



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.

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.

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



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 are practicing social distancing protocols. To sign up or get more information, please call (626)403-7360 or download the application at

<https://www.southpasadenaca.gov/government/departments/community-services/senior-services/senior-meal-program>

Spotlight - Virtual Recreation's Workouts!

During this time we have placed useful resources on staying active within your home. We'd like to introduce Bill who has taught "Functional Fitness" at our Senior Center.

Please visit the link below for a video set that has Bill showing us how to properly and safely do workouts from home!

<https://www.southpasadenaca.gov/government/departments/community-services/virtual-recreation>



Dial A Ride - Notice to the Public

Due to the current circumstances surrounding COVID-19 Dial-A-Ride passengers and drivers are doing the following:

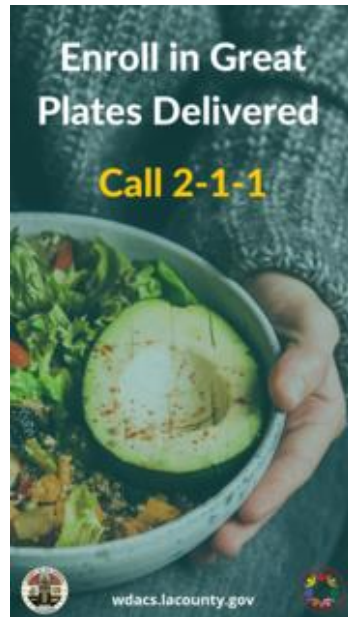
- Face masks are required for all riders. If you require a face mask please ask staff.
- Please stay home if you are sick or unwell.
- Please remember to seat yourself in an acceptable distance away from the driver and other passengers (6 ft distance or more). (Smaller vehicles will be limited to one passenger per vehicle.)
- Dial-A-Ride is only taking essential trips to grocery stores, pharmacies, medical appointments, and financial institutions.
- Dial-A-Ride protocols will be posted online.

Thank you for understanding! Please contact us if you have any questions. (626) 403-7368

Helpful Resources & Activities

Great Plates Delivered

LA County has announced its participation in the "Great Plates Delivered" initiative. With partnerships between LA County Department of Workforce, Aging, and Community Services (WDACS), and the Office of Emergency Management, LA County is providing three home-delivered meals a day to qualifying individuals. For individuals who qualify and are interested in receiving services may apply by calling 2-1-1 or by visiting <https://wdacs.lacounty.gov/greatplates/>



#Saferathome

The road to recovery is still full of risks for individuals, especially those 65 years and older! As business and stores begin opening up, we'd like to remind everyone that seniors are safer at home! Dial-A-Ride is still providing essential trips for seniors.

RISK OF COVID-19 REMAINS HIGH SENIORS ARE #SAFERATHOME

- WEAR** cloth face coverings in businesses & around others
- MAINTAIN** Physical Distancing of 6 feet
- WASH** your hands frequently for 20 seconds & avoid touching your face with unwashed hands
- SELF-ISOLATE** for 10 days + 3 days after you are symptom-free (if you have or are likely to have COVID-19)
- SELF-QUARANTINE** for 14 days if you are exposed or in close contact with an infected person

For more information, visit: publichealth.lacounty.gov/coronavirus



**South Pasadena residents currently receiving home delivered meals from the City will not be able to qualify for this program.

Father's Day

R	E	P	L	E	H	L	R	I	A	R	E	T	C
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B	N	R	F	S	T	I	R	E	P	I	C	P	P
P	P	B	I	E	R	R	F	T	G	E	N	T	L
P	C	A	G	G	A	L	E	I	L	B	E	P	N
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PARENT
BEST
CELEBRATE
GIFT
TEACHER
HELPER
PATERNAL
CARING
FAMILY
PAPA