

# SOUTH PASADENA SENIOR CENTER NEWSLETTER

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### South Pasadena Senior Center Staff

Katrina Faulmino- Community Services Supervisor  
Eric Corona- Recreation Leader  
Brenda Gonzalez- Food Services Leader  
Christiana Miller- Recreation Leader  
Ryan Reyna- Recreation Leader  
Ariel Rogers- Recreation Leader  
Rebekah Rogers- Recreation Leader  
Maria Salas- Recreation Leader

### South Pasadena Senior Center

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southpasadenaca.gov  
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@SPseniorcenter



The winners from our 2025 Halloween Costume Contest, posing and showing off their spooktacular award.

## Message from the Senior Center Supervisor

Dear Senior Center Members and Friends,

As we welcome the fall season, the South Pasadena Senior Center continues to be a place to connect, stay active, and enjoy all that our community has to offer. We have an exciting lineup of programs, special events, educational workshops, and social activities planned throughout October and November.

This issue highlights our annual Thanksgiving Luncheon, upcoming excursions, fitness classes, and many opportunities to learn, create, and spend time with friends. Whether you're joining us for a favorite class or trying something new, we hope you'll find plenty of reasons to stop by.

Thank you for being part of our Senior Center family. Your participation helps make our community welcoming, vibrant, and full of life. We encourage you to invite your friends and neighbors to become members and experience everything the Senior Center has to offer.

We look forward to seeing you this fall!

*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.

## 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.

## 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

- Tuesday, October 27, 2026- The Senior Center will close at 1:00 p.m. for staff training
- Wednesday, November 11, 2026: All City facilities will be closed in observance of Veterans Day.
- Thursday, November 26 & Friday, November 27, 2026: All City facilities will be closed in observance of Thanksgiving.
- December 25, 2026 through Friday, January 1, 2027: All City facilities will be closed for the holiday break. Normal operations will resume Monday, January 4, 2027

## 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**

## Coffee Service

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

## Computer Lab

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

## Cooling Center

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

## Email & Text Message Updates

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

## Payments

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

## Volunteers

We are currently looking for volunteers to teach Beginner French or Beginner Mandarin! If you love languages and enjoy helping others 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.

## Tech Day

Our dedicated staff are here to provide technology assistance. Tech Day is now offered on the 3rd Wednesday of the month, from 3:30 p.m. to 4:30 p.m. Advanced reservations are now required to ensure enough time is allocated to each patron.

### Tech Day: 10/14

To make a reservation, please contact the Senior Center.

## Health & Wellness

### Hearing Screenings

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

Dates: October 16, 2026 & November 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: October 20 & November 17, 2026

### 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.



# Nutrition Program



## 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.

## Fall and Spring Season:

During the Thursday Sewing Session, lunch will be served on-site from 11:30-12:30 p.m.

## 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.*

## 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

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

## Volunteers

On-Site Meal and Home Delivery Programs are both run by committed volunteers. If you are interested in volunteering, please contact the front desk to receive a Volunteer Application.

## Delivery Volunteer

Frances Richmond

### 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.

# Special Event Luncheons

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.

## HALLOWEEN LUNCHEON

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

Location: South Pasadena Senior Center

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



Boo! You are invited to our annual Halloween Luncheon. Don't forget to wear a costume to participate in our costume contest. Advanced reservations are required. Reservations begin on **Monday, September 21, 2026** at 8:00 a.m. for Senior Center members and residents over 55 years of age. General reservations for participants over 55 years of age open on Wednesday, September 23, 2026 at 8:00 a.m.

**Costume Categories: Most Creative, Most Original, Silliest, Most Unique.**



## VETERANS DAY LUNCHEON

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

Location: South Pasadena Senior Center

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



Let's get together and honor our Veterans! Advanced reservations are required. Reservations for Senior Center Members and residents over 55 years of age begin on **Monday, October 5** at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, October 7, 2026 at 8:00 a.m.

**Thank you to HomeInstead for sponsoring entertainment!**

## THANKSGIVING LUNCHEON

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

Location: War Memorial Building

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



Join us for a fall-tastic luncheon to celebrate Thanksgiving! Advanced reservations are required. Reservations for Senior Center Members and residents over 55 years of age begin on **Monday, October 19** at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, October 21, 2026 at 8:00 a.m. **Sponsored by the Senior Citizens' Foundation of South Pasadena Inc.**

## HOLIDAY LUNCHEON

Date: December 15, 2026 | Time 11:45 a.m.

Location: War Memorial Building

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



Come celebrate the holiday season with the South Pasadena Senior Center! Advanced reservations are required. Reservations for Senior Center members and residents over 55 years of age begin on **Monday, November 2, 2026** at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, November 4, 2026 at 8:00 a.m.

**Sponsored by the South Pasadena Police Officer Association.**



## **Social Activities**

### **BINGO**

**Dates: Wednesday, October 14, 2026 | Time: 1:00 p.m.**

BINGO is hosted on the 2<sup>nd</sup> 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. Advanced reservations are encouraged.

### **CAFE CON RECUERDOS (COFFEE & MEMORIES)**

**Date: Friday, October 30, 2026 | Time: 10:00-11:00 a.m.**

Come on by for morning coffee and pan dulce to honor and remember our lost loved ones in celebration of Dia de Los Muertos (Day of the Dead). Guests are invited to bring a photo for the community ofrenda (altar). Reservations open Tuesday, October 6, 2026. Must be a Senior Center Member to join. **Advanced registration required.**



### **TASTE OF AUTUMN: COFFEE & TREATS**

**Date: Friday, November 20, 2026 | Time: 10:00-11:00 a.m.**

Gather with our members to taste what the Autumn season brings, with a nice, hot cup of coffee. An hour that will be filled with good treats as well as good company. This year, we're having our event on the 3<sup>rd</sup> Friday of the month. **Advanced registration required.**

## **Upcoming Events**

### **FLU VACCINE CLINIC**

**Date: October 9, 2026 | Time: 9:00 - 11:00 a.m.**

It's that time of year again, get your flu shot! Protect yourself, your family, and your community by getting your annual flu shot. Please contact the Senior Center (626) 403-7360 to schedule your appointment beginning August 26.

### **PORTRAITS OF THE PAST**

**Deadline for Submissions: December 24, 2026**

**ATTENTION!** We'll be celebrating the ones who make the Senior Center possible: YOU! Please bring a photo of yourself from when you were younger. It can be anything; a military photo, school photo, wedding photo, whichever you'd like! You can explain what your profession used to be before retirement, what you liked to do for fun, or anything interesting about yourself or the photo! You can email pictures to Ariel at [arogers@southpasadenaca.gov](mailto:arogers@southpasadenaca.gov) or you can come to the senior center and bring them to anyone at the front desk to make a photocopy. Please bring pictures in by December 24th so we may be able to put together a spectacular event curated to celebrate you and all you do!



## **Arts & Crafts**



Please register in advance for upcoming activities.

### **PUMPKIN PAINTING**

**Date: Friday, October 2, 2026 | Time: 3:00 p.m.**

Start the fall season with our local Girl Scouts Troop by painting pumpkins! This bountiful activity is open for anyone interested in a fun, autumn-inspired craft. **Advanced registration required.**

### **PAINT & SIP**

**Date: Friday, 10/9 & 11/13 | Time: 3:00 - 4:30 p.m.**

As we step into the cozy fall season, we invite Senior Center Members to unwind together at our Paint & Sip classes. Inspired by Halloween and the concept of Thankfulness, we will create artistic projects together and express what those mean to us. From complete beginners to experienced artists, you will be sure to have a good time!

### **FRIDA KAHLO PORTRAIT WORKSHOP**

**Date: Monday, October 5, 2026 | Time: 2:00 - 3:00 p.m.**

A creative workshop inspired by the renowned Mexican artist, Frida Kahlo. Attendees will create a mixed-media portrait of Frida, using everyday materials and learn how to make colorful flores de papel (paper flowers) to decorate their artwork. This hands-on program celebrates Kahlo's enduring artistic legacy and the rich cultural heritage of Latin America.

### **INTRO TO BOOKBINDING**

**Date: Wednesday, October 21, 2026 | Time: 2:00- 3:00 p.m.**

Learn the basics of book anatomy and traditional hand bookbinding in this beginner-friendly workshop. Participants will create a handmade pamphlet-stitched book using waxed thread while exploring the essential parts of a book and how they come together. Leave with a finished notebook and a new bookbinding skill.



### **GIRL SCOUTS: MAKE A FLORAL BOUQUET**

**Date: Tuesday, November 24, 2026 | Time: 2:00 p.m.**

Join the Girl Scouts in a fun, floral bouquet-making event! Bring some color to your life using fresh flowers and enjoy arranging a beautiful bouquet. **Advanced registration required.**





# Upcoming Presentations

Please register in advance for upcoming lectures and presentations.

## BIRDS ARE DINOSAURS

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

**Date:** Tuesday, October 6, 2026 | Time: 1:00 p.m.

Most people think that dinosaurs went extinct 66 m.y. ago, but they are still alive—we know them as birds. We'll talk about the changes in how paleontologists viewed dinosaurs and birds, and the evidence to show that most dinosaurs had feathers and there were many different flying dinosaurs that weren't birds. *Sponsored by the Senior Citizens' Foundation of South Pasadena and the Harold & Alice Mgrublian Endowment.*

## LOST MEMORIES - SEASON 1

**Presenter:** Alzheimer's Los Angeles

**Date:** Wednesday, October 7, 2026 | Time: 1:00 p.m.

Follow the Ramirez family in a 4-episode mini-series as they confront the challenges of Alzheimer's when Grandma Gloria starts showing signs of memory loss. Following each episode, there will be a discussion about the warning signs, the process of getting a diagnosis, disease progression, and the challenges that families face before they come together.



## MENTAL WELLNESS: GOOD SLEEP FOR EMOTIONAL WELLBEING FOR OLDER ADULTS

**Presenter:** Haydeh Fakhrebadi, Psy.D., Clinical Psychologist II|LACDMH

**Date:** Thursday, October 8, 2026 | Time: 1:00 p.m.

Getting a good night's sleep is key for emotional well-being. Learn about the importance of sleep to get helpful tips on healthy sleep habits.

## EXPLORING THE DARK REALM OF THE MAYA UNDERWOOD

**Presenter:** Dr. James Brady, Professor Emeritus at Cal State LA

**Date:** Tuesday, October 13, 2026 | Time: 1:00 p.m.

Dr. James Brady is known for pioneering the archaeological study of the Maya caves. Beginning with his work at Naj Tunich in the early 1980s, and later the Petexbatun Regional Cave Survey, he helped reshape understanding of caves from simple habitation sites to sacred places used for pilgrimage and ritual—many of which continue to hold significance for the Maya today. His research also revealed that the Maya even created artificial caves in areas without natural ones.

## FINANCE FOR SENIORS

**Presenter:** 626 Village

**Date:** Wednesday, October 14, 2026 | Time: 2:30-3:30 p.m.

You saved the money, now what?! Many people are spending 25 or even 30 years in retirement. That means the challenge is no longer simply saving money; it's turning those savings into dependable income for the rest of your life. Join us for a round table discussion with a question-and-answer period. Let's talk about real expectations, real options, and real plans with the money you worked so hard to save.

## ACCESS SERVICES: INFORMATION SESSION

**Date:** Tuesday, October 20, 2026 | Time: 2:00 p.m.

Learn about transportation services available to you. Access Paratransit, eligibility, and how to apply for them. An Access Services representative will answer all your questions regarding the program and provide information on how to begin the application process. They will also talk about local transportation resources such as a fixed-route public transit, bus pass programs, taxi subsidy programs, and travel training for using public transit safely and confidently.



## UFOS & ALIENS: WHAT SCIENCE SAYS

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

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

The media is full of reports of mysterious UFO sightings, and claims of alien life visiting this planet. What is the actual scientific evidence concerning such claims? *Sponsored by the Senior Citizens' Foundation of South Pasadena and the Harold & Alice Mgrublian Endowment.*

## MENTAL WELLNESS: HOLIDAY BLUES

**Presenter:** Haydeh Fakhrebadi, Psy.D., Clinical Psychologist II|LACDMH

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

Holidays can be a challenging time for all who have suffered losses or feeling alone and without family or social support. This seasonal presentation discusses strategies to combat feelings of sadness or "the blues" during the winter holidays.



## LOST MEMORIES- SEASON 2

**Presenter:** Alzheimer's Los Angeles

**Date:** Tuesday, November 17, 2026 | Time: 1:00 p.m.

The Ramirez family's journey continues as Grandma Gloria is now living with middle-stage Alzheimer's. Each episode features topics like common difficulties caused by middle-stage Alzheimer's, effective ways of addressing challenging behaviors like hallucinations and resistance to bathing, caregiver stress, and the importance of asking for and accepting help.

# Classes & Groups

Senior Center members are encouraged to participate in our classes and groups, facilitated by dedicated volunteers offering a diverse range of engaging activities. Registration is required for participation.

If you're passionate about sharing your knowledge and leading a group, please reach out to the Senior Center. We welcome enthusiastic individuals to join our team of volunteers and help enrich our community programs!

## 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.

**Date: October 21, 2026 and November 18, 2026**

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

## BRIDGE



**Tuesdays from 9:00-11:30 a.m.**

Challenge the mind with one of the greatest card games. Some knowledge of Bridge is required. Must be a Senior Center Member to join the group. Please make sure to check in with staff to get added to the group.

## 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.

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

Group will be on Summer break. Session will resume on September 9, 2026 **\*No Class 11/11 in observance of Veteran's Day.**

**Fall Session: October 14 & 28; November 25, 2026**

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

## 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 LEADERS: CHERYL ST GEORGE & SUSAN MCCARTY

Calling all watercolor artists for a salon, all learners welcome! The group is led by volunteers, 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.**

**Fall Session: 9/4-11/20/2026 (Registration opens August 3<sup>rd</sup>)**

**Winter Session: 12/4-2/26/2027 (Registration opens November 2<sup>nd</sup>)**

## 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 (626) 403-7350.

# Learn a Language

## FRENCH (INTERMEDIATE)

**INSTRUCTOR: ANN LEVI**

Ann Levi returns to the South Pasadena Senior Center to teach French class! An intermediate-level, easy going, interactive class for those who want to refresh their conversational French skills while deepening their understanding of French culture. Group meets on Wednesdays from 9 to 10:00 a.m. for 6 week sessions. Must be a Senior Center Member to join group. Class will resume in January.

**Fall Session: 9/2-10/21/2026 \*Dates Extended**



## GREEK (BEGINNERS)

**INSTRUCTOR: TANA MILLER**

Join us for a journey into the heart of Greek language and culture, in this Beginning Greek class. This class offers a way to explore Greece — no passport needed! You'll learn useful phrases and language fundamentals as you delve into the culture, cuisine, music, history, and mythology of Greece with Tana. OPA! Class meets on Mondays. Must be a Senior Center Member to join the group.

**Fall Session: 10/5-11/30/2026**

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



## ITALIANO (BEGINNER I)

**INSTRUCTOR: SONJA LOVELACE**

Basic Italian for the person with no prior knowledge. Requires a textbook (Cost: \$15). Fall Group meets on Mondays from 11-12:00 p.m. Winter Group meets on Mondays from 10:00 a.m. -10:50 a.m. Must be a Senior Center Member to join group.

**Fall Session: 9/14-11/30/2026 (Registration opens August 3<sup>rd</sup>)**

**Winter Session: 12/7-2/22/2027 (Registration opens November 2<sup>nd</sup>)**



## ITALIANO (BEGINNER II)

**INSTRUCTOR: SONJA LOVELACE**

A continuation of Italian I for individuals with some basic knowledge of the language. Build upon foundational skills by expanding vocabulary, improving pronunciation, practicing conversational phrases, and developing a greater understanding of everyday Italian communication and grammar. Participants will continue to strengthen their ability to speak and understand Italian in a supportive learning environment.

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: 12/7-2/22/2027 (Registration opens November 2<sup>nd</sup>)**

## 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.

**Fall Session: 9/14-11/30/2026 (Registration opens August 3<sup>rd</sup>)**

**Winter Session: 12/7-2/22/2027 (Registration opens November 2<sup>nd</sup>)**

## 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 11:30 a.m. Must be a Senior Center Member to join group.

**Fall Session: 9/10-11/19/2026 (Registration open August 3<sup>rd</sup>)**

**Winter Session: 12/3-2/25/2027 (Registration opens November 2<sup>nd</sup>)**

## 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.

**\*No class 10/6 & 10/13**

**Fall Session: 9/1-11/24/2026 (Registration opens August 3<sup>rd</sup>)**

**Winter Session: 12/1-2/23/2027 (Registration opens November 2<sup>nd</sup>)**



# 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.

## GRAMMY MUSEUM | COST: \$16.00

Senior Center Members and residents 55 years of age and older reservations open on Monday, September 21, 2026 at 8:00 a.m. General reservations for participants 55 years of age and older open on Wednesday, September 23, 2026 at 8:00 a.m.

**Reservation deadline is October 14, 2026.**

**Date: October 21, 2026 | Time: 9:00 a.m. to 3:00 p.m.**



## OLVERA STREET DISTRICT | COST: \$10.00

Senior Center Members and residents 55 years of age and older reservations open on Monday, October 5, 2026 at 8:00 a.m. General reservations for participants 55 years of age and older open on Wednesday, October 7, 2026 at 8:00 a.m.

**Reservation deadline is October 30, 2026.**

**Date: November 4, 2026 | Time: 9:00 a.m. to 3:00 p.m.**



## DOWNTOWN DISNEY | COST: \$10.00

Senior Center Members and residents 55 years of age and older reservations open on Monday, October 5, 2026 at 8:00 a.m. General reservations for participants 55 years of age and older open on Wednesday, October 7, 2026 at 8:00 a.m.

**Reservation deadline is November 20, 2026.**

**Date: December 2, 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 Dial A Ride at (626) 403-7368.

## HASTINGS VILLAGE | COST: \$1.00

Resident reservations open on Monday, October 5<sup>th</sup> at 8:00 a.m. Non-resident reservations open on Friday, October 9<sup>th</sup> at 8:00 a.m. Non-residents are required to meet at the Senior Center no later than 8:50 a.m. Residents will be picked up from their home or Senior Center.

**Date: October 13, 2026 | Time: 9:00 a.m. to 12:00 p.m.**



## WALMART | COST: \$1.00

Resident reservations open on Monday, October 5<sup>th</sup> at 8:00 a.m. Non-resident reservations open on Friday, October 9<sup>th</sup> at 8:00 a.m. Non-residents are required to meet at the Senior Center no later than 8:50 a.m. Residents will be picked up from their home or Senior Center.

**Date: October 20, 2026 | Time: 9:00 a.m. to 12:00 p.m.**

## SAN GABRIEL MISSION WALKING TOUR COST: \$1.00

**\* ADMISSION FEE: \$10 PER PERSON (PAY AT MISSION)**

Resident reservations open on Monday, October 26<sup>th</sup> at 8:00 a.m. Non-resident reservations open on Friday, October 30<sup>th</sup> at 8:00 a.m. Non-residents are required to meet at the Senior Center no later than 8:50 a.m. Residents will be picked up from their home or Senior Center.

**\*The docent-Led Tour is very short and covers .4 miles on mostly flat ground. The tour will also take about 1-1.5 hours casual, slow pace. Please be ready to board at 12 p.m. at the drop off location**

**Date: November 10, 2026 | Time: 9:00 a.m. to 12:00 p.m.**

## SANTA ANITA MALL | COST: \$1.00

Resident reservations open on Monday, October 26<sup>th</sup> at 8:00 a.m. Non-resident reservations open on Friday, October 30<sup>th</sup> at 8:00 a.m. Non-residents are required to meet at the Senior Center no later than 8:50 a.m. Residents will be picked up from their home or Senior Center.

**Date: November 17, 2026 | Time: 9:00 a.m. to 12:30 p.m.**





## Older Adult Leisure Classes

### 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, game strategy, 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.

**October Session: 10/6-10/27/2026 | COST: \$65**

**November Session: 11/3-11/24/2026 | COST: \$65**

### 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. **\*No classes 10/28, 11/11, 12/30**

**October Session: 10/7-10/21/2026 | COST: \$12 (\$4 per class)**

**November Session: 11/4-11/25/2026 | COST: \$12 (\$4 per class)**

**December Session: 12/2-12/23/2026 | COST: \$16 (\$4 per class)**

### FUN-CTIONAL FITNESS

**Mondays, Wednesdays, & Fridays from 9 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 10/28, 11/11, 11/27, 12/25, 12/28, 12/30**

**October Session: 10/2-10/30/2026 | COST: \$60**

**November Session: 11/2-11/30/2026 | COST: \$55**

**December Session: 12/2-12/23/2026 | COST: \$50**

### LINE DANCING

**Thursdays from 9 to 10:30 a.m.**

**Instructor: Pauline Wong | Location: Senior Center**

Learn basic line steps, dance to oldies music and stimulate the brain by remembering step patterns to choreographers. It is also a great workout! \$5 walk-in fee available. **\*No classes 11/12, 11/26, 12/17, 12/24, 12/31**

**October Session: 10/1-10/29/2026 | COST: \$25**

**November Session: 11/5-11/19/2026 | COST: \$10**

**December Session: 12/3-12/10/2026 | COST: \$10**

### 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.

**\*No classes 10/28, 11/11, 12/30**

**October Session: 10/7-10/21/2026 | COST: \$12 (\$4 per class)**

**November Session: 11/4-11/25/2026 | COST: \$12 (\$4 per class)**

**December Session: 12/2-12/23/2026 | COST: \$16 (\$4 per class)**

### PASADENA CITY COLLEGE - SEWING TECHNIQUES FOR OLDER ADULTS

**Thursdays from 1:00 p.m. to 4:20 p.m.**

**Instructor: Carmen Grammer | Location: Senior Center**

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.** Classes meet every Thursday and are offered through Pasadena City College Noncredit Division.

To register or learn more, call (626) 585-3000. **\*No class 11/26**

**Fall Semester Dates: 8/27-12/10/2026 \*Class is full**

### TAI CHI FOR HEALTH: QI GONG

**Mondays from 9 a.m. to 9:55 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.

**October Session: 10/5-10/26/2026 | COST: \$20 \*No class Oct. 19**

**November Session: 11/2-11/30/2026 | COST: \$25**

**\*Class will take place at the Senior Center Patio on Oct 26, Nov 2 & 9**

**December Session: 12/7-12/21/2026 | COST: \$15 \*No class 12/28**

### TAI CHI: MARTIAL ART INTRODUCTION

**(Intermediate/Advanced); Mondays from 10 a.m. to 11 a.m.**

**Instructor: Pam Dong | Location: Senior Center**

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.

**October Session: 10/5-10/26/2026 | COST: \$20 \*No class Oct. 19**

**November Session: 11/2-11/30/2026 | COST: \$25**

**December Session: 12/7-12/21/2026 | COST: \$15 \*No class 12/28**

### 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. **\*No classes October 27, 29, Nov 3, 5, 26, Dec 29, 31**

**October Session: 10/1-10/22/2026 | COST: \$35 (\$5 per class)**

**November Session: 11/10-11/24/2026 | COST: \$25 (\$5 per class)**

**December Session: 12/1-12/24/2026 | COST: \$40 (\$5 per class)**



# Matinee at the Senior Center

## 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. Sponsored by the Senior Citizens' Foundation of South Pasadena.

### Young Frankenstein (1974) Monday, October 12

(106 min.) Join us for Mel Brooks' classic comedy Young Frankenstein (1974), a hilarious tribute to the classic Universal horror films of the 1930s. Before the movie, "The Movie Guy" will share fun behind-the-scenes trivia, including the use of original Frankenstein lab equipment, why the film was shot in black and white, and fascinating stories about Gene Wilder, Mel Brooks, and the cast. Then sit back and enjoy this unforgettable comedy starring Gene Wilder, Peter Boyle, Cloris Leachman, Marty Feldman, and Teri Garr.

### Saturday Night Fever (1977) Monday, November 9

(120 min.) Step back into the disco era with Saturday Night Fever (1977), the iconic film that made John Travolta a star and featured the unforgettable Bee Gees soundtrack. Before the movie, "The Movie Guy" will share fascinating behind-the-scenes stories, fun trivia, and little-known facts about the film, its music, and its lasting cultural impact. Then enjoy this classic starring John Travolta and Donna Pescow.

## STAFF PICK MOVIE MONDAY

Staff Pick Movie Mondays is on the 3rd Monday of each month at 1:00 p.m.

### Coraline (2009) Monday, October 19

(100 min.) Wandering her rambling old house in her boring new town, a young girl discovers a hidden door to a strangely idealized version of her life that seems too good to be true.

### The Big Lebowski (1998) Monday, November 16

(117 min.) Jeff "The Dude" Lebowski, is a laid-back bowler whose life is upended when he's mistaken for a wealthy namesake. Drawn into a bizarre chain of events involving oddball criminals, eccentric artists, and a convoluted kidnapping plot, he ambles through misadventures with his bowling buddies.

## FOREIGN FILM FRIENDS

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

### Spirited Away (2001) Monday, October 26

(125 min.) During her family's move to the suburbs, Chihiro, a sullen 10-year-old girl, wanders into a fantasy world. There, Chihiro must fend for herself as she encounters different creatures in order to return to the human world.

### Wild Tales (2014) Monday, November 23

(122 min.) (Comedy/Thriller) Six short stories that explore the extremities of human behavior involving people in distress. A story about love deception, the return of the past, a tragedy, or even the violence contained in an everyday detail. Rated R.

## 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. \*No movie Friday, Nov. 27 in observance of Thanksgiving.



### Sweet And Lowdown (1999) | October 2

(95 min.) In the 1930s, jazz guitarist Emmet Ray idolizes Django Reinhardt, faces gangsters, and falls in love with a mute woman. Stars Sean Penn, Samantha Morton, Woody Allen (D)

### Arthur the King (2024) | October 9

(107 min.) An adventure-racer adopts a stray dog named Arthur to join him in an epic endurance race. Stars Mark Wahlberg, Simu Liu, Juliet Rylance (N)

### Into the Night (1985) | October 16

(115 min.) After discovering that his wife is cheating on him, an insomniac aerospace engineer accidentally meets, and tries to help, a beautiful model on the run from some extremely dangerous people. Stars Jeff Goldblum, Michelle Pfeiffer, Stacey Pickren (D)

### Armageddon Time (2022) | October 23

(114 min.) A deeply personal coming-of-age story about the strength of family and the generational pursuit of the American Dream. Stars Anne Hathaway, Jeremy Strong, Banks (N)

### The Shining (1980) | October 30

(146 min.) A family heads to an isolated hotel for the winter, where a sinister presence influences the father into violence. At the same time, his psychotic son sees horrifying forebodings from both the past and the future. Stars Jack Nicholson, Shelley Duvall, Danny Lloyd (D)

### A Summer Place (1959) | November 6

(130 min.) A self-made businessman rekindles a romance with a former flame while their two teenage children begin a romance of their own with drastic consequences for both couples. Stars Richard Egan, Dorothy McGuire, Sandra Dee, Troy Donahue (D)

### The Kid Detective (2020) | November 13

(100 min.) A once-celebrated kid detective, now 32, continues to solve the same trivial mysteries between hangovers and bouts of self-pity; until a naive client brings him his first 'adult' case to find out who brutally murdered her boyfriend. Stars Kaitlyn Chalmers-Rizzato, Adam Brody, Kaleb Horn (N)

### The Longest Ride (2015) | November 20

(123 min.) Sophia and Luke make an unexpected and fateful connection with Ira, a 90-year-old man, when they save him from a car crash. Ira's memories of his own decades-long romance with his beloved wife deeply inspire the young couple. Stars Scott Eastwood, Britt Robertson, Alan Alda (D)



# OCTOBER 2026 SENIOR CENTER DAILY ACTIVITIES

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

| MONDAY                                                                                                                                                                                                                                                                                                      | TUESDAY                                                                                                                                                                                                                                                                                          | WEDNESDAY                                                                                                                                                                                                                                                                                                           | THURSDAY                                                                                                                                                            | FRIDAY                                                                                                                                                                                                                         |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>5</p> <p>Functional Fitness (9-9:55 a.m.)<br/>Tai Chi: Qi Gong (9-10 a.m.)<br/>Greek Beg (10-11 a.m.)<br/>Tai Chi: Martial Arts (10-11 a.m.)<br/>Italian (Beg) (11 a.m.-12 p.m.)<br/>Italian (Conversational) (12-1 p.m.)<br/>Frida Kahlo Portrait Workshop (2 p.m.)</p>                                 | <p>6</p> <p>Walking Group<br/>Yoga (8:30-9:30 a.m.)<br/>Bridge (9-11:30 a.m.)<br/>Spanish (Int) (cancelled)<br/>Beg. Pickleball (9:30-11:30 a.m.)<br/>Dr. Prothero lecture: Birds are Dinosaurs (1 p.m.)</p>                                                                                     | <p>7</p> <p>French (9-10 a.m.)<br/>Functional Fitness (9-9:55 a.m.)<br/>Chair Yoga (10:30-11:15 a.m.)<br/>Meditation (11:30 a.m.-12:30 p.m.)<br/>Alzheimer's LA: Lost Memories Season 1 (1 p.m.)</p>                                                                                                                | <p>1</p> <p>Walking Group<br/>Yoga (8:30-9:30 a.m.)<br/>Line Dancing (9-10:30 a.m.)<br/>Spanish (Beginner) (10-11:30 a.m.)<br/>Sewing Techniques (1-4:20 p.m.)</p>  | <p>2</p> <p>Functional Fitness (9-9:55 a.m.)<br/>Watercolor Painting (1-2:30 p.m.)<br/>Movie: <i>Sweet &amp; Lowdown</i> (1p.m.)<br/>Pumpkin Painting (3 p.m.)<br/>Advanced registration required</p>                          |
| <p>12</p> <p>Functional Fitness (9-9:55 a.m.)<br/>Tai Chi: Qi Gong (9-10 a.m.)<br/>Greek Beg (10-11 a.m.)<br/>Tai Chi: Martial Arts (10-11 a.m.)<br/>Italian (Beg) (11 a.m.-12 p.m.)<br/>Italian (Conversational) (12-1 p.m.)<br/>Film Talk: <i>Young Frankenstein</i> (1 p.m.)</p>                         | <p>13</p> <p>Walking Group<br/>Yoga (8:30-9:30 a.m.)<br/>Bridge (9-11:30 a.m.)<br/>DAR Hasting Trip (9:00 a.m.)<br/>Spanish (Int) (cancelled)<br/>Beg. Pickleball (9:30-11:30 a.m.)<br/>Financial Advice (12-2 p.m.)<br/>CSLA Lifelong: Exploring the Dark Realm of the Maya Underwood (1pm)</p> | <p>14</p> <p>French (9-10 a.m.)<br/>Functional Fitness (9-9:55 a.m.)<br/>Chair Yoga (10:30-11:15 a.m.)<br/>Meditation (11:30 a.m.-12:30 p.m.)<br/>BINGO (1:00 p.m.)<br/>Elder Wisdom Group (1-2:30 p.m.)<br/>Finance for Seniors (2:30 p.m.)<br/>Tech Day (3:30-4:30 p.m.)<br/>(Advanced Registration Required)</p> | <p>15</p> <p>Walking Group<br/>Yoga (8:30-9:30 a.m.)<br/>Line Dancing (9-10:30 a.m.)<br/>Spanish (Beginner) (10-11:30 a.m.)<br/>Sewing Techniques (1-4:20 p.m.)</p> | <p>16</p> <p>Functional Fitness (9-9:55 a.m.)<br/>Hearing Screening (9-11 a.m.)<br/>Watercolor Painting (1-2:30 p.m.)<br/>Movie: <i>Into the Night</i> (1 p.m.)</p>                                                            |
| <p>19</p> <p>Functional Fitness (9-9:55 a.m.)<br/>Tai Chi: Qi Gong (cancelled)<br/>Greek Beg (10-11 a.m.)<br/>Tai Chi: Martial Arts (cancelled)<br/>Italian (Beg) (11 a.m.-12 p.m.) on Italian (Conversational) (12-1 p.m.)<br/>Staff-Pick Movie: <i>Coraline</i> (1 p.m.)</p>                              | <p>20</p> <p>Walking Group<br/>Yoga (8:30-9:30 a.m.)<br/>DAR Trip- Walmart (9:00 a.m.)<br/>Health Screenings &amp; Counseling (9-11:00 a.m.)<br/>Bridge (9-11:30 a.m.)<br/>Spanish (Int) (9:30-11 a.m.)<br/>Beg. Pickleball (9:30-11:30 a.m.)<br/>Access Services Presentation (2 p.m.)</p>      | <p>21</p> <p>French (9-10 a.m.)<br/>Functional Fitness (9-9:55 a.m.)<br/>Book Discussion (10-11:00 a.m.)<br/>Chair Yoga (10:30-11:15 a.m.)<br/>Meditation (11:30 a.m.-12:30 p.m.)<br/>Senior Excursion: Grammy Museum (9 a.m. -3 p.m.)<br/>Intro to Bookbinding (2 p.m.)</p>                                        | <p>22</p> <p>Walking Group<br/>Yoga (8:30-9:30 a.m.)<br/>Line Dancing (9-10:30 a.m.)<br/>Spanish (Beginner) (10-11:30 a.m.)<br/>Sewing Techniques (1-4:20 p.m.)</p> | <p>23</p> <p>Functional Fitness (9-9:55 a.m.)<br/>Watercolor Painting (1-2:30 p.m.)<br/>Movie: <i>Armageddon Time</i> (1 p.m.)</p>                                                                                             |
| <p>26</p> <p>Functional Fitness (9-9:55 a.m.)<br/>Tai Chi: Qi Gong (9-10 a.m.) <b>Senior Center Patio</b><br/>Greek Beg (10-11 a.m.)<br/>Tai Chi: Martial Arts (10-11 a.m.)<br/>Italian (Beg) (11 a.m.-12 p.m.) on Italian (Conversational) (12-1 p.m.)<br/>Foreign Film: <i>Spirited Away</i> (1 p.m.)</p> | <p>27</p> <p>Walking Group<br/>Yoga (cancelled)<br/>Bridge (9-11:30 a.m.)<br/>Spanish (Int) (9:30-11 a.m.)<br/>Beg. Pickleball (9:30-11:30 a.m.)<br/>The Senior Center will close at 1 p.m. for staff training</p>                                                                               | <p>28</p> <p>Functional Fitness (cancelled)<br/>Chair Yoga (cancelled)<br/>Meditation (cancelled)<br/>Halloween Luncheon (11-45 a.m.-12:45 p.m.) <b>(Advanced Registration Required)</b><br/>Elder Wisdom Group (1-2:30 p.m.)</p>                                                                                   | <p>29</p> <p>Walking Group<br/>Yoga (cancelled)<br/>Line Dancing (9-10:30 a.m.)<br/>Spanish (Beginner) (10-11:30 a.m.)<br/>Sewing Techniques (1-4:20 p.m.)</p>      | <p>30</p> <p>Functional Fitness (9-9:55 a.m.)<br/>Watercolor Painting (1-2:30 p.m.)<br/>Movie: <i>The Shining</i> (1 p.m.)<br/>Café con Recuerdos: Día de Los Muertos (10-11 a.m.) <b>(Advanced Registration Required)</b></p> |



# NOVEMBER 2026 SENIOR CENTER DAILY ACTIVITIES

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

| MONDAY                                                                                                                                                                                                                                                                                                        | TUESDAY                                                                                                                                                                                                                                                                                                 | WEDNESDAY                                                                                                                                                                                                                                                         | THURSDAY                                                                                                                                                                                       | FRIDAY                                                                                                                                                                                                                                                 |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>2</b><br>Functional Fitness (9-9:55 a.m.)<br>Tai Chi: Qi Gong (9-10 a.m.) <b>Senior Center patio</b><br>Tai Chi: Martial Arts (10-11 a.m.)<br>Greek (Beg) (10-11:00 a.m.)<br>Italian (Beg) (11 a.m.-12 p.m.)<br>Italian (Conversational) (12-1 p.m.)                                                       | <b>3</b><br>Walking Group<br>Yoga (Cancelled)<br>Bridge (9-11:30 a.m.)<br>Spanish (Int) (9:30-11 a.m.)<br>Beg. Pickleball (9:30-11:30 a.m.)<br>Dr. Prothero- UFOs & Aliens: What Science Says (1:00 p.m.)                                                                                               | <b>4</b><br>Functional Fitness (9-9:55 am)<br>Chair Yoga (10:30-11:15 a.m.)<br>Meditation (11:30 a.m.-12:30 p.m.)<br>Senior Excursion: Olivera Street District (9:00-3 p.m.)                                                                                      | <b>5</b><br>Walking Group<br>Yoga (Cancelled)<br>Line Dancing (9-10:30 a.m.)<br>Spanish (Beginner) (10-11:30 a.m.)<br>Mental Wellness-Holiday Blues (1p.m.)<br>Sewing Techniques (1-4:20 p.m.) | <b>6</b><br>Functional Fitness (9-9:55 a.m.)<br>Watercolor Painting (1-2:30 p.m.)<br>Movie: <i>A Summer Place</i> (1p.m.)                                                                                                                              |
| <b>9</b><br>Functional Fitness (9-9:55 a.m.)<br>Tai Chi: Qi Gong (9-10 a.m.) <b>Senior Center patio</b><br>Tai Chi: Martial Arts (10-11 a.m.)<br>Greek (Beg) (10-11:00 a.m.)<br>Italian (Beg) (11 a.m.-12 p.m.)<br>Italian (Conversational) (12-1 p.m.)<br>Film Talk: <i>Saturday Night Fever</i> (1:00 p.m.) | <b>10</b><br>Walking Group<br>Yoga (8:30-9:30 a.m.)<br>Bridge (9-11:30 a.m.)<br>DAR San Gabriel Mission (9 a.m.)<br>Spanish (Int) (9:30-11 a.m.)<br>Beg. Pickleball (9:30-11:30 a.m.)<br>Veteran's Day Luncheon (11:45 a.m.)<br><b>(Advanced Registration Required)</b><br>Financial Advice (12-2 p.m.) | <b>11</b><br>The South Pasadena Senior Center will be closed in observance of Veteran's Day<br>Normal operation will resume on Tuesday, November 12 <sup>th</sup>                                                                                                 | <b>12</b><br>Walking Group<br>Yoga (8:30-9:30 a.m.)<br>Line Dancing (cancelled)<br>Spanish (Beginner) (10-11:30 a.m.)<br>Sewing Techniques (1-4:20 p.m.)                                       | <b>13</b><br>Functional Fitness (9-9:55 a.m.)<br>Watercolor Painting (1-2:30 p.m.)<br>Movie: <i>The Kid Detective</i> (1p.m.)<br>Paint & Sip (3:00-4:30)                                                                                               |
| <b>16</b><br>Functional Fitness (9-9:55 a.m.)<br>Tai Chi: Qi Gong (9-10 a.m.)<br>Tai Chi: Martial Arts (10-11 a.m.)<br>Greek (Beg) (10-11:00 a.m.)<br>Italian (Beg) (11 a.m.-12 p.m.)<br>Italian (Conversational) (12-1 p.m.)<br>Staff-Pick Movie: <i>The Big Lebowski</i> (1:00 p.m.)                        | <b>17</b><br>Walking Group<br>Yoga (8:30-9:30 a.m.)<br>DAR Santa Anita Mall (9:00 a.m.)<br>Health Screenings & Counseling (9-11:00 a.m.)<br>Bridge (9-11:30 a.m.)<br>Spanish (Int) (9:30-11 a.m.)<br>Beg. Pickleball (9:30-11:30 a.m.)<br>Alzheimer's LA: Lost Memories Season 2 (1 p.m.)               | <b>18</b><br>Functional Fitness (9-9:55 a.m.)<br>Book Discussion (10-11:00 a.m.)<br>Chair Yoga (10:30-11:15 a.m.)<br>Meditation (11:30 a.m.-12:30 p.m.)<br>Thanksgiving Luncheon: War Memorial Building (11:45-12:45p.m.) <b>(Advanced Registration Required)</b> | <b>19</b><br>Walking Group<br>Yoga (8:30-9:30 a.m.)<br>Line Dancing (9-10:30 a.m.)<br>Spanish (Beginner) (10-11:30 a.m.)<br>Sewing Techniques (1-4:20 p.m.)                                    | <b>20</b><br>Functional Fitness (9-9:55 a.m.)<br>Hearing Screening (9-11 a.m.)<br>Taste of Autumn-Coffee & Treats (10-11 a.m.) <b>(Advanced Registration Required)</b><br>Watercolor Painting (1-2:30 p.m.)<br>Movie: <i>The Longest Ride</i> (1 p.m.) |
| <b>23</b><br>Functional Fitness (9-9:55 a.m.)<br>Tai Chi: Qi Gong (9-10 a.m.)<br>Tai Chi: Martial Arts (10-11 a.m.)<br>Greek (Beg) (10-11:00 a.m.)<br>Italian (Beg) (11 a.m.-12 p.m.) on Italian (Conversational) (12-1 p.m.)<br>Foreign Film: <i>Wild Tales</i> (1 p.m.)                                     | <b>24</b><br>Walking Group<br>Yoga (8:30-9:30 a.m.)<br>Bridge (9-11:30 a.m.)<br>Spanish (Int) (9:30-11 a.m.)<br>Beg. Pickleball (9:30-11:30 a.m.)<br>Financial Advice (12-2 p.m.)<br>Girls Scouts: <i>Make a Floral Bouquet</i> (2 p.m.) <b>Advanced registration required</b>                          | <b>25</b><br>Functional Fitness (9-9:55 am)<br>Chair Yoga (10:30-11:15 a.m.)<br>Meditation (11:30 a.m.-12:30 p.m.)<br>Elder Wisdom Group (1-2:30 p.m.)                                                                                                            | <b>26</b><br>The South Pasadena Senior Center will be closed in observance of Thanksgiving Day.<br><br>Normal operations will resume on Monday, November 30 <sup>th</sup> .                    | <b>27</b>                                                                                                                                                                                                                                              |
| <b>30</b><br>Functional Fitness (9-9:55 a.m.)<br>Tai Chi: Qi Gong (9-10 a.m.)<br>Tai Chi: Martial Arts (10-11 a.m.)<br>Greek (Beg) (10-11:00 a.m.)<br>Italian (Beg) (11 a.m.-12 p.m.) on Italian (Conversational) (12-1 p.m.)                                                                                 |                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                |                                                                                                                                                                                                                                                        |



## 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



1102 Oxley Street  
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## 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 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. Dates: October 13, 2026; November 10 & 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.

**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.

# Thanksgiving Luncheon

Date: Wednesday, November 18, 2026  
Time: 11:45 a.m. | COST: FREE  
Location: War Memorial Building  
435 Fair Oaks Ave., South Pasadena

ADVANCED RESERVATIONS ARE REQUIRED  
RESIDENT & MEMBER RESERVATIONS OPEN ON:  
Monday, October 19, 2026  
GENERAL RESERVATIONS OPEN ON:  
Wednesday, October 21, 2026

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

Special thanks to our event sponsor:  
Senior Citizens' Foundation of South  
Pasadena, Inc.