



South Pasadena Senior Center

KEEPING SENIORS INFORMED

The South Pasadena Senior Center continues to be closed as we follow the "Stay at Home" order and will remain closed until further notice.

Limited hours of operation

Essential operations are the primary focus for the Center at time. We currently remain closed to the public; however, 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 8:00am to 4:00pm with the no further modifications: Call (626)403-7368

Columbus Day Closure

– Please note that the senior center will be closed on Monday, October 12, 2020 in observance of Labor Day. Please note, those receiving meal will be able to receive an extra meal the Friday prior.

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 A Ride staff. All staff are practicing social distancing protocols for the safety of everyone! **The October Menu reflects new menu items based on participant feedback!* 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>

Pen Pal Program! - While the "Safer at Home" order is in place, most of us are pretty close to climbing the walls. We are still interested in providing each and every one of you a pen pal from one of two different programs! For more information, please contact us at the Senior Center main office at: (626) 403-7368

Wellness Wednesday - Join the Partners in Care Foundation as they host "Wellness Wednesday" every other Wednesday for a quick burst of facts and fun, all for your wellness! Tune in for about 15 to 30 minutes each session and learn about topics such as preventing falls, healthy cooking, tips for organizing medicines, and much more!

Sessions can be viewed using Zoom!

To register, please visit the link below:

https://zoom.us/webinar/register/WN_xwAosYiUQFWqcWnKEsiwuA

After registering you will receive a confirmation email and information about joining the webinar!

Halloween Treat Bag Pick-Up Information on Page 4!



Helpful Resources & Activities

CRAFTING

Create decorative art in the comfort of your home. Our newly designed craft kits can range from card making, holiday decoration, ornaments, and other fun ideas. Each month we will come up with a craft project kit (and instructions) that members can pick up on a scheduled day. Our scheduled kits will be on:

- October 19, 2020 – Halloween *Trick-or-treater's Delight Kit*
- November 23, 2020 – Thanksgiving *Autumn Dreams Card Kit*

Those interested will need to call in and reserve a kit before the pick-up date.

Social Reassurance Calls

If you or someone you know would like to have a wellness check-in call please call the Senior Center office. calls can be made daily, weekly or every couple weeks. The purpose is to stay connected and know that we are concerned for your well-being. Senior Citizen Commissioners, Cindi Knight, Alexandria Levitt, Julie Papadakis, Shireen Chang and Rachel Fox will be making calls to seniors to make sure your needs are being met.

Grocery Shopping - Volunteers from South Pasadena are still available to shop for seniors not wanting to go to the local grocery stores. The service is offered at no charge to residents. Local community groups have pulled together to provide "Shopping Angels" for residents of South Pasadena. If you or a resident you know needs assistance contact www.girlfridaysopas.com or call (626)221-5111.

Stay Healthy While Staying Home! -

While we are all remaining safer at home, Partners' Community Wellness Department has joined up with various organizations to promote your health from the safety of your home.



Senior Citizen Dumpster Day

Week of October 19-23, 2020

(Verification of age maybe asked at time of pick up
Senior Citizens age 60 and over)

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 as Athens will NOT assist in moving items

Items will be picked up on the same day as regular rubbish pick up the week of October 19-23, 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 ARE TAKEN 8am-2 pm

Deadline for all reservations:
Friday, OCTOBER 16, 2020 12pm noon

All other residents can participate in the drive through drop off on
Saturday, October 24, 2020
8 am to 2 pm Arroyo Drive (south of Mission Street).

For questions, concerns, or comments regarding pick up, contact:

Leaonna DeWitt Public Works Department: 626-403-7240;
LDewitt@southpasadenaca.gov
OR



Athens Services
Waste Collection • Recycling • Transfer • Disposal • Street Sweeping

1-888-336-6100

- **Arthritis Foundation Exercise Program:** Participate in low-impact exercises and gentle activities to help increase joint flexibility and range of motion. Sessions take place for 1 hour/ week for 6 weeks. *An internet connected device is required!*
- **Bingocize:** Try Bingocize at home to exercise and connect with others! This 10 week online health promotion programs combines Bingo with fall prevention exercises and health education. Games are 2 times a week for 1 hour. *An internet connected device is required.*
- **Diabetes Prevention Program:** Do you have prediabetes? It can be reversed! Access a personal health coach and a small group to get support on how to make healthier food and exercise choices to lower your chance of getting diabetes. *This is a 1-year online workshop with 1 hour sessions. (16 weekly, 2 bi-weekly, then 8 monthly meetings) An internet device is required along with a diagnosis of prediabetes to participate.*
- **Healthier Living:** This program teaches practical everyday skills like problem-solving, nutritious eating, and relation techniques that help those living with chronic conditions. The online workshops consist of 2 ½ hour sessions, 1/week for 6 weeks. *An internet connected device is required to participate.*
- **Healthier Living Tool Kit:** Have a chronic condition but no access to a computer or internet? This workshop is for you! Participants will receive a mailed tool kit that walks them through information focused on bettering your health! *Participation is through small group phone calls for 30 minutes, 1/week for 6 weeks. All you need is a phone!*

To learn more or register for one of these classes, call Partners Community Wellness at (818) 403-5452 or email: ebprograms@picf.org



October Word Search!

Halloween Word Search



PUMPKIN
SKELETON
SPIDER
TRICKORTREAT
WITCH

GHOST
HALLOWEEN
HAUNTEDHOUSE
OCTOBER
PARTY

BATS
CANDYCORN
COSTUMES
DRACULA
FRANKENSTEIN

Halloween Treats – Drive By!

Wednesday, October 28, members will be able to drive by and pick up a Halloween treat bag filled with cupcakes and fun activities. The project is funded by the Senior Citizens Foundation of South Pasadena and will be offered for Thanksgiving and Christmas as well. Seniors will need to sign up in advance with Senior Center office at (626) 403-7360 and staff will provide information on the time of pick up.

Rescheduling of The Traveling Science Show! Now October 30, 2020 11:00AM

Life Long Learning Program from Cal State LA will offer via zoom the presentation by Professor Harold Goldwhite!

One important and underestimated means of science education in the eighteenth century was through lectures and presentations by itinerant lecturers. This talk will look at the subject in general, and will concentrate on the work of Warltire including details of his courses, and their influence.

Sign up is required as we will follow up with an email with the zoom meeting link.

Grab and Go!

Come by the Senior Center to pick up your meals for the "Grab & Go" experience! You do not need to be a resident of South Pasadena to pick up and pay for your meal, however payment is required. For more information, please contact the Senior Center at (626) 403-7360.

Senior Citizen Center's Grab & Go

STEP 1 📞

Call the Senior Center 48 hours in advance at (626) 403-7360 to schedule a pick up date.

HOW IT WORKS

STEP 2 🚗

Drive-up on pick up day between 12:30PM - 1:30PM, and staff will bring out your meal!



