HAPPY Mothers' Day

Friday, May 10, 2019, 11:45 a.m.

Luncheon Menu:
- Pasta with Chicken Sausage and Roasted Root Vegetables, Mixed Greens
- Salad w/ beets and pinolli nuts, Brioche Bread
- Cake with Strawberries

12:15 pm TOP BILLING
Entertainment: Performance Academy

Luncheon & Entertainment Sponsored by Anand family
Memory of Mohan Singh Anand
and Niamat K. Anand

South Pasadena CLINIC DAY
Friday, May 17, 2019
9:30am – 12:30pm

CLINIC DAY
Friday, May 17, 2019
9:30am – 12:30pm

BONE DENSITY -
AHMC Health Foundation & Alhambra Hospital Medical Center

Breast Cancer information
Hill Imaging Center

Fall Prevention Presentation –
HealthCare Partners

BMI & Postural Assessments
Huntington Health Physicians

Fall Prevention Assessment –
Nurse Next Door Home Care

HEARING SCREENING – Hear Center

Coffee & Treats sponsored by Regency Park Senior Living
Box Lunches sponsored by The Kensington Sierra Madre

Free Boxed Lunches are limited to the first 75 reservations.
Please call the Center at 626.403.7360.
Dial a Ride is available for residents by reservations (626.403.7368).

Important Numbers

CITY HALL
626.403.7200

FIRE
626.403.7300
(NON EMERGENCY)

POLICE
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

Email Reservations:
reservations@southpasadenacity.gov

Contact Us:
Senior Center:
626.403.7360

Monday – Friday
8 am to 5 pm

Dial a Ride
Transportation

Number:
626.403.7368
Friends and members of the Senior Center:

We welcome a few new faces at the Center, first volunteer Ellie Kim will be teaching art classes to our members beginning early May. And new staff member Sierra C. has joined to team to assist in the office. We are still searching for volunteers to teach new classes, if you have an area of expertise, please feel free to reach out and share your interest with me. We also said farewell to Katrina F. who was the Site Manager for the meal program for six years and appreciated by many. She did not go far, she took a new position within the same department by at the Orange Grove Recreation Center.

We now have a new classroom space opening in mid to late May. This space was the office of Director Sheila Pautsch, who has relocated her office to another facility. Although we will miss her, we know that this space can certainly be used for the members to benefit. Watch your newsletters and new classes are added.

Much has been planned for the next couple months of from the Clinic Day (not a health fair) on May 17, Memorial Day program May 27 or the Fathers Day luncheon on June 14th, not to mention a couple workshops that will be provided whether it’s the Diabetics Self Management workshop or the Brain Health also in May and June.

Wishing you a healthy active early summer months and

Liliana Torres

NOTE: Upon request made no later than four (4) business days before the event, the City will provide a reasonable accommodation for a qualified person with a disability to have equal access to the event. Please contact ADA Coordinator and Human Resources Manager, Mariam Lee Ko, at (626) 403-7312 or fill out the City's request form available at www.southpasadenaca.gov and email the form to Human Resources at HR@southpasadenaca.gov.
Thursday, May 9, 16, 23 & 30
10:00—11:30 am
Art Class – Dry Medium
Learn to create art work using a dry medium of pencils, charcoal and color pastels. Become an artist in four weeks. Instructor will have a variety of projects. Students (members) will need to bring the following: 11x18 sketch book, scissors, eraser and oil pastels set. The Senior Center will provide charcoal, and color pencils. Class is limited on participants. Advanced sign up required and is open to Center members. Led by volunteer Ellie Kim, who is a graduate of Fashion Institute of Technology and a commissioned oil painter and portraitist.

Monday, May 13, 10:30 am
Meal Planning and Nutrition
Are you worried that you or your loved one aren’t eating right? Can you spot the signs of poor nutrition, such as sudden weight loss? Are you looking for ways to help yourself buy and prepare more nutritious meals? Do you feel lonely when eating alone? Would you like tips on how to make mealtime more appealing? Join us as Greg Sanchez of Home Instead Senior Care shares tips and suggestions.

Monday, May 20, 2019
10:00 am – 12:00 pm
Android Training
Having difficulty hearing or seeing on your Android smartphone? Attend a FREE training and make your Android smartphone work better for you! Learn to make your cellular phone louder and easier to use; Send text messages; connect Bluetooth devices; operate basic functions. Class is designed for a small group setting, make sure to register and not miss out.

Wednesday, May 22, 10:30 am
Home Safety with Activities Of Daily Living,
As the aging population grows more senior citizens want to spend their golden years in the homes, this can be achieved with the assistance of an occupational therapist. As healthcare professional they are a great resource in assessing the home to provide tools and recommend adaptive devices to make the home safer. Presented by Julie Papadakis, Occupational Therapist.

Friday, May 24, 10:30 am
THE GUYS WHO WROTE THE SONGS FOR CROSBY & SINATRA
Most songs sang by the crooners were written by four songwriters working in different combinations – composers Jimmy Van Heusen and Jule Styne and lyricists Johnny Burke and Sammy Cahn. You may not know the names of these men but you know their songs, including Moonlight Becomes You, Swinging on a Star, Pennies from Heaven, All the Way, Come Fly With Me, My Kind of Town, 3 Coins In a Fountain, and many more. Commentator/Performer Saul H. Jacobs and pianist Bob Lipson will bring it all alive for you. Sign up preferred.

Friday, May 31, 10:30 am
Elder Abuse & Bureau of Victim Services Workshop
Monica Nesmith, victim advocate with the Elder Abuse Prosecution Section, from the Los Angeles County District Attorney's Office will speak on services available and provide information on elder abuse.

Fridays, June 7, 14, 21 & 28, 1:30-3:30 pm
Beginning Computer Class
Class is designed at the beginning level to understand Microsoft Office systems, setting up email creating documents, working with photos and more. Class led by Instructor George Holmes, cost per person $25 for four week session.

June 13 & 14, 9 am—1 pm
AARP Smart Driver Course
The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way. Cost $15 members and $20 non-members. Payment due at sign up made payable to AARP.
STAY ACTIVE, KEEP MOVING, GET HEALTHY, REDUCE RISK OF CHRONIC DISEASES!

**Fun-ctional Fitness**
Mondays, 8:30-9:30 am (SC)
Wednesdays, 9:00 -10:00 am (SC) and
Thursdays, 8:30-9:30 am (Lib. Comm. Rm)

One of our most popular fitness classes. Class is designed to improve everyday functional fitness through upper & lower extremity strengthening, core, stretch and some aerobic training. Class is geared at the intermediate level. $26 per month for three classes or $16 for two days or $10 for one day per week. NO WALK-INS due to space limitations. ADVANCED REGISTRATION LAST WEDNESDAY EACH MONTH 8:30 AM. Limited to 30 attendees. Instructor Bill Shuttic, Certified Trainer & Massage Therapist.

**Yoga**
Mondays & Wednesdays, 8:30-9:30 am (Library Community Room)
Increase flexibility through position on the various joints of the body, including joints that are rarely exercised. Yoga positions also work different tendons and ligaments of the body. Yoga can relieve pain, improve sleep, create mental balance and increase energy. Cost per month $24. Walk in fee $4. Diana Bohan, Certified Yoga Instructor.

**Walking Group**
Tuesdays & Thursdays, 8:30-9:30 am
Newcomers welcome. Meet at Center and group leaders will introduce you to the regulars. Group is friendly and encourages one another. An easy form of exercise and does not require equipment, and allows for socializing at the same time. Volunteer leaders check in with the front desk for newcomers. Let’s go!

**Line Dance to Oldies**
Monthly—Ongoing
Thursdays,
9:00 am-10:30 am
Learn basic line steps, dance to oldies music and stimulate the brain by remembering step patterns to choreographed dances by international and national choreographers. It is also a great workout, instructed by Pauline Wong who teaches at many centers and has a strong following. Cost per month $20. Walk-in fee $5.

**Meditation**
Tuesdays 8:30-9:30 am
Meditation calms the mind. It can teach one to focus positively on the task at hand. It is also a tool to develop and expand one’s consciousness. Join certified instructor Candace Podvoll as she leads sessions on guided meditation and discussion. $5 per class or $16 per 4 week session month.

**Ballroom Dance**
Monthly -Tuesdays, 4:00-5:00 pm
Tango and Westcoast Swing will be covered for MAY AND JUNE
Instructor Tony designed this class to give students an immersion into the technique, understand the connection and figures of Argentine Tango, no previous experience needed. Students will learn the patterns and character of each dance, as well as how to recognize the music. They will learn the basics of leading, following and developing timing and rhythm. The ballroom dancing is provides a variety of dance steps that improve balance and posture. Tony Plasil, the instructor has been dancing most of his life. He has danced in competitions and performed in dance showcases. After he retired Tony decided to start a new career as a ballroom dance instructor, and become certified. Cost per session $25 per month - NO WALK-INS.
Monday, May 6, 10:00 am
**Natural Approach to Allergies**
With record rain fall this year, and it’s not just speculation — climate change is making allergy season longer and more severe. Learn about natural ways to approach the problem. Presented by Bill Shuttic, Natural Health Practitioner

**Wednesday, May 8 – June 12, 1:30—3:30 pm**
**Diabetes Self - Management Workshop**
Do you or someone you know have Diabetes? Everyone with Diabetes Counts is a program that encourages lifestyle changes while learning about the condition and the way it affects your health. The Program is offered by the Medicare Quality Improvement Organization. We will host a six—week workshop on Wednesdays. Class will be limited and sign ups are required. Contact the Center front desk to sign up.

Monday, May 20, 10:30 am
**Isolation**
Learn how isolation can affect mental and physical health. Get ideas on how to manage isolation and make simple changes in order to live a healthy and productive life. Presented by Los Angeles County Department of Mental Health. Sign up needed.

May 20 and June 24, 1:30—2:30 pm
**Good Grief: Surviving Loss**
Grief is a reaction to any form of loss. Most people will experience loss at some point in their lives. Grief encompasses a range of feelings from deep sadness to anger. The process of adapting to a significant loss can vary dramatically from one person to another. Grief is not limited to feelings of sadness. It can also involve guilt, yearning, anger and regret. Join an ongoing support group that will cover the five stages of grief and assist with tools to deal with grief. Group led by Paris Silva, PsyD Abd, LCSW.

Monday, June 3, 10:00 am
**Benefits of Magnesium and Potassium**
Understand the importance of both magnesium and potassium and what low levels can do to the body. Taking the recommended amounts can assist with body function and improve some symptoms. Presented by Bill Shuttic, Natural Health Practitioner.

Tuesday, May 28, 10:30 am
**Thyroid Problems: Why are they so Prevalent?**
Understand symptoms from thyroid and why the disease is so prevalent. Dr. Smith will provide tips on how to improve the thyroid function.

Tuesday, June 11, 10 am to 12 noon and 1 pm—3 pm
**Brain Health Workshop**
Brain Health Workshop was created to help older adults get an answer on where their brain health is today. To do this, researchers at Baycrest Hospital created an online memory assessment that older adults can take in our workshop. To date they have visited over 500+ senior and community centers across the United States, Canada, and the United Kingdom to start the conversation on brain health and memory changes. Each older adult takes our Brain Health Assessment on a laptop that we provide, which only takes about 15 - 30 minutes. The extra time allows us to provide the adults with the best tips on brain health and to answer any questions about memory concerns they might have. They do not share any private information.

Friday, June 14, 10:30 am
**Managing Incontinence**
Presented by Maxine Vo, Transitions Hospice.

Tuesday, June 25, 10:30 am
**Blood Pressure: How to lower it naturally**
Understand what can be done to reduce blood pressure and maintain naturally. Presented by Dr. Christine Smith.

Friday, July 12, 10:30 am
**Understanding Long Term Care, and How it Works to You During a Time of Crisis**
Presented by Maxine Vo, Transitions Hospice.

Monday, August 26, 10:30 am
**Substance Abuse**
Presented by Los Angeles County, Department of Mental Health.
Friday, June 7, 10:30 am
Financial Planning Workshop
Want to learn how to manage your assets? Or Social Security and income tax reduction strategies? The potential adverse effect of Wall Street on your retirement? Understand probate? And making your money last through guaranteed income planning and capital preservation. Presented by investment advisor Scott Burch.

Wednesday, June 5, 12:30 pm
"12 Angry Men"—Film & Discussion
The film takes place in exclusively one indoor set with only 3 minutes of screen time taking place outside of the jury room. It was director Stanley Luimet's debut film and the only motion picture that it's star Henry Fonda produced in his career. Based on screenwriter Reginald Rose's experiences serving on a jury, the film had previously been made into an Emmy winning drama on Studio One for CBS in the 1950s. We only learn the name of two of the juror characters in the film, the rest are just referred to as their juror numbers. Supreme Court Justice Sonia Sotomayor cites this film as an influence on her deciding to become a lawyer. Learn more from the movie guy and then see the movie. Sponsored by Senior Citizens Foundation of So Pasadena.

July & August 2019, 1-2:30 pm
All things Apple Course
Thinking of getting an "Apple" device or have one and are not quite sure how to use it efficiently? Well, this is the course for you! Anyone at a beginning or intermediate level will be enlightened to all the things you can do with your iPod, iPhone, iPad, and especially the Apple Watch! The course will cover what iOS devices are and which one will be best for you, what are the most popular uses for your device, how to navigate the interface like a pro, how to take care of your device so it gives you great service for your money and what apps will make the most impact on your life with these devices. Weekly PDFs with live links will be provided and along the way we will answer as many questions you may have about using your device. Special emphasis this time will be on all the NEW iPhones, iPads and the latest features of iOS 12! $60 six week course. Instructor Dave Whitby.

Wednesday, June 19, 10:30 am
Home ADL Safety and Management Strategies For Loved Ones With Dementia
One area of expertise of an occupational therapist is to assess the home environment of a client with dementia or other cognitive conditions. Typical signs are short term memory loss, confusion, lack of judgement, and agitation to name a few. These factors can make the home a potential danger zone. This seminar will address specific problems that help families and caregivers deal with the challenges and assist the loved one with maintaining their independence. Presented by Julie Papadakis, Occupational Therapist.

Monday, June 24, 10:30 am
Bullying
Studies suggest about 1 in 5 seniors encounter bullying. It is an outgrowth of frustrations characteristic in communal settings, as well a reflection of issues unique to getting older. Many elderly see their independence and sense of control disappear, and, for some, becoming a bully can feel like regaining some of that lost power. Presenter will provide tips on how to deal with these personalities and suggestions on who to reach out for help. Presented by Los Angeles County Department of Mental Health.

Friday, July 19, 10:30 am
Age Well & Drive Smart
The office of Assembly member Chis Holden District 41 and CHP have partnered to bring the community a workshop to assist with driving safer and driving longer. Presented by Officer Vince Ramirez with the California Highway Patrol. Advanced sign up needed.

Friday, July 26, 10:30 am
HAROLD "STORMY WEATHER" ARLEN
Music program covering the music if Harold Arlen with Saul Jacobs and pianist Bob Lipson.

August (Wednesdays, TBD) 1:30pm-3:00pm
Chronic Pain Self Management
Workshop offered by Partners in Care Foundation for 6 weeks with two hour classes. Sign up is limited and is required in advance to hold the classes.
FREE CLASSES - MEMBERS:
Book Discussion Group
Meets third Wednesday of each month, 10 am to 11:45 am.
March 20 & April 17, 2019, contact the front desk for list of books the group is reading. Led by Liz Giffen-Glad. Registration required.

Bridge
Challenge the mind with one of the greatest card games. Some knowledge of Bridge is required. Tuesdays, 10 to 11:30 am and 1 pm to 3 pm. Group led by volunteers. Membership required.

Canasta & other Games
Group meets Thursday afternoons from 1:30 pm to 4:45 pm. Various games are played.

COMPUTER LAB
The lab is available to members of the Center only, free of charge. Annual registration is required; call for availability. Systems are not available during classes.

WIFI
Access is available to members of the Center. Make sure to check with the front desk for access. Be advised that the password is changed every six months.

Creative Writing
Bring your ideas and/or poems to share. Thursdays 1-3 pm. Led by Dave Gibson.

FRENCH RETURNS
Come late summer new instructor comes on board, Ann Levi will instruct beginning and intermediate classes. Look for details in the summer newsletter.

Italiano (Basic/Beginning)
REGISTRATION REQUIRED
Mondays at 11:00 am Basic Italian for the person with no prior knowledge. Requires a text book at the cost of $15. limited to members and only 12 students. Instructor Ron Deluco.

Italiano (Conversational)
REGISTRATION REQUIRED
Class shares in conversation and meets Mondays at 12:00 pm. Instructor: Miguel Angel Coronado. Class limited on size & for members. CLASS NOT FOR BEGINNERS

Espanol
Intermediate-Tuesdays from 9:00 -11:00 am. The first half hour is for those that wish to discuss individual concerns regarding Spanish to meet with Les before the formal class begins at 9:30 am. Instructor: Les Brown
Beginning-Thursdays 9-10 am Class is for those with little or no knowledge of the language. Book purchase of $10 is necessary. Instructor: Walter Cervantes

Mah Jong
Group meets on Mondays, 1:30-4:45 pm and Thursdays, 9:30 am –11:45 am & 1:30- 4:45 pm. Independent group, players need to have some knowledge of the game.

Chair Yoga
Offered by Huntington Hospital. Class is limited to 20 participants. 10:30 am May 8 & June 12, 2019 Call to register.

Stitchery
Group meets Thursday 9:30 to 11:30 am. Group meets to share stitchery projects and help out another.

Sewing Techniques
June 19 thru August 7, 12:00—2:50 pm Wednesdays & Thursdays
Designed for older students with beginning & limited sewing abilities; Learn to sew a basic project according to students individual ability, including speed sewing techniques and the use of commercial pattern and proper fit. Instructor Gisela Mena, Pasadena City College.

FEE CLASSES:
All Things Apple (Begin & Intermediate) Call the front desk for next dates.

Crochet & Knitting
Wednesdays 9-10:30 am Learn to create fun gifts or bring your own projects. Instructor: Jean Shono, $5 per class.
Blood Pressure Clinic
First Friday – Transitions Hospice, 10-11:30 am. May 3 (cancelled) & June 7, 2019.

Glucose Testing & Blood Pressure
Offered on the second Wednesday. Huntington Hospital nurse Kathy Eastwood is available to provide glucose test and blood pressure screenings. Fasting 1.5 hours prior is required. Walk-ins welcome, 8:30-10:30 am. Next dates will be May 8 & June 12, 2019.

Podiatry Clinic
Local podiatrist is available the third Monday (unless a holiday) from 1-4 pm, by appointment. Next dates will be May 20 & June 17, 2019. Medicare assignment is accepted; however, 61 days are needed between visits for Medicare to cover. He does not work with HMO plans but can charge $45 for private pay service.

Elder Wisdom Group
Elder wisdom circle is a ongoing, open discussion group. The group is deeply committed to personal growth, positivity, and the enormous potential of daily choices. The group acknowledges and refines the gift of emotional maturity that is only available to those with many years of life experience. The group honors and respects one another. They 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.


Convalescent Care Planning
Elder law attorney Carlos Arcos provides information on finding and paying for convalescent care as well as on financial protection for married couples under the Spousal impoverishment Law. Contact the Center to arrange a 15 minute consultation free of charge.

Information & Referral Services
Assistance is available to provide resources which assist in dealing with aging issues and preventing unnecessary institutionalization. Housing resources, home care agency referrals, searching for retirement facility, or need resource on other aging matters. Contact the office and speak with Senior Center Manager, Liliana Torres or Gerontology Intern.

Legal Advice
Referrals made to Bet Tzedek Legal Services (323) 939-0506 or contact the Center office.

Telephone Reassurance
Volunteers make calls to home bound seniors. For more information contact the front desk. Led by volunteer Walter Cervantes.

Financial Advice
Registered Investment Advisor will advise on income planning, higher interest returns, tax reduction and more. Scott W. Burch is available every 2nd and 4th Tuesday, 10:00 am -12:00 noon, by appointment only.

Access Services
Provides service within LA County. To register call (800) 587-0829. To make a reservation call (800) 883-1295.

MTA Passes (TAP) Residents age 60 and over are eligible for a reduced MTA pass to ride the metro or buses. In order to load TAP cards, seniors or disabled persons must have a TAP card, provide proof of residency in South Pasadena (water or electric bill), and ID to verify age and proof of disability. If you obtaining TAP for the first time, go to www.metro.net, call (323)466-3876 for more information. $10 per month for residents.

Stroke Support Group
Meets Tuesdays, 11am-12:30 pm (no group on 2nd Tuesdays)
Stroke recovery is a process of education, guidance, connection, support, empowerment and practice of the skills, resulting in better functioning and quality of life. In the group survivors share courage, hope & optimism to counter the distress of a stroke: change focus from powerlessness to empowerment; practice recommended exercises; celebrate progress and more. Led by Reams Freedman.
The Senior Center offers a variety of opportunities for traveling at a low cost. Thanks to funding from Proposition A funds to cover the expense of the motor coach. The program is led by coordinator Bertha Copeland who volunteers at the Center on Fridays. Feel free to leave messages for her if you have questions, or ask the front desk staff to assist you. All tours depart from War Memorial Building, 435 Fair Oaks Avenue, South Pasadena.

Special thanks to the volunteers who are always assisting Bertha with the tours, Sylvia Quesada and Rudolph Avila-Garcia.

NOTE: Boarding for trips—all persons going on excursions will be bordered in order of when payment is made. I ask that everyone be respectful and courteous to all volunteers, as they are giving their time and are helping make the excursions happen.

All tours require a check for payment at the time of sign up. Call the front desk at (626)403-7360 for additional information or to leave a message for the volunteer coordinator.

Note: No refunds unless 30 day prior noticed is given, minus the trip fee of $10.

Residents of South Pasadena have priority registration days for all excursions

EXCURSIONS offered by the CITY OF SOUTH PASADENA:

We are fortunate to receive funding from Proposition A funds. (Gas tax money allocated to the City of South Pasadena). With these funds, we are able to offer trips to local points of interest at a low fee and cover the cost of the motor coach.

May 16, 2019  SPECIAL Long Beach Aquarium is a public aquarium on a 5-acre site on Rainbow Harbor in Long Beach, California, United States. It is situated across the water from the Long Beach Convention Center, Shoreline Village with many restaurants to select for lunch. Cost: FREE sponsored by Anand Family in memory of their mother. We will be limited to 40 tickets.

June 20, 2019  J. Paul Getty Center Sales open May 6 for residents, May 9 for others The museum seeks to inspire curiosity about, and enjoyment and understanding of, the visual arts by collecting, conserving, exhibiting and interpreting works of art of outstanding quality and historical importance. To fulfill this mission, the Museum continues to build its collections through purchases and gifts, and develops programs of exhibitions, publications, scholarly research, public education, and the performing arts that engage our diverse local and international audiences. Cost $10 person.

August 2019
Sherman Library & Gardens Sales open July 8 residents, July 11 for all others The Sherman Library and Gardens are located in Corona Del Mar and a guided tour of the grounds will be provided. Lunch destination to be determined. Cost per person $10.

Other trips for 2019:
September  Nixon Library
October  Rogers Gardens/Balboa Island
November  Palm Springs Historic Tour
December  Reagan Library

REMINDER PAYMENT IS DUE AT SIGN UP

SPECIAL THANKS TO OUR VOLUNTEERS: Bertha, Sylvia and Rudy!
Daily Meal Program

Site Manager: VACANT

On-site Program
Meals are served weekdays at 11:45 am with reservations held until 12 noon.
Seniors/disabled $2.25
Persons under age 55 or Caregiver $5.40

Cancellation needs to be received by 10 am or individuals will be billed for meal. Coupons are available for purchase.

This project is funded in part by the US Department of Housing & Urban Development Program.

Home Delivered Meals
Meals are delivered by volunteers Monday through Friday for those senior/disabled residents of South Pasadena who are frail or recovering from illness in their home.

Applications can be accessed from website or by calling the office.
Seniors/disabled $2.50 meal
M eals are delivered between 11 am and 1 pm and are billed at the end of each month.

Box L unches
On Fridays we offer boxed lunches for the weekend and long holidays.

Volunteers
We run both programs thanks to committed volunteers! For the on-site program the team is: Sue Quon, Lee Balint, Kin Lam, Joan Pantano, Michael Gutierrez, Rudy Avila-Garcias, Sylvia Quezada and Amy Yada.

Delivery Team
A team of Volunteers deliver meals to home bound residents Monday through Friday.
Our team is: Linda Euler, Bill Suter, Barbara Klein, Bob Vanderwall, Michael Gutierrez, Paul Peel, Kit Roselund, Steven Koutnik, Linda Pauloo, Anita Sue Norton, Elena Cervantes, Megan Cooper, Judith Greenhut, Reva Khullar, & Karen Weinstock.

Call the front desk (626) 403-7360 to make a reservation or for additional information. The application for delivered meals is on our website, go to: www.southpasadenacaca.gov/Community Services.

For more information call (626)403-7360

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Senior Cinema Program

Foreign Film Friends
The Foreign Film group meets twice a month on the 2nd & 4th Mondays of the month. The showtime has been changed and will begin at 1:15 pm, unless otherwise noted.

May 13 In Her Name (2015 French)
May 27 Memorial Day—Closed
June 10 Becoming Astrid (2018 Swedish)
June 24 Shoplifters (2018 Japanese)

June 07 The Front Runner (2018)
June 14 If Beale Street Could Talk (2018)
June 21 The Mule (2018)
June 28 Gosnell (2018)

Films are selected by a group of volunteers that stay current on films. The team is made up of Jolyn Loomis, Bill Hilliard, Bob Lynes, Barbara Watkins and Denise Blue.

Senior Cinema Fridays
Films are offered Friday afternoons at 1 pm unless noted otherwise and are selected by a committee.

Suggestions are welcome and can be left in the box near the coffee area. The Committee maintains a balance of new releases and some classics.

May 3 An Affair to Remember (1957)
May 10 No film due to event
May 17 At Eternity’s Gate (2019) 1:30 PM
May 24 Vice (2018)

Films are subject to change based on availability. Senior Center Motion Picture License number #12570160.
Dial-A-Ride for South Pasadena residents

Come one, come all! South Pasadena Dial-A-Ride is on the move! The curb-to-curb service is for South Pasadena residents who are 55 years of age or over, and/or residents with a disability. Patrons may use the service to and from any location within city limits and to some medical facilities in Arcadia, Pasadena, and Alhambra or any destination in South Pasadena.

Special trips are scheduled to Target & other locations, example on March 28 a trip is scheduled to Pasadena Tournament House at 2:00 pm. Advanced reservations are needed. For inquiries, call the office at 626.403.7368 and ask how we can keep you on the move!

SENIOR CITIZENS FOUNDATION
OF SOUTH PASADENA, INC.

The Foundation was formed to raise funds for the Senior Center to enable improvements to programming, the facility, and other needs the Center may have that are not covered by the City of South Pasadena general fund. Over the last few years, the Foundation has gifted the equipment, furnishings, and programming. With a new board of directors the group is excited to make big improvements to your Senior Center. They are currently focusing on creating a system for Inheritance & Legacy gifts to benefit the Center long term. At the last board meeting the board approved a budget of $15,000 for the Senior Center. The budget includes funding special lectures with emeriti professors once per month, replace banquet tables, replace chair caddies, purchase two benches for the entry of the Center, patio set for card playing, replace the water dispenser, fund Thanksgiving celebration and fund a direct mailer to reach out to more donors for the Center. Look for your letter coming at the end of November.

The public is invited to be part of the gift giving and make a tax deductible donation to benefit the Senior Citizens Center. Checks can be made payable to Senior Citizens Foundation of South Pasadena and mailed to the Center. The board currently is made up of: Barbara Sinclair-President, William Cullinane—Vice-President, Boyd Hudson—Treasurer, Richard Helgeson—Secretary, and Liz Giffen-Glad, Jonathon Primuth. The board is looking forward to supporting the Senior Center.

We are truly grateful for all the generosity and look forward to the future.

THANK YOU! Barbara Sinclair, President

Birthday Celebrations

The Center will celebrate birthdays on May 31 & June 28, 2019. Honorees receive free lunch and birthday card. Cake is provided for all attending the luncheon. Advanced sign up required.

Sponsored by ANTHEM BLUE CROSS—Kaoru Nagano
ICE CREAM SOCIALS

Ice cream events are made available once per month and sponsored by agencies that provide services to assist with aging in place and maintaining independence.

The dates are as follows:

Wednesdays, May 29, June 19, July 31 and August 14, 2019 at 12 noon

Fathers Day BBQ Luncheon

Friday, June 14 2018, 11:45 am
Reservations open May 13 for residents, May 16 for others

Entertainment by DJ Ben Rushing
Sponsored by Golden Oaks Apartments & Anthem Blue Cross