

SOUTH PASADENA SENIOR CENTER NEWSLETTER

In This Issue

**NEW - Smartphone
Trainings offered by
California Connect pg. 04**

**NEW - Free Gymnasium
of the Mind Workshop
pg. 07**

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
Christiana Miller, Recreation Leader
Maria Salas, Recreation Leader
Rebekah Rogers, Recreation Leader
Syria Powell, Recreation Leader

South Pasadena Senior Center

p. (626) 403 - 7360

w. southpasadenaca.gov

a. 1102 Oxley St., South Pasadena,
CA 91030

e. seniorcenter@southpasadenaca.gov

 @SPseniorcenter



Mayor Zheimer and Bill Suter at Opening Ceremony for South Pasadena's Festival of Balloon annual parade.

Message from the Senior Center Supervisor

Dear Senior Center Members and Patrons,

Summer at the Senior Center is heating up with a lineup of exciting events and enriching activities! Join us as we celebrate Father's Day with a special luncheon, honor Independence Day with a patriotic lunch sponsored by our Community Services Director, Sheila Pautsch, celebrate National Senior Citizen Day on August 21st, and bid farewell to summer with a lively luau.

Plus, expand your horizons with new lectures, covering a range of fascinating topics. Don't miss out on our one-day Gymnasium of the Mind workshop, designed to keep your mind sharp and agile. This workshop allows you to try out the new class that will be offered at the Senior Center for FREE!

Stay tuned for details and mark your calendars for a summer filled with fun, learning, and community at the Senior Center. And don't forget to check out our summer line-up of concerts, movies, and Shakespeare in the Park!

Melissa Snyder

Community Services Supervisor

Senior Center Important Information

Hours of Operation

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

Eligible Users

Senior Center services, activities, and recreational classes are available to any adult age 55 and over, or disabled person age 18 and over. Some services require different age restrictions determined by outside funding sources or agencies.

Upcoming Closures

All City facilities will be closed on Wednesday, June 19, 2024 in observance of Juneteenth. Normal operations will resume Thursday, June 20th. The Senior Center will close at 2:00 p.m. on Wednesday, July 3, 2024 after the 4th of July Luncheon. All City facilities will be closed on Thursday, July 4, 2024 in observance of the 4th of July. Normal operations will resume on Friday, July 5th.

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 of Operation

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

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

Cooling Center

The South Pasadena Senior Center and South Pasadena Public Library are listed as locations for refuge when temperatures reach 96 degrees or higher. The Senior Center will be place to keep cool from 8:00 a.m. to 5:00 p.m., Monday through Friday, and the South Pasadena Public Library will be a second location based on their hours of operation. For more information regarding Cooling Centers, please contact the Senior Center at (626) 403-7360.

Email & Text Message Updates

Make sure to provide an updated and accurate email and cell phone number to the Senior Center to receive updates! Monthly email updates include what activities are available for the following the month, the most accurate menu, and more important information. Text message updates are used for class cancellations or modifications to programming. To add your email to the mailing list or to update your current information, 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 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.

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.

Important Reminders

- Meal service begins at 11:45 a.m. with reservation held until 12:00 p.m.
- Cancellations must be made by 10:00 a.m. For late cancellations, payment is required for meal, unless reasonable accommodations can be made.
- Menu is subject to change without notice.

Special Event Luncheons

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 residents over 55 years of age reservations begin on Monday, May 6, 2024 at 8:00 a.m. General reservations for participants over 55 years of age 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! Luncheon is sponsored by Community Services Director, Sheila Pautsch in celebration of her retirement! Advance reservations are required. Senior Center Member and residents over 55 years of age reservations begin on Monday, June 3, 2024 at 8:00 a.m. General reservations for participants over 55 years of age 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: FREE!

Thank you to our Community Services Director, Sheila Pautsch for sponsoring and congratulations on her retirement!

National Senior Citizens Day Luncheon

Join the South Pasadena Senior Center as we recognize the achievements of our older adults with our annual National Senior Citizen Day luncheon! Advance reservations are required. Senior Center Member and residents over 55 years of age reservations begin on Monday, July 15, 2024 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, July 17, 2024 at 8:00 a.m.

Date: August 21, 2024 | Time: 11:45 a.m.

Location: South Pasadena Senior Center

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

End of Summer Luau

Join the South Pasadena Senior Center for an end of summer luau! Advance reservations are required. Senior Center Member and residents over 55 years of age reservations begin on Monday, July 22, 2024 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, July 24, 2024 at 8:00 a.m.

Date: August 28, 2024 | Time: 11:45 a.m.

Location: South Pasadena Senior Center

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

Advanced reservations are required for all special event luncheons. Meal service begins at 11:45 a.m. with reservation held until 12:00 p.m.

Upcoming Lectures & Community Workshops

Senior Center Members are encouraged to RSVP to receive updates about any schedule changes to lectures or community workshops.

Smartphone Training - iPhone

Learn the operation and basic functions of your smartphone! Advanced registration is required to meet the minimum requirement of students.

Presenter: California Connect

Date: Wednesday, June 12, 2024 | Time: 9:00-11:00 a.m.

Elephants without Trunks

Everyone loves the amazing elephants, with their flexible trunks, huge tusks, and incredible intelligence. But where did elephants come from?

Sponsored by the Senior Citizens' Foundation of South Pasadena & the Harold & Alice Mgrublian Endowment.

Presenter: Dr. Donald R. Prothero

Date: Thursday, June 13, 2024 | Time: 1:00 p.m.

Preserving Your Memory

As we age we all have moments of forgetfulness. This presentation will provide useful tips and brain exercises to sharpen your thinking and help keep moments of forgetfulness to a minimum.

Presenter: LA County Department of Mental Health

Date: Thursday, June 27, 2024 | Time: 1:00 p.m.

CSULA Lifelong Learning Lecture

The Lifelong Learning Program schedules emeriti faculty from a variety of disciplines to speak at community centers throughout Los Angeles and the San Gabriel Valley. Join us to hear Professor Kirchner speak on a recent journey across Africa on which he photographed extensively animal activity in a variety of habitats. Professor Kirchner has documented culture, geography, natural history, and railroads in China, Japan, South America, as well as the U.S. He brings humor, knowledge, and a rich sense of social encounter to his unusual travel adventures. **Sponsored by the Senior Citizens' Foundation of South Pasadena & the Harold & Alice Mgrublian Endowment.**

Presenter: Professor Emeritus John Kirchner, Geography & Transportation Studies

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

Mass Extinctions

The earth has experienced five great mass extinction events in the past 500 million years, and the event 66 million years ago that wiped out the dinosaurs is only the second or third worst mass extinction. We will look at the features of mass extinction events, what their possible causes were, what REALLY killed the dinosaurs. **Sponsored by the Senior Citizens' Foundation of South Pasadena & the Harold & Alice Mgrublian Endowment.**

Presenter: Dr. Donald R. Prothero

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

Hoarding

Learn to identify the differences between collecting, cluttering, and hoarding, and the need for treatment for those who might have a significant problem.

Presenter: LA County Department of Mental Health

Date: Thursday, July 25, 2024 | Time: 1:00 p.m.

Scams Presentation

Learn to identify common scam techniques, how to identify a scam, and tips on preventing scams and dealing with scams from the South Pasadena Police Department.

Presenter: Detective Lee, South Pasadena Police Department

Date: Wednesday, July 31, 2024 | Time: 1:00 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: June 11, 2024 & July 9, 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: June 18, 2024 & July 16, 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.

Dates: July 10, 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: June 26, 2024 & July 17, 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.

Coffee & Treats - Will Resume in Fall 2024!

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. Last class is June 10th. Group will resume on September 9th.

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. Last class is June 10th. Group will resume on September 9th.

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. Last class is June 6th. Group will resume September 12th.

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).

Group meets on Tuesday

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

Summertime Ice Cream Social **NEW!**

Ice Cream Socials are held on the last Friday of each month out on the Senior Center patio from 3:00 p.m. to 4:00 p.m. This event is free to join for Senior Center Members!

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 wannā-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.



City of SOUTH PASADENA

Senior Citizen Dumpster Day

Pick-Up Week: October 14-18, 2024
Registration Opens: Monday, August 19, 2024
Deadline for Reservations: Thursday, October 10th 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 and 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.

Downtown Disney District | COST: \$10.00

Senior Center Members and resident over 55 years of age reservations open on Monday, April 29, 2024 at 8:00 a.m. General reservations for participants over 55 years of age 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.

Los Angeles County Museum of Art | COST: \$17.00

Senior Center Members and residents over 55 years of age reservations open on Monday, June 3, 2024 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, June 5, 2024.
Date: July 23, 2024 | Time: 10:00 a.m. to 3:00 p.m.

Natural History Museum of Los Angeles | COST: \$12.00

Senior Center Members and residents over 55 years of age reservations open on Monday, July 8, 2024 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, July 10, 2024 at 8:00 a.m.
Date: August 14, 2024 | Time: 9:00 a.m. to 3:00 p.m.

Museum of Latin American Art | COST: \$12.00

Senior Center Members and residents over 55 years of age reservations open on Monday, August 5, 2024 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, August 7, 2024 at 8:00 a.m.
Date: September 25, 2024 | Time: 9:30 a.m. to 3:00 p.m.



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.

Savers | COST: \$1.00

Resident reservations open on Monday, May 20th at 8:00 a.m. Non-resident reservations open on Tuesday, May 28th 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: June 4, 2024 | Time: 9:00 a.m. to 12:00 p.m.

Costco/Target | COST: \$1.00

Resident reservations open on Tuesday, May 28th at 8:00 a.m. Non-resident reservations open on Monday, June 3rd 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: June 13, 2024 | Time: 9:00 a.m. to 12:00 p.m.

Santa Anita Mall | COST: \$1.00

Resident reservations open on Monday, June 3rd at 8:00 a.m. Non-resident reservations open on Monday, June 10th 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: June 27, 2024 | Time: 10:00 a.m. to 1:00 p.m.

Walmart | COST: \$1.00

Resident reservations open on Monday, June 10th at 8:00 a.m. Non-resident reservations open on Monday, June 17th 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: July 11, 2024 | Time: 9:00 a.m. to 12:00 p.m.

Hastings Ranch | COST: \$1.00

Resident reservations open on Monday, June 17th at 8:00 a.m. Non-resident reservations open on Monday, June 24th 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: July 18, 2024 | Time: 9:00 a.m. to 12:00 p.m.

Santa Anita Mall | COST: \$1.00

Resident reservations open on Monday, June 24th at 8:00 a.m. Non-resident reservations open on Monday, July 1st 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: July 25, 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. June 12th class will be held at the Library Community Room. *No class: 6/19.

June Session: 6/5-6/26/2024* | **COST:** \$12 (\$4 per class)

July Session: 7/3-7/31/2024 | **COST:** \$16 (\$4 per class)

August Session: 8/7-8/28/2024 | **COST:** \$20 (\$4 per class)

FUN-ctional Fitness

Mondays & Fridays from 9-9:55 a.m.

Saturdays from 8-8:55 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.

Monday/Friday June Session: 6/3-6/28/2024 | **COST:** \$40

Saturday June Session: 6/1-6/29/2024 | **COST:** \$25

Monday/Friday July Session: 7/1-7/29/2024 | **COST:** \$45

Saturday July Session: 7/6-7/27/2024 | **COST:** \$20

Monday/Friday August Session: 8/2-8/30/2024 | **COST:** \$45

Saturday August Session: 8/3-8/31/2024 | **COST:** \$25

Gymnasium for the Mind One-Day Workshop **NEW!**

Wednesdays from 1:00 p.m. to 2:30 p.m.

Instructor: Robert Leh | **Location:** Senior Center

Join us for a complimentary introductory one-day workshop to experience the program!

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!

Date: Wednesday, June 26, 2024

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.

June Session: 6/6-6/27/2024 | **COST:** \$20

July Session: 7/11-7/25/2024 | **COST:** \$15

August Session: 8/1-8/29/2024 | **COST:** \$25

Beginner Pickleball Practice & Play **NEW!**

Tuesdays from 9:30-11:30 a.m.

Instructor: Michele Pusateri | **Location:** Orange Grove Park

Come check out pickleball, the fastest growing sport in the United States! Join us at Orange Grove Park on Tuesdays from 9:30 a.m. to 11:30 a.m. for senior pickleball classes. This four-week progressive class will teach the basics of pickleball like scorekeeping, court position, serving, return, and unique lingo, and more advanced skills like shot selection, game strategy, and reduce playing errors. *Please bring a pickleball paddle, 3 pickleball balls, tennis court appropriate shoes, and water sun protection.*

June Session: 6/4-6/25/2024 | **COST:** \$65

July Session: 7/9-7/30/2024 | **COST:** \$65

August Session: 8/6-8/27/2024 | **COST:** \$65

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. *June 12th class will be held at the Library Community Room. *No class: 6/19.*

June Session: 6/5-6/26/2024* | **COST:** \$12 (\$4 per class)

July Session: 7/3-7/31/2024 | **COST:** \$20 (\$4 per class)

August Session: 8/7-8/28/2024 | **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. *No class: 7/4.

June Session: 6/4-6/27/2024 | **COST:** \$32 (\$4 per class)

July Session: 7/2-7/30/2024* | **COST:** \$32 (\$4 per class)

August Session: 8/1-8/29/2024 | **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.

June Session: 6/3-6/24/2024 | **COST:** \$20

July Session: 7/1-7/29/2024 | **COST:** \$25

August Session: 8/5-8/26/2024 | **COST:** \$20

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.

June Session: 6/3-6/24/2024 | **COST:** \$20

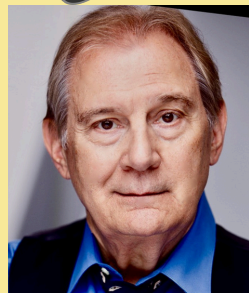
July Session: 7/1-7/29/2024 | **COST:** \$25

August Session: 8/5-8/26/2024 | **COST:** \$20



SENIOR CENTER INSTRUCTOR

Highlight



Robert Leh is the co-founder and facilitator of Gymnasium for the Mind. Robert studied improvisational theatre and taught acting and improvisation. He is also Head Writer and Marketing Director for The Dreamers Guild. Come take his class!

Senior Cinema Program

Film Talk Screenings

Join us for our Film Talk Screenings on the 2nd Monday of each month at 1:00 p.m. Theo Siegel provides a presentation regarding the film production, history, and more prior to the screening of the film.

High Noon (1952) | Monday, June 10, 2024

(85 minutes) A town Marshal, despite the disagreements of his newlywed bride and the townspeople around him, must face a gang of deadly killers alone at "high noon" when the gang leader, an outlaw he "sent up" years ago, arrives on the noon train. **Stars Gary Cooper, Grace Kelly, Thomas Mitchell.** (DVD)

Breakfast at Tiffany's (1961) | Monday, July 8, 2024

(115 minutes) A young New York socialite becomes interested in a young man who has moved into her apartment building, but her past threatens to get in the way. **Stars Audrey Hepburn, George Peppard, Patricia Neal.** (DVD)

Staff Pick Movie Monday

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

Grand Turismo (2023) | Monday, June 17, 2024

(134 minutes) Based on the unbelievable, inspiring true story of a team of underdogs - a struggling, working-class gamer, a failed former race car driver, and an idealistic motorsport exec - who risk it all to take on the most elite sport in the world. **Rated PG-13 for intense action and some strong language.** **Stars David Harbour, Orlando Bloom, Archie Madekwe.** (N)

Murphy's Romance (1985) | Monday, July 15, 2024

(107 minutes) Emma moves to a ranch with her son after a divorce and befriends the older Murphy, but things turn complicated when her ex shows up. **Rated PG-13 for some language, partial nudity, and smoking.** **Stars Sally Field, James Garner, Brian Kerwin.** (DVD)

Foreign Film Friends

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

Spirited Away (2001) | Monday, June 24, 2024

(Japanese Language Film) (125 minutes) During her family's move to the suburbs, a sullen 10-year-old girl wanders into a world ruled by gods, witches and spirits, and where humans are changed into beasts. **Rated PG for some scary moments.** **Stars Daveigh Chase, Suzanne Pleshette, Miyu Irino.** Academy Award winner for Best Animated Feature. (A)

Perfect Days (2023) | Monday, July 22, 2024

(Japanese Language Film) (124 minutes) Hirayama cleans public toilets in Tokyo, lives his life in simplicity and daily tranquility. Some encounters also lead him to reflect on himself. **Rated PG for some language, partial nudity and smoking.** **Stars Koji Yakusho, Tokio Emoto, Arisa Nakano.** Academy Award nomination. (A)

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 | JUNE & JULY 2024

Senior Cinema Fridays

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.

Past Lives (2023) | Friday, June 7, 2024

(95 minutes) Nora and Hae Sung, two deeply connected childhood friends, are wrested apart after Nora's family emigrates from South Korea. Twenty years later, they are reunited for one fateful week as they confront notions of love and destiny. **Rated PG-13 for some strong language.** **Stars Greta Lee, Teo Yoo, John Magaro.** (Nominated for Best Picture & Best Original Screenplay) (DVD)

Anyone But You (2023) | Friday, June 14, 2024

(103 minutes) After an amazing first date, Bea and Ben's fiery attraction turns ice-cold--until they find themselves unexpectedly reunited at a wedding in Australia. So they do what any two mature adults would do: pretend to be a couple. **Rated R for language throughout, sexual content and brief graphic nudity.** **Stars Sydney Sweeney, Glen Powell, Alexandra Shipp.** (N)

Cat on a Hot Tin Roof (1958) | Friday, June 21, 2024

(108 minutes) Brick is an alcoholic ex-football player who drinks his days away and resists the affections of his wife. A reunion with his terminal father jogs a host of memories and revelations for both father and son. **Stars Elizabeth Taylor, Paul Newman, Burl Ives.** (Nominated for six Oscars) (DVD)

Unfrosted (2024) | Friday, June 28, 2024

(93 minutes) In 1963 Michigan, business rivals Kellogg's and Post compete to create a cake that could change breakfast forever. **Rated PG-13 for some suggestive references and language.** **Stars Isaac Bae, Jerry Seinfeld, Chris Rickett.** (N)

Sound of Freedom (2023) | Friday, July 5, 2024

(131 minutes) The incredible true story of a former government agent turned vigilante who embarks on a dangerous mission to rescue hundreds of children from traffickers. **Rated PG-13 for thematic content involving sex trafficking, violence, language, sexual references, some drug references and smoking throughout.** **Stars Jim Caviezel, Mira Sorvino, Bill Camp.** (DVD)

The Miracle Club (2023) | Friday, July 12, 2024

(90 minutes) There's just one dream for the women of Ballygar to taste freedom: to win a pilgrimage to the sacred French town of Lourdes. **Rated PG-13 for thematic elements and some language.** **Stars Laura Linney, Kathy Bates, Maggie Smith.** (N)

Far From Heaven (2002) | Friday, July 19, 2024

(107 minutes) In 1950s Connecticut, a flustered housewife faces a marital crisis and mounting racial tensions in the outside world. **Rated PG-13 for mature thematic elements, sexual content, brief violence and language.** **Stars Julianne Moore, Dennis Quaid, Dennis Haysbert.** (DVD)

Shirley (2024) | Friday, July 26, 2024

(117 minutes) Shirley Chisholm makes a trailblazing run for the 1972 Democratic presidential nomination after becoming the first Black woman elected to Congress. **Rated PG-13 for strong language including racial slurs, brief violence and some smoking.** **Stars Regina King, Lance Reddick, Terrence Howard.** (N)



City of
SOUTH PASADENA

Father's Day Luncheon



Date: Wednesday, June 12, 2024
Time: 11:45 a.m. | Cost: \$3.00
Location: South Pasadena Senior Center

ADVANCED RESERVATIONS ARE REQUIRED.
RESIDENTS & MEMBER RESERVATIONS OPEN ON:
Monday, May 6, 2024 at 8:00 a.m.
GENERAL RESERVATIONS OPEN ON:
Wednesday, May 8, 2024 at 8:00 a.m.
Must be 55 years or older to attend.

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



Entertainment provided by:

DJ Ben

SOUTH PASADENA SENIOR CENTER

4TH OF JULY

LUNCHEON

Date: Wednesday, July 3, 2024
Time: 11:45 a.m. | Cost: FREE!
Location: South Pasadena Senior Center

ADVANCED RESERVATIONS ARE REQUIRED.
RESIDENTS & MEMBER RESERVATIONS OPEN ON:
Monday, June 3, 2024 at 8:00 a.m.
GENERAL RESERVATIONS OPEN ON:
Wednesday, June 5, 2024 at 8:00 a.m.
Must be 55 years or older to attend.

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

Thank you to our luncheon sponsor:
Community Services Director Sheila Pautsch

**FREE
LUNCH**



City of South Pasadena Senior Center

National Senior Citizen Day Picnic

Date: Wednesday, August 21, 2024
Time: 11:45 a.m.
Location: South Pasadena Senior Center
COST: \$3.00

ADVANCED RESERVATIONS ARE REQUIRED
Resident & Members Reservations open on:
Monday, July 15, 2024 at 8:00 a.m.
General Reservations open on:
Wednesday, July 17, 2024 at 8:00 a.m.
Must be 55 years or older to attend.

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



Entertainment provided by:

DJ Ben

South Pasadena Senior Center

End of Summer Luau Luncheon

Date: Wednesday, August 28, 2024
Time: 11:45 a.m. | Cost: \$3.00
Location: South Pasadena Senior Center

ADVANCED RESERVATIONS ARE REQUIRED.
RESIDENTS & MEMBER RESERVATIONS OPEN ON:
Monday, July 22, 2024
GENERAL RESERVATIONS OPEN ON:
Wednesday, July 24, 2024
Must be 55 years or older to attend.

Live ukulele performance by
Bruddah Vince

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



JUNE 2024 SENIOR CENTER DAILY ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>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.)</p>	<p>4</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Intermediate) (9:30-11 a.m.) DAR Trip – Savers</p>	<p>5</p> <p>Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.)</p>	<p>6</p> <p>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.)</p>	<p>7</p> <p>Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)</p>
<p>10</p> <p>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.)</p>	<p>11</p> <p>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.) City Website Presentation (1:30 p.m.)</p>	<p>12</p> <p>Smartphone Training (9-11 a.m.) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Father's Day Luncheon (11:45 a.m.) Elder Wisdom Group (1-2 p.m.) Tech Day (3-5 p.m.)</p>	<p>13</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Lecture (1 p.m.) PCC Sewing (1-4:15 p.m.) DAR Trip – Costco/Target</p>	<p>14</p> <p>Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)</p>
<p>17</p> <p>Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Movie (1-3 p.m.) Mah Jong (1:30-4:30 p.m.)</p>	<p>18</p> <p>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.)</p>	<p>19</p> <p>The South Pasadena Senior Center is closed in observance of Juneteenth. Normal operations will resume on Thursday, June 20th.</p>	<p>20</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.)</p>	<p>21</p> <p>Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)</p>
<p>24</p> <p>Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Movie (1-3 p.m.) Mah Jong (1:30-4:30 p.m.)</p>	<p>25</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) World Travels with my Harp Listen & Learn (11:45 a.m.) Spanish (Intermediate) (9:30-11 a.m.)</p>	<p>26</p> <p>Book Discussion (10-11:30 a.m.) 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 of the Mind Workshop (1 p.m.) Tech Day (3-5 p.m.) Excursion – Downtown Disney District</p>	<p>27</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Lecture (1 p.m.) DAR Trip – Santa Anita Mall</p>	<p>28</p> <p>Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.) Ice Cream Social (3 p.m.)</p>

JULY 2024 SENIOR CENTER DAILY ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Lecture (1 p.m.) Mah Jong (1:30-4:30 p.m.)</p>	<p>2 Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Intermediate) (9:30-11 a.m.)</p>	<p>3 Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) 4th of July Luncheon (11:45 a.m.) THE SOUTH PASADENA SENIOR CENTER AT CLOSE AT 2 P.M.</p>	<p>4 The South Pasadena Senior Center is closed in observance of the 4th of July. Normal operations will resume on Friday, July 5th.</p>	<p>5 Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)</p>
<p>8 Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Movie (1-3 p.m.) Mah Jong (1:30-4:30 p.m.)</p>	<p>9 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.)</p>	<p>10 Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Elder Wisdom Group (1-2 p.m.) BINGO (1 p.m.) Tech Day (3-5 p.m.)</p>	<p>11 Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Lecture (1 p.m.) DAR Trip – Walmart</p>	<p>12 Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)</p>
<p>15 Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Movie (1-3 p.m.) Mah Jong (1:30-4:30 p.m.)</p>	<p>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.)</p>	<p>17 Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.)</p>	<p>18 Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) DAR Trip – Hastings Ranch</p>	<p>19 Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)</p>
<p>22 Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Movie (1-3 p.m.) Mah Jong (1:30-4:30 p.m.)</p>	<p>23 Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Intermediate) (9:30-11 a.m.) Excursion – LACMA</p>	<p>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.)</p>	<p>25 Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Lecture (1 p.m.) DAR Trip – Santa Anita Mall</p>	<p>26 Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.) Ice Cream Social (3 p.m.)</p>
<p>29 Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Mah Jong (1:30-4:30 p.m.)</p>	<p>30 Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Intermediate) (9:30-11 a.m.)</p>	<p>31 Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Lecture (1 p.m.)</p>		

ICE CREAM SOCIAL HOURS *at the Senior Center*

Stop by the South Pasadena Senior Center and enjoy a scoop of ice cream with friends out on the patio. Ice Cream Social Hours are held on the last Friday of each month during the summer.

DATE: June 28, 2024 & July 26, 2024

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

LOCATION: Senior Center Patio

For more information or to RSVP, contact the Senior Center at (626) 403-7360.



1102 Oxley Street
South Pasadena, CA 91030

PRSR STD
U.S. Postage
PAID
Permit 15
Monterey Park, CA

CITY OF SOUTH PASADENA SENIOR CENTER

CLASSES

LECTURES

RESOURCES

EXCURSIONS

SPECIAL EVENTS

BECOME A MEMBER TODAY!
Contact us at (626) 403-7360

City of
SOUTH PASADENA



WORLD

Adventures



with my Harp

This performance is an exciting personal story of migrations, hardships and successes, interwoven around beautiful traditional music of many countries and original compositions. Concepts of geography, history, language, and folklore are also explored.

Date: Tuesday, June 25, 2024

Time: 11:45 a.m. to 12:45 p.m.

Advanced reservations are required. If you would like to eat lunch during the performance, please also make an advanced reservation. Lunch cost is \$3.00.
For more information, please contact the Senior Center at (626) 403-7360.



THE MUSIC CENTER

60