

SOUTH PASADENA SENIOR CENTER NEWSLETTER

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South Pasadena Senior Center

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 @SPseniorcenter



New year, new goals, new health priorities! Start 2025 strong by taking care of your well-being. Stay ahead of the flu and COVID-19—get your flu shot and COVID-19 booster at our December 18th clinic!

Message from the Senior Center Supervisor

Dear Senior Center Members and Patrons,

As we approach the holiday season and reflect on the past year, I want to take a moment to express my gratitude for each and every one of you who makes our Senior Center such a warm and welcoming place. Your participation, energy, and spirit truly make this community special.

In December and January, we have a full calendar of exciting events and activities planned to help you stay connected, active, and engaged during the winter months. From holiday celebrations to new card making classes, there's something for everyone. Please take a moment to check out the upcoming events and mark your calendars!

I wish you all a joyful and peaceful holiday season, and I look forward to seeing you in the New Year.

Melissa Snyder

Community Services Supervisor

Senior Center Important Information

Hours of Operation

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

Eligible Users

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

Upcoming Closures

All City facilities will be closed December 25, 2024 through January 1, 2025 for winter holiday closure. Normal operations will resume on Thursday, January 2nd. All City facilities will be closed Monday, January 20, 2025 in observance of Martin Luther King Jr. Day. Normal operations will resume on Tuesday, January 21st. All City facilities will be closed on Monday, February 17, 2024 in observance of Presidents' Day. Normal operations will resume on Tuesday, February 18th.

Membership Dues

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

Dial-A-Ride - Hours of Operation

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

Coffee Service

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

Computer Lab

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

Cooling Center

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

Email & Text Message Updates

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

Payments

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

Volunteers

We are always looking for new volunteers! If you are interested in volunteering, please contact the front desk to receive a Volunteer Application. If you previously volunteered and would like to restart, please contact Community Services Coordinator, 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

Acting Site Manager: Rebekah Rogers

On-Site Meal Program

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

Cost

Seniors/Disabled Persons: \$3.00*

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 Coordinator, 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

Holiday Luncheon

Join the South Pasadena Senior Center to celebrate the holiday season! Advance reservations are required. Senior Center Member and residents over 55 years of age reservations begin on Monday, November 4, 2024 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, November 6, 2024 at 8:00 a.m.

Date: December 17, 2024 | Time: 11:45 a.m.

Location: War Memorial Building

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

Sponsored by the South Pasadena Police Officer Association

Noon Year Luncheon

Join the South Pasadena Senior Center as we celebrate the New Year! Advance reservations are required. Senior Center Member and residents over 55 years of age reservations begin on Monday, December 2, 2024 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, December 4, 2024 at 8:00 a.m.

Date: January 8, 2025 | Time: 11:45 a.m.

Location: South Pasadena Senior Center

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

Lunar New Year Luncheon

Join the South Pasadena Senior Center to celebrate the Lunar New Year! Advance reservations are required. Senior Center Member and residents over 55 years of age reservations begin on Monday, December 16, 2024 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, December 18, 2024 at 8:00 a.m.

Date: February 4, 2025 | Time: 11:45 a.m.

Location: War Memorial Building

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

Sponsored by the South Pasadena Chinese American Club

Valentine's Day Luncheon

Celebrate Valentine's Day with the South Pasadena Senior Center! Advance reservations are required. Senior Center Member and residents over 55 years of age reservations begin on Monday, January 13, 2025 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, January 15, 2025 at 8:00 a.m.

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

Location: South Pasadena Senior Center

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

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

Upcoming Presentations

Mental Wellness Series - Holiday Blues

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

Presenter: LA County Department of Mental Health

Date: Tuesday, December 3, 2024 | **Time:** 1:00 p.m.

Tobacco Health Risks & Prevention

Join the South Pasadena Senior Center, in partnership with The Wellness Center, for a presentation on the health risks and prevention strategies against tobacco use.

Presenter: LAC + USC Medical Center Foundation

Date: Wednesday, December 4, 2024 | **Time:** 10:00 a.m.

Bone Wars

The early days of American paleontology were sparked by great discoveries, but also the bitter rivalries between two headstrong paleontologists, Edward Drinker Cope and Othniel Charles Marsh. Beginning as friends, their feud ultimately destroyed them both—but their competition advanced paleontology enormously. **Sponsored by the Senior Citizens' Foundation of South Pasadena & the Harold & Alice Mgrublian Endowment.**

Presenter: Dr. Donald R. Prothero

Date: Wednesday, December 4, 2024 | **Time:** 1:00 p.m.

Mental Wellness Series - Emotional Intelligence

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

Presenter: LA County Department of Mental Health

Date: Tuesday, January 7, 2025 | **Time:** 1:00 p.m.

The Myths of Atlantis

Was there ever a lost continent of Atlantis? We will explore the actual text of Plato's myth, look at the evidence surrounding the stories, and what science knows about cities that sink into the sea. **Sponsored by the Senior Citizens' Foundation of South Pasadena & the Harold & Alice Mgrublian Endowment.**

Presenter: Dr. Donald R. Prothero

Date: Wednesday, January 15, 2025 | **Time:** 1:00 p.m.

CSULA Lifelong Learning Presentation - Poetry: Why We Need It

From the ancient Greeks and Jews to 19th century Germany, Ireland and America, poetry has told us who we are. Religion, Language, Character—all three are rooted in poetry.

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

Presenter: Peter A. Brier, Prof. Emeritus, English, CSULA

Date: Monday, February 3, 2025 | **Time:** 1:00 p.m.

Mental Wellness Series - Stress Management

This presentation defines stress and describes different forms of stress and explains the ways in which stress can impact one's life. Tips are offered to assist older adults in dealing with stress more effectively to improve their quality of life.

Presenter: LA County Department of Mental Health

Date: Tuesday, February 4, 2025 | **Time:** 1:00 p.m.

Peccaries are not Pigs

Instead of true pigs, for 40 million years, the ecological niche for piglike creatures has long been occupied by peccaries, or javelinas, which are only very distantly related to pigs. They have an amazing history in the Americas, with many bizarre forms. **Sponsored by the Senior Citizens' Foundation of South Pasadena & the Harold & Alice Mgrublian Endowment.**

Presenter: Dr. Donald R. Prothero

Date: Wednesday, February 5, 2025 | **Time:** 1:00 p.m.

Health & Wellness and Human Services

Access Services

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

Financial Advice

Experienced Registered Investment Advisor Scott Burch will advise on guaranteed income planning, investment risk reduction, tax reduction, estate planning, and more. Appointments are available every 2nd and 4th Tuesday of the month from 12:00 p.m. to 2:00 p.m. **Advanced appointments are required. To schedule an appointment, please call the front desk at (626) 403-7360.**
December Date: December 10, 2024 & December 24, 2024
January Dates: January 14, 2025 & January 28, 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 2nd 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: December 10, 2024 & January 14, 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: December 17, 2024 & January 21, 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 encouraged to join our classes and groups facilitated by volunteers offering a diverse array of activities. If you're passionate about sharing your knowledge and leading a group, reach out to the Senior Center - we welcome enthusiastic individuals to join our team of volunteers!

BINGO

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

Dates: December 11, 2024

Time: 1:00 p.m.

Book Discussion Group | Instructor: Liz Giffen-Glad

Group will meet on the 3rd Wednesday of each month from 10:00 a.m. to 11:30 a.m., unless otherwise stated. Must be a Senior Center Member to join group.

Dates: December 18, 2024 & January 15, 2024

Time: 10:00 a.m. to 11:30 a.m.

Bridge

Challenge the mind with one of the greatest card games. Some knowledge of Bridge is required. Group is lead by volunteers. Group meets on Tuesdays from 9:00 a.m. to 11:30 a.m.

Coffee & Treats

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

Elder Wisdom Group

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

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

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

Ann Levi returns to the South Pasadena Senior Center to teach French class! Group meets on Wednesdays from 9:00 a.m. to 10:00 a.m. for 6 week sessions. Must be a Senior Center Member to join group. *Will resume in Summer 2025.*

Italiano (Beginners) | Instructor: Ron De Luco

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

Winter Session: 12/2-2/24/2024 (Registration is open!)

Spring Session: 3/3-5/19/2024 (Registration opens on February 1st)

Italiano (Conversational) | Instructor: Miguel Coronado

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

Winter Session: 12/2-2/24/2024 (Registration is open!)

Spring Session: 3/3-5/19/2024 (Registration opens on February 1st)

Mah Jong

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

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

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

Spring Semester Dates: 2/20-6/12/2025

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

Spanish (Beginners) | Instructor: Walter Cervantes

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

Winter Session: 12/5-2/27/2024 (Registration is open!)

Spring Session: 3/6-5/29/2025 (Registration opens on February 1st)

Spanish (Intermediate) | Instructor: Les Brown

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

Winter Session: 12/3-2/25/2024 (Registration is open!)

Spring Session: 3/4-5/27/2024 (Registration opens on February 1st)

Table Tennis

Table use is first come, first served. Group will meet on Tuesdays in the multipurpose room. Must be a Senior Center Member to join group.

Time: 3:00 p.m. to 4:30 p.m.

Tech Day

Our dedicated teen volunteers and staff are here to provide patient and friendly technology assistance. Tech Day is offered on the 2nd and 4th Wednesday of each month from 3:00 p.m. to 5:00 p.m. Advance reservations are now required to ensure enough time is allocated to each patron. **To make a reservation, please contact the Senior Center at (626) 403-7360.**

Walking Group

Join the group as they walk around the park and our community! This is a wonderful opportunity to exercise outdoors and meet new friends! Group meets on Tuesdays & Thursdays. Group is led by Rochelle Weiss. **For more information or to join the group, please contact the Senior Center at (626) 403-7360.**

Watercolor Painting Group

Group Facilitators: Cheryl St George & Susan McCarty

Calling all watercolor artists and wanna-be artists for a salon. All learners are welcome. The group is co-led by volunteers Cheryl St George and Susan McCarty, who wish to share their love of watercolor painting. Bring your own art supplies...paint, brushes and watercolor paper if you have them. If you don't, the group will share their existing materials. Our creative artistic endeavors promise to be a life affirming experience. Must be a Senior Center Member to join the group.

Group meets on Fridays

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

Senior Excursion Program

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

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

REFUNDS: No refunds will be given unless 30 days advanced notice. All refunds are subject to an admin fee set by City's Fee Schedule.

Ronald Reagan Library | COST: \$22.00
Senior Center Members and residents over 55 years of age reservations open on Monday, November 4, 2024 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, November 6, 2024 at 8:00 a.m.
Date: December 4, 2024 | Time: 9:00 a.m. to 3:00 p.m.

Getty Center | COST: \$10.00
Senior Center Members and residents over 55 years of age reservations open on Monday, December 2, 2024 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, December 4, 2024 at 8:00 a.m.
Date: January 22, 2025 | Time: 9:00 a.m. to 3:00 p.m.



Getty Villa Museum | COST: \$10.00
Senior Center Members and residents over 55 years of age reservations open on Monday, January 6, 2025 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, January 8, 2025 at 8:00 a.m.
Date: February 26, 2025 | Time: 9:00 a.m. to 3:00 p.m.

USS Midway Museum | COST: \$32.00
Senior Center Members and residents over 55 years of age reservations open on Monday, February 3, 2025 at 8:00 a.m. General reservations for participants over 55 years of age open on Wednesday, February 5, 2025 at 8:00 a.m.
Date: March 26, 2025 | Time: 8:00 a.m. to 5:00 p.m.



Dial-A-Ride Monthly Leisure Trips

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

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

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

Costco/Target | COST: \$1.00
Resident reservations open on Tuesday, November 12th at 8:00 a.m. Non-resident reservations open on Monday, November 18th 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: December 12, 2024 | Time: 9:00 a.m. to 12:00 p.m.

Walmart | COST: \$1.00
Resident reservations open on Monday, November 18th at 8:00 a.m. Non-resident reservations open on Monday, November 25th 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: December 18, 2024 | Time: 9:00 a.m. to 12:00 p.m.

Walmart | COST: \$1.00
Resident reservations open on Monday, December 2nd at 8:00 a.m. Non-resident reservations open on Monday, December 9th 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: January 9, 2025 | Time: 9:00 a.m. to 12:00 p.m.

Costco/Target | COST: \$1.00
Resident reservations open on Monday, December 9th at 8:00 a.m. Non-resident reservations open on Monday, December 16th 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: January 16, 2025 | Time: 9:00 a.m. to 12:00 p.m.

Hastings Ranch | COST: \$1.00
Resident reservations open on Monday, December 23rd at 8:00 a.m. Non-resident reservations open on Monday, January 6th 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: January 23, 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.

December Session: 12/4-12/18/2024 | **COST:** \$12 (\$4 per class)

January Session: 1/8-1/29/2025 | **COST:** \$16 (\$4 per class)

February Session: 2/5-2/26/2026 | **COST:** \$16 (\$4 per class)

Color Rhythms: Painting with Alma Thomas's Mosaic Style **NEW!**

Thursday from 1:00 p.m. to 2:30 p.m.

Instructor: Jennifer Hafner | **Location:** Senior Center

In celebration of Black History Month, we'll explore Abstract Expressionism through the vibrant and dynamic work of Alma Woodsey Thomas. Known for her colorful, mosaic-like compositions, Thomas's art is a celebration of movement, color, and energy. Using markers, oil pastels, and watercolor, students will create their own unique cards and artworks inspired by her signature style. All materials included.

Date: February 6, 2025 | **COST:** \$12

Fat Cat Watercolor Cards **NEW!**

Thursday from 1:00 to 2:30 p.m.

Instructor: Jennifer Hafner | **Location:** Senior Center

Join this fun and creative beginner watercolor class, where we'll make charming mixed media "fat cat" cards! Learn simple watercolor techniques, bring playful fat cat designs to life, and add unique mixed media touches. Ideal for creative minds who love painting, DIY projects, or handmade cards—especially cat enthusiasts! All skill levels welcome.

Date: January 9, 2025 | **COST:** \$12

FUN-ctional Fitness

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

Saturdays from 8:00 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: 1/20 & 2/17.

December Monday/Friday Session: 12/2-12/23/2024 | **COST:** \$35

December Saturday Session: 12/7-12/28/2024 | **COST:** \$20

January Monday/Friday Session: 1/3-1/31/2025* | **COST:** \$40

January Saturday Session: 1/4-1/25/2025 | **COST:** \$20

February Saturday Session: 2/1-2/22/2025 | **COST:** \$20

February Monday/Friday Session: 2/3-2/28/2025* | **COST:** \$35



Holiday Cheer: Festive Watercolor Card Making Workshop **NEW!**

Thursday from 1:00 p.m. to 2:30 p.m.

Instructor: Jennifer Hafner | **Location:** Senior Center

Celebrate the season with creativity! Join us for a festive watercolor card-making class, where you'll craft beautiful, personalized holiday greetings. Perfect for beginners, this joyful event is all about embracing our artistic flair while spreading cheer with handmade cards. All skill levels welcome.

Date: December 5, 2024 | **COST:** \$5 (**REDUCED RATE!**)

Line Dancing

Thursdays from 9:00 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 also is a great workout! \$5 walk-in fee available.

December Session: 12/5-12/19/2024 | **COST:** \$15

January Session: 1/2-1/30/2025 | **COST:** \$25

February Session: 2/6-2/27/2025 | **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, and water sun protection.*

December Session: 12/3-12/24/2024 | **COST:** \$65

January Session: 1/7-1/28/2025 | **COST:** \$65

February Session: 2/4-2/25/2025 | **COST:** \$65

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.

December Session: 12/4-12/18/2024 | **COST:** \$12 (\$4 per class)

January Session: 1/8-1/29/2025 | **COST:** \$16 (\$4 per class)

February Session: 2/5-2/26/2025 | **COST:** \$16 (\$4 per class)

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.

December Session: 12/3-12/24/2024 | **COST:** \$28 (\$4 per class)

January Session: 1/2-1/30/2025 | **COST:** \$36 (\$4 per class)

February Session: 2/4-2/27/2025 | **COST:** \$32 (\$4 per class)

Tai Chi for Health: Qi Gong

Mondays from 9:00 a.m. to 10:00 a.m.

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

Tai Chi for Health focuses on Qi Gong, the foundation in the 2500-year-old ancient Chinese health philosophy. The emphasis is on relaxation of the body and calmness of the mind using coordinated non-impact exercises and breath such as the Five Animals, the 8 Cycles, and Liang Gong. These practices bring about increase energy and physical harmony to the body. One learns to relax, concentrate, gain flexibility, coordination and balance, and nourish their chi. \$5 walk-in fee available. *No class: 1/20 & 2/17.

December Session: 12/2-12/23/2024 | **COST:** \$20

January Session: 1/6-1/27/2025* | **COST:** \$15

February Session: 2/3-2/24/2025* | **COST:** \$15

Tai Chi: Martial Art Introduction

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

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

Tai Chi, the martial art aspect, utilizes slow, coordinated, continuous flowing movements known as Forms to achieve relaxation, coordination, flexibility, and balance. Every movement has a martial arts application. Learn the basic 8 Form and the Yang Simplified 24 Postures Form. \$5 walk-in fee available. *No class: 1/20 & 2/17.

December Session: 12/2-12/23/2024 | **COST:** \$20

January Session: 1/6-1/27/2025* | **COST:** \$15

February Session: 2/3-2/24/2025* | **COST:** \$15

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.

White Christmas (1954) | Monday, December 9, 2024

(120 minutes) A successful song-and-dance team become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general. **Stars Norman Krasna, Norman Panama, Melvin Frank.**

The French Connection | Monday, January 6, 2024*

(104 minutes) A pair of NYPD detectives in the Narcotics Bureau stumble onto a heroin smuggling ring based in Marseilles, but stopping them and capturing their leaders proves an elusive goal. **Stars Gene Hackman, Roy Scheider, Fernando Rey.**

*Movie will be held on the first Monday

Staff Pick Movie Monday

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

Maldonado Miracle (2003) | Monday, December 16, 2024

(99 minutes) In a small, dying town, the residents' faith is tested when a statue of Jesus seems to be shedding real tears of blood. **Rated PG for thematic elements, some language and brief violence.** **Stars Peter Fonda, Mare Winningham, Ruben Blades.** (DVD)

No January Staff Pick Movie due to Martin Luther King Jr. Day Closure

Foreign Film Friends

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

Toscana (2022) | Monday, December 23, 2024

(Danish Language Film) (117 minutes) When a Danish chef travels to Tuscany to sell his father's business, he meets a local woman who inspires him to rethink his approach to life and love. **Rated TV-MA.** **Stars Cristiana Dell'Anna, Christopher, Sebastian Jessen.** (N)

A Man Called Ove (2015) | Monday, January 27, 2025

(Swedish Language Film) (116 minutes) Ove, an ill-tempered, isolated retiree who spends his days enforcing block association rules and visiting his wife's grave, has finally given up on life just as an unlikely friendship develops with his boisterous new neighbors. **Rated PG-13 for thematic content, some disturbing images, and language.** **Stars Rolf Lassgard, Bahar Pars, Filip Berg.** (A)

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

Senior Cinema Fridays

Films are selected by a committee of volunteers that welcome your suggestions. The committee maintains a balance of new releases and classics. Films are not vetted by the City of South Pasadena.

The Maltese Falcon (1941) | Friday, December 6, 2024

(100 minutes) San Francisco private detective Sam Spade takes on a case that involves him with three eccentric criminals, a gorgeous liar and their quest for a priceless statuette, with the stakes rising after his partner is murdered. **Stars Humphrey Bogart, Mary Astor, Gladys George.** (DVD)

Anatomy of a Fall (2023) | Friday, December 13, 2024

(151 minutes) A woman is suspected of murder after her husband's death; their half-blind son faces a moral dilemma as the main witness. **Rated R for some language, sexual references and violent images.** **Stars Sandra Huller, Swann Arlaud, Milo Machado-Graner.** **Nominated for five Oscars, won Best Original Screenplay.** (DVD)

A Heidelberg Holiday (2023) | Friday, December 20, 2024

(88 minutes) Heidi heads to the Heidelberg Christmas market to sell her hand-painted ornaments. While there she falls for a local artisan who helps her reconnect with her lost heritage. **Rated TV-G.** **Stars Ginna Claire Mason, Frederic Brossier, Nick Wilder.** (N)

Scoop (2024) | Friday, January 3, 2025

(102 minutes) An insider account of how BBC Newsnight obtained the bombshell interview with Prince Andrew about his friendship with convicted sex offender, Jeffrey Epstein. **Rated TV-14.** **Stars Billie Piper, Gillian Anderson, Rufus Sewell.** (N)

Lonely Planet (2024) | Friday, January 10, 2024

(94 minutes) During a retreat for authors in picturesque Morocco a popular American writer has plans to continue writing her latest book. Her plan however gets disrupted when she gets attracted to an American young man who has accompanied his writer girlfriend to the retreat. **Rated R for language, some sexual content and brief nudity.** **Stars Laura Dern, Liam Hemsworth, Diana Silvers.** (N)

El Cid (1961) | Friday, January 17, 2025

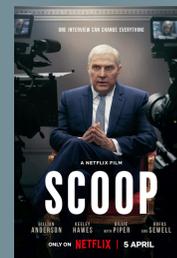
(182 minutes) The fabled Spanish hero Rodrigo Diaz de Vivar (a.k.a. El Cid) overcomes a family vendetta and court intrigue to defend Christian Spain against the Moors. **Stars Charlton Heston, Sophia Loren, Raf Vallone.** (DVD)

His Three Daughters (2023) | Friday, January 24, 2025

(101 minutes) This tense, touching and funny portrait of family dynamics follows three estranged sisters as they converge in a New York apartment to care for their ailing father and try to mend their own broken relationship with one another. **Rated R for language and drug use.** **Stars Carrie Coon, Natasha Lyonne, Elizabeth Olsen.** (N)

Tyson's Run (2022) | Friday, January 31, 2025

(103 minutes) An unathletic boy with autism strives to become an unlikely marathon champion, giving his unfulfilled father purpose and a second chance at putting his family first. **Rated PG for thematic elements and some language including offensive slurs.** **Stars Major Dodson, Amy Smart, Rory Cochrane.** (N)



SOUTH PASADENA SENIOR CENTER PRESENTS

2025 NOON YEAR Luncheon

JANUARY 8, 2025
11:45 A.M. | COST: \$3.00

SOUTH PASADENA SENIOR CENTER
1102 OXLEY ST., SOUTH PASADENA

ENTERTAINMENT BY
DJ BEN RUSHING

ADVANCED RESERVATIONS ARE REQUIRED.
Senior Center Members & Residents Reservations open on:
December 2, 2024

General Reservations open on: December 4, 2024



(626) 403-7360 | SENIORCENTER@SOUTHPASADENACA.GOV



LUNAR NEW YEAR LUNCHEON

Join the South Pasadena Chinese American Club and the South Pasadena Senior Center for a luncheon event in celebration of the Lunar New Year!

Date: Tuesday, February 4, 2025
Time: 11:45 a.m. | COST: FREE
Location: War Memorial Building
435 Fair Oaks Ave., South Pasadena

ADVANCED RESERVATIONS ARE REQUIRED.
Members & Residents Reservations open on:
Monday, December 9, 2024 at 8:00 a.m.
General Reservations open on:
Wednesday, December 11, 2024 at 8:00 a.m.
Must be 55 years or older to participate.

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

Special thanks to South Pasadena Chinese American Club for sponsoring the event lunch and entertainment!



Arts & Craft Activities

Holiday Craft Village

Join us at the Holiday Craft Village, a festive and creative space designed especially for seniors! Enjoy a relaxing afternoon with three fun arts and craft stations, where you can create personalized holiday decorations and keepsakes. It's the perfect way to get into the holiday spirit while crafting lasting memories!

Date: December 11, 2024

Time: 2:30 p.m. to 4:00 p.m. | COST: FREE

Paint & Sip

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

Date: December 12, 2024 & January 30, 2025

Time: 2:00 p.m. to 3:00 p.m. | COST: FREE

Watercolor Workshop

Join us for a fun and relaxed watercolor class where you'll learn easy techniques and create your own beautiful watercolor postcards. Whether you're new to painting or just looking to unwind, this class is designed to help you feel confident about continuing your watercolor journey at home. All skill levels are welcome, participants should bring their own watercolor set! Sponsored by The Hive, South Pasadena.

Date: December 10, 2024

Time: 3:00 to 4:30 p.m. | COST: FREE

Intergenerational Activities

Cocoa Ornaments & Gift Wrapping Station

Celebrate National Cocoa Day with Camp Med as we make Cocoa Ornaments. Advance reservations are required.

Dates: December 13, 2024

Time: 3:00 p.m. | COST: FREE

Musical Performance

Get ready for a performance by Sound Squad, a talented high school band bringing their best tunes to our Senior Center! It's the perfect way to spend an afternoon filled with music, community, and fun. Don't miss out on this special performance—see you there! Advance reservations are required.

Dates: December 20, 2024 | Time: 3:00 p.m.

Senior Citizen Dumpster Day

Residents ages 62 and over can have large furniture or bulky items picked up from their homes for free the week of February 3-7, 2025. Items will be picked up on the same day as regular rubbish pick up. Please note, no hazardous waste, such as televisions, computers, or electronics, will be picked up. Advanced reservations are required and delinquent Athens customers are not eligible. To make a reservation, please contact the South Pasadena Senior Center at (626) 403-7360, Monday through Friday from 8:00 a.m. to 5:00 p.m. Participants will need to provide a detailed list of items that will be picked up. Items not listed will not be picked up by Athens. All items to be collected must be readily available in an outdoor area near the trash containers.

Dates: February 3-7, 2025 (Reservations are open NOW!)

Deadline for Reservations: Thursday, January 30, 2025 at 12:00 p.m.

DECEMBER 2024 SENIOR CENTER DAILY ACTIVITIES

1102 Oxley Street, South Pasadena

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beginners) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Mah Jong (1:30-4:30 p.m.)</p>	<p>3</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Intermediate) (9:30-11 a.m.) Beginner Pickleball (9:30-11:30 a.m.) Mental Wellness Series (1 p.m.) Table Tennis (3-4:30 p.m.)</p>	<p>4</p> <p>Wellness Center Presentation (10-11 a.m.) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Dr. Prothero Lecture (1 p.m.) Senior Excursion – Ronald Reagan Library</p>	<p>5</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.) Holiday Cheer: Festive Watercolor Card Making (1-2:30 p.m.) PCC Sewing Class (1-4:20 p.m.)</p>	<p>6</p> <p>Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)</p>
<p>9</p> <p>Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beginners) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Movie (1 p.m.) Mah Jong (1:30-4:30 p.m.)</p>	<p>10</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Hearing Screenings (9-11 a.m.) Spanish (Intermediate) (9:30-11 a.m.) Beginner Pickleball (9:30-11:30 a.m.) Financial Advice (12-2 p.m.) Watercolor Workshop (3-4:30 p.m.) Table Tennis (3-4:30 p.m.)</p>	<p>11</p> <p>Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Elder Wisdom Group (1-2 p.m.) BINGO (1-2 p.m.) Holiday Craft Village (2:30-4 p.m.) Tech Day (3-5 p.m.)</p>	<p>12</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.) PCC Sewing Class (1-4:20 p.m.) Paint & Sip (2-3 p.m.) DAR Trip – Costco/Target</p>	<p>13</p> <p>Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.) Camp Med Ornament Making & Gift Wrapping (3 p.m.)</p>
<p>16</p> <p>Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beginners) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Movie (1 p.m.) Mah Jong (1:30-4:30 p.m.)</p>	<p>17</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Health Screenings & Counseling (9-11 a.m.) Spanish (Intermediate) (9:30-11 a.m.) Beginner Pickleball (9:30-11:30 a.m.) Holiday Luncheon (11:45 a.m.) Table Tennis (3-4:30 p.m.)</p>	<p>18</p> <p>Book Discussion (10-11:30 a.m.) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) COVID-19 Booster Clinic (1-3 p.m.) DAR Trip – Walmart</p>	<p>19</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.)</p>	<p>20</p> <p>Functional Fitness (9-10 a.m.) Coffee & Treats (10-11 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.) Sound Squad Performance (3 p.m.)</p>
<p>23</p> <p>Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beginners) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Movie (1-3 p.m.) Mah Jong (1:30-4:30 p.m.)</p>	<p>24</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Intermediate) (9:30-11 a.m.) Beginner Pickleball (9:30-11:30 a.m.) Financial Advice (12-2 p.m.) Table Tennis (3-4:30 p.m.)</p>	<p>25</p> <p style="text-align: center;">THE SOUTH PASADENA SENIOR CENTER WILL BE CLOSED FOR WINTER HOLIDAY BREAK</p> <p style="text-align: center;">Closure will be December 25, 2024 through January 1, 2025. Normal operations will resume on Thursday, January 2nd.</p>	<p>26</p>	<p>27</p>

JANUARY 2025 SENIOR CENTER DAILY ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THE SOUTH PASADENA SENIOR CENTER WILL BE CLOSED FOR WINTER HOLIDAY BREAK				
Closure will be December 25, 2024 through January 1, 2025.				
Normal operations will resume on Thursday, January 2nd.				
<p>6</p> <p>Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beginners) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Movie (1 p.m.) Mah Jong (1:30-4:30 p.m.)</p>	<p>7</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Intermediate) (9:30-11 a.m.) Beginner Pickleball (9:30-11:30 a.m.) Mental Wellness Series (1 p.m.) Table Tennis (3-4:30 p.m.)</p>	<p>8</p> <p>Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Noon Year Luncheon (11:45 a.m.) Elder Wisdom Group (1-2 p.m.) Tech Day (3-5 p.m.)</p>	<p>9</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.) Fat Cat Watercolor Cards (1-2:30 p.m.) DAR Trip – Walmart</p>	<p>10</p> <p>Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)</p>
<p>13</p> <p>Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beginners) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Mah Jong (1:30-4:30 p.m.)</p>	<p>14</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Hearing Screenings (9-11 a.m.) Spanish (Intermediate) (9:30-11 a.m.) Beginner Pickleball (9:30-11:30 a.m.) Financial Advice (12-2 p.m.) Table Tennis (3-4:30 p.m.)</p>	<p>15</p> <p>Book Discussion (10-11:30 a.m.) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Dr. Prothero Lecture (1 p.m.)</p>	<p>16</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.) DAR Trip – Costco/Target</p>	<p>17</p> <p>Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)</p>
<p>20</p> <p>The South Pasadena Senior Center will be closed in observance of Martin Luther King Jr. Day. Normal operations will resume on Tuesday, January 21st.</p>	<p>21</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Health Screenings & Counseling (9-11 a.m.) Spanish (Intermediate) (9:30-11 a.m.) Beginner Pickleball (9:30-11:30 a.m.) Table Tennis (3-4:30 p.m.)</p>	<p>22</p> <p>Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Elder Wisdom Group (1-2 p.m.) Tech Day (3-5 p.m.) Senior Excursion – Getty Center</p>	<p>23</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.) DAR Trip – Hastings Ranch</p>	<p>24</p> <p>Functional Fitness (9-10 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)</p>
<p>27</p> <p>Functional Fitness (9-10 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beginners) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Movie (1-3 p.m.) Mah Jong (1:30-4:30 p.m.)</p>	<p>28</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Intermediate) (9:30-11 a.m.) Beginner Pickleball (9:30-11:30 a.m.) Financial Advice (12-2 p.m.) Table Tennis (3-4:30 p.m.)</p>	<p>29</p> <p>Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.)</p>	<p>30</p> <p>Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11 a.m.) DUMPSYTER DAY RESERVATION DEADLINE (12 p.m.) Paint & Sip (2-3 p.m.)</p>	<p>31</p> <p>Functional Fitness (9-10 a.m.) Coffee & Treats (10-11 a.m.) Watercolor Painting (1-2:30 p.m.) Movie (1-3 p.m.)</p>



1102 Oxley Street
South Pasadena, CA 91030

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SNUGGLE A SENIOR

The City of South Pasadena's Snuggle a Senior Care Package Program aims to bring warmth and comfort to homebound older adults during the winter months. We accept donations of new blankets and heartfelt cards, which we then distribute to those in need. Join us in spreading joy and love to our senior community—your generosity can make a world of difference!

Blankets can be dropped off starting December 9, 2024 through January 3, 2025 at the South Pasadena Senior Center.

Care packages will be distributed the week of January 13, 2024.

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

Suggested Items

- ✓ New Blankets
- ✓ Cards or Notes
- ✓ Crossword or Sudoku Puzzles

Know a senior in need?
Please share their information with
the South Pasadena Senior Center!

 **Drop-off Location**
1102 Oxley St., South Pasadena

CITY OF SOUTH PASADENA SENIOR CENTER

CLASSES

LECTURES

RESOURCES

EXCURSIONS

SPECIAL EVENTS

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

City of
SOUTH PASADENA

COVID-19 Booster & Flu Vaccine Clinic

No appointment is necessary, vaccines will be given on a first come, first served basis

DATE: Wednesday, December 18, 2024

TIME: 1:00 p.m. to 3:00 p.m.

LOCATION: South Pasadena Senior Center
1102 Oxley St., South Pasadena, 91030

To be vaccinated you should bring:

1. Proof of your age
2. CDC COVID-19 Vaccination Record Card

For more information about COVID-19 boosters, please visit:
vaccinatelacounty.com