



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 no further modifications: Call (626)403-7368

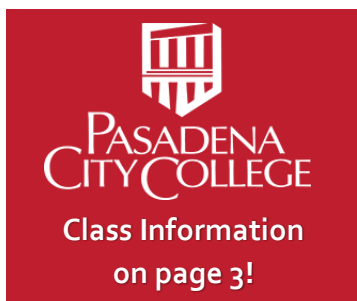
Meal program – Hot meals are delivered Monday –Friday with the option of frozen meals offered for weekends. Residents are able to receive hot meals that are delivered by Senior Center & Dial Ride staff. Be assured that all staff are practicing social distancing protocols. To sign up or get more information,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

Better 4 You Meals - As of July 1, 2020 we began with *Better 4 You Meals* after soliciting requests for proposals in Spring 2020. The program is partially funded with federal grant which has strict regulations and standards that need to be followed, including nutritional guidelines. For this reason we will not be able to bring them back the previous caterer, as some seniors have asked. We have received feedback from you

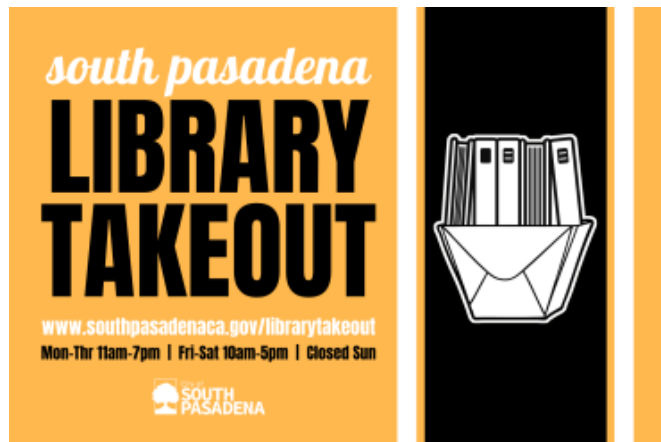
and have worked with the new caterer to address the concerns. The most common concerns were portions too small; the variety was limited; and weekend meals were same as Fridays. We will implement the following changes beginning the week of August 10th. Once per week we will have a sandwich or pasta salad meal. We are also looking into offering variety of meals for the weekend. Please note that during COVID we have limitations on menu and will work with a rotating four week menu cycle. The menu is certified by the county and follows nutritional guidelines. Once the Center e-opens we will have a six menu cycle plus food will come in bulk and served on-site and packaged for delivery.



Flu Vaccine Information on page 2



Helpful Resources & Activities



Library & Dial A Ride Partner Up!

The Senior Center is proud to announce the partnership of our Library Department and Dial A Ride to bring the "Library Takeout" to you from the safety of your home!

Contact the Senior Center to arrange for an application or matchmaker profiler to be sent with your lunch!



Flu Vaccines!

Huntington Hospital will provide Flu vaccine to senior citizens on Wednesday, September 23, 2020
8:30 am – 10:30 am. by appointment only.

The clinic will be held outside the South Pasadena Senior Center adhering to COVID protocols to assure everyone's safety.

Senior citizens should call the Senior Center at
(626) 403-7360 to make an appointment.

Mental Health Resources & Activity Guide!

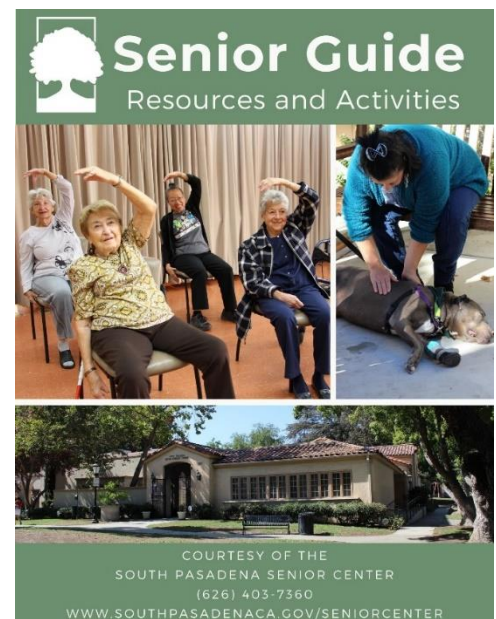
People from all over the state have collaborated to provide copious amounts of resources for Warmlines/Chatlines to help combat isolation, and anxieties caused by COVID-19. Make sure to check out our Activity and Resource Guide online at <https://www.southpasadenaca.gov/seniorcenter>

Listed below are just a few of the resources available to you and are free for usage.

Chatlines / Warmlines

- GoldenTalk
 - 1 (888) 604-6533
- LA Warmline
 - 1 (855) 952-9276

For additional resources, check out our guide below or contact LA County's 2-1-1 for referral to other helpful programs!



August Word Search!

C A M P I S W I M M I N G S W
 H C A M P E R E R E C S K T R
 A S N G H I K I N G A E C R S
 C B T E C N N C O M N E A F R
 A C I F I H O R E N T D P S T
 N A A B A M O S E N E D K S S
 O F A M P R R M T T E R C N E
 E C I A P O C N E E N N A I R
 I D S S O F E S H S S A B A O
 N S I D K T I P S U I L L T F
 G A T S T I F R M O R C E N V
 E U R V P X T M E Q F M K U N
 O T M R O L E S N U O C M O T
 E K A L F R N V W N N J L M N
 L Z L J C K W E A V I N G F N

Backpack
 Cabin
 Camper
 Campfire
 Canoeing
 Canteen
 Compass

Counselor
 Crafts
 Forest
 Hiking
 Homesick
 Lake
 Lantern

Mountains
 Outdoors
 Skits
 Summer
 Swimming
 Tent
 Weaving

PCC – Sewing Classes! - PCC is offering a fully online (non-credit) class for Older Adults! Sewing Techniques for Older Adults can be used to develop good sewing techniques and even build your confidence in the sewing field.

Wednesday Class:

Course Title OLAD 2900 – CRN 73412

Start Aug.26 End Dec. 9

Beg. 12:45 to 3:55pm

Thursday Class:

Course Title OLAD 2900 - CRN 73413

Start Aug.27 End Dec.10

Beg.1:00 to 4:10pm

PCC has three ways to get register:

1. PCC online on Lancer Point
2. Emailing a registration request to nonecreditadmission@pasadena.edu with the following information
 - a. First and Last Name:
 - b. PCC Student ID #:
 - c. Course Title & CRN #:
3. Calling Admission and Records: Phone (626) 585-3036

