

SOUTH PASADENA SENIOR CENTER NEWSLETTER

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South Pasadena Senior Center

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 @SPseniorcenter



A sweet throwback to our 2023 Valentine's Day Luncheon ❤️ Grateful for moments like these with our dedicated Dial-A-Ride staff, Sean Friezer, Yvonne Goldman and Anne Gravemaker.

Message from the Senior Center Supervisor

Dear Senior Center Members and Patrons,

As we move into the months of February and March, we are excited to share a wonderful lineup of programs and events designed to keep everyone active, engaged, and connected. From informative lectures to fun social gatherings, there is something for everyone to enjoy.

February brings a spirit of friendship and celebration as we look forward to our annual Valentine's Day Luncheon—an afternoon filled with good food, great company, and plenty of smiles.

In March, the fun continues with our festive St. Patrick's Day Luncheon, sure to be a lively and cheerful celebration. We're also pleased to offer ballroom dance classes that do not require a partner, so everyone is welcome to join in and give it a try. Our regular fitness classes will continue as well, providing great opportunities to stay healthy and active.

We look forward to seeing you at the Senior Center and sharing these exciting months together.

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

All City facilities will be closed on Monday, February 16, 2026 in observance of Presidents' Day. Normal operations will resume on Tuesday, February 17th. Senior Center will close at 1:00 p.m. on April 24, 2026 to set up for our Senior Prom. All City facilities will be closed on Monday, May 25, 2026 in observance of Memorial Day. Normal operations will resume on Tuesday, May 26th.

Membership Dues

Membership to the Senior Center is offered to adults age 55 and older, as well as disabled persons. Membership benefits include bi-monthly newsletter mailed to household, use of computer lab, Wii equipment, parking permit, and free classes or lectures. Membership dues can be paid by completing an application and returning a check to the Senior Center. An individual membership is \$25.00 and a couple membership is \$35.00. Checks should be made out to:

City of South Pasadena

Dial-A-Ride - Hours of Operation

South Pasadena residents can schedule transportation to essential services such as medical appointments or grocery stores. Dial-A-Ride is open Monday through Friday from 8:00 a.m. to 5:00 p.m. with last pick-up at 4:00 p.m. **To schedule an appointment please call (626) 403-7368.**

Coffee Service

A hot and cold water dispenser is available to the public for use. Patrons are encouraged to bring refillable water bottles or cups. Coffee, tea, and condiments are available for purchase. Fees are established by the current Fee Schedule. Coffee service ends at 4:30 p.m.

Computer Lab

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

Cooling Center

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

Email & Text Message Updates

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

Payments

The Senior Center accepts cash, check, and credit card payments from 8:00 a.m. to 4:30 p.m. After 4:30 p.m. the Senior Center only accepts credit card payments.

Volunteers

We are always looking for new volunteers! If you are interested in volunteering, please contact the front desk to receive a Volunteer Application. If you previously volunteered and would like to restart, please contact Community Services Supervisor, Katrina Faulmino at kfaulmino@southpasadenaca.gov.

WiFi

Access is available to Senior Center Members. Make sure to check with the front desk for access. Please note, the password is changed periodically. **Wifi is available to Senior Center Members ONLY.**

Important Phone Numbers

Dial-A-Ride

(626) 403-7368

City Hall

(626) 403-7200

Fire Department

(626) 403-7300 (Non-Emergency)

Police Department

(626) 403-7270 (Non-Emergency)

Public Works

(626) 403-7370

Library

(626) 403-7330

Elder Abuse Hotline

(877) 477-3646

Huntington Hospital

(626) 397-5000

Nutrition Program

Food Services Leader: Brenda Gonzalez-Morales

On-Site Meal Program

Meals are served weekdays at 11:45 a.m. with advanced reservations. Advance reservations are held until 12:00 p.m. Cancellations need to be received by 10:00 a.m. or individuals will be billed for the meal.

Cost

Seniors/Disabled Persons: \$3.00*

Individuals under 55 years of age: \$5.00*

Coupons are available for purchase.

**Price is subject to change based on Master Fee Schedule.*

NOTE: The Nutrition Program is funded in part by the US Department of Housing & Urban Development Program. Each July, Senior Center staff will request an updated CDBG Form in order to maintain accurate information for auditing purposes.

Home Delivery Program

Home delivery offers frozen bulk meals for the week (either 5 or 7 meals per box) to disabled, frail or recovering individuals. Deliveries will be on Monday, unless otherwise stated. Cost: \$3.50 per meal.

Birthday Celebrations

Birthday celebrations have returned to the Senior Center! Join us on the last Friday of each month to celebrate. Advanced reservations are required.

Delivery Volunteers:

Debbie Kostich and Frances Richmond

Important Reminders

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

Special Event Luncheons

Lunar New Year Luncheon

Join the South Pasadena Senior Center for a luncheon to celebrate Lunar New Year! Advance reservations are required. Senior Center Members and residents over 55 years of age reservations begin December 8, 2025 at 8:00 a.m. General reservations open December 10, 2025 at 8:00 a.m. for participants over 55 years of age. **Registration is now CLOSED.**

Date: February 10, 2026 | Time: 11:45 a.m.

Location: War Memorial Building

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

Sponsored by the South Pasadena Chinese American Club

Valentine's Day Luncheon

Celebrate Valentine's Day with the South Pasadena Senior Center! Advance reservations are required. Senior Center Members and residents over 55 years of age reservations begin on Monday, January 12, 2026 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, January 14, 2026 at 8:00 a.m.

Date: February 11, 2026 | Time: 11:45 a.m.

Location: South Pasadena Senior Center

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

St. Patrick's Day Luncheon

Join the South Pasadena Senior Center to celebrate St. Patrick's Day! Advance reservations are required. Senior Center Members and residents over 55 years of age reservations begin on Monday, February 9, 2026 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, February 11, 2026 at 8:00 a.m.

Date: March 18, 2026 | Time: 11:45 a.m.

Location: South Pasadena Senior Center

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

Senior Prom

Join the South Pasadena Senior Center to celebrate Senior Prom! 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: April 24, 2026 | Time: 4:30 p.m.

Location: South Pasadena Senior Center

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

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

Upcoming Presentations

Mental Wellness Series - Emotional Intelligence

This presentation defines emotional intelligence, the components of emotional intelligence, and explains how it affects an individual's daily functioning in the context of interpersonal relationships. It also imparts tips on improving one's emotional intelligence to improve their quality of life.

Presenter: LA County Department of Mental Health

Date: Tuesday, February 3, 2026 | **Time:** 1:00 p.m.

Lead Poisoning, Acid Rain and the Ozone Hole: How Environmental Problems Can Be Solved

Many people despair that governments and international cooperation are capable of solving environmental crises. In this session, we will examine three cases in which serious air-pollution problems were first identified by scientists and were eventually addressed through government regulation and international cooperation. *Sponsored by the Senior Citizens' Foundation of South Pasadena & the Harold & Alice Mgrublian Endowment.*

Presenter: Dr. Donald R. Prothero

Date: Thursday, February 5, 2026 | **Time:** 1:00 p.m.

Mental Wellness Series - Discover Your Passion

This presentation is tentatively scheduled. Please reach out to the Senior Center closer to the event date to confirm the presentation will continue as scheduled.

Presenter: LA County Department of Mental Health

Date: Tuesday, March 3, 2026 | **Time:** 1:00 p.m.

What Really Killed the Dinosaurs

The media often simplifies the story of the dinosaurs' extinction: a giant rock from space hit the earth, and just like that they are gone. But what does evidence say? *Sponsored by the Senior Citizens' Foundation of South Pasadena & the Harold & Alice Mgrublian Endowment.*

Presenter: Dr. Donald R. Prothero

Date: Thursday, March 5, 2026 | **Time:** 1:00 p.m.

Arts & Craft Activities

Paint and Sip

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

Date: February 4, 2026 & March 4, 2026

Time: 2:00 p.m. | **COST:** FREE

Movie Series for Black History Month

Join us this Black History Month to celebrate stories of resilience, courage, and triumph. Experience inspiring true tales that highlight legacy, perseverance, and the power of education:

Sarah's Oil

The remarkable true story of eleven year old Sarah Rector, an African American girl born in Oklahoma Indian Territory in the early 1900s, who believes there is oil beneath the barren land she's allotted and whose faith is proven right, in a movie that challenges assumptions and highlights resilience and legacy.

Date: Thursday, February 12, 2026

Time: 1:00 p.m.

The Great Debaters

Directed by Denzel Washington, this powerful and uplifting film tells the true story of a debate team from a historically Black college in the 1930s, which went on to challenge Harvard, showcasing the strength of education, perseverance, and voice.

Date: Monday, February 23, 2026

Time: 2:00 p.m.

Health & Wellness and Human Services

Access Services

Access provides transportation services within Los Angeles County. **To register, call (800) 827-0829. To make a reservation, call (800) 883-1295.**

Financial Advice

Experienced Registered Investment Advisor Scott Burch will advise on guaranteed income planning, investment risk reduction, tax reduction, estate planning, and more. Appointments are available every 2nd and 4th Tuesday of the month from 12:00 p.m. to 2:00 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.**
February Dates: February 10, 2026 & February 24, 2026
March Dates: March 10, 2026 & March 24, 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 9:00-11:00 a.m. **To schedule an appointment, please call the front desk at (626) 403-7360.**

Dates: February 20, 2026 & March 20, 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: February 17, 2026 & March 17, 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.**

Classes & Groups

Senior Center Members are encouraged to join our classes and groups facilitated by volunteers offering a diverse array of activities. If you're passionate about sharing your knowledge and leading a group, reach out to the Senior Center - we welcome enthusiastic individuals to join our team of volunteers!

BINGO

BINGO is hosted on the 2nd Wednesday of each month, unless otherwise stated. Staff will host 5 games for the opportunity to win small prizes. Must be a Senior Center Member to join activity. *No February BINGO due to special event luncheon.

Date: March 11, 2026

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

Book Discussion Group | Instructor: Olivia Radbill

Group will meet on the 3rd Wednesday of each month from 10:00 a.m. to 11:00 a.m., unless otherwise stated. Must be a Senior Center Member to join group.

Dates: February 18, 2026 & March 18, 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 lead by volunteers. Group meets on Tuesdays from 9:00 a.m. to 11:30 a.m. Must be a Senior Center Member to join the group.

Coffee & Treats

Coffee & Treats is held on the last Friday of the month out on the Senior Center patio from 10:00 a.m. to 11:00 a.m. Please RSVP to the Senior Center front desk at (626) 403-7360.

Elder Wisdom Group

Elder Wisdom Group is an ongoing, open discussion group that is deeply committed to personal growth, positivity, and the enormous potential of daily choices. The group share resources and support each other as they journey through what can be the best part of our lives, finding meaning and purpose today and every day.

Group meets on the 2nd and 4th Wednesday of each month.

February 11 & 25; March 11 & 25, 2026

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

English Language Conversation Group

The South Pasadena Public Library hosts a conversation group for English language learners designed for all those who want to practice speaking English. Group meets on Wednesdays at 10:00 a.m. in the Ray Bradbury Conference Room on the 2nd floor of the Library (1100 Oxley St.). No reservations required. **For more information, please contact the Library at (626) 403-7350.**

French | Instructor: Ann Levi

Ann Levi returns to the South Pasadena Senior Center to teach French class! Group meets on Wednesdays from 9:00 a.m. to 10:00 a.m. for 6 week sessions. Must be a Senior Center Member to join group.

Winter Session: 1/14-2/18/2026 (Registration is CLOSED)

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.

Winter Session: 12/1-2/23/2026

Spring Session: 3/2-5/18/2026 (Registration opens on February 1st)

Italiano (Conversational) | Instructor: Miguel Coronado

Class shares in conversation. Not designed for beginners. Group meets on Mondays from 12:00 p.m. to 1:00 p.m. Must be a Senior Center Member to join group.

Winter Session: 12/1/2025-2/23/2026

Spring Session: 3/2-5/18/2026 (Registration opens on February 1st)

Mah Jong

Group is led by volunteers and meets on Mondays from 1:30 p.m. to 4:30 p.m.

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

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

Spring Semester Dates: 2/19-6/11/2026

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

Spanish (Beginners) | Instructor: Walter Cervantes

Class is designed for those with little or no knowledge of the language. Requires two textbooks (Cost: \$10). Group meets on Thursdays from 10:00 a.m. to 11:00 a.m. Must be a Senior Center Member to join group.

Winter Session: 12/4/2025-2/26/2026

Spring Session: 3/5-5/28/2026 (Registration opens on February 1st)

Spanish (Intermediate) | Instructor: Les Brown

Les Brown returns to the South Pasadena Senior Center to teach Intermediate Spanish! Group meets on Tuesdays (3rd Tuesday of each month will be held in an alternative setting) from 9:30 a.m. to 11:00 a.m. Must be a Senior Center Member to join group.

Winter Session: 12/2/2025-2/24/2026

Spring Session: 3/3-5/26/2026 (Registration opens on February 1st)

Tech Day

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

Walking Group

Join the group as they walk around the park and our community! This is a wonderful opportunity to exercise outdoors and meet new friends! Group meets on Tuesdays & Thursdays. Group is led by Rochelle Weiss. **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. If you don't, the group will share their existing materials. Our creative artistic endeavors promise to be a life affirming experience. Must be a Senior Center Member to join the group.

Group meets on Fridays

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

Winter Session: 12/5-2/27/2026

Spring Session: 3/6-5/29/2026 (Registration opens February 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 will be given unless 30 days advanced notice. All refunds are subject to an administrative fee set by City's Fee Schedule.

Getty Villa Museum | COST: \$10.00

Senior Center Members and residents 55 years of age and older reservations open on Monday, December 15, 2025 at 8:00 a.m. General reservations for participants 55 years of age and older open on Wednesday, December 17, 2025 at 8:00 a.m. **Reservation deadline is January 23, 2026.**
Date: February 25, 2026 | Time: 9:00 a.m. to 3:00 p.m.

Getty Center | COST: \$10.00

Senior Center Members and residents 55 years of age and older reservations open on Monday, December 22, 2025 at 8:00 a.m. General reservations for participants 55 years of age and older open on Wednesday, December 24, 2025 at 8:00 a.m. **Reservation deadline is February 13, 2026.**
Date: March 25, 2026 | Time: 9:00 a.m. to 3:00 p.m.

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 17, 2026.**
Date: April 29, 2026 | Time: 9:00 a.m. to 3:00 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: 9:00 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: 9:00 a.m. to 3:00 p.m.



Dial-A-Ride Monthly Leisure Trips

Dial-A-Ride offers special leisure trips on a monthly basis to various locations. Advance reservations are required to attend. Space is limited and trips may be cancelled due to low participation.

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

PLEASE NOTE: If you need transportation to the Senior Center for trips that depart from there, please make an advanced reservation with Dial-A-Ride at (626) 403-7368 in addition to your reservation with the Senior Center for the leisure trip.

Hastings Village | COST: \$1.00

Resident reservations open on Monday, February 2, 2026 at 8:00 a.m. Non-resident reservations open on Monday, February 9, 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: February 12, 2026 | Time: 9:00 a.m. to 12:00 p.m.

Santa Anita Mall | COST: \$1.00

Resident reservations open on Monday, February 2, 2026 at 8:00 a.m. Non-resident reservations open on Monday, February 9, 2026 at 8:00 a.m. Non-residents are required to meet at the Senior Center no later than 9:15 a.m. Residents will be picked-up from their home or can meet at the Senior Center.
Date: February 26, 2026 | Time: 9:30 a.m. to 12:30 p.m.

Walmart | COST: \$1.00

Resident reservations open on Monday, March 2, 2026 at 8:00 a.m. Non-resident reservations open on Monday, March 9, 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: March 12, 2026 | Time: 9:00 a.m. to 12:00 p.m.

Costco/Target | COST: \$1.00

Resident reservations open on Monday, March 2, 2026 at 8:00 a.m. Non-resident reservations open on Monday, March 9, 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: March 26, 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 Plasil

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 a 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.

February Session: 2/3-2/24/2026 | COST: \$24

March Session: 3/3-3/31/2026 | COST: \$30

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

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. *Classes on 2/11, 3/18, & 4/8 will be held in the Community Room.

February Session: 2/4-2/25/2026 | COST: \$16 (\$4 per class)

March Session: 3/4-3/25/2026 | COST: \$16 (\$4 per class)

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



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. **Classes on 2/11, 3/18, & 4/8 will be held in the Community Room.

February Session: 2/4-2/25/2026 | COST: \$16 (\$4 per class)

March Session: 3/4-3/25/2026 | COST: \$16 (\$4 per class)

April Session: 4/1-4/29/2026 | COST: \$20 (\$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 on 2/11, 2/16, 3/18, & 4/8

February Session: 2/2-2/27/2026 | COST: \$50

March Session: 3/2-3/30/2026 | COST: \$60

April Session: 4/1-4/29/2026 | COST: \$60

Line Dancing

Thursdays from 9:00 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.

February Session: 2/5-2/26/2026 | COST: \$20

March Session: 3/5-3/26/2026 | COST: \$20

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

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. *No classes in May 2026.

February Session: 2/3-2/24/2026 | COST: \$ 65

March Session: 3/3-3/24/2026 | COST: \$ 65

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

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 increased energy and physical harmony to the body. One learns to relax, concentrate, gain flexibility, coordination and balance, and nourish their chi. \$5 walk-in fee available. *No class: 2/16, 4/27, 5/4, 5/11.

February Session: 2/2-2/23/2026 | COST: \$15

March Session: 3/2-3/30/2026 | COST: \$25

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

Tai Chi: Martial Art Introduction

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

Instructor: Pam Dong | Location: Library Community Room

Tai Chi, the martial art aspect, utilizes slow, coordinated, continuous flowing movements known as Forms to achieve relaxation, coordination, flexibility, and balance. Every movement has a martial arts application. Learn the basic 8 Form and the Yang Simplified 24 Postures Form. \$5 walk-in fee available. *No class: 2/16, 4/27, 5/4, 5/11.

February Session: 2/2-2/23/2026 | COST: \$15

March Session: 3/2-3/30/2026 | COST: \$25

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

Yoga, Meditation & Stretch

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

Instructor: Diana Bohan | Location: Library Community Room

Increase flexibility through positions that act upon various joints. Yoga positions work different tendons and ligaments of the body to help relieve pain, improve sleep, create mental balance and increase energy. \$5 walk-in fee available.

February Session: 2/3-2/26/2026 | COST: \$32 (\$4 per class)

March Session: 3/3-3/31/2026 | COST: \$36 (\$4 per class)

April Session: 4/2-4/30/2026 | COST: \$ 36 (\$4 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.

Spellbound (1945) | Monday, February 9, 2026

(111 min) Hitchcock's *Spellbound* explores psychoanalysis and includes a surreal Dalí-designed dream sequence that was cut from 20 minutes to just two. Though shot in black and white, it briefly flashes two vivid red frames when a gun fires at the camera. Join the movie guy to discover these and other highlights before we screen the film starring Gregory Peck and Ingrid Bergman.

2001 A Space Odyssey (1968) | Monday, March 9, 2026

(149 mins) Kubrick's 1968 sci-fi landmark, co-written with Arthur C. Clarke, is celebrated for its scientific realism, groundbreaking effects, and bold, ambiguous themes. The film features minimal dialogue and a classical music-driven soundtrack. Join the movie guy to explore its exploration of evolution, AI, and extraterrestrial life before we screen *2001: A Space Odyssey* starring Keir Dullea, Gary Lockwood, and William Sylvester.

Staff Pick Movie Monday

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

No February Staff Pick Movie due to Presidents' Day Closure

Love At First Bite (1979) | Monday, March 16, 2026

(96 mins) After being evicted from his castle in Transylvania, Count Dracula and his assistant Renfield travel to New York to find a woman who the Count believes is the reincarnation of the woman he has loved for all eternity. Starring George Hamilton, Arte Johnson, Richard Benjamin and Susan Saint James. (D)

Foreign Film Friends

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

***There will be no February Foreign Movie in February.. Instead, we're excited to present a special Movie Series celebrating Black History Month. Please see page 4.**

Wadjda (2012) | Monday, March 23, 2026

(Arabic Language Film) (98 mins) An enterprising Saudi girl signs on for her school's Koran recitation competition as a way to raise the remaining funds she needs in order to buy the green bicycle that has captured her interest. **Rated PG-13 for thematic elements** Stars **Waad Mohammed, Reem Abdullah, Abdullrahman Al Gohani.** (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.

Something the Lord Made (2004) | Friday, February 6, 2026

(110 minutes) Alfred Blalock, a cardiologist, leaves Vanderbilt for Johns Hopkins taking with him his lab technician, Vivien Thomas, an African-American without a college degree. In 1941, Blalock and Thomas take on the challenge of blue babies and invent bypass surgery. In defiance of custom and Jim Crow, Blalock brings Thomas into the surgery to advise him, but when *Life Magazine* and kudos come, Thomas is excluded. Will he receive his due? **Rated PG-TV.** Stars **Yaslin Bey, Alan Rickman, Luray Cooper** (D)

P.S. I Love You (2007) | Friday, February 13, 2026

(126 minutes) A young widow discovers that her late husband has left her 10 messages intended to help ease her pain and start a new life. **Rated: PG-13 for sexual references & brief nudity** Stars **Hilary Swank, Gerard Butler, Harry Connick Jr.** (D)

Don't Move (2024) | Friday, February 20, 2026

(92 minutes) The grieving Iris wakes up early in the morning and goes to the memorial in a park where her beloved son, Mateo, fell to his death. She is thinking of committing suicide by jumping off the same cliff, when a young man, Richard, dissuades her. She returns to the parking lot with Richard, and he kidnaps her. **Rated R for some strong violence & language** Stars **Kelsey Asbille, Finn Wittrock, Moray Treadwell** (N)

The Out of Towners (1970) | Friday, February 27, 2026

(101 minutes) Ohio sales executive George Kellerman accepts a higher position within the company and travels to New York City with his wife Gwen for his job interview. But things start badly and only grow worse in Neil Simon's dark urban comedy. Stars **Jack Lemmon, Sandy Dennis, Sandy Baron** (D)

Jay Kelly (2025) | Friday, March 6, 2026

(132 minutes) Famous movie actor Jay Kelly embarks on a journey of self-discovery, confronting his past and present with his devoted manager Ron. Poignant and humor-filled, pitched at the intersection of regrets and glories. **Rated R for language** Stars **George Clooney, Adam Sandler, Stanley Townsend** (N)

A Hard Day's Night (1964) | Friday, March 13, 2026

(87 minutes) Over two days in the life of The Beatles, the band struggle to keep themselves and Paul McCartney's mischievous grandfather in check while preparing for a live TV performance. Stars **John Lennon, Paul McCartney, George Harrison** (D)

Wake Up Dead Man (2025) | Friday, March 20, 2026

(144 minutes) Detective Benoit Blanc teams up with an earnest young priest to investigate a perfectly impossible crime at a small-town church with a dark history. **Rated PG-13 for violent content, bloody images, some crude sexual material** Stars **Daniel Craig, Josh O'Connor, Glenn Close** (N)

Law of Attraction (2004) | Friday, March 27, 2026

(90 minutes) This is the story of two New York divorce attorneys who are often competing against each other, but end up in a relationship nonetheless. When they get married, can they avoid the same issues at home that lead people to provide them business at work? **Rated: PG-13 for sexual content & language** Stars **Pierce Brosnan, Julianna Moore, Parker Posey** (D)

VALENTINE'S DAY LUNCHEON

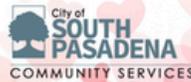
Join South Pasadena Senior Center for a luncheon event in celebration of Valentine's Day!

Date: Wednesday, February 11, 2026
Time: 11:45 a.m.

Location: South Pasadena Senior Center
COST: \$3.00

ADVANCE RESERVATIONS ARE REQUIRED
Members & Resident Reservations open on:
Monday, January 12, 2026 at 8:00 a.m.
General Reservations open on:
Wednesday, January 14, 2026 at 8:00 a.m.
Must be 55 years or older to participate.

To make a reservation or for more information, please contact the Senior Center at (626) 403-7360



Saint PATRICK'S DAY Luncheon

Date: Wednesday, March 18, 2026
Time: 11:45 a.m.

Location: South Pasadena Senior Center
COST: \$3.00

ADVANCE RESERVATIONS ARE REQUIRED
Members & Resident Reservations open on:
Monday, February 9, 2026 at 8:00 a.m.
General Reservations open on:
Wednesday, February 11, 2026 at 8:00 a.m.
Must be 55 years and older to participate.

To make a reservation or for more information, please contact the Senior Center at (626) 403-7360



CINCO DE MAYO LUNCHEON

Date: Tuesday, May 5, 2026
Location: South Pasadena Senior Center
Time: 11:45 a.m. | COST: FREE

ADVANCE RESERVATIONS ARE REQUIRED
Members & Resident Reservations open on:
Monday, March 30, 2026 at 8:00 a.m.
General Reservations open on:
Wednesday, April 1, 2026 at 8:00 a.m.
Must be 55 years or older to participate.

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



Mother's Day LUNCHEON

Date: Wednesday, May 13, 2026
Time: 11:45 a.m.
Location: South Pasadena Senior Center

ADVANCED RESERVATIONS ARE REQUIRED.
Residents & Member Reservations open on:
Monday, April 7, 2025 at 8:00 a.m.
General Reservations open on:
Wednesday, April 9, 2025 at 8:00 a.m.

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

Special thank you to the Senior Citizens Foundation of South Pasadena for sponsoring the luncheon!



FEBRUARY 2026 SENIOR CENTER DAILY ACTIVITIES

1102 Oxley Street, South Pasadena

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Functional Fitness (9-9:55 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beg) (11 a.m.-12 p.m.) Italian (Conv) (12-1 p.m.) Mah Jong (1:30-4:30 p.m.)</p>	<p>3</p> <p>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 Series (1 p.m.) Ballroom Dancing (1-2 p.m.)</p>	<p>4</p> <p>Functional Fitness (9-9:55 a.m.) French (9:00-10:00 a.m.) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Paint & Sip (2 p.m.)</p>	<p>5</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.) Dr. Prothero Lecture (1 p.m.)</p>	<p>6</p> <p>Functional Fitness (9-9:55 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.) Something the Lord Made</p>
<p>9</p> <p>Functional Fitness (9-9:55 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beg) (11 a.m.-12 p.m.) Italian (Conv) (12-1 p.m.) Film talk Spellbound (1 p.m.) Mah Jong (1:30-4:30 p.m.)</p>	<p>10</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Int) (9:30-11 a.m.) Lunar New Year Luncheon (11:45 a.m.) Advanced Reservations Required - WMB Beg. Pickleball (9:30-11:30 a.m.) Financial Advice (12-2 p.m.) Ballroom Dancing (1-2 p.m.)</p>	<p>11</p> <p>Bingo Cancelled Functional Fitness (9-9:55 a.m.) Cancelled French (9:00-10:00 a.m.) Chair Yoga (10:30-11:15 a.m.) - Community Room Meditation (11:30 a.m.-12:30 p.m.) - Community Room Valentine's Day Luncheon (11:45 a.m.) Advanced Reservations Required Elder Wisdom Group (1-2:30 p.m.)</p>	<p>12</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) DAR Trip - Haslings Village Spanish (Beginner) (10-11 a.m.) Black History Month Movie Series: Sarah's Oil (1 p.m.) Intergenerational Activity- 2 p.m. Valentine's Day event with Camp Med</p>	<p>13</p> <p>Functional Fitness (9-9:55 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.) P.S. I Love You</p>
<p>16</p> <p>The South Pasadena Senior Center will be closed in observance of Presidents' Day. Normal operations will resume on Tuesday, February 17th.</p>	<p>17</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Health Screenings & Counseling (9-11 a.m.) Spanish (Int) (9:30-11 a.m.) Beg. Pickleball (9:30-11:30 a.m.) Ballroom Dancing (1-2 p.m.)</p>	<p>18</p> <p>Functional Fitness (9-9:55 a.m.) French (9:00-10:00 a.m.) Book Discussion (10-11:00 a.m.) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Tech Day (3:30-5 p.m.)</p>	<p>19</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.) PCC Sewing Class (1-4:20 p.m.)</p>	<p>20</p> <p>Functional Fitness (9-9:55 a.m.) Hearing Screenings (9-11 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.) Don't Move</p>
<p>23</p> <p>Functional Fitness (9-9:55 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beg) (11 a.m.-12 p.m.) Italian (Conv) (12-1 p.m.) Black History Month Movie Series: The Great Debaters (1 p.m.) Mah Jong (1:30-4:30 p.m.)</p>	<p>24</p> <p>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.) Financial Advice (12-2 p.m.) Ballroom Dancing (1-2 p.m.)</p>	<p>25</p> <p>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.) Senior Excursion - Getty Villa</p>	<p>26</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) DAR Trip - Sia Anita Mall Spanish (Beginner) (10-11 a.m.) PCC Sewing Class (1-4:20 p.m.)</p>	<p>27</p> <p>Functional Fitness (9-9:55 a.m.) Coffee & Treats (10-11 a.m.) Please RSVP. Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.) The Out of Towners</p>

MARCH 2025 SENIOR CENTER DAILY ACTIVITIES

1102 Oxley Street, South Pasadena

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beginners) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Mah Jong (1:30-4:30 p.m.)</p>	<p>3</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Int) (9:30-11 a.m.) Bgg. Pickleball (9:30-11:30 a.m.) Mental Wellness: Discover Your Passion (1 p.m.) Ballroom Dancing (1-2 p.m.)</p>	<p>4</p> <p>Functional Fitness (9-9:55 a.m.) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Paint & Sip (2 p.m.)</p>	<p>5</p> <p>Walking Group Yoga (8:30-9:30 a.m.) 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>6</p> <p>Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.) Jay Kelly</p>
<p>9</p> <p>Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beg) (11 a.m.-12 p.m.) Italian (Conv) (12-1 p.m.) Movie (1 p.m.) 2001 Space Odyssey Mah Jong (1:30-4:30 p.m.)</p>	<p>10</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Int) (9:30-11 a.m.) Bgg. Pickleball (9:30-11:30 a.m.) Financial Advice (12-2 p.m.) Ballroom Dancing (1-2 p.m.)</p>	<p>11</p> <p>Functional Fitness (9-9:55 a.m.) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) BINGO (1 p.m.) Elder Wisdom Group (1-2:30 p.m.)</p>	<p>12</p> <p>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</p>	<p>13</p> <p>Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.) A Hard Day's Night Intergenerational Activity- 3 p.m. Pie Day with Camp Med</p>
<p>16</p> <p>Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beg) (11 a.m.-12 p.m.) Italian (Conv) (12-1 p.m.) Movie (1 p.m.) Love At First Bite Mah Jong (1:30-4:30 p.m.)</p>	<p>17</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Health Screenings & Counseling (9-11 a.m.) Spanish (Int) (9:30-11 a.m.) Bgg. Pickleball (9:30-11:30 a.m.) Ballroom Dancing (1-2 p.m.)</p>	<p>18</p> <p>Functional Fitness (9-9:55 a.m.) Cancelled Book Discussion (10-11:00 a.m.) Chair Yoga (10:30-11:15 a.m.) - Community Room Meditation (11:30 a.m.-12:30 p.m.) - Community Room St. Patrick's Day Luncheon (11:45 a.m.) Advanced Reservations Required Tech Day (3:30-5 p.m.)</p>	<p>19</p> <p>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>	<p>20</p> <p>Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Hearing Screenings (9-11 a.m.) Movie (1-3 p.m.) Wake Up Dead Man</p>
<p>23</p> <p>Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beg) (11 a.m.-12 p.m.) Italian (Conv) (12-1 p.m.) Movie (1 p.m.) Wagda Mah Jong (1:30-4:30 p.m.)</p>	<p>24</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Int) (9:30-11 a.m.) Bgg. Pickleball (9:30-11:30 a.m.) Financial Advice (12-2 p.m.) Ballroom Dancing (1-2 p.m.)</p>	<p>25</p> <p>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.) Senior Excursion – Getty Center</p>	<p>26</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) DAR Trip – Costco/Target Spanish (Beginner) (10-11 a.m.) Sewing Techniques (1-4:20 p.m.)</p>	<p>27</p> <p>Functional Fitness (9-10 a.m.) Coffee & Treats (10-11 a.m.) Please RSVP. Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.) Law of Attraction</p>
<p>30</p> <p>Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beg) (11 a.m.-12 p.m.) Italian (Conv) (12-1 p.m.) Mah Jong (1:30-4:30 p.m.)</p>	<p>31</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Int) (9:30-11 a.m.) Bgg. Pickleball (9:30-11:30 a.m.) Ballroom Dancing (1-2 p.m.)</p>			



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Senior Nutrition Program

On-Site Hot Meal Fees:

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- Persons under 55 years: **\$5.00**

Home Delivered Meal Fees:

- Persons 55 years & up/Disabled Persons: **\$3.50**

*Please have exact cash or check.
Checks should be made payable to:
City of South Pasadena*



For more information, please contact
the Senior Center at (626) 403-7360
or at seniorcenter@southpasadenaca.gov