



May and June 2016

South Pasadena Senior Center

1102 Oxley Street, South Pasadena, California 91030

IMPORTANT NUMBERS

CITY HALL
626.403.7200

FIRE
626.403.7300
(NON EMERGENCY)

POLICE
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

SANTA ANITA
FAMILY SERVICES
626.359.9358

EMAIL RESERVATIONS:

RESERVATIONS@SOUTHPASADENA.CA.GOV

CONTACT US:

Senior Center:
626.403.7360

Monday -Friday

8 am to 5 pm

Dial a Ride
Transportation

Number:
626.403.7368



SENIOR SCAM STOPPERSM

CONTRACTORS STATE LICENSE BOARD

Assemblymember Chris Holden, and the Contractors State License Board invite you to attend a **free** seminar at So Pas Senior Center

May 13, 2016

4 pm - 6 pm

Experts will provide information about how to protect yourself from fraud relating to home repair, finances, identify theft, mail, auto repair and more.

Seniors, their families and caregivers are welcome to attend.



South Pasadena

Healthy Aging

 Huntington Hospital

Thursday, June 9, 2016

SCREENINGS OFFERED:

Derma Scan, Grip Strength, BMI and Stroke Information—*Huntington Memorial Hospital*

Balance Screening—*Alhambra Hospital & Rehabilitation Center*

Glaucoma Screening—*San Marino Eye*

Information and Photo Booth—*Health Care Partners*

Information booths, **free** box lunches (reservation needed) and raffle prizes



UPCOMING LECTURES & EVENTS

Wednesdays, May 11, 18 & 25, 10:30 am

DunHuang Caves

The Mogao Caves, located near the town of Dunhuang in the Gobi Desert of northwest China, comprise some 500 decorated Buddhist cave temples dating from the 4th to the 14th century. Filled with exquisite wall paintings and sculptures, the caves bear witness to the intense religious, artistic, and cultural exchanges along the Silk Road, the trade routes linking East and West. Presentations will be led by volunteer Bill Lee. Schedule is as follows: May 11 Video Art Galley in the Desert; May 18 (10 am) Photos from Mr. Lees Silk Road travels; May 25 Scanned images of the frescos & Sculptures in Mogoao Caves. An exhibit of the caves opens in Mid may at the Getty Center through September of 2016. Advanced registration required.

Wednesday, May 18, 10:30 am

A Tribute to Frank Sinatra and Tommy Dorsey

Selections of Sinatra's hit recordings with the Tommy Dorsey Orchestra will be played. Sinatra's career in show business singing with the Dorsey organization will be discussed. Presented by John Tumpak.

Thursdays, May 5, 12, 19 & 26, , 1:00 pm

All Things Apple

Introductory course is for students of all levels and will enlighten one on all the things that can be done with an IPOD, iPhone, iPad, IWatch and Apple Mac computer. Special attention will be given to those coming from PC environment. The sky is the limit on what you can be done with these powerful devices. Instructed by David Whitby, \$30, next session begins in September.



June 6, 10, 13, 17, 20 & 24, 2016,
10 am to 12 noon

Email Set Up

Class will focus on all steps of setting up an email account, types of providers, tools, managing contacts, calendar, staying organized, attachments and more. New series of classes offered for six sessions at \$25, instructor Edison Samuel.



July 11, 15, 18, 22, 25, 29, 2016

10 am to 12 noon

Social Media

Learn about the varooms forms of social media, how to set up an account, benefits and features, adding contacts, sharing photographs and more. Six sessions offered or \$25. Instructor Edison Samuels



Wednesday, June 22, 10:30 am

The Magic of Marble

Discover the mystery of marble – its creation and how it is quarried and used in countless ways. You will see superb marble statuary from around the world and Forest Lawn Memorial Park's unrivaled local collection of originals and fine reproductions of many beloved masterpieces. Presented by Debbie McIntosh. Reservations required.

Wednesday, June 1, 2016, 10:30 am

Training on Using TAP Card and loading fare

Join us to learn how to obtain your TAP card and load fare from the machines. Volunteer Sue Quon with "Seniors on the Move".

Wednesday, June 8, 2016,

10:30 am—1:00 pm

Tour of the Metro Foothill Extension

The tour will last approximately 2.5 hours. We will start at the Senior Center, board the train at South Pasadena Station, ride to Azusa Pacific University and back. Reservation required.



Monday, June 27, 10:30 am

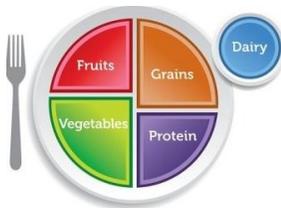
1950's American Song Book (NEW SHOW)

An interactive multimedia experience from America song book to American bandstand. Saul Jacobs and Don Digirolamo will entertain and enlighten participants with tales of the 1950s musical revolution. Music from Frabjuem Doris, Dinah & Perry to Elvis, Buddy Holly, Little Richard, Jerry Lew Lewis Chuck Berry, Ricky Nelson, Fats Domino, Everly Brothers, Pat Boone and Bobby Darin to name a few.

Friday, May 13, 10:30 am

Nutrition for Seniors

Learn about the benefits of proper nutrition. Understand the impact of poor nutrition. Discover simple ways to help shop for good food and eat right. As well as tips for diabetics. Registration necessary. Presented by Home Instead Senior Care.



Friday, May 13, 4:00 pm

SCAM STOPPERS

A panel of experts will talk about various types of fraud & provide tips and resources to help build awareness. Assistance will also be available for those who fall victim to fraud. Provided by Assemblymember Chris Holden, and State Contractors License Board. Registration necessary. Refreshments will be offered.

Friday, May 20, 10:30

Helpful Tips to Renew

Throughout the year we often think of things we would like to do better or differently. Whether it is for our physical, mental or spiritual health, we often have good intentions that fall flat soon after the New Year. Explore ways in which we can make realistic goals and stay motivated to achieve them. Presented by Shawn Herz, Heritage Clinic. Registration necessary.

Friday, June 3, 10:30 am

Coping Mechanisms

Learn methods of dealing with stress, anxiety or with daily challenges. Representative from Aurora Las Encinas Hospital. Reservation needed. Treats provided.

Wednesday, June 20, 10:30 pm

DMV Ombudsman Program and Driver Safety

The DMV has established a program for the purpose of helping mature drivers maintain their independence for as they can do so safely. The program provides information necessary to represent the interest of the public while specifically addressing concerns of senior drivers. Getting older does not automatically result in decreased driving skills.

Join us to learn more.

Friday, June 3, 10:30 am

Elderly Home Safety

Identify warning signs and potential dangers that can lay within the home. Discover simple ways to make life easier while living independently. Home Instead Senior Care, Maxine Vo presenter. Reservation necessary.

June 15, 2016

10:30 am

Emergency Preparedness

A representative from Los Angeles County Department of Public Health will speak on being prepared for emergencies and provide tips to prepare for a variety of emergencies. Reservations needed.



June 29, 10 am

Card Making—Free

A fun and creative morning making your very own greeting cards with a variety of stickers, trimming, glitter, flowers and so much more. Joyce Jeffries will offer this class free of charge. If we have enough interest we can set up regular classes with a fee. Join us and express yourself! — no fee.

July 2016 By Appointment

9:00 am to 11:30 am

Pharmacist—Medication Review

The Medication Therapy Management (MTM) Clinic at Huntington Hospital provides a variety of outpatient services to patients requiring management of chronic drug therapy. The MTM clinic is staffed by registered pharmacists and licensed technicians with extensive experience in medication therapy management.

Coming this summer pharmacist will review medications for those with chronic illnesses and are frustrated with the purpose of medications & side effects. Appointments are required. We hope to offer this program a few times throughout the year.



HUMAN SERVICES

Blood Pressure

On the fourth Wednesday (unless a holiday, see calendar) of each month a nurse is available from Right At Home Services to offer free blood pressure screenings. Service offered from 10 -11 am.

Glucose Testing & Blood Pressure

Each month on the second Monday Huntington Hospital nurse Kathy Eastwood is available to provide glucose test and blood pressure screenings. Fasting 1.5 hours prior May 9 & June 13, 8:30-10:30 am.

Podiatry Clinic

Local podiatrist is available the third Monday (unless a holiday) from 1-4 pm, by appointment. (Note: Next dates will be **May 16 and June 20**. Medicare assignment is accepted, however 61 days are needed between visits for Medicare to cover. He does not work with HMO plans but can charge \$45 for private pay service.

Elder Wisdom Group

Elder wisdom circle is a facilitated, ongoing, open discussion group. The group is deeply committed to personal growth, positivity, and the enormous potential of daily choices. The group acknowledges and refine the gift of emotional maturity that is only available to those with many years of life experience. The group honors and respect one another. We share resources and support each other as we journey

through what can be the best part of our lives, finding meaning and purpose today and every day: Group facilitator: Oliver Beaudette, Certified Sage-ing Leader. **Meets second & fourth** Wednesdays, May 11 & 25 and June 8 & 22, at 1 pm.

Convalescent Care Planning

Elder law attorney, Carlos Arcos, provides information on finding and paying for convalescent care as well as on financial protection for married couples under the Spousal Impoverishment Law. Contact the Center to arrange a 15 minute consultation free of charge.

Legal Advice

We are looking for a new attorney to donate his/her time and offer free consultations to our members. If you have an urgent need, please contact the office and we will try and connect you with a source.

Financial Advice

Registered Investment Advisor will advise on guaranteed income planning, higher interest returns, tax reduction and more. Scott W Burch is available every 2nd and 4th Tuesday, 10:00 am -12:00 noon, by appointment only.

Information & Referral Services

Assistance is available to provide resources which assist in dealing with aging issues and preventing unnecessary institutionalization, offer housing information and counseling to assist with day to day stressors, much more. Contact the office for information. Social Work intern available September through May each year

Santa Anita Family Services

Offers a registry of screened service providers, care management, and home based care to assist adults 60+ to remain independent. For information call (626)358-1185.

MTA Passes (TAP) Residents age 60 and over are eligible for a reduced MTA pass to ride the Gold Line or buses. In order to reload TAP cards, Seniors and/or disabled persons must have a TAP card, provide proof of residency in South Pasadena (water or electric bill), and ID (to verify age and/or proof of disability). If you are obtaining TAP for the first time, go to www.metro.net or call (323)466-3876 for more information. *Note Metro has changed the age for eligibility.*

NOTE: The rate for reloading the Senior Tap cards with the 30-day pass is **\$10.00** when purchased at the Senior Center (50% off the 30-day pass rate of \$20.00 for resident's only)

Telephone Reassurance

Volunteers make calls to home bound seniors. For more information contact the front desk. Led by Walter Cervantes, volunteer.

Dial-a-Ride

Monday through Friday service, appointments need to be made 24 hours in advance, call (626) 403-7368.

Access Services

Service available within LA County. To register call (800) 887-0829. To make reservation call (800) 883-1295. Visit website at: www.accessla.org

HOT MEALS

Daily Meals

Hot and cold meals are served Monday through Friday at the Senior Center. The menu is posted daily in the lobby as well as copies available at the desk and on the city's website. Meals are served at 11:45 am and reservations held until 12 noon.

Seniors/disabled	\$2.25
Persons under age 55 or Caregiver	\$4.18

Cancellation needs to be received by **10 am** or individuals will be billed for meal. Coupons are available for purchase.

This project is funded in part by the US Department of Housing & Urban Development Program.

Home Delivered Meals

Hot meals are delivered by volunteers Monday through Friday for those who are frail or recovering from illness in the home.

Seniors/disabled	\$2.50
Week	\$12.50

Meals are delivered between 11 am and 1 pm and are billed at the end of each month.

Box Lunches

On Fridays we offer boxed lunches for the weekend and long holidays. Order must be placed by Wednesday of that week. Lunch consists of sandwich, cold salad, fruit, cookies and milk.

Volunteers

We run both programs thanks to committed volunteers! Volunteers for the on-site program are: Sue Quon, Lee Balint, Michelle Ninfa, Joan Pantano, Bess Custodio, Bill Hilliard and Amy Yada.

Volunteers for the delivery program are: Linda Euler, Barbara Klein, Bob Vanderwall, Bill Suter, Michael Gutierrez, Paul Peel, Kit Roselund, Steven Koutnik, Linda Pauloo, & Anita Sue Norton.

Menu changes April 2016:

New menu 8 cycle begins with variety of cold sandwiches as well as hot entrees. Look out for details. More information call (626)403-7360.

SENIOR CINEMA

Foreign Film Friends

The Foreign Film group meets twice a month on Monday at 2:30 pm, unless otherwise noted.

May 9 The Exterminating Angel (1962 Spanish)

May 23 Quill: the Life of a Guide Dog (2004 Japanese)

June 13 The Conquest (2011 French)

June 27 Two Women (2000 Farsi)

Senior Cinema Fridays

Films are offered Friday afternoon at 1 pm and are selected by a committee. Suggestions are welcomed and can be left in the suggestion box near the coffee area. The Committee maintains a balance of new releases and some classics.

May 6 Mother's Day - No Movie

May 13 Movie cancelled

May 20 Carol

May 27 Brooklyn

June 3 Revenant

June 10 Creed

June 17 Father's Day - No Movie

June 24 The Big Short

Note: If films are offered on a special event day, the film will not be shown until 1:30-1:45 pm, or not shown at all.

Committee is made up of the following volunteers:

Jolyn Loomis, Bill Hilliard, Bob Lynes, Barbara Watkins and Denise Blue.

Films are subject to change based on availability. Senior Center Motion Picture License

number is #12570160.



TRAVEL OPPORTUNITIES



The Senior Center offers a variety of opportunities for traveling. The program is led by coordinator Bertha Copeland who volunteers at the Center on Fridays. Feel

free to leave messages for her if you have questions, or speak with the front desk staff to assist you. All tours depart from War Memorial Building, 435 Fair Oaks Avenue, South Pasadena.

All tours require a check for payment at the time of sign up. Call the front desk at (626)403-7360 for additional information or to leave a message for the volunteer coordinator.

EFFECTIVE JUNE 2015—Residents of South Pasadena will have priority registration days for all excursions

NOTE: DON'T WAIT UNTIL LAST MINUTE TO SIGN UP.

EXCURSIONS offered by the CITY OF SOUTH PASADENA:

We are fortunate to receive funding from Proposition A funds. (Gas tax money allocated to the City of South Pasadena). With these funds we are able to offer trips to local points of interest at a **low fee**.

May 26, 2016

Getty Center

Sales open April 4th residents, all others April 7
Exhibit opens in May of the Dunhuang Caves a replica of Caves in China. A special presentation is being offered in May at the Senior Center. Lunch on your own. Cost \$10, two buses planned for this tour.

June 16, 2016

Arrowhead Village, Lake Arrowhead

Reservations open May 2 for residents, all others May 5. Nestled in the beauty of the woods and having the charm of Swiss chalets, the Village offers modern amenities and an assortment of quaint specialty shops and outlet stores. Cost per person is \$12.50, includes box lunch.

July 21, 2016

Laguna Sawdust Festival

Sales open June 13 residents, June 16 all others
Laguna Beach artists present artwork of hand-blown and fused glass, painting, jewelry, surf art, ceramics, clothing and textiles, wood and metal, and so much more. Cost: \$19, includes box lunch

August 25, 2016

Long Beach Museum and Shoreline Village

Sales open July 11 residents, all other July 14
Located high on a cliff overlooking the Pacific, this museum complex features magnificent gardens, a permanent collection of European and California art and a two-story gallery. Shoreline Village offers a variety of shops and restaurants along the Long Beach shore. Cost: \$16.

September 22, 2016

Block of Orange & Bowers Museum

Sales open August 8 residents, all others August 11
The Block of Orange, is a beautiful open-air center that offers more than 120 outlet stores and over 25 incredible restaurants/cafes. Bowers Museum is one of California's finest museums and offers lectures, art classes, travel programs, children's art education programs, and other special community programs. Cost: \$20.

October 2016

South Coast Botanic Garden & Promenade (Palos Verde)

"The Jewel of the Peninsula" is a beautiful open-air shopping mall with small local & national clothing stores, plus galleries & restaurants, located on the Palos Verdes Peninsula. Cost: \$12.

November 2016

Palm Springs Tour

View homes of our biggest stars and see experimental and avant garde homes that were owned by such luminaries as Debbie Reynolds, Elvis Presley, Kim Novak, Barry Manilow, and "Rat Packers" Dean Martin and Peter Lawford. A guide will lead our bus through elegant neighborhoods of Hollywood Royalty residences. Cost: \$20, includes box lunch.

December 2016 LA Museum & USS Battleship IOWA Details TBA

No refunds unless 30 days prior to trip minus \$10

LEISURE CLASSES (ON - GOING)

FREE CLASSES offered to members of the Center:

Book Discussion Group

Meets each month, 10 am to 11:45 am. Reading material is scheduled as follows: May 18, *The Moon and Sixpence* by W. Somerset Maugham, and June 15, *The Rosie Project: A Novel*, by Graeme Simsion. Led by Liz Giffen-Glad. *Registration required to be on mailing list.*

Bridge

Challenge the mind with one of the greatest card games. Tuesdays, 10 to 11:30 am and 1 to 3 pm. Group led by volunteers.

Canasta & other Games

Group meets Thursday afternoons from 1:30 pm to 4:45 pm. Various games are played.

Computer Lab

The lab is available to members of the Center only, free of charge. Registration is required, call for availability. Systems are not available during classes.

Creative Writing

Bring your ideas and/or poems Thursdays 1-3 pm. Moderator Dave Gibson.

Francais

Learn to speak French. Mondays 1-2pm (intermediate) and 2-3pm (beginning). **Classes will resume June 20th.** Instructor: Monique Huynh.

Italiano (Basic & Intermediate)

Meets Mondays at **10am** (Basic) and **11am** (Intermediate). Intermediate class will require a text at the cost of about \$15. Instructor Ron De Luco. Limited seating.

Italiano (Conversational)

Meets Mondays at 12 noon. Instructor: Miguel Angel Coronado. No registration required for this class.

Espanol

Review & Intermediate class on Tuesdays from 8:30-10 am. Intermediate level Thursdays 8:30-9:30am. Instructor: Fay Riedel.

Espanol (beginners)

Class is geared for the person with no prior knowledge of the language. Class offered Fridays 9:30-10:30 am. Instructor: Fay Riedel.

Mah Jong

Group meets on Mondays at 1:30-4:45 pm and Thursdays 9:30 am to 12 noon. Independent group, players need to have some knowledge of the game.

Poetry Series

Led by Vilma Potter published poet. Contact the office for future dates.

Walking Group

Meets rain or shine on Tuesdays and Thursdays in the Center lobby at 8:30 am. Walk for an hour.

Chair Yoga

Each month Kathy Eastwood of Huntington Memorial Hospital will offer a class on yoga from a chair. Second Monday of each month at 10:30 am. Limited to 20 participants. Call to reserve.

Craft Classes

June 29th - Card Making Projects created with a wide variety of materials. See flyer.

Sewing Class

Thursdays 1-4 pm
Spring session started January 14, 2016 (16 weeks)

(Summer Session starts June 29, 2016 and will be held Wednesdays and Thursdays 12—3:20pm for 8 weeks). Designed for older adult students with beginning and limited sewing abilities. Offered by Center by Pasadena City College. Students must register as a student at PCC or first day of class.

STITCH & GAB **NEW**

2nd & 4th Fridays 9 –11 am stitch with friends and enjoy the art of conversation! Free to members.

FEE CLASSES:

All Things Apple

Learn to utilize all features with all Apple devices. \$30 4 week session. See: page 3, Upcoming Lectures & Events.

Cell Phone Use (Flip cell)

1pm - 3pm (Call for date)
Learn all the basics of your economy model cell phone. Cost \$10.00 Instructor: George Holmes

Computer (Beginning)

June 15 17, 22 & 24, 3 –5 pm
Class will be covering Microsoft Office (Word, Access, Excel & Power-Point). Cost \$25. Instructor: George Holmes.

Crochet & Knitting

Wednesdays 9:30 , instructor: Jean Shono \$5 per class, call for more details.

Line Dance (Easy Intermediate)

Unique class is offered with instruction on the newest steps, begin with stretching, followed by dance and end with cool down . Thursdays, 9-10:30 am. \$5 per person. Instructor: Janet Bordeaux

Fitness: See *Fitness and Nutrition* section for additional class descriptions.

May and June 2016

During the month of April our very own Senior Meals Program received a Congressional Recognition of Excellence from Congresswoman Judy Chu. The program was recognized for the partnerships that have formed with local service clubs & organizations to support special events offered by the Senior Center, and for relying on volunteers to assist with multiple aspects of the program. The program not only provides meals Monday through Friday, but programs are also scheduled around the meal to encourage members to stay active, meet new friends, socialize and enjoy music or speakers. If you have not attended one of our monthly special events, I invite you to do so and please let me know how you enjoy the experience. Thank you to the volunteers and staff.

We have planned festive activities for the upcoming months and we are hoping to expand programs with the next fiscal year which begins July 2016, as long as our budget is approved. Coming later this year, Pickle Ball, will be made possible with funds that have been allocated to stripe one of the tennis courts at Orange Grove Park, look for details in the next newsletter.

Monday, May 30th we will offer the annual Memorial Day Program at War Memorial, with each year attendance has been increasing, so spread the word,, bring a friend, Dial a Ride will be available to residents. Join us in remembering those who have served this country.

Looking forward to seeing each of you at our events,

Liliana F. Torres



City of South Pasadena

Monday, May 30, 2016

9:00 am to 10:00 am

War Memorial Building

435 Fair Oaks Avenue

South Pasadena, CA 91030

Memorial Day Service

Welcome and Introductions

Diana Mahmud, Mayor

Color Guard and Pledge of Allegiance

South Pasadena Boy Scout Troop #333

Scoutmaster Bob McClain

Remarks by Elected Representatives

Guest Speaker

*Colonel Kirk E. Gibbs, District Commander,
Los Angeles District, U.S. Army Corps. of Engineers*

Music

Mea Heatley

Recognition of Those Who Served

Dial a Ride available for residents

South Pasadena Senior Center Presents:

Fathers Day

Western Hoedown Country Luncheon

Friday, June 17th, 2016 at 11:45 am

MENU:

Hot Dogs

Coleslaw

Melon Salad

& Ice Cream

Entertainment:

DJ Ben

Seating is Limited.

Reservations open

May 16-18, at 9 am for residents,

May 19 for all others

To make a reservation, please call 626-403-7360

South Pasadena Senior Center,
1102 Oxley St., South Pasadena, CA 91030

Residents of South Pasadena,

When was the last time you received a service for just 50 cents? Well you still can! Residents who are 55 years and older, and/or those with disabilities qualify for Dial-A-Ride's services. What does that mean? It means you can enjoy a public service for only 50 cents a trip! The application process is free and only takes a few minutes. As a member of Dial-A-Ride you can enjoy trips anywhere within the City's limits. Additionally, you can partake in our monthly trips to Target, Costco, and the Santa Anita Mall. Wait, there is more! Dial-A-Ride also transports its patrons to medical appointments in the neighboring cities of Pasadena, and to limited locations in Alhambra, and Arcadia.

Dial-A-Ride operates Monday through Friday from 8:00am to 5:00pm. It is 50 cents a trip and coupons are available for purchase at the Senior Center (for those prefer not to carry exact change). You can register via our online application or stop by the Senior Center, we are located in the back of the building. All appointments need to be made at least 24 hours in advance, but can also be made at least two weeks in advance.

We hope to see you soon!

Angela Loera



Independence Day BBQ

Friday, July 1, 2016 11:45 am

Entertainment

Menu:

**Hamburgers, Baked Fries, Potato Salad,
Watermelon, Sweet Tea, Cupcakes**

\$2.25 per person

Reservations open June 1 –3 residents, others June 6

Pets Needing Love

Spend time with friendly, fun loving dogs! **The 1st Wednesday of each month**, from 10:00 am-11:00 am, volunteers from the Pasadena Humane Society bring some lovable dogs to spend the morning with the members of the South Pasadena Senior Center. Come by and say "Hi" to Miso, Rook, Smoky, and any other of our furry guests!



JOIN US FOR THE Coffee & Treats

10 am. (before lectures/events)
June 3, 2016 — AppliedGA
June 27, 2016 — AppliedGA



JOIN US!

The Center celebrates May 27 & June 24. Honorees receive free lunch and birthday card, and of course birthday cake for all those attending. Please leave your name in advance. Reservations are necessary.

We thank Del Mar Park of Pasadena for donating the delicious cake each month.



City of South Pasadena
Senior Citizens Center
1102 Oxley Street
South Pasadena, CA 91030

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Pasadena, CA
91109
Permit #183

Return Service Requested



CITY OF SOUTH PASADENA

Special upcoming events

Senior Commission

Matty Hurtado-Sokolow, Chair
Alexandria Levitt, *Vice-Chair*
Vacant, *Commissioner*
Cindi Knight, *Commissioner*
Robert Vanderwall *Commissioner*
Marina Khubesrian, *Council Liaison*

The Commission meets the 2nd
Wednesday of each month at 8:30 am.
The public is welcome to attend.

Senior Center Staff

Sheila Pautsch, *Community Services
Director*
Liliana F. Torres, *Senior Center
Manager*
Shelli Anderson, *Admin &
Programming*
Cynthia Castro, *Recreation Leader*
Trevor Scherer, *Recreation Leader*
Sara Torres, *Recreation Leader*
Kyle Benalcazar, *Recreation Leader*
Maria Katrina Faulmino, *Site Manager*

June 15 , & July 13, 10 am

Craft Projects

Thursday, June 9, 2016 9:30 am to 1 pm

South Pasadena Healthy Aging Fair

Screenings, many information booths, giveaways and lots of
good information.

Monday, June 27, 10-11:30 am

NEW OUR 1950s" FROM AMERICAN SONGBOOK TO AMERICAN BANDSTAND" -Saul Jacobs & Don Digirolamo

Friday, July 1, 2016, 11:45 am

Fourth July BBQ

Friday July 29, 11:45

Crazy Hat Day & Birthday Celebration

Thursday, August 11, 2016, 5:30 pm

Volunteer Recognition (by invitation)

Friday, August 19, 2016, 11:45

National Senior Citizens Day Picnic

September 23 , 2016 *SAVE THE DATE*

**Senior Citizens Foundation Gala - Rolling Out the Red Car-
pet** Senior Citizens Foundation of South Pasadena will host
an evening to celebrate donors and contributions to Senior
Center.

FITNESS & NUTRITION

Exercise and nutrition coupled together can slow the aging process. Although we support getting older and respect the wisdom that comes with the years, we want to promote healthy lifestyles and that can be achieved through exercise and good nutrition. We are expanding what we already offer with fitness & nutrition classes for 2016.

Functional Fitness (NEW)

Mondays, 8:30—9:30 am

Wednesdays, 8:30—9:30 am

Class is designed to improve everyday functional fitness through upper & lower extremity strengthening, core, stretch and some aerobic training. \$16 per month for both classes or \$10 for one day per week. Offered every month. Class led by Marc Galvez, BS Kinesiology.

Chair Balance and Strength Training

July 2016

On quarterly basis we will offer class that will focus on building strength and balance from a chair. Highly recommended for those whom are using canes or walkers. We will not offer monthly due to low attendance. Please leave your name and contact information for the next class. \$5 per class. Led by Marc Galvez, BS Kinesiology.

Monthly Nutrition Focus

1st Wednesday of the month

May 4 2016, 10:00 am topic: Macro vs. Micronutrient (continued)

June: 1, 2016, 10:00 am topic: Is Calorie Counting Beneficial?

July 6, 2016, 10:00 am topic: Portioning Meals

Marc Galvez, BS Kinesiology also has strong background in nutrition and will cover a different topic each month.

Yoga

Mondays 8:30-9:30 am and

Wednesday, 8:30-9:30

Increase flexibility through positions that act upon the various joints of the body, including joints that are rarely exercised. Yoga positions also work different tendons and ligaments of the body. Sessions dates April 25 & 27 through June 20 & 22, \$24 one day or \$44 for both classes. NOTE: Special price for attending both classes.

Pep Up Your Life

Wednesdays 4:00-5:00 pm and Fridays 8:30-9:30 am

Focus on stretch and strengthening exercises by working out from a chair and led by Ashley Delery, BS Kinesiology. \$16 per session/month for BOTH Wednesday and Friday classes. Attend Wednesdays or Fridays ONLY, special rate \$10 for the month.

Meditation

Tuesdays 8:30-9:30 am

Meditation calms the mind. It can teach one to focus positively on the task at hand. It is also a tool to develop and expand ones consciousness. Join certified instructor Candace Podvoll leads sessions on guided meditation and discussion. 5 per class or \$16 per 4 week session (beginning of each month).