

# 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  
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### South Pasadena Senior Center

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 @SPseniorcenter



Community Services Coordinator, Katrina Faulmino, and Community Services Supervisor, Melissa Snyder, at the 2023 End of Summer Luau.

## Message from the Senior Center Supervisor

Dear Senior Center Members and Patrons,

As we approach the end of summer, I am excited to share with you the upcoming activities and events at the South Pasadena Senior Center.

In August, we are celebrating National Senior Citizens Day with a picnic luncheon. Don't miss the End of Summer Luau this year with a new ukulele performance. For September, we are partnering with Huntington Health to offer a free flu vaccine clinic. Advance appointments are not required, but recommended.

Make sure to review the selection of new lectures, workshops, or sign up for our new class, Gymnasium for the Mind. We hope you can join us for these events and enjoy the fun camaraderie they bring. Your participation is what makes our community so vibrant and enjoyable.

We look forward to seeing you soon!

*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

The Senior Center will close at 2:00 p.m. on Monday, August 19, 2024 for the Senior Champion Awards. Normal operations will resume on Tuesday, August 20th. The Senior Center will close after the End of Summer Luau for a staff training. Normal operations will resume on Thursday, August 29th. All City facilities will be closed on Monday, September 2, 2024 in observance of Labor Day. Normal operations will resume Tuesday, September 3rd.

## 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](mailto: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](mailto: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](mailto: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

## 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. Entertainment provided by DJ Ben.

**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. Entertainment provided by Bruddah Vince.

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

**Location: South Pasadena Senior Center**

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

## Halloween Luncheon

Join us for a spooktacular Halloween Luncheon at the Senior Center! Advance reservations are required. Senior Center Member and residents over 55 years of age reservations begin on Monday, September 23, 2024 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, September 25, 2024 at 8:00 a.m.

**Date: October 30, 2024 | Time: 11:45 a.m.**

**Location: South Pasadena Senior Center**

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

## Veterans Day Luncheon

Join the South Pasadena Senior Center to honor our veterans! Advance reservations are required. Senior Center Member and residents over 55 years of age reservations begin on Monday, October 7, 2024 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, October 9, 2024 at 8:00 a.m.

**Date: November 6, 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.

## The San Andreas Fault

We all live along a plate boundary, the San Andreas Fault, which is one of the most active and dynamic fault lines in the world. We will look at that fault, its past earthquakes, and what seismologist predict about its future quakes. **Sponsored by the Senior Citizens' Foundation of South Pasadena & the Harold & Alice Mgrublian Endowment.**

**Presenter: Dr. Donald R. Prothero**

**Date: Thursday, August 8, 2024 | Time: 1:00 p.m.**

## All About Memory

Join USC Alzheimer's Disease Research Center for a presentation [all about memory!](#)

**Presenter: John J. Danner, LCSW - Memory & Aging Center**

**Date: Thursday, August 15, 2024 | Time: 1:00-2:30 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, August 22, 2024 | Time: 1:00 p.m.**

## Hollow Earth: Journey to the Center of the Earth

There are people who believe the earth is hollow, and that people have even explored the hollow core of the earth. We will explore the evidence for what the earth's interior is really like, and how we know it.

**Presenter: Dr. Donald R. Prothero**

**Date: Tuesday, September 10, 2024 | Time: 1:00 p.m.**

## CSULA Lifelong Learning Lecture

Professor Kirchner is a world authority on railroad history and an enthusiastic traveler. In this presentation he conveys his love of trains and captivating scenery of Japan in compelling photography and anecdotal reminiscences. **Sponsored by the Senior Citizens' Foundation of South Pasadena & the Harold & Alice Mgrublian Endowment.**

**Presenter: Professor Emeritus John Kirchner, Geography & Transportation Studies**

**Date: Monday, October 7, 2024 | Time: 1:00 p.m.**

## A Horse of a Different Color (and Shape)

The story of the evolution of horses is one of the most famous examples in all of science, but it is grossly oversimplified. So much more had been learned, and the story is a lot more complex than the simplistic images that are endlessly copied in textbooks. We will explore the true story of the evolution of the horse.

**Presenter: Dr. Donald R. Prothero**

**Date: Tuesday, October 8, 2024 | Time: 1:00 p.m.**

## Late-Life Transitions

As we age, we all face key social, physical, and psychological changes. This presentation identifies late-life transitions which can affect the way we function and offers tips on maintaining a positive self-view, feeling good about our past, and making the most of life in the face of these changes.

**Presenter: LA County Department of Mental Health**

**Date: Wednesday, October 16, 2024 | Time: 1:00 p.m.**

## Fall Prevention Lunch & Learn with Huntington Health

Join us for an informative session on fall prevention during our Lunch & Learn Program. Falls are a leading cause of injury among older adults, but many falls can be prevented. During this presentation, you will learn practical tips and strategies to reduce your risk of falling.

**Presenter: Huntington Health**

**Date: Tuesday, October 29, 2024 | Time: 11:45 a.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.**

## Financial Advice

Experienced Registered Investment Advisor Scott Burch will advise on guaranteed income planning, investment risk reduction, tax reduction, estate planning, and more. Appointments are available every 2nd and 4th Tuesday of the month from 10:00 a.m. to 12:00 p.m. **Advanced appointments are required. To schedule an appointment, please call the front desk at (626) 403-7360.**

**August Dates: August 13, 2024 & August 27, 2024**

**September Dates: September 10, 2024 & September 24, 2024**

## 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: August 13, 2024 & September 10, 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: August 20, 2024 & September 17, 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.

## South Pasadena Paramedic Subscription Program

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.**

## Telephone Reassurance Program

The Telephone Reassurance Program is an initiative that provides a friendly phone call from a volunteer or staff to an older adult who is living alone and/or homebound. The goal of the program is to eliminate or reduce feelings of isolation, loneliness, depression, anxiety, and cognitive decline. **For those interested in signing up for the Telephone Reassurance Program, please call the front desk at (626) 403-7360.**



# 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: August 14, 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: August 21, 2024 & September 18, 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 will resume on September 11th.

**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.

**Date: August 28-October 2, 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 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. 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. *\*No group meeting: 8/19.*

## **Pasadena City College - Sewing Techniques for Older Adults | Instructor: Carmen Grammer**

Designed for older adult students with all levels of sewing abilities. Emphasis on the development and use of good sewing techniques to build confidence for task completion, craft-related problem-solving skills, including appropriate application of some speed-sewing techniques, the use of commercial patterns, proper fit, and independent creation of patterns for personal projects to support social/personal. Registration is through Pasadena City College Noncredit Division. For more information, please contact (626) 585-3000.

**Dates: August 26 - December 15, 2024**

**Time: 1:00 p.m. to 4:20 p.m.**

## **Spanish (Beginners) | Instructor: Walter Cervantes**

Class is designed for those with little or no knowledge of the language. Requires two textbooks (Cost: \$10). Must be a Senior Center Member to join group. Group will resume August 29th. *\*No class: 9/26.*

**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. *\*No Tech Day: 8/28. 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.**

# 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.

## 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.**

## Solvang Day Trip | COST: \$10.00

Senior Center Members and residents over 55 years of age reservations open on Monday, September 5, 2024 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, September 7, 2024 at 8:00 a.m.  
**Date: October 23, 2024 | Time: 8:00 a.m. to 5:00 p.m.**



## Rogers Garden | Cost: \$10.00

Senior Center Members and residents over 55 years of age reservations open on Monday, October 7, 2024 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, October 9, 2024 at 8:00 a.m.  
**Date: November 13, 2024 | Time: 9:00 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.

## Costco/Target | COST: \$1.00

Resident reservations open on Monday, July 22nd at 8:00 a.m. Non-resident reservations open on Monday, July 29th 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: August 8, 2024 | Time: 9:00 a.m. to 12:00 p.m.**

## Santa Anita Mall | COST: \$1.00

Resident reservations open on Monday, August 5th at 8:00 a.m. Non-resident reservations open on Monday, August 12th 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: August 29, 2024 | Time: 10:00 a.m. to 1:00 p.m.**

## Villarta Supermarket | COST: \$1.00

Resident reservations open on Monday, August 19th at 8:00 a.m. Non-resident reservations open on Monday, August 26th 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: September 5, 2024 | Time: 9:00 a.m. to 12:00 p.m.**

## Walmart | COST: \$1.00

Resident reservations open on Monday, August 26th at 8:00 a.m. Non-resident reservations open on Tuesday, September 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: September 12, 2024 | Time: 9:00 a.m. to 12:00 p.m.**

## Santa Anita Mall | COST: \$1.00

Resident reservations open on Monday, September 9th at 8:00 a.m. Non-resident reservations open on Monday, September 16th 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: September 26, 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. 8/21 & 8/28 class will be held at the Library Community Room.

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

**September Session:** 9/4-9/25/2024 | **COST:** \$16 (\$4 per class)

**October Session:** 10/2-10/30/2024 | **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 August Session:** 8/2-8/30/2024 | **COST:** \$45

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

**Monday/Friday September Session:** 9/6-9/30/2024 | **COST:** \$40

**Saturday September Session:** 9/7-9/28/2024 | **COST:** \$20

**Monday/Friday October Session:** 10/4-10/28/2024 | **COST:** \$40

**Saturday October Session:** 10/5-10/26/2024 | **COST:** \$20

## Gymnasium for the Mind **NEW!**

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

**Dates:** 9/4-10/9/2024 | **COST:** \$95

## 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.

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

**September Session:** 9/5-9/26/2024 | **COST:** \$20

**October Session:** 10/3-10/31/2024 | **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.*

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

**September Session:** 9/3-9/24/2024 | **COST:** \$65

**October Session:** 10/1-10/22/2024 | **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. 8/21 & 8/28 class will be held at the Library Community Room.

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

**September Session:** 9/4-9/25/2024 | **COST:** \$16 (\$4 per class)

**October Session:** 10/2-10/30/2024 | **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: 8/8.

**August Session:** 8/1-8/29/2024\* | **COST:** \$32 (\$4 per class)

**September Session:** 9/3-9/26/2024 | **COST:** \$32 (\$4 per class)

**October Session:** 10/1-10/31/2024 | **COST:** \$40 (\$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. \*No class: 9/2.

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

**September Session:** 9/9-9/30/2024 | **COST:** \$20

**October Session:** 10/7-10/28/2024 | **COST:** \$20

## Tai Chi: Martial Art Introduction

Mondays from 10-11 a.m.

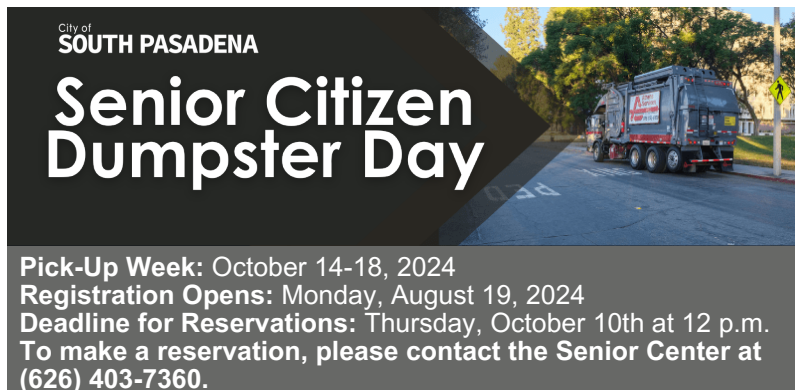
**Instructor:** Pam Dong | **Location:** Library Community Room

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. \*No class: 9/2.

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

**September Session:** 9/9-9/30/2024 | **COST:** \$20

**October Session:** 10/7-10/28/2024 | **COST:** \$20



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.**

Register for classes early to avoid cancellations due to low enrollment!

# 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.

### Notorious! (1946) | Monday, August 12, 2024

(102 minutes) The daughter of a convicted German spy is asked by American agents to gather information on a ring of German scientists in South America. How far will she have to go to ingratiate herself with them? **Stars Ben Hecht, Alfred Hitchcock, John Taintor Foote.**

### Rocky (1976) | Monday, September 9, 2024

(120 minutes) A small-time Philadelphia boxer gets a supremely rare chance to fight the world heavyweight champion in a bout in which he strives to go the distance for his self-respect. **Stars Sylvester Stallone.**

## Staff Pick Movie Monday

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

**\*NO STAFF PICK MOVIE MONDAY ON AUGUST 19, 2024 DUE TO EARLY CLOSURE\***

### The Shawshank Redemption (1994) | Monday, September 16, 2024

(142 minutes) Over the course of several years, two convicts form a friendship, seeking consolation and, eventually, redemption through basic compassion. **Rated R for language and prison violence. Stars Tim Robbins, Morgan Freeman, Bob Gunton.**

## Foreign Film Friends

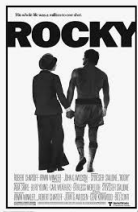
The Foreign Film group meets on the 4th Monday of each month at 1:00 p.m.

### Rose Island (2020) | Monday, August 26, 2024

(Italian Language Film) (117 minutes) An idealistic engineer builds his own island off the Italian coast and declares it a nation, drawing the world's attention. Values are tested when the Italian Government declares him an enemy, but to change the world risks must be taken. **Rated TV-14. Stars Elio Germano, Leonardo Lidi, Matilda De Angelis. (N)**

### A Sun (2019) | Monday, September 23, 2024

(Japanese Language Film) (156 minutes) A family of four fractures under the weight of unmet expectations, unexpected tragedy, and uncompromising pride. Viewer discretion advised for *sexual content and violence*. **Stars Chien-Ho Wu, Yi-Wen Chen, Samantha Shu-Chin Ko. (N)**



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 | AUGUST & SEPTEMBER 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.

### Hit Man (2023) | Friday, August 2, 2024

(115 minutes) A professor moonlighting as a hit man of sorts for his city police department, descends into dangerous, dubious territory when he finds himself attracted to a woman who enlists his services. **Rated R for language, sexual content, and some violence. Stars Glen Powell, Adria Arjona, Austin Amelio. (N)**

### The Ramen Girl (2008) | Friday, August 9, 2024

(102 minutes) An American woman is stranded in Tokyo after breaking up with her boyfriend. Searching for direction in life, she trains to be a ramen chef under a tyrannical Japanese master. **Rated PG-13 for sexual content. Stars Brittany Murphy, Toshiyuki Nishida.**

### Mother of the Bride (2024) | Friday, August 16, 2024

(88 minutes) Lana's daughter Emma returns from London and announces that she's getting married next month. Things become more complicated when Lana learns that the man who stole Emma's heart is the son of the man who broke hers years ago. **Rated TV-PG. Stars Brooke Shields, Miranda Cosgrove, Benjamin Bratt. (N)**

### Voyage of the Damned (1976) | Friday, August 23, 2024

(155 minutes) The tragic 1939 voyage of SS St. Louis carrying hundreds of German Jewish refugees from Nazi Germany that seemingly no nation is willing to save from certain doom. **Rated PG. Stars Faye Dunaway, Orson Welles, James Mason.**

### The Beautiful Game (2024) | Friday, August 30, 2024

(125 minutes) Advocates to end homelessness organize an annual tournament for Homeless men to compete in a series of football matches known as The Homeless World Cup. **Rated PG-13 for some language, a suggestive reference, brief partial nudity and drug references. Stars Bill Nighy, Michael Ward. (N)**

### Dr. Strangelove (1964) | Friday, September 6, 2024

(95 minutes) An unhinged American general orders a bombing attack on the Soviet Union, triggering a path to nuclear holocaust that a war room full of politicians and generals frantically tries to stop. **Rated PG for thematic elements, some violent content, sexual humor and mild language. Stars Peter Sellers, George C. Scott, Sterling Hayden.**

### The Neon Highway (2024) | Friday, September 13, 2024

(113 minutes) Wayne, a singer, meets washed-up legend Claude Allen. Together they go to Nashville to pitch a song, but the industry rejects them. Wayne figures out how to release the song publicly, not for himself but for Claude. **Rated PG-13 for some language. Stars Beau Bridges, Rob Mayes, Sam Hennings. (N)**

### Hearts in Atlantis (2001) | Friday, September 20, 2024

(101 minutes) This is a gentle, innocent movie about the reflections of an aging man who returns to his home town after the death of his best friend. Memories of life at age eleven flood back as it was a magical time that changed his life. Eleven-year-old Bobby lives with his mother, a bitter, vain woman. Into their lives comes a mysterious new boarder. As time passes, the man and boy share confidences and come to love one another before the inevitable happens. **Rated PG-13 for violence and thematic elements. Stars Anthony Hopkins, Anton Yelchin, Hope Davis.**

### Beverly Hills Cops: Axel F (2024) | Friday, September 27, 2024

(118 minutes) Axel Foley returns to Beverly Hills after his daughter's life is threatened, and works with old pals John Taggart and Billy Rosewood to uncover a conspiracy. **Rated R for language throughout, violence and brief drug use. Stars Eddie Murphy, Joseph Gordon-Levitt, Taylour Paige. (N)**



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.

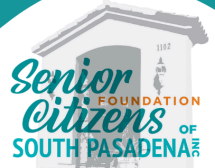
Must be 55 years or older to attend.

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



Entertainment provided by:

# DJ Ben



## Join us for the third annual Senior Champion Awards honoring Glen Duncan & Anita Scott

Please come to celebrate South Pasadena seniors and recognize these outstanding community members. Event is hosted by the Senior Citizens' Foundation of South Pasadena.

Date: Monday, August 19, 2024

Time: 5:00 p.m. to 7:00 p.m.

Location: South Pasadena Senior Center

Tickets are \$26 each and can be bought at [spsenior.org](http://spsenior.org)

Checks can be made to the Senior Citizen Foundation of South Pasadena

For more information, please contact the Senior Center at (626) 403-7360

Scan the QR code to purchase tickets



City of SOUTH PASADENA

# HOLLYWOOD BOWL TICKETS

## JAZZ PLUS: RODRIGO Y GABRIELA

The duo of Rodrigo Sanchez and Gabriela Quintero bring the guitar-shredding ethos of thrash metal and the rippling run of flamenco to their guitars.



DATE: Wednesday, September 18, 2024  
TIME: 8:00 p.m. (Gates open: 6:00 p.m.)

Tickets are free and available to Senior Center Members on a first come, first served basis beginning August 1, 2024.

Limit of two tickets per person.

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



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.



# AUGUST 2024 SENIOR CENTER DAILY ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5</p> <p>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>6</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Intermediate) (9:30-11 a.m.)</p>	<p>7</p> <p>Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.)</p>	<p>8</p> <p>Walking Group Line Dancing (9-10:30 a.m.) Lecture (1 p.m.) DAR Trip – Costco/Target</p>	<p>9</p> <p>Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)</p>
<p>12</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>13</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.) Financial Advice (10 a.m.-12 p.m.)</p>	<p>14</p> <p>Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) BINGO (1 p.m.) Tech Day (3-5 p.m.) Senior Excursion – Natural History Museum of Los Angeles</p>	<p>15</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Lecture (1 p.m.)</p>	<p>16</p> <p>Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)</p>
<p>19</p> <p>Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.)</p> <p><b>THE SOUTH PASADENA SENIOR CENTER CLOSSES AT 2 P.M.</b></p>	<p>20</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Health Screenings &amp; Counseling (9-11 a.m.) Spanish (Intermediate) (9:30-11 a.m.)</p>	<p>21</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.) National Senior Citizen Day Luncheon (11:45 a.m.)</p>	<p>22</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Lecture (1 p.m.)</p>	<p>23</p> <p>Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)</p>
<p>26</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>27</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Intermediate) (9:30-11 a.m.) Financial Advice (10 a.m.-12 p.m.)</p>	<p>28</p> <p>French (9-10 a.m.) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) End of Summer Luau (11:45 a.m.)</p> <p><b>THE SOUTH PASADENA SENIOR CENTER CLOSSES AT 1 P.M.</b></p>	<p>29</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 Class (1-4:20 p.m.) DAR Trip – Santa Anita Mall</p>	<p>30</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>





COMMUNITY SERVICES

# SEPTEMBER 2024 SENIOR CENTER DAILY ACTIVITIES

1102 Oxley Street, South Pasadena

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>The South Pasadena Senior Center is closed in observance of Labor Day.</p> <p>Normal operations will resume on Tuesday, September 3rd.</p>	<p><b>3</b></p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Intermediate) (9:30-11 a.m.)</p>	<p><b>4</b></p> <p>French (9-10 a.m.) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Gymnasium for the Mind (1-2:30 p.m.)</p>	<p><b>5</b></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 Class (1-4:20 p.m.) DAR Trip – Villalarta Supermarket</p>	<p><b>6</b></p> <p>Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)</p>
<p><b>9</b></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 (Beginners) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Mah Jong (1:30-4:30 p.m.)</p>	<p><b>10</b></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.) Financial Advice (10 a.m.-12 p.m.) Lecture (1 p.m.)</p>	<p><b>11</b></p> <p>French (9-10 a.m.) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Gymnasium for the Mind (1-2:30 p.m.) Elder Wisdom Group (1-2 p.m.) Tech Day (3-5 p.m.)</p>	<p><b>12</b></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 Class (1-4:20 p.m.) DAR Trip – Walmart</p>	<p><b>13</b></p> <p>Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)</p>
<p><b>16</b></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 (Beginners) (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><b>17</b></p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Health Screenings &amp; Counseling (9-11 a.m.) Spanish (Intermediate) (9:30-11 a.m.)</p>	<p><b>18</b></p> <p>French (9-10 a.m.) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Book Discussion (10-11:30 a.m.) Gymnasium for the Mind (1-2:30 p.m.)</p>	<p><b>19</b></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 Class (1-4:20 p.m.)</p>	<p><b>20</b></p> <p>Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)</p>
<p><b>23</b></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 (Beginners) (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><b>24</b></p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Intermediate) (9:30-11 a.m.) Financial Advice (10 a.m.-12 p.m.)</p>	<p><b>25</b></p> <p>French (9-10 a.m.) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Gymnasium for the Mind (1-2:30 p.m.) Elder Wisdom Group (1-2 p.m.) Tech Day (3-5 p.m.) Senior Excursion – Museum of Latin American Art</p>	<p><b>26</b></p> <p>Walking Group Yoga (8:30-9:30 a.m.) Flu Vaccine Clinic (9-11 a.m.) Line Dancing (9-10:30 a.m.) PCC Sewing Class (1-4:20 p.m.) DAR Trip – Santa Anita Mail</p>	<p><b>27</b></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>
<p><b>30</b></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 (Beginners) (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>				

# 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:** August 30, 2024 & September 27, 2024

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

**LOCATION:** Senior Center

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



1102 Oxley Street  
South Pasadena, CA 91030

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## CITY OF SOUTH PASADENA SENIOR CENTER

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LECTURES

RESOURCES

EXCURSIONS

SPECIAL EVENTS

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



Community Outreach

### 2024 Free Flu Vaccine Clinic



Thursday, September 26, 2024

9 - 11 a.m.

South Pasadena Senior Center  
1102 Oxley St., South Pasadena

\*High dose vaccine will be available in limited quantities.

#### Flu vaccine requirements:

- No COVID-19 or flu-like symptoms.
- Parent or guardian must be present to give consent for children ages 9-17 years.
- Not allergic to eggs or the influenza vaccine.
- Not have a history of Guillain-Barre syndrome.

For more information, call (626) 397-3376.