

SOUTH PASADENA SENIOR CENTER NEWSLETTER

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South Pasadena Senior Center Staff

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South Pasadena Senior Center

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 @SPseniorcenter



Seniors gathered on the patio, enjoying friendly conversation and light refreshments in a relaxed sunny setting, sharing laughs, stories and good company.

Message from the Senior Center Supervisor

Dear Senior Center Members and Patrons,

Welcome to summer at the Senior Center! We're excited to welcome you back into the building with brand-new floors—it's looking better than ever, and we can't wait for you to see it.

There's a lot to look forward to this season. Join us for our Ice Cream Social, take in a lecture or classes, or just stop by to cool off and catch up with friends. In August, don't miss our annual Luau Luncheon—always a favorite! And of course, we'll be enjoying the Summer Concerts in the Park together.

Whether you're here for a class, a meal, or just to say hello, we're glad to spend the summer with you.

Katrina Faulmino

Community Services Supervisor

Senior Center Important Information

Hours of Operation

The South Pasadena Senior Center is open Monday through Friday from 8:00 a.m. to 5:00 p.m.

Eligible Users

Senior Center services, activities, and recreational classes are available to any adult age 55 and over, or disabled person age 18 and over. Some services require different age restrictions determined by outside funding sources or agencies.

Upcoming Closures

The Senior Center will close at 1:00 p.m. on August 18, 2025 for the Senior Champion Awards. Normal operations will resume on Tuesday, August 19th. All City facilities will be closed on Monday, September 1, 2025 in observance of Labor Day. Normal operations will resume Tuesday, September 2nd.

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's membership is \$35.00. Checks should be made out to: **City of South Pasadena**

Dial-A-Ride - Hours of Operation

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

Coffee Service

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

Computer Lab

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

Cooling Center

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

Email & Text Message Updates

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

Payments

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

Volunteers

We are always looking for new volunteers! 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

On-Site Meal Program

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

Cost

Seniors/Disabled Persons: \$3.00*

Person under 55 years or Caregivers: \$5.00*

Coupons are available for purchase.

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

Frozen Lunches

Frozen lunches for the weekend and long holidays are available on Fridays with 2 weeks advance notice.

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.

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. If you previously volunteered and would like to restart, please contact Community Services Supervisor, Katrina Faulmino at kfaulmino@southpasadenaca.gov.

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

End of Summer Luau Luncheon

Join the South Pasadena Senior Center for an end of summer luau! Advance reservations are required. Senior Center Members and residents over 55 years of age reservations begin on Monday, July 21, 2025 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, July 23, 2025 at 8:00 a.m. **Thank you to our event sponsor: Janet Sanderson!**

Date: August 27, 2025 | **Time:** 11:45 a.m.

Location: South Pasadena Senior Center

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

Halloween Luncheon

Join us for a Spooktacular Halloween Luncheon at the Senior Center! Advance reservations are required. Senior Center Members and residents over 55 years of age reservations begin on Monday, September 22, 2025 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, September 24, 2025 at 8:00 a.m.

Date: October 29, 2025 | **Time:** 11:45 a.m.

Location: South Pasadena Senior Center

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

Veterans Day Luncheon

Join the South Pasadena Senior Center to honor our Veterans! Advance reservations are required. Senior Center Members and residents over 55 years of age reservations begin on Monday, October 13 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, October 15, 2025 at 8:00 a.m.

Date: November 12, 2025 | **Time:** 11:45 a.m.

Location: South Pasadena Senior Center

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

Thanksgiving Luncheon

Join us for a fall-tastic luncheon to celebrate Thanksgiving! Advance reservations are required. Senior Center Members and residents over 55 years of age reservations begin on Monday, October 20 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, October 22, 2025 at 8:00 a.m.

Date: November 19, 2025 | **Time:** 11:45 a.m.

Location: War Memorial Building

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

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

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

Mental Wellness Series - Hoarding

Learn to identify the differences between collecting, cluttering, and hoarding, and the need for treatment for those who might have a significant problem.

Presenter: LA County Department of Mental Health

Date: Tuesday, August 5, 2025 | Time: 1:00 p.m.

Climate Change: What is Happening, and some Possible Solutions

A lot of people are talking about what is happening with global climate, which is no longer disputed in the world of climate science. It is no longer time to argue about it, but to look forward to what is being done, and what could and SHOULD be done to mitigate it and adapt to it, if possible. *Sponsored by the Senior Citizens' Foundation of South Pasadena and the Harold & Alice Mgrublian Endowment.*

Presenter: Dr. Donald R. Prothero

Date: Thursday, August 14, 2025 | Time: 1:00 p.m.

Mental Wellness Series - Preserving Memory

As we age we all have moments of forgetfulness. This presentation will provide useful tips and brain exercises to sharpen your thinking and help keep moments of forgetfulness to a minimum.

Presenter: LA County Department of Mental Health

Date: Tuesday, September 2, 2025 | Time: 1:00 p.m.

Water: The Miracle Molecule

People take water for granted, but it's one of the most unusual substances in nature. It's unique properties make life on Earth possible. Without them, ice wouldn't float, and plants could not draw water from their crowns-and the climate would be much harsher. In this talk, we'll explore what makes water so unique-and why it matters. *Sponsored by the Senior Citizens' Foundation of South Pasadena and the Harold & Alice Mgrublian Endowment.*

Presenter: Dr. Donald R. Prothero

Date: Thursday, September 11, 2025 | Time: 1:00 p.m.

CSULA Lifelong Lecture: Dinosaurs in the Snow: Getting to Know a Very Different Japan

A series of short, engaging stories from Japan: a dinosaur-loving city in Fukui, a Tokyo neighborhood with surprising whaling roots, a powerful tour of Hiroshima with A-bomb survivors, and a quirky journey to Beppu's "hells." *Sponsored by the Senior Citizens' Foundation of South Pasadena and the Harold & Alice Mgrublian Endowment.*

Presenter: Emeritus Professor John Kirchner

Date: Monday, September 29, 2025 | Time: 1:00 p.m.

Teaching Tech Series

Join us for a five-part series that makes everyday technology easy to understand and use. Whether you're just getting started or want to feel more confident, these hands-on lessons—led by our staff—will help you stay connected and in the know.

Dates & Topics:

August 12, 2025- QR Code Basics

August 26, 2025 - Grocery Store Apps

September 9, 2025 - Guide to Online Shopping

September 23, 2025 - Ride Share Apps

October 14, 2025 - Introduction to video Calling

Presenter: South Pasadena Senior Center Staff

Time: 2:00 p.m. to 3:00 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

Registered Investment Advisor Scott Burch will advise on guaranteed income planning, investment risk reduction, tax reduction, estate planning, and more. Appointments are available every 2nd and 4th Tuesday of the month from 12:00 p.m. to 1:00 p.m. **Advanced appointments are required. Your telephone number will be shared with the Financial Advisor who will call you directly to schedule your in-person meeting.** To make a reservation, please call the front desk at (626) 403-7360.

Dates: August 12 & 26, 2025 & September 9 & 23, 2025

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 Thursday of the month from 11:30 a.m.-12:30 p.m. **To schedule an appointment, please call the front desk at (626) 403-7360.**

Dates: August 21, 2025 & September 18, 2025

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: August 19, 2025 & September 16, 2025

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 invited to take part in our classes and groups led by dedicated volunteers. We offer a diverse array of activities. If you're interested in sharing your skills and leading a group, we'd love to hear from you. Stop by or give us a call to learn more. Please register to make sure you're added to the list.

Summertime Ice Cream Social

Ice Cream Socials are held on the last Friday of each month out in the Senior Center patio from 3:00 p.m. to 4:00 p.m. This event is free to join for the Senior Center members.

Date: August 29, 2025 & September 26, 2025

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 the activity.

Dates: August 13, 2025 & September 10, 2025

Time: 1:00 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.

Date: August 20, 2025 & September 17, 2025

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. In June the group will meet on Tuesdays, from 9:30 a.m. to 11:30 a.m. Must be a Senior Center Member to join 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. Must be a Senior Center Member to join the group.

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

Dates: August 13 & 27, 2025 & September 10 & 24, 2025

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

Intermediate level, easy-going, interactive class for those wanting to refresh their conversational French and enrich their understanding of French culture. Group meets on Wednesdays from 9:00 a.m. to 10:00 a.m. for 6 week sessions. Must be a Senior Center Member to join group. Group will resume in October 15. It is a 6 weeks session.

Date: 10/15-11/19/2025 (Registration opens on August 1st)

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.

Fall Session: 9/8-11/24/2025 (Registration opens on August 1st)

Singing Group **NEW!**

Join Tommy Minamoto for a fun, feel-good singing group featuring classic hits from the past. Open to Senior Center members, this group meets on Tuesdays and is all about enjoying music, connecting with friends, and singing timeless favorites together. No experience needed—just bring your love for oldies and good company!

Fall Session: 9/5-11/21/2025 (Registration opens on August 1st)

Time: 2:00 p.m. to 4:00 p.m.

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: 9/8-11/24/2025 (Registration opens on August 1st)

Mah Jong

Group is lead by volunteers. The group will meet on Mondays, from 1:30 p.m. to 4:30 p.m. Must be a Senior Center member to join the group.

Spanish (Beginners) | Instructor: Walter Cervantes

Starting this Fall, the class will begin the second part of the book, starting with Chapter 6. Designed for those with little or no knowledge of Spanish. Requires two textbooks (Cost: \$10). Group meets on Thursdays from 10:00 a.m. to 11:00 a.m. Must be a Senior Center Member to join group. **No class September 25, 2025.*

Fall Session: 9/4-11/20/2025* (Registration opens on August 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.

Fall Session: 9/2-11/25/2025 (Registration opens on August 1st)

Tech Day

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

Walking Group

Join the group as they walk around the park and our community! This is a wonderful opportunity to exercise outdoors and meet new friends! Group meets on Tuesdays & Thursdays and is led by 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.

Fall Session: 9/5-11/21/2025 (Registration opens on August 1st)

Crochet Group **NEW!**

Join our friendly crochet group every Wednesday at 3:00 p.m. Led by a volunteer, this is a fun and relaxed time to connect, create, and learn new skills. Bring your own materials and work on your own project or pick up tips to make great handmade gifts. All levels welcome!

Fall Session: 9/3-11/26/2025 (Registration opens on August 1st)

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

Senior Excursion Program

Travel with the South Pasadena Senior Center! We offer a variety of travel opportunities at a low cost due to funding from Proposition A. All excursions require full payment at the time of reservation. All trips meet at the South Pasadena Senior Center, located at 1102 Oxley St., South Pasadena.

BOARDING PROCEDURE: All excursions follow a boarding procedure. The first row of seats on the left and right of the bus are reserved for trip volunteers and staff. Individuals with mobility devices will board first, followed by all other individuals in the order of when payment was received. Please be respectful and courteous to ALL volunteers and staff assisting with excursions. Failure to comply with the boarding procedure will result in the participant being unable to attend the next scheduled excursion.

REFUNDS: No refunds or credits will be given without a 30-day advanced notice. All refunds are subject to an admin fee set by City's Fee Schedule.

The Broad Museum | COST: \$10.00

Senior Center Members and residents 55 years of age and older reservations open on Monday, June 30, 2025 at 8:00 a.m. General reservations for participants 55 years of age and older open on Wednesday, July 2, 2025 at 8:00 a.m. **Reservation deadline is July 31, 2025.**
Date: August 6, 2025 | Time: 9:00 a.m. to 3:00 p.m.

Hilbert Museum of California Art | COST: \$10.00

Senior Center Members and residents 55 years of age and older reservations open on Monday, August 4, 2025 at 8:00 a.m. General reservations for participants 55 years of age and older open on Wednesday, August 6, 2025 at 8:00 a.m. **Reservation deadline is September 17, 2025.**
Date: September 24, 2025 | Time: 9:00 a.m. to 3:00 p.m.



Tanaka Farms | COST: TBA

Senior Center Members and residents 55 years of age and older reservations open on Monday, September 8, 2025 at 8:00 a.m. General reservations for participants 55 years of age and older open on Wednesday, September 10, 2025 at 8:00 a.m. **Reservation deadline is October 15, 2025.**
Date: October 22, 2025 | 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, September 29, 2025 at 8:00 a.m. General reservations for participants 55 years of age and older open on Wednesday, October 1, 2025 at 8:00 a.m. **Reservation deadline is October 30, 2025.**
Date: November 5, 2025 | Time: 9:00 a.m. to 3:00 p.m.

Ronald Reagan Library | COST \$ 17.00

Senior Center Members and residents 55 years of age and older reservations open on Monday, November 3, 2025 at 8:00 a.m. General reservations for participants 55 years of age and older open on Wednesday, November 5, 2025 at 8:00 a.m. **Reservation deadline is November 25, 2025.**
Date: December 3, 2025 | Time: 9:00 a.m. to 3:00 p.m.
06 | AUGUST & SEPTEMBER 2025

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.

Costco/Target | COST: \$1.00

Resident reservations open on Monday, July 28, 2025 at 8:00 a.m. Non-resident reservations open on Monday, August 4, 2025 at 8:00 a.m. Non-residents are required to meet at the Senior Center no later than 9:00 a.m. Residents will be picked-up from their home or can meet at the Library Community Room.
Date: August 14, 2025 | Time: 9:00 a.m. to 12:00 p.m.

Santa Anita Mall | COST: \$1.00

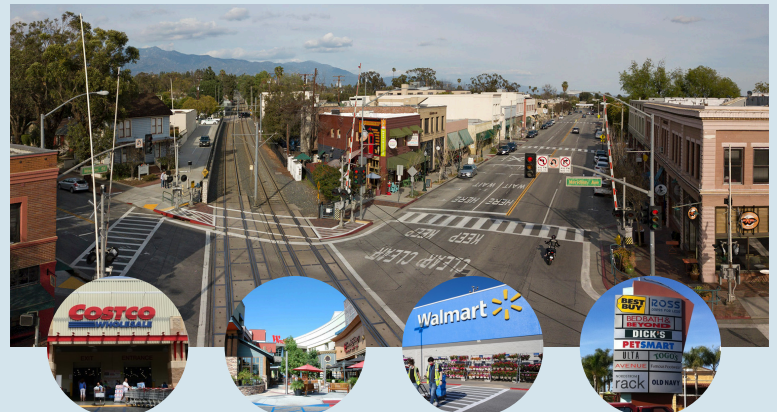
Resident reservations open on Tuesday, July 28, 2025 at 8:00 a.m. Non-resident reservations open on Monday, August 4, 2025 at 8:00 a.m. Non-residents are required to meet at the Senior Center no later than 9:15 a.m. Residents will be picked-up from their home or can meet at the Library Community Room.
Date: August 28, 2025 | Time: 9:30 a.m. to 1:00 p.m.

Walmart | COST: \$1.00

Resident reservations open on Monday, August 11, 2025 at 8:00 a.m. Non-resident reservations open on Monday, August 18, 2025 at 8:00 a.m. Non-residents are required to meet at the Senior Center no later than 9:00 a.m. Residents will be picked-up from their home or can meet at the Senior Center.
Date: September 11, 2025 | Time: 9:00 a.m. to 12:00 p.m.

Hastings Village | COST: \$1.00

Resident reservations open on Monday, August 11, 2025 at 8:00 a.m. Non-resident reservations open on Monday, August 18, 2025 at 8:00 a.m. Non-residents are required to meet at the Senior Center no later than 9:00 a.m. Residents will be picked-up from their home or can meet at the Senior Center.
Date: September 25, 2025 | Time: 9:00 a.m. to 12:00 p.m.



Older Adult Leisure Classes

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. *8/27 will be held in the Library Community Room. *No class: 10/29.

August Session: 8/6-8/27/2025* | **COST:** \$16 (\$4 per class)

September Session: 9/3-9/24/2025 | **COST:** \$16 (\$4 per class)

October Session: 10/1-10/22/2025* | **COST:** \$16 (\$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. *8/27 will be held in the Library Community Room.

August Session: 8/6-8/27/2025* | **COST:** \$16 (\$4 per class)

September Session: 9/3-9/24/2025 | **COST:** \$16 (\$4 per class)

October Session: 10/1-10/29/2025 | **COST:** \$20 (\$4 per class)

FUN-ctional Fitness

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

Wednesday 3:00 p.m.-3:55 p.m.

Saturdays from 8:00 a.m. to 8:55 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 class 8/13, 8/15, 8/16 and 9/1.

Monday/Friday August Session: 8/1-8/29/2025 | **COST:** \$40

Wednesday August Session: 8/6-8/27/2025 | **COST:** \$15

Saturday August Session: 8/2-8/30/2025 | **COST:** \$20

Monday & Friday September Session: 9/5-9/29/2025 | **COST:** \$40

Wednesday September Session: 9/3-9/24/2025 | **COST:** \$20

Saturday September Session: 9/6-9/27/2025 | **COST:** \$20

Wednesday October Session: 10/1-10/29/2025 | **COST:** \$25

Monday/Friday October Session: 10/3-10/31/2025 | **COST:** \$45

Saturday October Session: 10/4-10/25/2025 | **COST:** \$20

Beginner Pickleball Practice & Play

Tuesdays from 9:30 a.m. to 11:30 a.m.

Instructor: Michele Pusateri | **Location:** Orange Grove Park

Come check out pickleball, the fastest growing sport in the United States! Join us at Orange Grove Park on Tuesdays from 9:30 a.m. to 11:30 a.m. for senior pickleball classes. This four-week progressive class will teach the basics of pickleball like scorekeeping, court position, serving, return, and unique lingo, and more advanced skills like shot selection, game strategy, and reduce playing errors. Please bring a pickleball paddle, 3 pickleball balls, tennis court appropriate shoes, water and sun protection.

August Session: 8/5-8/26/2025 | **COST:** \$65

September Session: 9/2-9/23/2025 | **COST:** \$65

October Session: 10/9-10/28/2025 | **COST:** \$65

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.

Fall Semester Dates: 8/28-12/11/2025

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.

August Session: 8/5-8/28/2025 | **COST:** \$32 (\$4 per class)

September Session: 9/2-9/30/2025 | **COST:** \$36 (\$4 per class)

October Session: 10/2-10/30/2025 | **COST:** \$36 (\$4 per class)

Tai Chi for Health: Qi Gong

Mondays from 9 a.m. to 10 a.m.

Instructor: Pam Dong | **Location:** Library Community Room

Tai Chi for Health focuses on Qi Gong, the foundation in the 2500-year-old ancient Chinese health philosophy. The emphasis is on relaxation of the body and calmness of the mind using coordinated non-impact exercises and breath such as the Five Animals, the 8 Cycles, and Liang Gong. These practices bring about increase energy and physical harmony to the body. One learns to relax, concentrate, gain flexibility, coordination and balance, and nourish their chi. \$5 walk-in fee available. *No class: 9/1 & 9/8.

August Session: 8/4-8/25/2025 | **COST:** \$20

September Session: 9/8-9/29/2025* | **COST:** \$15

October Session: 10/6-10/27/2025 | **COST:** \$20

Tai Chi: Martial Art Introduction

Mondays from 10 a.m. to 11 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: 9/1 & 9/8.

August Session: 8/4-8/25/2025 | **COST:** \$20

September Session: 9/8-9/29/2025* | **COST:** \$15

October Session: 10/6-10/27/2025 | **COST:** \$20

Line Dancing

Thursdays from 8:30 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.

New to line dancing? Join us from 8:30-9:00 a.m. for a beginner-friendly session focused on the basics. \$5 walk-in fee available.

*No class: 9/4 & 9/11.

August Session: 8/7-8/28/2025 | **COST:** \$20

September Session: 9/18-9/25/2025* | **COST:** \$10

October Session: 10/2-10/30/2025 | **COST:** \$25

Senior Cinema Program

Film Talk Screenings

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

Planet of the Apes (1968) | Monday, August 11, 2025

(112 minutes) After being kept in hyper sleep during a long expedition into deep space, an astronaut crew crash-lands in the 40th century on a planet where highly intelligent non-human ape species are dominant and humans are enslaved.. *Rated G.* **Stars** Charlton Heston, Roddy McDowall, Kim Hunter.

China Syndrome (1979) | Monday, September 8, 2025

(122 minutes) Released in 1979, "The China Syndrome" tells the story of a nuclear power plant meltdown. Just 12 days later, a real one happened at Three Mile Island. *Rated: PG.* **Stars:** Michael Douglas, Jane Fonda, Jack Lemmon.

Staff Pick Movie Monday

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

NO STAFF PICKED MOVIE FOR AUGUST

Enchanted April | Monday, September 15, 2025

(95 minutes) Four English women, after World War I, who are unhappy with their lives, and their time away on vacation in a beautiful Italian villa.

Stars Alfred Molina, Joan Plowright, Miranda Richardson. (A)

Foreign Film Friends

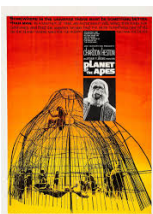
The Foreign Film group meets on the 4th Monday of each month at 1:00 p.m.

Blue Giant (2023) | Monday, August 25, 2025

(Japanese Anime) (120 minutes) Dai Miyamoto, a student from Sendai, receives a saxophone as a gift from his brother, Masayuki. He starts practicing immediately. **Stars** Michele Junya Abe, Yutaka Aoyama, Mika Doi. (N)

The Salesman (2016) | Monday, September 22, 2025

While Ranaa and Emad, a married couple, are participating in a production of "Death of a Salesman," she is assaulted in their new home, which leaves him determined to find the perpetrator over his wife's traumatized objections. *Rated PG 13 for mature thematic elements & brief bloody image.* **Stars** Shahab Hosseini, Taraneh Aidoosti, Babak Karimi (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.

Conclave (2024) | Friday, August 1, 2025

(120 minutes) When Cardinal Lawrence is tasked with leading one of the world's most secretive and ancient events, selecting a new Pope, he finds himself at the center of a web of conspiracies and intrigue that could shake the very foundation of the Catholic Church. *Rated PG for thematic material and smoking.* **Stars** Ralph Fiennes, Stanley Tucci, John Lithgow (A)

Trial by Fire (2018) | Friday, August 8, 2025

(127 minutes) The tragic and controversial story of Cameron Todd Willingham, who was sentenced to death in Texas for killing his three children even after scientific evidence and expert testimony bolstered his claims of innocence. *Rated R for language throughout, some violence, disturbing images, sexual material and brief nudity.* **Stars** Jack O'Connell, Laura Dern, Emily Meade. (N)

Roustabout (1964) | Friday, August 15, 2025

(101 minutes) After a singer loses his job at a coffee shop, he finds employment at a struggling carnival, but his attempted romance with a teenager leads to friction with her father. *Rated PG for mild thematic elements and language.* **Stars** Elvis Presley, Barbara Stanwyck, Joan Freeman (D)

The Life List (2025) | Friday, August 22, 2025

(138 minutes) A woman revisits her childhood aspirations, endeavoring to achieve her old goals, only to discover that pursuing these lifelong dreams takes her on an unforeseen and surprising journey. *Rated PG-13 for sexual material, drug content and strong language.* **Stars** Sofia Carson, Kyle Allen, Sebastian De Souza (N)

Nonnas (2025) | Friday, August 29, 2025

(111 minutes) After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual grandmothers as the chefs. *Rated PG for suggestive material, language and thematic elements.* **Stars** Vince Vaughn, Lorraine Bracco, Talia Shire. (N)

CoCoon (1985) | Friday, September 5, 2025

(117 minutes) When a group of trespassing seniors swim in a pool containing alien cocoons, they find themselves energized with youthful vigor. *Rated PG-13.* **Stars** Don Ameche, Wilford Brimely, Hume Cronyn (D)

The Burial (2023) | Friday, September 12, 2025

(126 minutes) Inspired by true events, a lawyer helps a funeral home owner save his family business from a corporate behemoth, exposing a complex web of race, power, and injustice. *Rated R for language.* **Stars** Jamie Foxx, Tommy Lee Jones, Jurnee Smollett (A)

Joy (2024) | Friday, September 19, 2025

(115 minutes) 3 trailblazers: a young nurse , a visionary scientist and an innovative surgeon face opposition from the church, state, media, and medical establishment in their pursuit of the world's first 'test tube baby,' Louise Joy Brown. *Rated: PG-13.* **Stars** Thomasin McKenzie, James Norton, Bill Nighy (N)

Green Book (2018) | Friday, September 26, 2025

(130 minutes) A working-class Italian-American bouncer becomes the driver for an African-American classical pianist on a tour of venues through the 1960s American South. **Stars** Viggo Mortensen, Mahershala Ali, Linda Cardellini (D)

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.



South Pasadena Senior Center

End of Summer Luau Luncheon

Date: Wednesday, August 27, 2025
Time: 11:45 a.m. | **Cost:** \$3.00
Location: South Pasadena Senior Center

ADVANCED RESERVATIONS ARE REQUIRED.
RESIDENTS & MEMBER RESERVATIONS OPEN ON:
Monday, July 21, 2025
GENERAL RESERVATIONS OPEN ON:
Wednesday, July 23, 2025
Must be 55 years or older to attend.

Hula Wahine by Mahana Dance Company

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





HALLOWEEN LUNCHEON

Date: Wednesday, October 29, 2025
Time: 11:45 a.m. | **COST:** \$3.00
Location: South Pasadena Senior Center
1102 Oxley St., South Pasadena

ADVANCED RESERVATIONS ARE REQUIRED
RESIDENT & MEMBER RESERVATIONS OPEN ON:
Monday, September 22, 2025
GENERAL RESERVATIONS OPEN ON:
Wednesday, September 24, 2025
Must be 55 years or older to attend.

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

Don't forget to wear your costume for a chance to win the costume contest!





Join us for the 4th annual South Pasadena Champion Awards honoring Ellen Torres & Sam Hernandez

Please come to celebrate South Pasadena and recognize these outstanding community members. Event is hosted by the Senior Citizens Foundation of South Pasadena.

Date: Monday, August 18, 2025
Time: 5:00 p.m. to 7:00 p.m.
Location: South Pasadena Senior Center

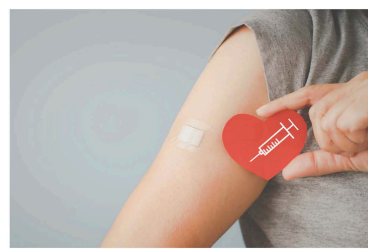
*Tickets are \$30 each and can be bought at spsenior.org
Checks can be made to the Senior Citizen Foundation of South Pasadena*

Thank you to our Diamond Sponsor: Kevin Bourland!



Community Outreach

2025 Free Flu Vaccine Clinic



Thursday, September 25, 2025, 9 a.m. - 11 a.m.

South Pasadena Senior Center 1102 Oxley St., South Pasadena

**High dose vaccine will be available in limited quantities.*

Please call the Senior Center to RSVP 626.403.7360.

Flu vaccine requirements:

- No COVID-19 or flu-like symptoms.
- Parent or guardian must be present to give consent for children ages 9-17 years.
- Not allergic to eggs or the influenza vaccine.
- Not have a history of Guillain-Barre syndrome.

For more information, call (626) 397-337



COMMUNITY SERVICES

AUGUST 2025 SENIOR CENTER DAILY ACTIVITIES

1102 Oxley Street, South Pasadena

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Functional Fitness (9-9:55 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)
4 Functional Fitness (9-9:55 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beg) SUMMER BREAK Italian (Conv) SUMMER BREAK Mah Jong (1:30-4:30 p.m.)	5 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: Hoarding (1 p.m.)	6 Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Senior Excursion – The Broad Museum Functional Fitness (3-3:55 p.m.)	7 Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) SUMMER BREAK	8 Functional Fitness (9-9:55 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)
11 Functional Fitness (9-9:55 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beg) SUMMER BREAK Italian (Conv) SUMMER BREAK Film Talk Screening (1 p.m.) Mah Jong (1:30-4:30 p.m.)	12 Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Int) (9:30-11 a.m.) Financial Advice (12-1 p.m.) Beginner Pickleball (9:30-11:30 a.m.) Tech Series: QR Code (2-3 p.m.)	13 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 p.m.) Functional Fitness -Canceled	14 Walking Group Yoga (8:30-9:30 a.m.) DAR Trip: Costco/Target (9:00 a.m.) Line Dancing (9-10:30 a.m.) Spanish Beg SUMMER BREAK Dr. Prothero Lecture Climate Change (1 p.m.)	15 Functional Fitness -Canceled Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)
18 Functional Fitness (9-9:55 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.)	19 Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Health Screenings & Counseling (9-11 a.m.) Spanish (Int) (9:30a.m-11) Beginner Pickleball (9:30-11:30)	20 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 p.m.-4:30 p.m.) Functional Fitness (3-3:55 p.m.)	21 Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Hearing Screenings (11:30-12:30p.m.) Spanish Beg SUMMER BREAK	22 Functional Fitness (9-9:55 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)
25 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) SUMMER BREAK Italian (Conv) SUMMER BREAK Foreign Film Movie (1 p.m.) Mah Jong (1:30-4:30 p.m.)	26 Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Int) (9:30a.m-11) Beginner Pickleball (9:30-11:30) Financial Advice (12-1 p.m.) Tech Series: Grocery Store Apps (2-3 p.m.)	27 Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) End of Summer Luau (11:45 a.m.) Elder Wisdom Group (1-2 p.m.) Functional Fitness (3-3:55 p.m.)	28 Walking Group Yoga (8:30-9:30 a.m.) DAR Trip – Santa Anita (9:15 a.m.) Line Dancing (9-10:30 a.m.) Spanish Beg SUMMER BREAK PCC Sewing Class (1-4:20 p.m.)	29 Functional Fitness (9-9:55 a.m.) Ice Cream Social (3-4 p.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)



COMMUNITY SERVICES

SEPTEMBER 2025 SENIOR CENTER DAILY ACTIVITIES

1102 Oxley Street, South Pasadena

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 The South Pasadena Senior Center will be closed in observance of Labor Day. Normal operations will resume on Tuesday, September 2	2 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: Preserving Memory (1 p.m.) Singing Group (2-4:00 p.m.)	3 Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Functional Fitness (3-3:55 p.m.) Crochet Group (3-4 p.m.)	4 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.)	5 Functional Fitness (9-9:55 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)
8 Functional Fitness (9-9:55 a.m.) Tai Chi: Qi Gong (canceled.) Tai Chi: Martial Arts (canceled) Italian (Beg) (11 a.m.-12:00 p.m.) Italian (Conv) (12-1:00 p.m.) Film Talk Screening (1 p.m.) Mah Jong (1:30-4:30 p.m.)	9 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 (12-1 p.m.) Singing Group (2-4:00 p.m.) Tech Series: Guide to Online Shopping (2-3 p.m.)	10 Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) BINGO (1p.m.) Elder Wisdom Group (1-2 p.m.) Functional Fitness (3-3:55 p.m.) Crochet Group (3-4 p.m.)	11 Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Dr. Prothero Lecture (1 p.m.) Spanish (Beginner)(10-11 a.m.) DAR Trip- Walmart PCC Sewing Class (1-4:20 p.m.)	12 Functional Fitness (9-9:55 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)
15 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.-12:00 p.m.) Italian (Conv) (12-1:00 p.m.) Movie (1 p.m.) Mah Jong (1:30-4:30 p.m.)	16 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.) Singing Group (2-4:00 p.m.)	17 Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Tech Day (3:30-5 p.m.) Functional Fitness (3-3:55 p.m.) Crochet Group (3-4 p.m.)	18 Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.) Hearing Screenings (11:30- 12:30p.m.) PCC Sewing Class (1-4:20 p.m.)	19 Functional Fitness (9-9:55 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)
22 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.-12:00 p.m.) Italian (Conv) (12-1:00 p.m.) Foreign Film (1 p.m.) Mah Jong (1:30-4:30 p.m.)	23 Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Int) (9:30a.m-11) Beg. Pickleball (9:30-11:30 a.m.) Financial Advice (12-1 p.m.) Singing Group (2-4:00 p.m.) Tech Series: Ride Share Apps (2-3 p.m.)	24 Senior Excursion-Hilbert Museum Book Discussion (10-11:30 a.m.) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Elder Wisdom Group (1-2 p.m.) Functional Fitness (3-3:55 p.m.) Crochet Group (3-4 p.m.)	25 Walking Group Yoga (8:30-9:30 a.m.) Flu Vaccine Clinic (9-11 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (Canceled) DAR Trip- Hastings Village PCC Sewing Class (1-4:20 p.m.)	26 Functional Fitness (9-9:55 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.) Ice Cream Social (3-4 p.m.)
29 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.-12:00 p.m.) Italian (Conv) (12-1:00 p.m.) CSULA Lecture: Dinosaurs in the Snow (1-2 p.m.) Mah Jong (1:30-4:30 p.m.)	30 Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Health Screenings & Counseling (11:30 a.m.-1:00 p.m.) Spanish (Int) (9:30a.m-11) Beg. Pickleball (9:30-11:30 a.m.) Singing Group (2-4:00 p.m.)			