:45 a.m. with advanced reservations. Advance reservations are held until 12:00 p.m. Cancellations need to be received by 10:00 a.m. or individuals will be billed for the meal.

Cost

Seniors/Disabled Persons: \$3.00*

Person under 55 years or Caregivers: \$5.00*

Coupons are available for purchase.

**Price is subject to change based on Master Fee Schedule.*

Frozen Lunches

Frozen lunches for the weekend and long holidays are available on Fridays with 2 weeks advance notice.

NOTE: The Nutrition Program is funded in part by the US Department of Housing & Urban Development Program. Each July, Senior Center staff will request an updated CDBG Form in order to maintain accurate information for auditing purposes.

Home Delivery Program

Home delivery offers frozen bulk meals for the week (either 5 or 7 meals per box) to disabled, frail or recovering individuals. Deliveries will be on Monday, unless otherwise stated. Cost: \$3.50 per meal.

Birthday Celebrations

Birthday celebrations have returned to the Senior Center! Join us on the last Friday of each month to celebrate. Advanced reservations are required.

Volunteers

On-Site Meal and Home Delivery Programs are both run by committed volunteers. If you are interested in volunteering, please contact the front desk to receive a Volunteer Application. If you previously volunteered and would like to restart, please contact Community Services Coordinator, Katrina Faulmino at kfaulmino@southpasadenaca.gov or at (626) 403-7395.

Upcoming Closure

All City facilities will be closed on Monday, May 27, 2024 in observance of Memorial Day & Wednesday, June 19, 2024 in observance of Juneteenth.

Special Event Luncheons

Senior Prom

Get ready to two-step into a night of Southern charm and music at our Nashville-themed prom! Dust off your cowboy boots and don your best denim for our NASH BASH! Advanced reservations are required. Senior Center Member and resident reservations open on Monday, February 26th at 8:00 a.m. General reservations open on Wednesday, February 28th at 8:00 p.m.

Date: April 12, 2024 | Time: 4:30 p.m.

Location: South Pasadena Senior Center

COST: \$3.00 (No shows will be billed)

Mother's Day Luncheon

Join the South Pasadena Senior Center for a luncheon to celebrate Mother's Day! Special thanks to Walter Cervantes and family for sponsoring the meal and to the South Pasadena Senior Citizens' Foundation for their raffle donation. Advanced reservations are required. Senior Center Member and resident reservations begin on Monday, April 8, 2024 at 8:00 a.m. General reservations open on Wednesday, April 10, 2024 at 8:00 a.m.

Date: May 8, 2024 | Time: 11:45 a.m.

Location: South Pasadena Senior Center

COST: FREE! Thank you to Walter Cervantes and family!

Powered by Connection - Boxed Lunch

On Wednesday, May 29, 2024 the Senior Center will serve a boxed lunch on the patio to accommodate the presentation by Huntington Health. Please make an advanced reservation with the Senior Center to receive lunch.

Father's Day Luncheon

Join the South Pasadena Senior Center for a luncheon to celebrate Father's Day! Advance reservations are required. Senior Center Member and resident reservations begin on Monday, May 6, 2024 at 8:00 a.m. General reservations open on Wednesday, May 8, 2024 at 8:00 a.m.

Date: June 12, 2024 | Time: 11:45 a.m.

Location: South Pasadena Senior Center

COST: \$3.00 (No shows will be billed)

4th of July Luncheon

Join the South Pasadena Senior Center for a luncheon to celebrate the 4th of July! Advance reservations are required. Senior Center Member and resident reservations begin on Monday, June 3, 2024 at 8:00 a.m. General reservations open on Wednesday, June 5, 2024 at 8:00 a.m.

Date: July 3, 2024 | Time: 11:45 a.m.

Location: South Pasadena Senior Center

COST: \$3.00 (No shows will be billed)

Upcoming Lectures & Community Workshops

Camels without Humps

The popular conception of camels is animals with humps on their backs from the deserts of Africa and Asia, but four of the six living species of camels don't even have humps. In fact, camels originated in North America and most of their evolution occurred in isolation on this continent. Camels filled many of the ecological roles that antelopes and giraffes filled in Africa and Eurasia, with a variety of shapes and sizes including some that were built like giraffes, and others that were bigger than elephants. After being confined to North America for most of the past 45 million years, camels escaped to Eurasia about 8 million years ago, and reached South America about 3.5 million years ago, where they evolved into llamas, alpacas, guanacos, and vicuñas. I'll tell their whole amazing story and talk about how they vanished from their North American homeland. *Sponsored by the Senior Citizens' Foundation of South Pasadena & the Harold & Alice Mgrublian Endowment.*

Presenter: Dr. Donald R. Prothero

Date: Thursday, April 11, 2024 | **Time:** 1:00 p.m.

Know the Scams, Don't Be a Victim

As technology improves and as the older adult population increases, financial abuse of older adults is becoming more frequent. This presentation defines financial exploitation, identifies common scam techniques, how to identify a scam, and presents tips on preventing scams and dealing with scams.

Presenter: LA County Department of Mental Health

Date: Thursday, April 18, 2024 | **Time:** 1:00 p.m.

Samuel Taylor's Greatest Lyrical Poem: Kublah Khan - What is it Really About?

Poem will be distributed and discussed by the group.

Presenter: Professor Peter Brier, Emeritus English Literature

Date: Monday, May 6, 2024 | **Time:** 1:00 p.m.

Why Hasn't E.T. Phoned Home?

The media is obsessed with the idea of extraterrestrial life on other planets, but so far there is no good evidence that aliens really exist--and lots of good reasons why many scientists think it's extremely unlikely that any other planet has intelligent life that could communicate with us. We'll discuss the claims of alien visiting earth, and the latest discoveries in astronomy, and the implications of the "Rare Earth" hypothesis. *Sponsored by the Senior Citizens' Foundation of South Pasadena & the Harold & Alice Mgrublian Endowment.*

Presenter: Dr. Donald R. Prothero

Date: Thursday, May 9, 2024 | **Time:** 1:00 p.m.

Social Isolation

Learn about how isolation can affect mental and physical health. Get ideas on how to manage isolation and make simple changes in your life in order to live a healthy and productive life.

Presenter: LA County Department of Mental Health

Date: Thursday, May 23, 2024 | **Time:** 1:00 p.m.

Powered by Connections Seminar

The 2024 theme — Powered by Connection — recognizes the impact that relationships and social connections have on our health and well-being. Join Senior Care Network for a special in-person Noon Hour event titled *Powered by Connection*. Therapists from Huntington Health's Della Martin Center, including Megan Barr, MA, ATR, Mollie Basconcillo, MT-BC, and David Washington, LCSW, will share how connectedness plays a vital role in supporting independence and aging in place.

Presenter: Huntington Health Senior Care Network

Date: Wednesday, May 29, 2024 | **Time:** 12:00-2:00 p.m.

Health & Wellness and Human Services

Access Services

Access provides transportation services within Los Angeles County. **To register, call (800) 827-0829. To make a reservation, call (800) 883-1295.**

Geriatric Evaluation Networks Encompassing Services Intervention Support Program (GENESIS)

The GENESIS Older Adult Program offers field-based outpatient mental health services for older adults who are living with a severe mental illness and are unable to access services due to impaired mobility, frailty, or other limitations. GENESIS provides specialized services to meet the unique needs of people ages 60 years and above. **For program information, please call (213) 351-7284.**

Hearing Screenings **NEW!**

Monthly hearing screenings will be hosted by the HEAR Center every 2nd Tuesday of the month from 9:00-11:00 a.m. To schedule an appointment, please call the front desk at (626) 403-7360.

Dates: April 9, 2024 & May 14, 2024

Health Screenings & Counseling

Monthly health screenings and counseling will be hosted by Huntington Health every 3rd Tuesday of the month from 9:00-11:00 a.m. **To schedule an appointment, please call the front desk at (626) 403-7360.**

Dates: April 16, 2024 & May 21, 2024

Health Insurance Counseling & Advocacy Program

HICAP provides free and objective information and counseling about Medicare. Volunteer counselors can help you understand your specific rights and health care options. **Call HICAP at (800) 434-0222.**

Legal Advice

Referrals made to Bet Tzedek Legal Services at **(323) 939-0506.**

Los Angeles County Department of Mental Health Line

If you need someone to talk to, mental health support, resources or referrals, call the Mental Health 24/7 Access Line at **(800) 854-7771** or text "LA" to 741741.

Social Reassurance Calls

If you or someone you know would like to have a wellness check-in call, please call the Senior Center. The purpose is to stay connected and know that we are all concerned for your well-being. **To sign up please call the Senior Center at (626) 403-7360.**

South Pasadena Paramedic Subscription Program

Medicare establishes what is permissible related to billing for ambulance treatment and/or transport. As such, Fire will bill based on those guidelines whenever there is treatment and/or transport rendered. However, participation in the Paramedic Subscription Program will waive any fees above and beyond those allowed by an individual's insurance provider. The yearly fee of \$95.00 for a household provides participation in the program. **For more information, contact the Fire Department at (626) 403-7300.**

Classes & Groups

Senior Center members are encouraged to join our classes and groups facilitated by volunteers offering a diverse array of activities. If you're passionate about sharing your knowledge and leading a group, reach out to the Senior Center - we welcome enthusiastic individuals to join our team of volunteers!

BINGO

BINGO is hosted on the 2nd Wednesday of each month, unless otherwise stated. Staff will host 5 games for the opportunity to win small prizes. Must be a Senior Center Member to join activity. *May BINGO will be hosted on the third Wednesday.

Dates: April 10, 2024 & May 15, 2024

Time: 1:00 p.m.

Book Discussion Group | Instructor: Liz Giffen-Glad

Group will meet on the 3rd Wednesday of each month from 10:00 a.m. to 11:30 a.m., unless otherwise stated. Must be a Senior Center Member to join group.

Dates: April 17, 2024 & May 15, 2024

Time: 10:00 a.m. to 11:30 a.m.

Bridge

Challenge the mind with one of the greatest card games. Some knowledge of Bridge is required. Group is lead by volunteers. Group meets on Tuesdays from 9:00-11:30 a.m. **Bridge will start at 9:30 a.m. on April 9 & 30, 2024.**

Coffee & Treats

Coffee and Treats is held on the last Friday of each month out on the Senior Center patio from 10:00 a.m. to 11:00 a.m. This event is free to join!

Elder Wisdom Group

Elder Wisdom Group is an ongoing, open discussion group that is deeply committed to personal growth, positivity, and the enormous potential of daily choices. The group share resources and support each other as they journey through what can be the best part of our lives, finding meaning and purpose today and every day.

Group meets on the 2nd and 4th Wednesday of each month.

Time: 1:00 p.m. to 2:00 p.m.

English Language Conversation Group

The South Pasadena Public Library hosts a conversation group for English language learners designed for all those who want to practice speaking English. Group meets on Wednesdays at 10:00 a.m. in the Ray Bradbury Conference Room on the 2nd floor of the Library (1100 Oxley St.). No reservations required. **For more information, please contact the Library at (626) 403-7350.**

French | Instructor: Ann Levi

Ann Levi returns to the South Pasadena Senior Center to teach French class! Group meets on Wednesdays for 6 week sessions. Must be a Senior Center Member to join group.

Group will resume end of August/early September 2024.

Time: 9:00 a.m. to 10:00 a.m.

Italiano (Beginners) | Instructor: Ron De Luco

Basic Italian for the person with no prior knowledge. Requires a textbook (Cost: \$15). Group meets on Mondays. Must be a Senior Center Member to join group.

Group meets on Mondays

Time: 11:00 a.m. to 12:00 p.m.

Italiano (Conversational) | Instructor: Miguel Coronado

Class shares in conversation. Not designed for beginners. Group meets on Mondays. Must be a Senior Center Member to join group.

Group meets on Mondays

Time: 12:00 p.m. to 1:00 p.m.

Mah Jong

Group is lead by volunteers and meets on Mondays from 1:30 p.m. to 4:30 p.m.

Spanish (Beginners) | Instructor: Walter Cervantes

Class is designed for those with little or no knowledge of the language. Requires a textbook (Cost: \$10). Must be a Senior Center Member to join group.

Group meets on Thursdays

Time: 10:00 a.m. to 11:00 a.m.

Spanish (Intermediate) | Instructor: Les Brown

Les Brown returns to the South Pasadena Senior Center to teach Intermediate Spanish! Group meets on Tuesdays (3rd Tuesday of each month will be held in an alternative setting). *Cancelled on 4/30.

Group meets on Tuesday

Time: 9:30 a.m. to 11:00 a.m.

Table Tennis

Table use is first come, first served. Group will meet on Tuesdays. Must be a Senior Center Member to join group.

Time: 1:00 p.m. to 2:00 p.m.

Tech Day

Our dedicated teen volunteers and staff are here to provide patient and friendly technology assistance. Tech Day is offered on the 2nd and 4th Wednesday of each month from 3:00 p.m. to 5:00 p.m. Advance reservations are now required to ensure enough time is allocated to each patron. **To make a reservation, please contact the Senior Center at (626) 403-7360.**

Walking Group

Join the group as they walk around the park and our community! This is a wonderful opportunity to exercise outdoors and meet new friends! Group meets on Tuesdays & Thursdays. **For more information, please contact the Senior Center at (626) 403-7360.**

Watercolor Painting Group

Group Facilitators: Cheryl St George & Susan McCarty

Calling all watercolor artists and wanna-be artists for a salon. All learners are welcome. The group is co-led by volunteers Cheryl St George and Susan McCarty, who wish to share their love of watercolor painting. Bring your own art supplies...paint, brushes and watercolor paper if you have them. If you don't, the group will share their existing materials. Our creative artistic endeavors promise to be a life affirming experience. Must be a Senior Center Member to join the group.

Group meets on Fridays

Time: 1:00 p.m. to 2:30 p.m.

Wii Bowling

Bowl at the Senior Center, video game style with a Nintendo Wii. Group will meet on Wednesdays. Must be a Senior Center Member to join group.

Time: 3:00 p.m. to 4:00 p.m.



Pick-Up Week: April 29-May 3, 2024

Deadline for Reservations: Thursday, April 25th at 12 p.m.

To make a reservation, please contact the Senior Center at (626) 403-7360.

Senior Excursion Program

Travel with the South Pasadena Senior Center! We offer a variety of travel opportunities at a low cost due to funding from Proposition A. All excursions require full payment at the time of reservation. All trips meet at the South Pasadena Senior Center, located at 1102 Oxley St., South Pasadena.

BOARDING PROCEDURE: All excursions follow a boarding procedure. The first row of seats on the left and right of the bus are reserved for trip volunteers and staff. Individuals with mobility devices will board first, followed by all other individuals in the order of when payment was received. Please be respectful & courteous to ALL volunteers and staff assisting with excursions. Failure to comply with the boarding procedure will result in the participant being unable to attend the next scheduled excursion.

REFUNDS: No refunds will be given unless 30 days advanced notice. All refunds are subject to an admin fee set by City's Fee Schedule.

Dodger Stadium | COST: \$30.00

Senior Center Members and resident reservations open on Monday, March 18th at 8:00 a.m. General reservations open on Wednesday, March 20th at 8:00 a.m. Boxed lunch is sponsored by the Senior Citizens' Foundation of South Pasadena.

Date: April 25, 2024 | Time: 9:00 a.m. to 1:00 p.m.

This is a walking tour of the ballpark which includes climbing stairs and ramps.



Los Angeles Farmers Market | COST: \$10.00

Senior Center Members and resident reservations open on Monday, April 1st at 8:00 a.m. General reservations open on Wednesday, April 3rd at 8:00 a.m.

Date: May 22, 2024 | Time: 9:00 a.m. to 3:00 p.m.

Downtown Disney District | COST: \$10.00

Senior Center Members and resident reservations open on Monday, April 29, 2024 at 8:00 a.m. General reservations open on Wednesday, May 1, 2024 at 8:00 a.m.

Date: June 26, 2024 | Time: 9:00 a.m. to 3:00 p.m.

New excursions coming for next year in our June & July newsletter!

Become a member today so you don't miss out!

Dial-A-Ride Monthly Leisure Trips

Dial-A-Ride offers special leisure trips on a monthly basis to various locations. Advance reservations are required to attend. Space is limited and trips may be cancelled due to low participation.

To make a reservation or for more information, please contact the Senior Center at (626) 403-7360.

PLEASE NOTE: If you need transportation to the Senior Center for trips that depart from there, please make an advanced reservation with Dial-A-Ride at (626) 403-7368 in addition to your reservation with the Senior Center for the leisure trip.

Costco/Target | COST: \$1.00

Resident reservations open on Monday, March 18th at 8:00 a.m. Non-resident reservations open on Monday, March 25th at 8:00 a.m. Non-residents are required to meet at the Senior Center no later than 9:00 a.m. Residents will be picked-up from their home or can meet at the Senior Center.

Date: April 4, 2024 | Time: 9:00 a.m. to 12:00 p.m.

Vallarta Supermarket | COST: \$1.00

Resident reservations open on Monday, March 18th at 8:00 a.m. Non-resident reservations open on Monday, March 25th at 8:00 a.m. Non-residents are required to meet at the Senior Center no later than 9:00 a.m. Residents will be picked-up from their home or can meet at the Senior Center.

Date: April 11, 2024 | Time: 9:00 a.m. to 12:00 p.m.

Santa Anita Mall | COST: \$1.00

Resident reservations open on Monday, March 18th at 8:00 a.m. Non-resident reservations open on Monday, March 25th at 8:00 a.m. Non-residents are required to meet at the Senior Center no later than 10:00 a.m. Residents will be picked-up from their home or can meet at the Senior Center.

Date: April 23, 2024 | Time: 10:00 a.m. to 1:00 p.m.

Amazon Fresh | COST: \$1.00

Resident reservations open on Monday, April 1st at 8:00 a.m. Non-resident reservations open on Monday, April 8th at 8:00 a.m. Non-residents are required to meet at the Senior Center no later than 9:30 a.m. Residents will be picked-up from their home or can meet at the Senior Center.

Date: May 9, 2024 | Time: 9:30 a.m. to 12:00 p.m.

Walmart | COST: \$1.00

Resident reservations open on Thursday, April 11th at 8:00 a.m. Non-resident reservations open on Thursday, April 18th at 8:00 a.m. Non-residents are required to meet at the Senior Center no later than 9:00 a.m. Residents will be picked-up from their home or can meet at the Senior Center.

Date: May 14, 2024 | Time: 9:00 a.m. to 12:00 p.m.

Santa Anita Mall | COST: \$1.00

Resident reservations open on Thursday, April 18th at 8:00 a.m. Non-resident reservations open on Monday, April 22nd at 8:00 a.m. Non-residents are required to meet at the Senior Center no later than 10:00 a.m. Residents will be picked-up from their home or can meet at the Senior Center.

Date: May 23, 2024 | Time: 10:00 a.m. to 1:00 p.m.

Older Adult Leisure Classes

Chair Yoga & Breathwork

Wednesdays from 10:30-11:15 a.m.

Instructor: Avry Budka | **Location:** Senior Center
 "Regular" Yoga can gracefully and graciously translate into Chair Yoga so all can benefit from its gifts. Breath is an integral part of all Yoga and an essential part of its value. This class will offer a blend of both movement and breathing practices for a fun and balancing experience. Bring an open mind and a smile. \$5 walk-in fee available.

April Session: 4/3-4/24/2024 | **COST:** \$16 (\$4 per class)

May Session: 5/1-5/29/2024 | **COST:** \$20 (\$4 per class)

FUN-ctional Fitness

Mondays & Fridays from 9-10 a.m.

Instructor: Connie Yee | **Location:** Senior Center
 Combining strength and cardio movements that challenges every muscle in the body. Please bring your yoga mat, dumbbells, bands (optional) and a water bottle. All levels. \$5 walk-in fee available. *No class: 5/27.

April Session: 4/1-4/29/2024* | **COST:** \$45

May Session: 5/3-5/31/2024* | **COST:** \$40

Gymnasium for the Mind **NEW!**

Wednesdays from 1:30 p.m. to 3 p.m.

Instructor: Robert Leh | **Location:** Senior Center
 Gymnasium for the Mind uses social games to exercise cognitive function and stimulate creativity through the constructive use of fun. Just as we exercise our bodies to stay in our best physical condition, it's important to exercise our minds to keep them functioning efficiently throughout our lives. Make Gymnasium for the Mind part of your mental fitness program! *No class: 5/29.

Dates: 5/1-6/12/2024 | **COST:** \$90

Line Dancing

Thursdays from 9-10:30 a.m.

Instructor: Pauline Wong | **Location:** Senior Center
 Learn basic line steps, dance to oldies music and stimulate the brain by remembering step patterns to choreographers. It also is a great workout! \$5 walk-in fee available.

April Session: 4/18-4/25/2024 | **COST:** \$10

May Session: 5/2-5/30/2024 | **COST:** \$20

Meditation & Presence Practice

Wednesdays from 11:30 a.m.-12:30 p.m.

Instructor: Avry Budka | **Location:** Senior Center
 Meditation is an ancient skill passed down through the generations for over 5,000 years. It builds concentration which develops presence and, over time, equanimity. This is a practice anyone can be successful at in a very short period of time, with just a tiny bit of work. And the more time spent with these practices, the greater the benefit. In this class, which is definitely not a one hour "sit," we learn and practice many different techniques and have great discussions about the work and about meditation philosophy. \$5 walk-in fee available.

April Session: 4/3-4/24/2024 | **COST:** \$16 (\$4 per class)

May Session: 5/1-5/29/2024 | **COST:** \$20 (\$4 per class)

Yoga, Meditation & Stretch

Tuesdays & Thursdays from 8:30-9:30 a.m.

Instructor: Diana Bohan | **Location:** Library Community Room
 Increase flexibility through positions that act upon various joints. Yoga positions work different tendons and ligaments of the body to help relieve pain, improve sleep, create mental balance and increase energy. \$5 walk-in fee available. *4/9 class will be held at the Senior Center.

April Session: 4/2-4/30/2024* | **COST:** \$36 (\$4 per class)

May Session: 5/2-5/30/2024 | **COST:** \$36 (\$4 per class)

Tai Chi for Health: Qi Gong

Mondays from 9-10 a.m.

Instructor: Pam Dong | **Location:** Library Community Room
 Tai Chi for Health focuses on Qi Gong, the foundation in the 2500-year-old ancient Chinese health philosophy. The emphasis is on relaxation of the body and calmness of the mind using coordinated non-impact exercises and breath such as the Five Animals, the 8 Cycles, and Liang Gong. These practices bring about increase energy and physical harmony to the body. One learns to relax, concentrate, gain flexibility, coordination and balance, and nourish their chi. \$5 walk-in fee available.

April Session: 4/1-4/29/2024 | **COST:** \$25

May Session: 5/6-5/20/2024 | **COST:** \$15

Tai Chi: Martial Art Introduction

Mondays from 10-11 a.m.

Instructor: Pam Dong | **Location:** Library Community Room
 Tai Chi, the martial art aspect, utilizes slow, coordinated, continuous flowing movements known as Forms to achieve relaxation, coordination, flexibility, and balance. Every movement has a martial arts application. Learn the basic 8 Form and the Yang Simplified 24 Postures Form. \$5 walk-in fee available.

April Session: 4/1-4/29/2024 | **COST:** \$25

May Session: 5/6-5/20/2024 | **COST:** \$15



Senior citizen residents ages 62 years and older can have large and bulky items picked up from their homes for FREE the

Week of April 29-May 3, 2024

Senior citizens are asked to have all items collected and readily available in an OUTDOOR area near trash containers.


Items will be picked up on the same day as regular rubbish pick up the week of April 29-May 3, 2024.

RESERVATIONS ARE REQUIRED.


Please call the South Pasadena Senior Center at (626) 403-7360
 Monday through Friday; 8:00 a.m. to 5:00 p.m.
DEADLINE FOR ALL RESERVATIONS: Thursday, April 25, 2024 by 12:00 p.m.

SPACE IS LIMITED


PARTICIPANTS WILL NEED TO PROVIDE A DETAILED LIST OF ITEMS THAT WILL BE PICKED UP. ITEMS NOT LISTED WILL NOT BE PICKED UP BY ATHENS.




Mattress




Sofa



Appliances



Boxes



Other

Accepted Items:

- Couches
- Refrigerators
- Rugs and carpets
- Water heaters
- Washing machines
- Wood, pipes or branches that are bundled together
- Other large bulky items

Prohibited Items:

- Rubbish items that can be picked up with typical refuse items
- E-waste such as TVs, DVD players, cellphones, gaming consoles, computers and monitors
- Construction and roofing materials such as concrete, cement bricks, roof shingles, tiles and dry wall
- Household hazardous materials such as paint, batteries, fertilizer oil and cleaning supplies
- Materials from landscaping projects such as dirt, sand, gravel, large tree branches and stumps, bushes and railroad ties
- Automobile parts

NOTE: Delinquent Athens customers are not eligible.

All other residents can participate in the drive thru service on Saturday, May 4, 2024 from 8:00 a.m. to 2:00 p.m. on Arroyo Drive (South of Mission Street)

For questions or concerns with pick up, please contact:
 Leaonna DeWitt, Public Works Department
 (626) 403-7240 or LDewitt@southpasadenaca.gov



Senior Cinema Program

Film Appreciation Group

Join us for our Film Appreciation Group led by Theo Siegel. The group meets on the 2nd Monday of each month at 1:00 p.m. to discuss the making of the movie and show the film!

Goldfinger (1964) | Monday, April 8, 2024
(110 minutes) While investigating a gold magnate's smuggling, James Bond uncovers a plot to contaminate the Fort Knox gold reserve. **Stars Sean Connery, Paul Dehn, Ian Fleming.** (DVD)

Shall We Dance (1937) | Monday, May 13, 2024
(109 minutes) A ballet dancer and a showgirl fake a marriage for publicity purposes, then fall in love. **Stars Fred Astaire, Ginger Rogers, Edward Everett Horton.** (DVD)

Staff Pick Movie Monday

Staff Pick Movie Mondays will be moving to the 3rd Monday of each month at 1:00 p.m.

Saving Grace (2000) | April 15, 2024
(93 minutes) A small-town English widow, facing financial troubles after her husband's suicide, turns to agriculture of an illegal kind. **Rated R for drug content & language.** **Stars Brenda Blethyn, Craig Ferguson, Martin Clunes.** (DVD)

Flamin' Hot (2023) | May 20, 2024
(99 minutes) This is the inspiring true story of Richard Montañez who, as a Frito Lay janitor, disrupted the food industry by channeling his Mexican heritage to turn Flamin' Hot Cheetos from a snack into an iconic global pop culture phenomenon. **Rated PG-13 for strong language & brief drug material.** **Stars Jesse Garcia, Annie Gonzalez, Emilio Rivera.** (D+)

Foreign Film Friends

The Foreign Film group meets on the 4th Monday of each month at 1:00 p.m.

Good Bye, Lenin! (2003) | Monday, April 22, 2024
(German Language Film)
(99 minutes) In 1990, to protect his fragile mother from a fatal shock after a long coma, a young man must keep her from learning that her beloved nation of East Germany as she knew it has disappeared. **Rated R for brief language & sexuality.** **Stars Daniel Bruhl, Katrin Sass, Chulpan Khamatova.** Golden Globe nominee. (A)

NO MOVIE ON MAY 27, 2024 DUE TO MEMORIAL DAY CLOSURE



Films shown at the Senior Center are not vetted by the City of South Pasadena. Attendees should be aware that the content of these films may vary and could potentially include mature themes, language, or scenes that some viewers may find objectionable. Viewer discretion is advised.

08 | APRIL & MAY 2024

Senior Cinema Fridays

OSCAR EDITION Featuring 6 Oscar nominated movies!

Films are selected by a committee of volunteers that welcome your suggestions. The committee maintains a balance of new releases and classics. Films are not vetted by the City of South Pasadena.

Oppenheimer (2023) | Friday, April 5, 2024
(180 minutes) The story of American scientist, J. Robert Oppenheimer, and his role in the development of the atomic bomb. **Rated R for some sexuality, nudity & language.** **Stars Cillian Murphy, Emily Blunt, Matt Damon.** (Won seven Oscars including Best Picture) (DVD)

NO MOVIE ON APRIL 12, 2024 DUE TO SENIOR PROM

Barbie (2023) | Friday, April 19, 2024
(116 minutes) Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans. **Rated PG-13 for suggestive references & brief language.** **Stars Margot Robbie, Ryan Gosling, Issa Rae.** (Eight nominations, won for Best Song) (DVD)

Rustin (2023) | Friday, April 26, 2024
(96 minutes) Activist Bayard Rustin faces racism and homophobia as he helps change the course of Civil Rights history by orchestrating the 1963 March on Washington. **Rated PG-13 for thematic material, some violence, sexual material, language including racial slurs, brief drug use & smoking.** **Stars Colman Domingo, Chris Rock, Glynn Turman.** (Colman Domingo nominated for Best Actor) (N)

Nyad (2023) | Friday, May 3, 2024
(121 minutes) The remarkable true story of athlete Diana Nyad who, at the age of 60 and with the help of her best friend and coach, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida. **Rated PG-13 for thematic material involving sexual abuse, some strong language & brief partial nudity.** **Stars Annette Bening, Jodie Foster, Anne Marie Kempf.** (Two Oscar nominations) (N)

May December (2023) | Friday, May 10, 2024
(117 minutes) Twenty years after their notorious tabloid romance gripped the nation, a married couple buckles under pressure when an actress arrives to do research for a film about their past. **Rated R for some sexual content, graphic nudity, drug use & language.** **Stars Natalie Portman, Chris Tenzis, Charles Melton.** (Nominated for Best Original Screenplay) (N)

The Holdovers (2023) | Friday, May 17, 2024
(133 minutes) A cranky history teacher at a prep school is forced to remain on campus over the holidays with a grieving cook and a troubled student who has no place to go. **Rated R for language, some drug use & brief sexual material.** **Stars Paul Giamatti, Da'Vine Joy Randolph, Dominic Sessa.** (Five Oscar nominations, Da'Vine Joy Randolph won Best Actress in Supporting Role) (DVD)

Leave the World Behind (2023) | Friday, May 24, 2024
(138 minutes) A family's getaway to a luxurious rental home takes an ominous turn when a cyberattack knocks out their devices, and two strangers appear at their door. **Rated R for language, some sexual content, drug use & brief bloody images.** **Stars Julia Roberts, Mahershala Ali, Ethan Hawke.** (N)

The Old Way (2023) | Friday, May 31, 2024
(95 minutes) An old gunslinger and his daughter must face the consequences of his past, when the son of a man he murdered years ago arrives to take his revenge. **Rated R for violence.** **Stars Nicolas Cage, Phillip Aguirre, Ryan Kiera Armstrong.** (DVD)

Arts & Craft Activities

Pressed Flower Dish

Join Recreation Leader Rebekah for a delightful afternoon crafting pressed flower dishes, where you can create beautiful, personalized pieces while enjoying the company of fellow Senior Center Members. Advanced reservations are required and space is limited.

Date: Monday, April 1, 2024 | Time: 1:00 p.m.

Paint & Sip

Unwind with other Senior Center Members at our Paint & Sip events, where you'll enjoy a relaxing atmosphere while expressing your creativity on canvas and a brush in one hand and a glass in the other. Advanced reservations are required and space is limited.

April Session: Monday, April 15, 2024 | Time: 2:00 p.m.

May Session: Tuesday, May 28, 2024 | Time: 2:00 p.m.

Mother's Day Flower Arrangement Class

Celebrate Mother's Day at our flower arrangement class at the Senior Center, where you can create stunning bouquets alongside friends, while learning techniques to craft beautiful arrangements that will brighten any mom's day.

Date: Wednesday, May 1, 2024 | Time: 2:00 p.m.

Social Hours

Mother's Day Tea Party Social Hour

Join us for a charming Mother's Day tea party social hour at the Senior Center, where you can savor delicious treats, sip on fragrant teas, and share moments with fellow Senior Center Members. Advanced reservations are required.

Date: Monday, April 29, 2024 | Time: 2:00 p.m.

Cinco de Mayo Mocktail Happy Hour

Celebrate Cinco de Mayo at our mocktail happy hour at the Senior Center, where you can enjoy vibrant and refreshing non-alcoholic beverages inspired by Mexican flavors, while mingling with other Senior Center Members. Advanced reservations are required.

Date: Friday, May 3, 2024 | Time: 3:00 p.m.



Mother's Day LUNCHEON

Date: Wednesday, May 8, 2024

Time: 11:45 a.m.

Location: South Pasadena Senior Center

1102 Oxley St., South Pasadena

ADVANCED RESERVATIONS ARE REQUIRED.

Residents & Member Reservations open on:

Monday, April 8, 2024 at 8:00 a.m.

General Reservations open on:

Wednesday, April 10, 2024 at 8:00 a.m.

To make a reservation, please contact the Senior Center at (626) 403-7360.

Special thank you to Walter Cervantes and family for sponsoring the luncheon!



APRIL 2024 SENIOR CENTER DAILY ACTIVITIES

1102 Oxley Street, South Pasadena
Phone: (626) 403-7360 | Email: seniorcenter@southpasadenaca.gov

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beginner) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Pressed Flower Dish (1 p.m.) Mah Jong (1:30-4:30 p.m.)	2 Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Intermediate) (9:30-11 a.m.)	3 Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.)	4 Walking Group Yoga (8:30-9:30 a.m.) Spanish (Beginner) (10-11 a.m.) PCC Sewing (1-4:15 p.m.) DAR Trip – Costco/Target	5 Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)
8 Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beginner) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Movie (1-3 p.m.) Mah Jong (1:30-4:30 p.m.)	9 Walking Group Yoga (8:30-9:30 a.m.) Hearing Screenings (9-11 a.m.) Bridge (9-11:30 a.m.) Spanish (Intermediate) (9:30-11 a.m.)	10 Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) BINGO (1 p.m.) Elder Wisdom Group (1-2 p.m.) Tech Day (3-5 p.m.)	11 Walking Group Yoga (8:30-9:30 a.m.) Spanish (Beginner) (10-11 a.m.) Lecture (1 p.m.) PCC Sewing (1-4:15 p.m.) DAR Trip – Vallarta Supermarket	12 Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Senior Prom (4:30-7 p.m.)
15 Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beginner) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Movie (1-3 p.m.) Paint & Sip (2 p.m.) Mah Jong (1:30-4:30 p.m.)	16 Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Health Screenings & Counseling (9-11 a.m.) Spanish (Intermediate) (9:30-11 a.m.)	17 Book Discussion Group (10-11:30 a.m.) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.)	18 Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.) Lecture (1 p.m.) PCC Sewing (1-4:15 p.m.)	19 Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)
22 Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beginner) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Movie (1-3 p.m.) Mah Jong (1:30-4:30 p.m.)	23 Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Intermediate) (9:30-11 a.m.) DAR Trip – Santa Anita Mall	24 Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Elder Wisdom Group (1-2 p.m.) Tech Day (3-5 p.m.)	25 Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.) PCC Sewing (1-4:15 p.m.) Senior Excursion – Dodger Stadium Tour	26 Functional Fitness (9-10 a.m.) Coffee & Treats (10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)
29 Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beginner) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Mah Jong (1:30-4:30 p.m.) Mother's Day Tea Party Social (2 p.m.)	30 Walking Group Yoga (8:30-9:30 a.m.) Volunteer Breakfast (8:30-9:30 a.m.) Bridge (9:30-11:30 a.m.) Spanish (Intermediate) (9:30-11 a.m.)			

MAY 2024 SENIOR CENTER DAILY ACTIVITIES

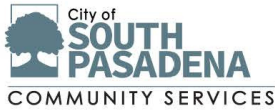
1102 Oxley Street, South Pasadena
Phone: (626) 403-7360 | Email: seniorcenter@southpasadenaca.gov

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Mother's Day Flower Arrangement (2 p.m.) Gymnasium for the Mind (1:30 p.m.)	2 Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.) PCC Sewing (1-4:15 p.m.)	3 Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Cinco de Mayo Mocktail Happy Hour (3 p.m.) Movie (1-3 p.m.)
6 Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beginner) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Lecture (1 p.m.) Mah Jong (1:30-4:30 p.m.)	7 Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Intermediate) (9:30-11 a.m.)	8 Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Mother's Day Luncheon Elder Wisdom Group (1-2 p.m.) Gymnasium for the Mind (1:30 p.m.) Tech Day (3-5 p.m.)	9 Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.) Lecture (1 p.m.) PCC Sewing (1-4:15 p.m.) DAR Trip – Amazon Fresh	10 Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)
13 Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beginner) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Movie (1-3 p.m.) Mah Jong (1:30-4:30 p.m.)	14 Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Hearing Screenings (9-11 a.m.) Spanish (Intermediate) (9:30-11 a.m.) DAR Trip – Walmart	15 Book Discussion Group (10-11:30 a.m.) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) BINGO (1 p.m.) Gymnasium for the Mind (1:30 p.m.)	16 Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.) PCC Sewing (1-4:15 p.m.)	17 Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)
20 Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beginner) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Movie (1-3 p.m.) Mah Jong (1:30-4:30 p.m.)	21 Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Health Screenings & Counseling (9-11 a.m.) Spanish (Intermediate) (9:30-11 a.m.) Smartphone Training (1-3 p.m.)	22 Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Elder Wisdom Group (1-2 p.m.) Gymnasium for the Mind (1:30 p.m.) Tech Day (3-5 p.m.) Senior Excursion – LA Farmer's Market	23 Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.) Lecture (1 p.m.) PCC Sewing (1-4:15 p.m.) DAR Trip – Santa Anita Mall	24 Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)
27 The South Pasadena Senior Center will be closed in observance of Memorial Day. Normal operations will resume on Tuesday, May 28 th .	28 Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Intermediate) (9:30-11 a.m.) Paint & Sip (2 p.m.)	29 Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Powered by Connections (12-2 p.m.)	30 Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.) PCC Sewing (1-4:15 p.m.)	31 Functional Fitness (9-10 a.m.) Coffee & Treats (10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)

South Pasadena Senior Center Meal Program

1102 Oxley Street, South Pasadena

Phone: (626) 403-7360 | Email: seniorcenter@southpasadenaca.gov



On-Site Meal Program: Meals are available at the Senior Center, Monday-Friday at 11:45 a.m.

ON-SITE MEALS COST: \$3.00 per meal (\$5.00 for persons under 55 years old)

Home Delivery Program: Five- or seven-day frozen meals available for weekly deliveries on Monday.

HOME DELIVERED MEALS COST: \$3.50 per meal

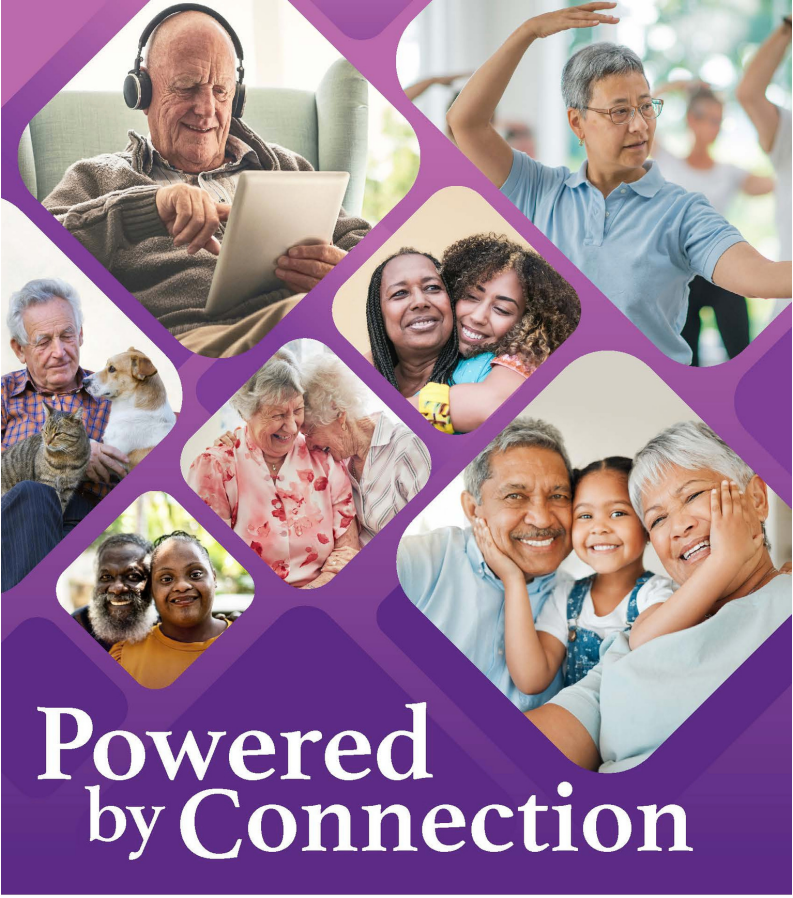
APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Spaghetti w/ Meat Sauce Broccoli Green Beans Fruit & Milk	2 Mediterranean Chicken Roasted Vegetable Lentil Salad w/ Cucumbers Brown Rice Pilaf Fruit & Milk	3 Roasted Turkey Breast Butter Squash Green Peas w/ Mushroom Fruit & Milk	4 Baked Fish w/ Dijon Herb Roasted Potatoes Cauliflower Fruit & Milk	5 Beef Fajita Pinto Beans Spanish Brown Rice Fruit & Milk
8 Chicken Dijon Rosemary Mashed Potatoes Carrots Fruit & Milk	9 Stuffed Bell Pepper Mixed Vegetables Green Beans Fruit & Milk	10 Vegetable Frittata w/ Mushrooms, Potatoes Lima Beans & Corn Salad Fruit & Milk	11 Korean BBQ Beef Zucchini w/ Sesame Seeds Broccoli Salad Brown Rice Fruit & Milk	12 Fish & Chips Roasted Sweet Potato Wedges Peas & Carrots Coleslaw Fruit & Milk
15 Stir Fry Mixed Asian Blend Vegetables Cabbage, cucumber Salad Brown Rice Fruit & Milk	16 Meatloaf w/ Gravy Garlic Mashed Potatoes Green Beans Penne Pasta Fruit & Milk	17 Caribbean Chicken w/ Black Beans Sauce Broccoli Brown Rice Fruit & Milk	18 Fish Taco Pinto Beans, Salad Corn Tortilla Fruit & Milk	19 Beef Bolognese w/ Penne Pasta, Ground Beef Cauliflower Cesar Salad Fruit & Milk
22 Southwest Shredded Chicken Pinto Beans Corn Tortilla Fruit & Milk	23 Shepherd's Pie Ground Turkey w/ Mashed Potatoes Salad Fruit & Milk	24 Baked Fish Almandine Green Beans w/ Herbs Fruit & Milk	25 Chicken Adobo Green Peas Brown Rice Fruit & Milk	26 Garden Vegetable Lasagna Broccoli Italian Vegetables Fruit & Milk
29 Baked Pollock w/ Lemon Sauce Mixed Vegetables Brown Rice Fruit & Milk	30 Cashew Chicken Green Peas Lo Mein Noodles Fruit & Milk	1 Enchilada Casserole Pinto Beans Zucchini Salad Fruit & Milk	2 Hungarian Goulash Elbow Macaroni Roasted Brussels Sprouts Fruit & Milk	3 Hot Turkey w/ Bread Green Beans Mashed Potatoes Fruit & Milk

MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Enchilada Casserole Pinto Beans Zucchini Salad Fruit & Milk	2 Hungarian Goulash Elbow Macaroni Roasted Brussels Sprouts Fruit & Milk	3 Hot Turkey w/ Bread Green Beans Mashed Potatoes Fruit & Milk
6 BBQ Chicken Corn Peas WG Linguine / Pesto Sauce Fruit & Milk	7 Salmon w/ Dill Sauce Sweet Potato Spinach Fruit & Milk	8 Mother's Day Luncheon Advanced Registration Required. Space is limited	9 Vegetarian Chili Green Beans Barley Fruit & Milk	10 Chicken Milanese Cauliflower & Zucchini Fruit & Milk
13 Spaghetti w/ Meat Sauce Broccoli Green Beans Fruit & Milk	14 Mediterranean Chicken Roasted Vegetable Lentil Salad w/ Cucumbers Brown Rice Pilaf Fruit & Milk	15 Roasted Turkey Breast Butter Squash Green Peas w/ Mushroom Fruit & Milk	16 Baked Fish w/ Dijon Herb Roasted Potatoes Cauliflower Fruit & Milk	17 Beef Fajita Pinto Beans Spanish Brown Rice Fruit & Milk
20 Chicken Dijon Rosemary Mashed Potatoes Carrots Fruit & Milk	21 Stuffed Bell Pepper w/ Ground Turkey Mixed Vegetable Fruit & Milk	22 Vegetable Frittata w/ Mushrooms, Potatoes Lima Beans & Corn Salad Fruit & Milk	23 Korean BBQ Beef Zucchini w/ Sesame Seeds Broccoli Salad Brown Rice Fruit & Milk	24 Fish & Chips Roasted Sweet Potato Wedges, Peas & Carrots Coleslaw Fruit & Milk
27 The South Pasadena Senior Center is closed in observance of Memorial Day Normal operations will resume on Tuesday, May 28 th	28 Meatloaf w/ Gravy Garlic Mashed Potatoes Green Beans Penne Pasta Fruit & Milk	29 Caribbean Chicken w/ Black Beans Sauce Broccoli Brown Rice Fruit & Milk	30 Fish Taco Pinto Beans, Salad Corn Tortilla Fruit & Milk	31 Beef Bolognese w/ Penne Pasta, Ground Beef Cauliflower Cesar Salad Fruit & Milk

NOTE: MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.



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#OlderAmericansMonth



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South Pasadena, CA 91030

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CITY OF SOUTH PASADENA SENIOR CENTER

- CLASSES
 - LECTURES
 - RESOURCES
 - EXCURSIONS
 - SPECIAL EVENTS
- BECOME A MEMBER TODAY!
Contact us at (626) 403-7360



Senior Nutrition Program

- On-Site Hot Meal Fees:**
- Persons 55 years & up/Disabled Persons: **\$3.00**
 - Persons under 55 years: **\$5.00**
- Home Delivered Meal Fees:**
- Persons 55 years & up/Disabled Persons: **\$3.50**

*Please have exact cash or check.
Checks should be made payable to:
City of South Pasadena*



For more information, please contact
the Senior Center at (626) 403-7360
or at seniorcenter@southpasadenaca.gov