

SOUTH PASADENA SENIOR CENTER NEWSLETTER

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South Pasadena Senior Center Staff

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South Pasadena Senior Center

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 @SPseniorcenter



Members proudly display their finished paintings after a fun and creative paint-and-sip activity.

Message from the Senior Center Supervisor

Spring is in full bloom, and with the arrival of April and May, we're excited to spend this season celebrating the amazing seniors who make our community so special. May is Older Americans Month—a wonderful opportunity to recognize the wisdom, experiences, and contributions that enrich our lives every day.

To mark the occasion, we've put together a lineup of enjoyable and engaging activities designed to inspire connection, laughter, and well-being. Whether you're interested in staying active, trying something new, or simply spending time with friends, there's something for everyone to enjoy.

We hope you'll join us throughout the month as we celebrate, connect, and make more great memories together. We can't wait to see you at the Senior Center!

Warm regards,

Katrina Faulmino

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 main room will be closed at 1 p.m. on Friday, April 24, 2026 for Senior Prom preparation. All City facilities will be closed May 25, 2026 in observance of Memorial Day. Normal operations will resume Tuesday, May 26, 2026. All City facilities will be closed on Friday, June 19, 2026 in observance of Juneteenth. Normal operations will resume Monday, June 22, 2026.

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, 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's 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

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 a place to keep cool from 8:00 a.m. to 5:00 p.m., Monday through Friday, and the South Pasadena Public Library will be a second location based on their hours of operation. For more information regarding Cooling Centers, please contact the Senior Center at (626) 403-7360.

Email & Text Message Updates

Make sure to provide an updated and accurate email and cell phone number to the Senior Center to receive updates! Monthly email updates include what activities are available for the following the month, the most accurate menu, and more important information. Text message updates are used for class cancellations or modifications to programming. To add your email to the mailing list or to update your current information, please call (626) 403-7360 or email seniorcenter@southpasadenaca.gov.

Payments

The Senior Center accepts cash, check, and credit card payments from 8:00 a.m. to 4:30 p.m. After 4:30 p.m. the Senior Center only accepts credit card payments. Credit card payments are subject to a 3% processing fee, with a minimum fee of \$2.

Volunteers

We are always looking for new volunteers! Do you speak Chinese-Cantonese or Mandarin? We're looking for volunteers to lead beginner-level language classes in any of these languages. This is a great opportunity to share your language skills and help others learn in a fun, supportive environment.

If you're interested in teaching or would like more information, please contact the front desk to receive a Volunteer Application.

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

Food Services Leader: Brenda Gonzalez-Morales

On-Site Meal Program

Meals are served weekdays at 11:45 a.m. with advanced reservations. 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.*

Birthday Celebrations

Join us on the last Friday of each month to celebrate. Advanced reservations are required.

Important Reminders

- Meal service begins at 11:45 a.m. with reservations 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.

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.

Volunteers

On-Site Meal and Home Delivery Programs are both run by committed volunteers. We are currently looking for volunteers to teach Beginner French or Beginner Mandarin! If you love languages and enjoy helping others to learn, this is a wonderful opportunity to share your skills.

If you are interested in volunteering, please contact the front desk to receive a Volunteer Application.

Delivery Volunteers

Debbie Kostich and Frances Richmond

Special Event Luncheons

Cinco de Mayo Luncheon

Join the South Pasadena Senior Center as we celebrate Cinco de Mayo! Advance reservations are required. Senior Center Members and residents over 55 years of age reservations begin on Monday, March 30, 2026 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, April 1, 2026 at 8:00 a.m.

Date: May 5, 2026 | Time 11:45 a.m.

Location: South Pasadena Senior Center

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

Mother's Day Luncheon

Join the South Pasadena Senior Center as we celebrate Mother's Day! Advance reservations are required. Senior Center Members and residents over 55 years of age reservations begin on Monday, April 6, 2026 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, April 8, 2026 at 8:00 a.m.

Date: May 13, 2026 | Time: 11:45 a.m.

Location: South Pasadena Senior Center

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

Thank you to the Senior Citizens' Foundation of South Pasadena Inc. for sponsoring!

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

Father's Day Luncheon

Join the South Pasadena Senior Center to celebrate Father's Day! Advance reservations are required. Senior Center Members and residents over 55 years of age reservations begin on Monday, May 4, 2026 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, May 6, 2026 at 8:00 a.m.

Date: June 17, 2026 | Time: 11:45 a.m.

Location: South Pasadena Senior Center

COST: \$3 (No shows will be billed)

4th of July Luncheon

Join the South Pasadena Senior Center to celebrate 4th of July! Advance reservations are required. Senior Center Members and residents over 55 years of age reservations begin on Monday, June 1, 2026 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, June 3, 2026 at 8:00 a.m.

Date: July 1, 2026 | Time 11:45 a.m.

Location: South Pasadena Senior Center

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

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

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 12:00 p.m. to 1:00 p.m. **Advanced appointments are required. Your telephone number will be shared with the Financial Advisor who will call you directly to schedule your in-person meeting.** To make a reservation, please call the front desk at (626) 403-7360.

Dates: April 14 & 28, 2026 and May 12 & 26, 2026

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

Monthly hearing screenings will be hosted by the HEAR Center every 3rd Friday of the month from 9:00 a.m. to 11:00 a.m. **To schedule an appointment, please call the front desk at (626) 403-7360.**

Dates: April 17, 2026 & May 15, 2026

Health Screenings & Counseling

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

Dates: April 21, 2026 & May 19, 2026

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.**



SOUTH PASADENA SENIOR CENTER
COME & JOIN US FOR
PROM NIGHT

—>>>> <<<<<<—
BLOOM, SPARKLE, AND DANCE THE NIGHT AWAY IN OUR ENCHANTED GARDEN

Date: Friday, April 24, 2026
Time: 4:30 p.m. to 6:00 p.m.
COST: FREE
Special thanks to our event sponsor:
626 Village

ADVANCED RESERVATIONS ARE REQUIRED – SPACE IS LIMITED
Senior Center Members & Resident Reservations open on:
Monday, March 16, 2026
General Reservations open on:
Wednesday, March 18, 2026
To make reservations or more information, please contact the Senior Center at 626.403.7360

City of SOUTH PASADENA
COMMUNITY SERVICES



FALL PREVENTION LUNCH & LEARN WITH HUNTINGTON HEALTH

Stay Steady, Stay Safe!

What You Will Learn:

- ✓ How to identify common fall hazards at home
- ✓ Practical strategies to improve balance & strength
- ✓ Tips for safe walking and mobility
- ✓ How to safely get up from the floor
- ✓ Emergency preparedness and what to do if a fall occurs

Date: April 28, 2026
Time: 11:45 am

FREE ENTRANCE.

LUNCH IS AVAILABLE FOR PURCHASE (REGISTRATION IS REQUIRED)

Upcoming Presentations

Senior Center Members are encouraged to register to receive updates about any schedule changes to lectures or community workshops. This helps us keep you informed in case of any last-minute adjustments.

Mental Wellness Series - Health, Wellness, and Wholeness

Discover how staying emotionally and physically fit can keep you healthy and give you a positive attitude. Learn how establishing social networks and support can benefit you, your friends, your family, and the community in which you live. **Presenter: LA County Department of Mental Health**

Date: Tuesday, April 7, 2026 | Time: 1:00 p.m.

Earthquake!

Southern California is earthquake country, but few people truly understand earthquakes or realize that much of what they've been told may be misleading. Is there such a thing as "earthquake weather"? Are earthquakes the deadliest natural disaster we can experience? We explore the causes and consequences of earthquakes, as well as the current efforts in earthquake prediction.

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

Presenter: Dr. Donald R. Prothero

Date: Thursday, April 9, 2026 | Time: 1:00 p.m.

eBook "How To"

This one-hour session guides participants step-by-step through the process of finding, borrowing, and reading eBooks on smartphones or tablets. Attendees will learn how to access digital books, navigate reading apps, and manage their downloads with easy-to-follow instruction and time for questions. Bring your library card or we'll be happy you sign up for one!

Presenter: South Pasadena Library Staff

Date: Tuesday, April 21, 2026 | Time: 2:00 p.m.

Fall Prevention Lunch & Learn with Huntington Health

Join us for an informative session on fall prevention during our Lunch and Learn Program. Falls are 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. Lunch is available for purchase with advance reservations.

Presenter: Huntington Health

Date: Tuesday, April 28, 2026 | Time: 11:45 a.m.

Mental Wellness Series - How much is Too Much

Learn about the different forms of substance use and how the use of substances can affect seniors physically and emotionally. Find out how substance use can impact the effect of your medicine.

Presenter: LA County Department of Mental Health

Date: Tuesday, May 5, 2026 | Time: 1:00 p.m.

Abominable Science

Bigfoot, Yeti, Nessie and other cryptids. Many people are convinced that Bigfoot roams our forests, that a plesiosaur lurks in Loch Ness, or that an "abominable snowman" inhabits the Himalayas. We will examine the field of "cryptozoology" from a scientific perspective, and apply the critical methods of science to evaluating these extraordinary claims. **Sponsored by the Senior Citizens' Foundation of South Pasadena and the Harold & Alice Mgrublian Endowment.**

Presenter: Dr. Donald R. Prothero

Date: Thursday, May 7, 2026 | Time: 1:00 p.m.

Healthy Aging Fair

Celebrate Older Americans Month with us at the Annual Healthy Aging Fair! Join us for fun and explore a variety of health and wellness booths tailored for older adults, enjoy screenings, exciting raffle prizes, and more! Don't miss the opportunity to connect, learn, and celebrate healthy living! Event proudly sponsored by the Senior Citizen's Foundation of South Pasadena.

Date: May 20, 2026

Time: 9:30-12:00 p.m.

Arts & Crafts Activities

Paint & Sip

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

Date: April 1, 2026 & May 20, 2026

Time: 1:00 p.m.

COST: FREE

Mother's Day Floral Arrangements

Join fellow Senior Center members for Mother's Day floral arrangement workshop. Create a beautiful bouquet to brighten her day and enjoy a fun, creative afternoon! Advanced reservations are required and space is limited.

Date: May 6, 2026

Time: 1:30 p.m.

COST: FREE

Performances

Radiant Music Studio Performance

Students will be performing a delightful piano recital, showcasing a variety of songs that highlight their talent and passion for music.

Date: Monday, May 4, 2026 | Time: 3:30 p.m.

Violin Performance

A talented 4th-grader will be delighting patrons with a beautiful violin performance, sharing his love of music and brightening the day with each note.

Date: Monday, April 6, 2026 | Time: 11:45 a.m.



Social Hours

Come connect, laugh, and enjoy time with friends! Our social hours are a great way to relax and make new memories together.

Coffee & Treats

Warm up the season with friends, coffee, and conversation at our monthly social hour, held the last Friday of each month from 10:00 a.m. to 11:00 a.m. This free event is open to Senior Center members. Please call (626) 403-7360 to reserve your spot.

Date: April 24, 2026 & May 29, 2026

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

Mother's Day Tea Party

Gather for an afternoon of tea and connection at our Mother's Day Tea Party. A warm and welcoming celebration for anyone honoring the love and care that Mother's Day represents.

Date: May 6, 2026

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

Senior Prom

Join the South Pasadena Senior Center to celebrate Senior Prom! Advanced reservations are required. Senior Center Members and residents over 55 year of age reservations begin on Monday, March 16, 2026 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, March 18, 2026 at 8:00 a.m.

Date: April 24, 2026

Time: 4:30-6:00 p.m.

Classes & Groups

Senior Center Members are invited to take part in our classes and groups led by dedicated volunteers. We offer a diverse array of activities. Please register to make sure you're added to the group list.

BINGO

Bingo is normally hosted on the 2nd Wednesday of each month at 1:00 p.m., unless otherwise noted. Staff host five games with opportunities to win small prizes. Participants must be Senior Center Members to join the activity.

Please note: There will be no Bingo on April 8 or May 13.

Instead, join us for a special Bingo event:

Date: April 15, 2026 | Time: 1:00 – 2:00 p.m.

This special Bingo hour is proudly sponsored by ER Home Health. Come enjoy a fun afternoon of games, prizes, and great company with friends and neighbors!

Book Discussion Group | Instructor: Olivia Radbill

Love to read and share your thoughts? Join our Book Discussion Group! Group meets on the 3rd Wednesday of each month from 10:00 a.m. to 11:00 a.m., unless otherwise noted. Open to Senior Center members only. To register, please call (626) 403-7360. May 20 session will be at the Library Conference Room.

Date: April 15, 2026 & May 20, 2026

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

Bridge

Challenge the mind with one of the greatest card games. Some knowledge of Bridge is required. Group is led by volunteers. The group meet on Tuesdays, from 9:30 a.m. to 11:30 a.m. Must be a Senior Center Member to join the group. No sessions on 4/28 and 5/5.

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 shares resources and supports each other as they journey through what can be the best part of our lives, finding meaning and purpose today and every day. Must be a Senior Center Member to join the group. Group meets on the 2nd and 4th Wednesday of each month.

Dates: April 8 & 22, 2026 & May 13 & 27, 2026

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

Italiano (Beginners) | Instructor: Sonja Lovelace

Basic Italian for the person with no prior knowledge. Requires a textbook (Cost: \$15). Group meets on Mondays from 11:00 a.m. to 12:00 p.m. Must be a Senior Center Member to join group. Group will take a summer break and resume on September 14. No class on 5/25

Spring Session: 3/2-5/18/2026

Summer Session: 6/1-6/29/2026 (Registration opens May 1st)

Mah Jong

Join our volunteer-led Mah Jong group for an afternoon of strategy and fun! The group meets Mondays from 1:30 p.m. to 4:30 p.m. Open to Senior Center Members only. Please make sure to check-in with staff to get added to the group. Group will not meet on 5/25.

French Intermediate I Instructor Ann Levi

Intermediate level, easy going, interactive class for those wanting to refresh their conversational French and enrich their understanding of French culture. Group meets on Wednesdays from 9:00 a.m. to 10:00 a.m. for 6 weeks session Must be a Senior Center Member to join group.

Dates: 4/1-5/6/2026 (Waitlist)

Italiano (Conversational) | Instructor: Miguel Coronado

Join fellow Senior Center members for engaging and thoughtful conversations each week. This group is best suited for individuals with prior experience or comfort in discussion-based settings, as it is not designed for beginners. This group meets on Mondays from 12:00 p.m. to 1:00 p.m. Must be a Senior Center member to join the group. Group will take a summer break and resume on September 14. No class on 5/25

Spring Session: 3/2-5/18/2026

Summer Session: 6/1-6/29/2026 (Registration opens May 1st)

Spanish | Instructor: Walter Cervantes

Starting this Fall, the class will begin the second part of the book, starting with Chapter 6. Designed for those with little or no knowledge of Spanish. Requires two textbooks (Cost: \$10).

Group meets on Thursdays from 10:00 a.m. to 11:00 a.m. Must be a Senior Center Member to join group. Group will take a summer break and will resume September 10, 2026.

Spring Session: 3/5-5/28/2026

Fall Session: 9/10-11/19/2026 (Registration opens August 3rd)

Spanish (Intermediate) | Instructor: Les Brown

Take your Spanish skills to the next level with Les Brown in this engaging Intermediate Spanish class! Expand your vocabulary, improve your grammar, and gain confidence in conversational Spanish in a supportive group setting. Group meets on Tuesdays (3rd Tuesday of each month will be held in an alternative setting) from 9:30 a.m. to 11:00 a.m. Must be a Senior Center Member to join group.

Spring Session: 3/3-5/26/2026

Summer Session: 6/2-8/25/2026 (Registration opens May 1st)

Tech Day

Our dedicated teen volunteers and staff are here to provide patient and friendly technology assistance. Tech Day is offered on the 3rd Wednesday of the month from 3:30 p.m. to 5:00 p.m. Advance reservations are required to ensure enough time is allocated to each patron. **To make a reservation, please contact the Senior Center at (626) 403-7360.**

Walking Group

Join the group as they walk around the park and our community! This is a wonderful opportunity to exercise outdoors and meet new friends! Group meets on Tuesdays & Thursdays and is led by Mary Bostwick. **For more information or to join the group, 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. 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 from 1:00 p.m. to 2:30 p.m.

Spring Session: 3/6-5/29/2026

Summer Session: 6/5-8/28/2026 (Registration opens May 1st)

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 or credits will be given without a 30-day advanced notice. All refunds are subject to an admin fee set by City's Fee Schedule.

The Huntington Library | COST: \$24.00

Senior Center members and residents 55 years of age and older reservations open on Monday, February 9, 2026 at 8:00 a.m. General reservations for participants 55 years of age and older open on Wednesday, February 11, 2026 at 8:00 a.m. **Reservation deadline is April 20, 2026.**
Date: April 29, 2026 | Time: 10:00 a.m. to 2:00 p.m.

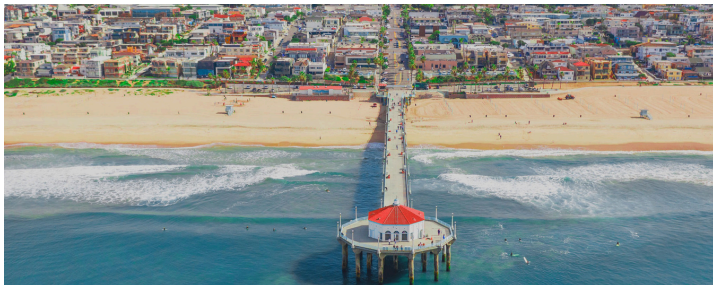
Los Angeles Farmers Market | COST: \$10.00

Senior Center members and residents 55 years of age and older reservations open on Monday, April 6, 2026 at 8:00 a.m. General reservations for participants 55 years of age and older open on Wednesday, April 8, 2026 at 8:00 a.m. **Reservation deadline is May 15, 2026.**
Date: May 27, 2026 | Time: 10:00 a.m. to 3:00 p.m.



Manhattan Beach | COST: \$10.00

Senior Center members and residents 55 years of age and older reservations open on Monday, May 4, 2026 at 8:00 a.m. General reservations for participants 55 years of age and older open on Wednesday, May 6, 2026 at 8:00 a.m. **Reservation deadline is June 12, 2026.**
Date: June 24, 2026 | Time: 10:00 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.

Walmart | COST: \$1.00

Resident reservations open on Monday, March 30, 2026 at 8:00 a.m. Non-resident reservations open on Friday, April 3, 2026 at 8:00 a.m. Non-residents are required to meet at the Senior Center no later than 9:45 a.m. Residents will be picked-up from their home or can meet at the Senior Center.
Date: April 9, 2026 | Time: 9:00 a.m. to 12:00 p.m.

Santa Anita Mall | COST: \$1.00

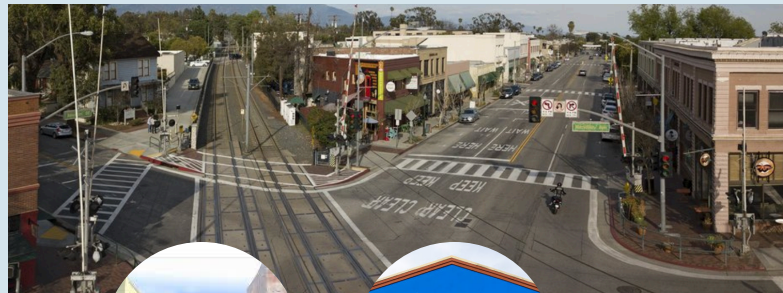
Resident reservations open on Monday, March 30, 2026 at 8:00 a.m. Non-resident reservations open on Friday, April 3, 2026 at 8:00 a.m. Non-residents are required to meet at the Senior Center no later than 9:45 a.m. Residents will be picked-up from their home or can meet at the Senior Center.
Date: April 16, 2026 | Time: 9:00 a.m. to 1:00 p.m.

South Pasadena Film Tour | COST: \$1.00

Resident reservations open on Monday, April 6, 2026 at 8:00 a.m. Non-resident reservations open on Friday, April 10, 2026 at 8:00 a.m. Non-residents are required to meet at the Senior Center no later than 8:45 a.m. Residents will be picked-up from their home or can meet at the Senior Center.
Date: May 7, 2026 | Time: 9:00 a.m. to 12:00 p.m.

Walmart | COST: \$1.00

Resident reservations open on Monday, April 6, 2026 at 8:00 a.m. Non-resident reservations open on Friday, April 10, 2026 at 8:00 a.m. Non-residents are required to meet at the Senior Center no later than 8:45 a.m. Residents will be picked-up from their home or can meet at the Senior Center.
Date: May 14, 2026 | Time: 9:00 a.m. to 12:00 p.m.



Older Adult Leisure Classes

Ballroom Dancing (Partners Not Required) **NEW!**

Tuesdays from 1:00 p.m. to 2:00 p.m.

Instructor: Tony Pasil

Students will learn the basic patterns and character of the most popular ballroom dances, as well as how to recognize the music. You will learn the basics of leading and following and develop timing and rhythm. At the end of the series of classes, students feel comfortable dancing through an entire song at parties & weddings. Tony is certified ballroom dance teacher who brings enthusiasm & passion to his classes. His mission is to teach in a way that is clear, fun, and results in students feeling confident and excited. *No class 5/5

April Session: 4/7-4/28/2026 | COST: \$24

May Session: 5/12-5/26/2026 | COST: \$18

Chair Yoga & Breathwork

Wednesdays from 10:30 a.m. to 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. *Class sessions on 5/13 & 5/20 will be held in the Community Room.

April Session: 4/1-4/29/2026 | COST: \$20 (\$4 per class)

May Session: 5/6-5/27/2026 | COST: \$16(\$4 per class)



FUN-ctional Fitness

Mondays, Wednesdays & Fridays from 9:00 a.m. to 9:55 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.

*No classes: 5/13, 5/20 & 5/25.

April Session: 4/1-4/29/2026 | COST: \$65

May Session: 5/1-5/29/2026 | COST: \$50

Meditation & Presence Practice

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

Instructor: Avry Budka | Location: Senior Center

Meditation is an ancient skill passed down through the generations for over 5,000 years. It builds concentration which develops presence and, over time, equanimity. This is a practice anyone can be successful at in a very short period of time, with just a tiny bit of work. And the more time spent with these practices, the greater the benefit. In this class, which is definitely not a one hour "sit," we learn and practice many different techniques and have great discussions about the work and about meditation philosophy. \$5 walk-in fee available. *Class sessions on 4/8, 5/13 & 5/20 will be held in the Community Room.

April Session: 4/1-4/29/2026 | COST: \$20 (\$4 per class)

May Session: 5/6-5/27/2026 | COST: \$16(\$4 per class)

Line Dancing

Thursdays from 8:00 a.m. to 10:30 a.m.

Instructor: Pauline Wong | Location: Senior Center

Learn basic line dance steps, move to fun music, and give your brain a workout by remembering choreographed step patterns. It's a great way to stay active and have fun. \$5 walk-in fee available.

April Session: 4/2-4/30/2026 | COST: \$25

May Session: 5/7-5/28/2026 | COST: \$20

Beginner Pickleball Practice & Play

Tuesdays from 9:30 a.m. to 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, water and sun protection.

April Session: 4/7-4/28/2026 | COST: \$65

No May session

Tai Chi for Health: Qi Gong

Mondays from 9:00 a.m. to 10:00 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 classes: 4/27, 5/4, 5/11 & 5/25

April Session: 4/6-4/20/2026 | COST: \$15

May Session: 5/18/2026 | COST: \$5

Tai Chi: Martial Art Introduction

Mondays from 10:00 a.m. to 11:00 a.m.

Instructor: Pam Dong | Location: Library Community Room

For Tai Chi practitioners who are familiar with the 24 Simplified Yang, or the Traditional Yang 108 Forms. Practice the 10 Principles of Tai Chi to enhance your practice. Learn the 13 Yang Tai Chi Postures, and the Martial Arts implications of the Traditional 108 Yang Form in detail. \$5 walk-in fee available. No classes: 4/27, 5/4, 5/11 & 5/25

April Session: 4/6-4/20/2026 | COST: \$15

May Session: 5/18/2026 | COST: \$5

Yoga, Meditation & Stretch

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

Instructor: Kate Keller | Location: Library Community Room

Kate mixes it up with a blend of Kundalini, Hatha, Yin, light cardio, acupressure, meditation and more. No two classes are alike. \$6 walk-in fee available.

April Session: 4/2-4/30/2026 | COST: \$45 (\$5 per class)

May Session: 5/5-5/28/2026 | COST: \$40 (\$5 per class)



Senior Cinema Program

Film Talk Screenings

Join us for our Film Talk Screenings on the 2nd Monday of each month at 1:00 p.m. Theo Siegel provides a presentation regarding the film production, history, and more prior to the screening of the film. *No Film Talk Screening in June.*

Tootsie (1982) | Monday, April 13, 2026

(116 minutes) the classic romantic comedy about a talented but difficult actor who adopts a female persona to land a role, with unexpected romantic complications. Before the film, the professor will share fascinating behind-the-scenes stories—from Dustin Hoffman's intense makeup and clashes with director Sydney Pollack to Bill Murray's improvised role and decision to leave his name out of the credits. Learn more about the making of this beloved film starring Hoffman, Jessica Lange, Gena Davis, and Teri Garr, then enjoy the movie on the big screen.

Witness for the Prosecution (1957) | Monday, May 11, 2026

(116 minutes) Agatha Christie's gripping courtroom drama and the final film pairing of Charles Laughton and his wife Elsa Lanchester. Before the movie, the professor will share behind-the-scenes stories, from the record \$400,000 cost of the play's rights to the elaborate \$75,000 courtroom set and Marlene Dietrich's iconic scene showcasing her famous leg. Learn more about Tyrone Power's final film role and the production's 145 extras and 38 stuntmen. Then settle in to watch this classic thriller starring Laughton, Power, Lanchester, and Dietrich.

Staff Pick Movie Monday

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

No Time to Die I Monday, April 20, 2026

(163 minutes) James Bond has left active service. His peace is short-lived when Felix Leiter, an old friend from the CIA, turns up asking for help, leading Bond onto the trail of a mysterious villain armed with dangerous new technology. *Rated PG-13 for sequences of violence & action (N)*

The Best Exotic Marigold Hotel I Monday, May 18, 2026

(124 minutes) British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than advertised, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways. *Rated PG-13 for sexual content and language (A)*

Foreign Film Friends

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

There will be no movie in May due to Memorial Day.

Shoplifters (2018) | Monday, April 27, 2026

(Japanese) (121 minutes) On the margins of Tokyo, a dysfunctional band of outsiders are united by loyalty, a penchant for petty theft and playful grifting. When the young son is arrested, secrets are exposed that upend their tenuous, below-the-radar existence. *(A)*

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

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.

The Outfit (2022) | Friday, April 3, 2026

(105 minutes) Leonard, a master English tailor who's ended up in Chicago, operates a corner tailor shop with his assistant where he makes beautiful clothes for the only people around who can afford them: a family of vicious gangsters. One night, two killers knock on his door in need of a favor - And Leonard is thrust onto the board in a deadly game of deception and murder. Stars Mark Rylance, Zoey Deutch. *Rated R- for some bloody violence and language. (N)*

La Bamba (1987) | Friday, April 10, 2026

(108 minutes) This is the true story of Ritchie Valens, a young rock and roll singer who tragically died at age 17 in a plane crash with Buddy Holly and The Big Bopper. The film follows Ritchie from his days in Pacoima, California where he and his family make a meager living working on farms to his rise as a star. Stars Lou Diamond Phillips, Esai Morales, Rosanna DeSoto. *Rated PG-13 (D)*

Eleanor the Great (2025) | Friday, April 17, 2026

(98 minutes) After a devastating loss, witty and proudly troublesome Eleanor Morgenstein, 94, tells a tale that takes on its own dangerous life. Stars June Squibb, Erin Kellyman, Chiwetel Ejiofor *Rated PG for brief language and suggestive content. Rated PG-13 (N)*

Eddie the Eagle (2015) | Friday, May 1, 2026

(106 minutes) Eddie the Eagle is a feel-good story inspired by true events, about Michael "Eddie" Edwards, an unlikely but courageous British ski-jumper who never stopped believing in himself—even as an entire nation was counting him out. With the help of a rebellious and charismatic coach, Eddie takes on the establishment and wins the hearts of sports fans around the world by making an improbable and historic showing at the 1988 Calgary Winter Olympics. Stars Taron Egerton, Hugh Jackman, Tom Costello. *Rated PG- 13 (D)*

The Great Escaper (2023) | Friday, May 8, 2026

(96 minutes) Bernard Jordan escapes from his care home to attend the 70th Anniversary of the D-Day Landings in France. Stars Michael Caine, Glenda Jackson, Danielle Vitalis *(D)*

The Wrong Paris (2025) | Friday, May 15, 2026

(105 minutes) A woman joins a dating show for an art opportunity, thinking that it's in Paris, France, but it's actually in Paris, Texas. She tries to get eliminated until falling for the bachelor complicates her plans. Stars Miranda Cosgrove, Pierson Fode, Madison Pettis *(N)*

The Ballad of Wallis (2025) | Friday, May 22, 2026

(99 minutes) An eccentric lottery winner who lives alone on a remote island tries to make his fantasies come true by getting his favorite musicians to perform at his home. Stars Tom Basden, Time Key and Sian Clifford. *Rated PG -13 for some language & smoking (A)*

Iron Jawed Angels (2024) | Friday, May 29, 2026

(123 minutes) Alice Paul and the women of the 1917 Women's Suffrage movement fight for future generations right to vote and run for office. Sacrificing their health, marriages and the limited amount of freedom they had, women were imprisoned and force fed after picketing and hunger-striking against war-time president, Woodrow Wilson, but survived to see the results of their efforts. Stars Hilary Swank, Margo Martindale, Anjelica Huston. *(D)*

APRIL 2026 SENIOR CENTER DAILY ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6 Functional Fitness (9-9:55 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Violin performance (11:45 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>7 Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Int) (9:30-11 a.m.) Beg. Pickleball (9:30-11:30 a.m.) Mental Wellness- Health, Wellness, & Wholeness (1 p.m.) Ballroom Dancing (1-2 p.m.)</p>	<p>8 Functional Fitness (9-9:55 a.m.) French (9-10 a.m.) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Paint & Sip (1 p.m.)</p>	<p>9 Walking Group Yoga (8:30-9:30 a.m.) DAR Trip -Wal-Mart Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.) Dr. Prothero Lecture (1 p.m.) Sewing Techniques (1-4:20 p.m.)</p>	<p>10 Functional Fitness (9-9:55 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)</p>
<p>13 Functional Fitness (9-9:55 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.) Film Talk Screening (1 p.m.) Mah Jong (1:30-4:30 p.m.)</p>	<p>14 Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Financial Advice (12-2 p.m.) Spanish (Int) (9:30-11 a.m.) Beg. Pickleball (9:30-11:30 a.m.) Ballroom Dancing (1-2 p.m.)</p>	<p>15 Functional Fitness (9-9:55 a.m.) French (9-10 a.m.) Book Club (10-11 a.m.) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Sponsored BINGO (1-2 p.m.) Tech Day (3:30-5 p.m.) Advanced Registration required</p>	<p>16 Walking Group Yoga (8:30-9:30 a.m.) DAR Trip - Santa Anita Mall Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.) Sewing Techniques - Spring Break</p>	<p>17 Functional Fitness (9-9:55 a.m.) Heating Screenings (9-11 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)</p>
<p>20 Functional Fitness (9-9:55 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.) Staff Pick Movie (1 p.m.) Mah Jong (1:30-4:30 p.m.)</p>	<p>21 Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Health Screenings & Counseling (9-11 a.m.) Spanish (Int) (9:30a.m-11) Beg. Pickleball (9:30-11:30) Ballroom Dancing (1-2 p.m.) eBook How To (2 p.m.)</p>	<p>22 Functional Fitness (9-9:55 a.m.) French (9-10 a.m.) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Elder Wisdom Group (1-2:30 p.m.)</p>	<p>23 Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.) Sewing Techniques - Field Trip</p>	<p>24 Functional Fitness (9-9:55 a.m.) Coffee & Treats (10-11 a.m.) Watercolor Painting (1-2:30 p.m.) Senior Prom (4:30-6 p.m.) (Advanced Registration required)</p>
<p>27 Functional Fitness (9-9:55 a.m.) Tai Chi: Qi Gong canceled Tai Chi: Martial Arts canceled Italian (Beginners) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Foreign Film Movie (1 p.m.) Mah Jong (1:30-4:30 p.m.)</p>	<p>28 Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) canceled Fall Prevention Lunch & Learn (11:45 a.m.) (Advanced reservations are required for box lunch orders) Spanish (Int) (9:30a.m-11) Beg. Pickleball (9:30-11:30) Financial Advice (12-2 p.m.) Ballroom Dancing (1-2 p.m.)</p>	<p>29 Functional Fitness (9-9:55 a.m.) French (9-10 a.m.) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Senior Excursion - Huntington Library</p>	<p>30 Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.) Sewing Techniques (1-4:20 p.m.)</p>	

MAY 2026 SENIOR CENTER DAILY ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Functional Fitness (9-9:55 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)
4 Functional Fitness (9-9:55 a.m.) Tai Chi: Qi Gong- cancelled Tai Chi: Martial Arts cancelled Italian (Beginners) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Mah Jong (1:30-4:30 p.m.) Radiant Music Studio Performance (3:30-4:30 p.m.)	5 Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.)- cancelled Spanish (Int) (9:30-11 a.m.) Cinco de Mayo Luncheon (11-4:45) (Advanced Reservations Required) Mental Wellness- How Much is Too Much (1 p.m.) Beg. Pickleball cancelled Ballroom Dancing cancelled	6 Functional Fitness (9-9:55 am) French (9-10 a.m.) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Mother's Day Floral Arrangement (1 p.m.) Mother's Day Tea Party- (3-4 p.m.) Advanced reservations required	7 Walking Group Yoga (8:30-9:30 a.m.) DAR Trip – SP Film Tour Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.) Dr. Prothero Lecture cancelled Sewing Techniques (1-4:20 p.m.)	8 Functional Fitness (9-9:55 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)
11 Functional Fitness (9-9:55 a.m.) Tai Chi: Qi Gong- cancelled Tai Chi: Martial Arts cancelled Italian (Beginners) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Film Talk Screening Movie (1 p.m.) Mah Jong (1:30-4:30 p.m.)	12 Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Int) (9:30-11 a.m.) Beg. Pickleball cancelled Financial Advice (12-2 p.m.) Ballroom Dancing (1-2 p.m.)	13 Functional Fitness - cancelled Mother's Day Luncheon (11:45 a.m.) Advanced reservations required Chair Yoga (10:30-11:15 a.m.)- Community Room Meditation (11:30 a.m.-12:30 p.m.)- Community Room BINGO- cancelled Elder Wisdom (1:00 p.m.-2:30 p.m.)	14 Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.) Sewing Techniques (1-4:20 p.m.) DAR Trip – Walmart	15 Functional Fitness (9-9:55 a.m.) Hearing Screening (9-11 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)
18 Functional Fitness (9-9:55 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.) Staff Pick Movie (1 p.m.) Mah Jong (1:30-4:30 p.m.)	19 Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Health Screenings & Counseling (9-11 a.m.) Spanish (Int) (9:30-11 a.m.) Beg. Pickleball cancelled Ballroom Dancing (1-2 p.m.)	20 Functional Fitness - cancelled Healthy Aging Fair (9:30 a.m.-12 p.m.) Book Club (10-11 a.m.) – Library Conf. Room Chair Yoga - cancelled Meditation - cancelled Paint & Sip (2:30 p.m.) Tech Day (3:30-5 p.m.)- Advanced Registration required	21 Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.) Sewing Techniques (1-4:20 p.m.)	22 Functional Fitness (9-9:55 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)
25 The South Pasadena Senior Center will be closed in observance of Memorial Day. Normal operations will resume on Tuesday, May 26 th .	26 Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Int) (9:30-11 a.m.) Beg. Pickleball cancelled Financial Advice (12-2 p.m.) Ballroom Dancing (1-2 p.m.)	27 Functional Fitness (9-9:55 a.m.) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Elder Wisdom Group (1-2:30 p.m.) Functional Fitness (3:pm-4pm) Senior Excursion-LA Farmers Market	28 Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.) Sewing Techniques (1-4:20 p.m.)	29 Functional Fitness (9-9:55 a.m.) Coffee & Treats (10-11 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)

2025 HIGHLIGHTS



1102 Oxley Street
South Pasadena, CA 91030

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40+ SPECIAL EVENTS



From the Senior Prom and End of Summer Luau to the Veterans Day Luncheon and National Senior Citizen Day Picnic, the South Pasadena Senior Center produced over 40 cultural and birthday celebrations and social hours.



36 LECTURES + FILM DISCUSSIONS



The South Pasadena Senior Center offers a rich lineup of educational and wellness programs designed to support seniors' health, curiosity, and everyday well-being.

15+ FREE WEEKLY CLASSES



From line dancing and pickleball to yoga and Tai Chi to painting and language classes, the Senior Center provides a diverse range of free classes to members 55 and over.



8,612 MEALS

6,033 RIDES

The Senior Center served 8,150 on-site and home-delivered meals and facilitated 7,086 rides for our seniors.



Please visit spsenior.org for a comprehensive list of activities and programs provided to support seniors' physical, emotional and cognitive well-being.

CITY OF SOUTH PASADENA SENIOR CENTER

CLASSES

LECTURES

RESOURCES

EXCURSIONS

SPECIAL EVENTS

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

City of SOUTH PASADENA Healthy AGING FAIR

Date: Wednesday,
May 20, 2026

Time: 9:30 a.m. to 12:00 p.m.
Location:
South Pasadena Senior Center
1102 Oxley St., South Pasadena

Event sponsored by the Senior Citizens
Foundation of South Pasadena

Get Free Screenings & Information

Balance Measurement
Consultations,
Blood Pressure Screenings,
and more!

Join us for information booths on health and wellness for older adults, screenings, raffle prizes and more!

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

