



November and December 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

Thanksgiving Luncheon

Wed. November 23, 2016, 11:45 am

War Memorial Building, 435 Fair Oaks,
South Pasadena

Entertainment by:

Reba Buhr, singing

Jazz American standards from

30's, 40' & 50's



Reservations required call the office 626.403.7360

Sponsored by

Police Chief Arthur Miller



Shuttle provided from Center—Sign up in advance

Menu:

Roast Turkey,
Dried fruit & nut stuffing,
Creamed spinach & onions,
Cranberry relish w/ orange
zest, pumpkin pie

HOLIDAY and CHRISTMAS Luncheon

Thursday, December 15, 2016, 12 noon

War Memorial, 435 Fair Oaks Ave.,
South Pasadena

Reservations open
November 14 For residents,
November 17 all others

Shuttle from Center offered-
Make sure to sign up

Performance By:
The Music Company Carolers

Roast Beef with creamy
Horseradish sauce
Mashed Sweet Potatoes
Braised Kale with
Onion/Garlic Herbed roll,
Cake

UPCOMING LECTURES & EVENTS



Wednesday, November 2, 10:30 am

Murder Under the Microscope: Forensic Science and Mystery Fiction

From the earliest days of mystery fiction, authors have turned to "scientific" examination of evidence to lead their detectives to solutions. In this talk Professor Goldwhite will survey the field from the 19th century to the 21st. century "explosion" of forensics in mystery fiction and broadcast programs. Presented by Professor Harry Goldwhite from Lifelong Learning CSULA. Reservations are necessary.

Friday, November 4, 10:30 am

Understanding Supplemental Plans & Options

Presenters will provide information on the variety of supplemental health plans; find out if Medicare covers your medications & if you're eligible for extra help paying for them. Open enrollment is October 15 —December 7. This is the time to educate oneself on options if desire to change plans.

Wednesday, November 9, 2016, 5:30 pm

Community Dinner Fall Harvest for Senior Citizens & Local Teens

Join us as we celebrate fall and support the youth from The Place of South Pasadena as they prepare a dinner for the Senior Center members. Youth will be under the direction of local Chef Jennie Cook, who designs the menu and guides the youth as they cook. The dinner will be at no cost to Center members and is guaranteed to be tasty. A couple years ago the youth prepared a dinner for Center participants, and it was a success. Reservations are necessary, there is limited seating.

Monday, November 7, 10:30 a m

Tuskegee Airman Lt. Col. Bob Friend

Join us for the rare opportunity to meet Tuskegee Airman and WWII Veteran Lt. Col. Bob Friend as he shares his unique experiences as one of the highly decorated and revered members of the Red Tail squadron. As one of America's first black military pilots, his squadron would be awarded the Congressional Gold Medal for their wartime bravery and the example they set by overcoming obstacles big and small. Lt. Col. Friend served with the 332nd Fighter Group stationed in Europe and completed 142 combat missions during his service in WWII. Registration necessary.

Wednesday, November 9, 10:30 am

A Grateful Nation Honors our Veterans

"On Veterans Day, put out your flags, cheer the marchers at parades, and go to tributes.

But when you wake up the next day, November 12, remember that it's still Veterans Day for our veterans — and it will be every day of their lives." General Colin L. Powell, USA (Retired) ★★★★★

Join us for this special presentation and learn how we honor the service and sacrifice of our Veterans. Presenter: Deborah McIntosh. Reservation necessary.



Monday, November 21, 11:45 am –12:30 pm

Music in Measures of South Pasadena High School a music and charity club from the high school SPHS

Returning to perform music are students from the local high school, playing a variety of instruments from violins, piano, flute and more. These talented students will perform holiday music for Center members. The club focuses on playing music and service to the community. These young adults are extremely talented. Come by and listen to the concert during lunch.



HEALTH AND WELL BEING

November 9, 2016, 9 am—12 noon
Medication Review—Huntington Memorial Hospital

“Ask the Pharmacist” returns thanks to the Medication Therapy Management Clinic of Huntington Hospital, which provides a variety of outpatient services to patients requiring management of chronic drug therapy. The clinic is staffed by registered pharmacists & licensed technicians with extensive experience. Periodically a team comes to the Senior Center to provide one-on-one consultations and is offered to Senior Center participants by appointment. Contact the clinic directly, 626.397-3376. Make sure to bring all your medications for the pharmacist to review.



Wednesday, November 16, 10:30 am

Late-Life Transitions

As we age, we 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. Reservation needed. Presented by Los Angeles County Department of Mental Health.

Friday, November 18, 10:30

Practical Alzheimer's Solutions

Caregivers for persons with Alzheimer's face a number of challenges, including keeping them involved and diffusing difficult behaviors. But all too frequently, the caregivers can forget to take care of themselves. Easy, sensible suggestions for caregiver self-care will also be covered. Presented by Home Instead Senior Care

November 21, 10:30 am

Parkinson's Education Part II

Parkinson's is the most common neurodegenerative disorder in America. Learn more on how you can help your loved one to prepare and adapt to physical and emotional changes. This is continued from the presentation in October. Lots of good & useful information. Join us. Presented by Maxine Vo, Home Instead Senior Care.

Monday, November 28, 10:30 am

Anti-Aging

Are you interested in slowing down the years? Focus on health and nutrition and the benefits? Interested in making a life style change and reaping the benefits? Attend this lecture and more to follow in coming months as Bill Shuttic, a Certified Life Coach, Natural Health Practitioner, Nutritionist, Herbalist, Personal Trainer, Massage Therapist, and Health Coach, speaks to member of our Center. He is the owner of Ultimate Health and Wellness, creator of the BillyStix workout, and author of two books - *How to Lose Weight Naturally* and *Healthy Eating for a Healthy Heart*. Reservations are needed.

Wednesday, November 30, 10:30

Finding Your Voice

Workshop will focus improving skills to speak up with confidence, expressing opinions and thoughts ,etc. and gaining tools to assist with day to day life. Led by Social Work Intern Helenium Quince.

December 5, 10:30 am

Detox and Juicing

Presented by Bill Shuttic, Natural Health Practitioner & Nutritionist—Attendees will learn recipes for detoxing and taste samples of fresh juicing as well as learn about the benefits. Reservation needed.

December 14, 10:30 am

Holiday Blues

The holiday season can be challenging for those who are living alone or with family out of the area. The presenter will cover strategies to combat the feelings that can arise as well as provide suggestions to surviving the holidays. Presented by LA County Department of Mental Health.

December 19, 10:30 am and

January 30, 10:30 am

Geriatric Density II & III

For the Part II session Dr. Hou she will speak on gum disease and for Part III she will cover oral hygiene. Dr. Lisa Hou from Ostrow School of USC, Division of Dental Public Health



Blood Pressure Clinics

Fourth Wednesday—Right At Home Services offered from 10-11 am.

First Friday—Home Instead Senior Care, raffles given away, 10-11:30 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 is required. Walk-ins welcome. **September 12 and October 10**, 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 **November 21 & December 19** 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 refines the gift of emotional maturity that is only available to those with many years of life experience. The group honors and respects one another.

They share resources and support each other as they

Continued:

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, November 9 & 30 and December 14 & 28**, 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. Housing information and counseling to assist with day to day stressors. Contact the office for information. Social Work intern available September through May each year for individual counseling on Mondays, Wednesdays, & Thursdays by appointment.

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. *\$10 per month for residents.*

Stoke Support Group

Meets Tuesdays, except 2nd Tuesday meets at Hunting Hospital 11am-12:30. Meet survivors, share courage, change focus to celebrate progress.

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

H O T M E A L S

Site Manager: Maria-Katrina

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 \$4.18
age 55 or Caregiver

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 senior/disabled residents of South Pasadena 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, Michael Gutierrez, Bill Hilliard and Amy Yada.

Thank you Volunteers!!

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.

NEW Menu changes began in Oct through March: *New cycle began in October with new hot entrees & soups For more information call (626)403-7360.*

S E N I O R C I N E M A

Foreign Film Friends

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

- November 14** **Playing Dead (2013 French)**
- November 28** **Labyrinth of Lies (2014 German)**
- December 12** **100 Year Old Man Who Climbed Out the Window & Disappeared (2013 Swedish)**
- December 26** **No Movie**

- November 25 No Movie
- December 2 Hell or High Water (2016)
- December 9 The Meddler (2016)
- December 16 Beyond Tomorrow (1940)
- December 23 No Movie
- December 30 No Movie

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.

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.

- November 4 Mildred Pierce (1945)
- November 11 No Movie
- November 18 Café Society (2016)



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 ask the front desk staff to assist you. All tours depart from War Memorial Building, 435 Fair Oaks Avenue, South Pasadena.

Special thanks to the volunteers that are always assisting with the tours, Sylvia Quesada, Grace Avilez, and Rudolph Avila-Garcia.



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.

Residents of South Pasadena 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.**

November 17, 2016

Palm Springs Tour (Sold out)

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.

December 8, 2016

LA Museum & Battleship USS IOWA

Sales open October 31 residents, others Nov. 3
Battleship USS IOWA is the West Coast's only Battleship open to the public. An interactive naval museum at the L.A. Waterfront, the Battleship USS Iowa is a popular LA museum that provides a glimpse into the past through a unique experience aboard the only battleship museum on the West Coast. It shares the accomplishments and sacrifices of American patriots and engages visitors in unique and exciting ways to bring the ship to life by connecting the past with the future. Cost \$17 per person.



February 16, 2017

Cathedral of Our Lady of the Angels/Disney Concert Hall

Sales open January 3 residents, others January 6
Standing in the midst of downtown Los Angeles, the Cathedral of Our Lady of the Angels serves the total Archdiocese of over 5 million Catholics. In design, art and furnishings, the Cathedral is rich in cultural diversity in a city in which Sunday Mass is celebrated in 42 different languages. Cost \$15 per person.

March 23, 2017

Downtown Ventura City Hall and Shopping

Sales open February 6 residents, others Feb. 9
Built in 1912 in the "beaux-arts" style, City Hall features neo-classic columns, arched windows, a terra cotta façade, and an Italian marble stairway leading to what was once the Superior Court room. Now the City Council Chamber, it is graced with three stained glass domes. The city opened the property as City Hall in 1972. Cost \$15 per person.



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

FREE CLASSES :

Book Discussion Group

Meets second Wednesday of each month, 10 am to 11:45 am. Reading material is scheduled as follows: November 16 *Alexander Hamilton* by Ron Chenow and December 21, *A Play* by Ibsen Hedda Gabler , Led by Liz Giffen-Glad. *Registration required to be on mailing list.*

Bridge

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

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.

WIFI

Is available to members of the Center. Make sure to check with the front desk for access. Be advised that the password is changed a couple of times throughout the year.

Creative Writing

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

French Conversation & Grammar (Intermediate)

Learn French. Mondays 1-2:30pm
Instructor: Monique Huynh.

Italiano (Basic & Intermed.)

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, so make sure to register.

Italiano (Conversational)

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

Espanol

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.

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.

Sewing Class

Thursdays 12:30 –3:30 pm
September through early December, following sessions begins late January. Class is designed for adult students with

Sewing continued:

beginning and limited sewing abilities. Offered to Center by Pasadena City College, Community Education. Students register as a student at PCC or first day of class at Center.

Stitchery

Group meets Thursday 9:30-11:30.

STITCH & GAB

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

FEE CLASSES:

All Things Apple

January 5, 12, 19, 26 & Feb 2
Learn to utilize all features with Apple devices. 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 a PC environment. The sky is the limit on what can be done with these powerful devices. Bringing your own devices is advised. **BONUS:** IOS 10 will be covered, as well as new Apple hardware. Instructor is David Whitby, \$40. Reservation necessary.

Crochet & Knitting

Wednesdays 9:30 , instructor: Jean Shono \$5 per class, Learn to create projects with ease.

Fitness

See page 5.

Technology

Social Media January 2017
Beginners' Computer—February
Adv. Beginners' Computer—March





Happy holidays!

November & December 2016

Dear members of the Center and future participants,

Once again we approach the end of another year, a year filled with opportunities and, I hope, programs that enhance your life, even in a small way. I would like to take this opportunity to share what I am thankful for:

- The opportunities to work with a community of people that truly care;
- A staff of persons that genuinely care about what they do and give service with a smile;
- The generosity of the local businesses that give when we seek out donations for the special events;
- The special people that volunteer for the Senior Center and are ready to do anything at the drop of a hat; I wish I could name each one, but I fear we would run out of space;
- The amazing people I meet and have speak on topics of importance or teach classes for Center members;
- The Senior Citizens Foundation of South Pasadena, which each year funds lectures for the Center, supports the Social Services Program and provides furnishings that are not covered in the Center's budget. These gifts are made possible thanks to donations from members and past donors.
- Local agencies that provide services to seniors and their loved ones and bring their services to the Center;
- Chief Miller & the So Pasadena Officers, South Pasadena Chinese American Club, and South Pasadena Rotary for sponsoring the larger special events for the Center;
- Those of you who support the Senior Center, either by being a member or participating in the fee-based classes. The revenue makes our budget possible.

We have many programs for the holiday months, and I look forward to seeing you. I am wishing you a holiday season filled with warm memories shared with your friends and family.

Don't miss out on our Community Harvest Dinner November 9 at 5:30 pm, or Thanksgiving Luncheon November 23 at 11:45 am, or the Holiday & Christmas Celebration December 15 at 11:45 am. All require reservations, so make sure to sign up.

Good wishes to each of you,

Liliana F. Torres

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. 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 who prefer not to carry exact change). You can register at 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*



SENIOR CITIZENS FOUNDATION OF SOUTH PASADENA

The Foundation was formed in December 2006 to raise funds for the Senior Center to enable improvements to programming, the facility and other needs the Center may have. Over the last few years, the Foundation has gifted the following to the Center: stainless steel coffee cabinet; cold/hot filtered water dispenser; 80" flat LED screen/television; funded lectures with Emeriti professors from local universities; part of the social work and mental health programs; an amplified system for the hearing impaired; and recently task chairs & a printer for the computer lab. The public is invited to be part of the gift giving and make a tax deductible donation to benefit the Senior Citizens Center. Checks can be made payable to Senior Citizens Foundation of South Pasadena and mailed to the Center.

THANK YOU!



COFFEE & TREATS

- November 4, 10am
- November 7, 10 am
- November 21, 10 am
- December 2, 10 am
- December 9, 10 am
- December 16, 10 am
- December 21, 10 am

Sponsored by agencies offering services for seniors and their families

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!



Happy Birthday!

The Center celebrates **November 30 & December 28** birthdays. 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.**

Join US!

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

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Pasadena, CA

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CITY OF SOUTH PASADENA

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Senior Commission

Matty Hurtado-Sokolow, Chair

Alexandria Levitt, *Vice-Chair*

Cindi Knight, *Commissioner*

Robert Vanderwall *Commissioner*

Herb Shon, *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*

Cynthia Castro, Admin &
Programming

Trevor Scherer, *Recreation Leader*

Vacant, *Recreation Leader*

Kyle Benalcazar, *Recreation Leader*

Maria Katrina Faulmino, *Site Manager*





LET'S GET MOVING! Exercise and relaxation 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 which can be achieved through exercise and staying active. Try out one or more of these activities:

Functional Fitness

Mondays, 8:30—9:30 am

Wednesdays, 8:30—9:30 am

Thursdays, 8:30-9:30 am (Library Community room)

Class is designed to improve everyday functional fitness through upper & lower extremity strengthening, core, stretch and some aerobic training. \$26 per month for three classes or \$16 for two days or \$10 for one day per week. Classes led by Marc Galvez, BS Kinesiology,. New instructor begins December 5, Bill Shuttic, Certified Trainer & Massage Therapist will take over classes. *Note: Wed. classes will be from (9:00 am to 10:00 am beginning with new instructor.*

Yoga

Mondays 8:30-9:30 am and

Wednesday, 8:30-9:30 (both Library Community Room)

Increase flexibility through positions that act upon the various joints of the body, including joints that are rarely exercised. Yoga positions also work on different tendons and ligaments of the body. Class sessions are monthly; one class per week \$12/month and two classes for \$24/month or walk in fee of \$4.



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 led by Ashley Delery, BS Kinesiology. \$16 per session/month two days or one day at \$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 one's consciousness. Join certified instructor Candace Podvoll as she leads sessions on guided meditation and discussion. \$5 per class or \$16 per 4 week session (beginning of each month).

Walking Group

Group meets Tuesdays and Thursdays at 8:30 am. They meet in the lobby of the Senior Center.

Pickle Ball

Pickle Ball courts available at tennis courts at Orange Grove Park, 815 Mission . Equipment check out from Recreation center. Call (626) 403-7385 for more information.

Line Dance

Line dance instruction to a variety of music including country and 40's dance music at easy intermediate level. Fun friendly group. New student, first class free; Instructor Janet Bordeaux. Cost \$5/class or \$18/month.

Tuesday, November 22 and December 27 10:30 am

"What Supplements Do I Really Need to Take?"

Local chiropractor will speak on supplements for November and in December she will speak on **"How to Stay Healthy Through the Holidays"** . Dr. Smith will speak each month on the fourth Tuesday .

Friday, December 2, 10:30 am

A Big Band Christmas

John Tumpak, jazz historian, LA Jazz Scene journalist, and author of the book *When Swing Was the Thing: Personality Profiles of the Big Band Era*, will make a presentation titled A BIG BAND CHRISTMAS. He will play a selection of classic big band Holiday Season hit records. Vocalists will include The Andrews Sisters, Gene Autry, Tex Beneke, Nat Cole, Bing Crosby, Dean Martin, Vaughn Monroe, and Frank Sinatra along with the Guy Lombardo, and Glenn Miller Orchestras. Come to celebrate the Holidays with music by the great big bands and their vocalists.

Wednesday, December 14, 10:00 am

Holiday Watercolor Workshop

Participant will make 3 greeting cards to send loved ones, supply fee of \$5, led by Sylvia Schiada. Reservation needed.



December 16, 2016

Popular Christmas Song & the Stories Behind Them

Your holiday & seasonal favorites THE CHRISTMAS SONG, WINTER WONDERLAND RUDOLPH THE RED-NOSED REINDEER , LET IT SNOW, LET IT SNOW, LET IT SNOW , WHITE CHRISTMAS, SILVER BELLS, SLEIGH RIDE, THE CHIPMUNK SONG, and many, MANY more, with Pianist Bob Lipson and Narrator Saul Jacobs. Reservations needed.



Wednesday, December 21, 10:30 am

Tis the Season: Chanukkah, Christmas and Kwanzaa

Learn how people around the world celebrate the winter holidays that we have come to cherish and anticipate all year long. Each country has unique and similar traditions that we will explore. Hot apple cider will be served...come join and share the holidays with us. Presented by Deborah McIntosh. Reservations needed.

January 6, 2017, 10:30 am

William Wordsworth: The Man in Crisis, the Poet Inspired

In 1802, Wordsworth was engaged to be married to his childhood sweetheart, Mary Hutchinson. He also had to arrange for the support of his ten year old daughter in France. The child's mother, Annette Vallon, agreed to meet with Wordsworth and his sister, Dorothy, in Calais. How did all this turmoil influence his poetry? Presented by Professor Peter Brier, CSLA Lifelong Learning Program. Reservations needed.

January 18, 10:30 am

Superfoods

Eating clean or healthy is popular these days, but in reality its getting back to basics. Presented by Bill Shuttic, Natural Health Practitioner & Nutritionist. He will speak on superfoods that can be incorporated into a diet for a healthy life style. Reservations needed.



January 13, 2017, 10:30

Elderly Home Safety

Avoiding tripping hazards and falls. Presented by Maxine Vo, Home Instead Senior Care.

January 20, 2017, 10:30 am

LANDSLIDES: EARTH IN MOTION

The surface of the earth is not stable, but constantly sliding downhill at different speeds. We will look at mass movement to slides which float on a carpet of air or other gases over incredible distances, at incredible speeds. Presented by Donald Prothero.

January 20, 23, 27, & 30, 10 am to 12 noon

Social Media and Computers

Learn about the various forms of social media, how to set up an account, benefits and features, adding contacts, sharing photographs and more.

Instructor Edison Samuels, \$25 four sessions



January 27, 2017 10:30 am

Coping Mechanisms

Representative from Aurora Las Encinas Hospital, returns to speak on dealing with life stressors; feelings of getting overwhelmed; day to day challenges and more. Reservation needed. Treats provided. Presenters will come out on quarterly basis as requested by attendees.

January 27, 10:30 am

Planning to Transition—Be Prepared

Finding a facility for a loved one can be stressful and made easier when utilizing services from an agency that does all the work for you, at no cost to the individual. Hard to believe? Learn about placement services that help families find independent living, assisted living, memory care or in-home care options. Presented by Frank Cunningham of Care Patrol.

Friday, February 3, 2017, 11:45 am

Chinese New Year's Celebration

Join us for the annual Chinese New Year's Celebration at War Memorial Bldg, 435 Fair Oaks Avenue in South Pasadena. Luncheon with program sponsored by South Pasadena Chinese American Club. Reservations open January 9 for residents, January 12 all others.



Wednesday, February 8, 10:30 am

CALIFORNIA'S AMAZING GEOLOGY: HOW OUR LANDSCAPE WAS BUILT

California has some of the most amazing geology on earth, with all three types of plate boundaries, incredible mountains, deserts, and unique rocks and minerals. We will especially focus on how the striking landscape of Southern California came to be. Presented by Donald Prothero

March 14, 2017, 2:30 pm

Journey to the Center of the Earth: What is Inside our Planet--and how we know it

Presented by Donald Prothero.





Holiday Cheer

December 1 through the 16, 2016

The Senior Citizens and Youth Commissions invite the community to help bring cheer to senior citizens living alone in the community.

Donations of gifts cards to local business and sweets are needed.

Drop off locations:

Monday through Friday

Senior Center, 1102 Oxley Street, So Pasadena (8 am – 5 pm)

OG Rec Center , 815 Mission St, So Pasadena (10 am – 6 pm)

Items needed:

- **Gift certificates of \$10 - \$25value**
Suggested stores for gift cards: Trader Joes, Pavilions, Vons, 99 Cent Store, Rite Aid and Target
- **Gift certificates for Senior Center Programs (Nutrition program, Dial-a-Ride and membership;**
- **Wrapped cookies and chocolates (factory packaged only)**
Sugar free cookies and chocolates (factory packaged only);
- **Or donation of \$10-\$25, and we will purchase the gift cards.**

For more information please contact the South Pasadena Senior Center
(626) 4 0 3 – 7 3 6 0

Sponsored by the

City of South Pasadena, Community Services Department
Senior Citizens' Commission & Youth Commission

