



# South Pasadena Senior Center

## KEEPING SENIORS INFORMED

The South Pasadena Senior Center continues with closure due to mandatory “Stay at Home” order and will remain closed until the Governor lifts the order.

Essential operations are the primary focus for the Center at time.

**Meal program** – hot meals are delivered Monday –Friday with the option of box lunches for the weekend. Residents are able to receive hot meals that are delivered by Senior Center & Dial Ride staff. Be assured that all staff is practicing social distancing protocols. To sign up call (626)403-7360 or download the application at <https://www.southpasadenaca.gov/government/departments/community-services/senior-services/senior-meal-program>

**Dial a Ride** – residents can schedule transportation Monday through Friday with the following modifications: Appointments to medical facilities, pharmacy and grocery shopping only. Call (626)403-7368

**Limited hours of operation**  
Due to “Safer at Home” order we remain closed to the public. Staff are available to take your phone calls Monday through Friday 8:00 am to 2:00 pm.

**Virtual Recreation**  
During this time we have placed useful resources on staying active within your home. A few of our instructors have provided videos on Functional Fitness, Yoga and Meditation. Please go the following link for more information <https://www.southpasadenaca.gov/government/departments/community-services/virtual-recreation>

## Staff Delivering Meals

Senior Center, Dial A Ride and Senior Commissioner Cindi Knight, continue working together to provide Seniors meals and support during this time.



# Helpful Resources



## California for all Resource Card - One Stop Information Card

The Governor's Office, the California Department of Aging, and AARP CA partnered to launch the California For All resource card, a FREE, one-stop information guide. The resource card includes information on how to get caregiving support, how to stay safe at home, how to find important resources through the California Aging and Adults Information line, contacts to report fraud, abuse, or neglect, and more. The card and listed resources are available for free to all Californians. There are also contacts to report fraud, abuse, or neglect and more. Go to: <https://states.aarp.org/California/covid19>

## Metro TAP Passes sales resume for residents of South Pasadena

The Center will resume the sales of Metro TAP passes for those with TAP cards. Although we are not open to the public, we will schedule an appointment for those needing to come in and load their cards. TAP cards are offered at a reduced rate for South Pasadena residents for Senior Citizens/Disabled at \$10 for the 30 day pass. Please note that social distancing practices are followed and masks/facing covering are required. Contact the front desk to schedule your appointment.

## Home Delivery recipients receive treats

For the last six weeks we have been delivering hot meals to South Pasadena residents. Prior to COVID-19 we delivered 30 meals per day to residents thanks to volunteers. Once the "Stay at Home" order was in place we our volunteers take a break from delivering. We deliver 80+ meals each week day and an additional 75 boxed meals for the weekend. We have been fortunate to receive cards, masks and crossword puzzles which we send on some Fridays. We also are working with Girl Scout Troop 2321 wo are making treat bags for Mother's day. We are fortunate to work with such a caring community!

## Social Reassurance Calls

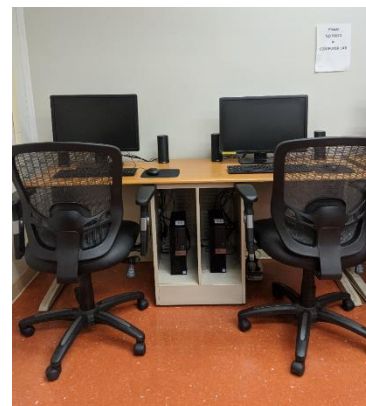
Senior Citizen Commissioners, Cindi Knight (Chair), Alexandria Levitt (Vice-Chair), and Julie Papadakis, Rachel Fox and Shireen Chang have been be making for the last month to seniors citizens residents of South Pasadena to check in and make sure they are managing during this time. Commissioners received positive feedback from those being called and sent warm wishes to the Senior Center staff. Everyone stated they missed the Center and their friends. If you or someone you know would like to have a check-in call please call the Senior Center office.

## Feeling Good & Staying Connected

The California Department of Aging released the Feeling Good & Staying Connected Activity Guide, created in partnership with Oliver Wyman and Walgreens. It offers ways to stay engaged and connected with others while we all stay home to save lives. It has great suggestions on engaging in learning, connecting with community, and promoting health and wellness. Also included are practical tools for planning out your week. To access the guide go to: <https://aging.ca.gov/download.ashx?IEorcNUVo zYlqz5kxLW8bA%3d%3d>

## New Computers Install at Lab

Thanks to the Senior Citizens Foundation we have replaced the computers in the Lab the Center. Systems are faster and up to date. Once we are able to offer regular programming, we will schedule classes for the intermediate & advanced user.



## City Hall Scoop & Activities

Keep up with City Hall's Scoop Blog to remain up to date on topics of interests for residents. Find the blog here:

<https://cityhallscoop.com/>



## California Landmarks

A	A	A	N	A	M	L	E	A	L	J	E	D	A
U	R	U	N	I	O	N	S	Q	U	A	R	E	H
T	T	I	E	E	R	T	A	U	H	S	O	J	H
O	P	S	L	A	J	O	L	L	A	C	O	V	E
M	E	L	G	O	L	D	E	N	G	A	T	E	L
D	N	A	L	O	G	E	L	R	S	I	G	D	N
N	A	P	A	V	A	L	L	E	Y	I	G	S	N
I	S	A	N	T	A	C	A	T	A	L	I	N	A
D	I	S	N	E	Y	L	A	N	D	O	L	A	A
S	D	E	S	E	A	W	O	R	L	D	A	T	T
C	H	A	N	N	E	L	I	S	L	A	N	D	S
L	O	C	A	D	R	A	E	O	N	E	G	H	L
D	D	L	E	L	E	Q	A	J	L	A	S	A	R
E	Q	I	A	H	E	L	D	O	L	A	C	M	A

CHANNEL ISLANDS  
DISNEYLAND  
SEAWORLD  
UNION SQUARE  
NAPA VALLEY  
SANTA CATALINA  
LEGOLAND  
GOLDEN GATE  
LA JOLLA COVE  
JOSHUA TREE  
LACMA

Bored at home during "Safer at Home"? Try some new activities out, from the safety of your home.

Read a new book  
(The library has tons of online books!)

Try a new hobby such as learning a new language

Exercise from home!  
(Visit our Virtual Recreation Page for ideas!)

Have a "Movie Night" and try making caramel popcorn

Check in with a loved one!

## Dumpster Day & AARP Info.



**Senior Citizen  
Dumpster Day**

**Week of June 15-19, 2020**  
(Verification of age maybe asked at time of pick up)

**No hazardous waste will be accepted**

Senior Citizen residents can have large furniture or appliances picked up from their homes for free.

Seniors are asked to have all items collected and readily available in AN outdoor area near trash containers

Items will be picked up on the same day as regular rubbish pick up the week of June 15-19, 2020  
NOTE DELINQUENT ATHENS CUSTOMERS ARE NOT ELIGIBLE

Reservations are required for all pick ups.  
Calls will be taken at the  
South Pasadena Senior Center at (626) 403 - 7360  
NOTE: DURING COVID CLOSURES CALLS TAKEN 8am-2 pm  
Deadline for all reservations:  
Friday, June 19, 2020 12 noon

All other residents can participate in the drive through drop off on Saturday, June 20, 2020

For questions with pick up contact  
Leonna DeWitt Public Works Department: 626-403-7240;  
LDewitt@southpasadenaca.gov

OR



**1-888-336-6100**

## Jokes & Quotes

"You are never too old to set another goal or to dream a new dream."

-C.S. Lewis

What did the tree say to spring?

What a re-leaf!

"Aging is not lost youth but a new stage of opportunity and strength"

-Betty Friedan

What does a pepper do when it's angry?

It gets jal-a-peño face!

Reminder from the Senior Center Staff:

Stay strong at this time! We hope to see you all very soon!



AARP has now extended their 25% off discount for Smart Driver course participants.



Promo code for 25% discount: DRIVINGSKILLS (good thru Aug. 31, 2020)

Website: [www.aarpdriversafety.org](http://www.aarpdriversafety.org)