

CITY OF SOUTH PASADENA  
SOUTH PASADENA SENIOR  
CENTER



September & October 2011



**Important Numbers:** *City*  
Hall 1414  
Mission 403-7200

Fire (non-emergency)  
817 Mound 403-7300

Police (non-emergency)  
1422 Mission 403-7270

Public Works  
1414 Mission 403-7240

Service Yard  
825 Mission 403-7370

Library  
1100 Oxley 403-7330

Elder Abuse  
Hotline (877) 477-3646

Office of the Public  
Guardian (213) 974-0511

Huntington  
Hospital (626) 397-5000

INFO-LINE (626) 350-6833

Email reservations for the  
Center: [spcsreservations@ci.south-pasadena.ca.us](mailto:spcsreservations@ci.south-pasadena.ca.us)

The Center receives financial support from the City's General Fund, Senior Citizens' Foundation of South Pasadena, Inc. and the Community Development Block Grant Program.

**Telephone numbers:**  
general info  
626. 4 0 3 . 7 3 6 0  
Transportation  
626. 4 0 3 . 7 3 6 8

[www.ci.south-pasadena.ca.us](http://www.ci.south-pasadena.ca.us)

**September Events**

**Senior Prom & Spaghetti Feast**  
**Friday, September 23, 2011 at 4:30 pm**



Here is a chance to dress up, dance and be photographed, eat delicious spaghetti cooked by Liliy and staff. A King and Queen will be crowned. Reservations necessary. \$2.25



**October Events**

**Oktoberfest**  
**Monday, October 3 at 11:45 am.** Special luncheon followed by Entertainment by Hofbrau Boys—Oktoberfest Duo, \$2.25



**Pancake Breakfast**  
**Thursday, October 13 at 8:00 am**

Annual fundraiser for the Senior Citizens' Foundation of South Pasadena. Join us for a fabulous breakfast, cost: donation to the foundation.

**Halloween Luncheon**

**Monday, October 31, 2011 at 11:45 am**  
Luncheon followed by Costume Contest....Prizes and surprises...Cost per person \$2.25, entertainment by Bill Brockman, professional musician, reservations begin 9/12/11



**November Events**

**Veteran's Day Celebration**  
**Thursday, November 10, 2011 at 11:45 am**

Celebrate those who have served our country. Special program put together by Saul Jacobs and Bob Lipson guest speakers. Luncheon free for veterans. Reservations begin 10/3/11. Cost per person \$2.25



**Thanksgiving luncheon and program**  
**Wednesday, November 23, 2011 at 11:45 am**

Traditional turkey menu \$2.25, program includes presentation by Debbie McIntosh, reservations begin 10/17/11

## September & October 2011

### Dear members & participants:

With the autumn and fall approaching we hope that your summer was cool and joyful. We have planned interesting lectures and activities for the participants.

This summer we welcomed Sarah LoVerme who has taken the place of Kari Rinaldi and will be working the front desk. Another new face this month is Stephanie Harvey, our USC Intern, who will be with us through May of 2012. The entire crew is committed to bringing the community the best services possible.

Look for new travel opportunities through **Travel Time Tours** and now a second new partnership with **A Classic Tours Collection** which specializes in exotic overseas tours. We welcome Mark Sood and Debika Sen. Visit their website at: [www.aclassicstour.com](http://www.aclassicstour.com). We will be promoting a trip out of the country for 2012. Look for details in the next newsletter.

Many have tried the menu with the lunch program and given positive feedback. I have tried every item to assure that the food meets our expectations. I welcome comments from the participants and give the caterer the comments. If you haven't tried our food, make sure to join us. And remember that we now offer boxed lunches for the weekend. The demand is growing and seniors enjoy the option.

Look for two more MAC computers to be installed in the coming month as well as classes as instruction.

Sincerely,

*Liliana F. Torres*, Senior Center Manager

**Mental Health Program partnership returns** Information and referral, problem focused counseling, and support groups assist seniors in maintaining their independence. Through a collaborative effort among multiple sources the Center is able to offer much needed services. Beginning September 7 through May of 2012 we will have Stephanie Harvey (USC Social Work Intern) available Mondays, Wednesdays & Thursdays to assist seniors with their mental health needs. She will begin seeing drop-in clients September 19 from 9:30-11:30 am. She is supervised by field supervisor Nikki Cavalier who was with us last year as we took this project on a trial basis. The success of the last semester was vital in receiving funding for the program to continue. The program is funded between the Senior Citizens' Foundation of South Pasadena Inc. and the City of South Pasadena. Please contact the Center to arrange to speak with Stephanie.

### Gold Line to Downtown LA—Los Angeles County Museum—

Tuesday, October 18 at 10 am

Join us as we take the train to Los Angeles County Museum to see

the Tim Burton Exhibit, cost per person is \$28 for museum, plus train fare and lunch on your own. Tickets must be purchased in advance. Deadline to pay is September 22, tour will be escorted by Center staff.



### Seniors celebrating Healthy Living and Clean Air Fair

Thursday, September 15, 9 am to 2 pm at the Los Angeles Convention Center. Complimentary lunch and information on air quality, respiratory health, clean air tips, as well as exhibits and clean vehicle displays. Transportation provided from the South Pasadena Senior Center, sponsored by South Coast Air Quality Management District. To reserve seating contact the Senior Center office. Detailed flyers available at the Center.



## Health and Wellness (Sept/October)

(\*Note: Registration is required for lectures)

### Nutrition - Eating Healthy

Tuesday, September 13 at 1pm, eating well is a lifestyle that embraces colorful food, creativity in the kitchen, and eating with friends. Presented by SCAN Health Plan.

### Laughter Yoga

Laughter Yoga combines laughter with yogic breathing exercises. A perfect way to laugh and exercise. Wednesdays, September 7, 14, 28, October 5, 12 & 19 at 10 am. \$30 per person \$30, advanced payment required. Instructor Janell Jorda.

### Spinal Screening

Free spinal screening offered the 3rd Thursday of each month, September 15 at 3:00 pm.

### Exercise for Older Adults (FREE)

CalState LA students will instruct exercises on strength as well as balance. Handouts will also be provided to practice at home. Come in comfortable clothing. Fridays, September 30 through October 28th at 8:30-9:30 am.

### Hearing Screening

The Hear Center of Pasadena's goal is to help with hearing loss or speech & language impairments to enrich lives by providing auditory & oral communication skills. Join us on Friday, October 14 at 9:00 for a screening. Appointments required.

### Parkinson's Support Group

People with Parkinson's and their care partners are special people. With over a million Americans fighting the disease every day, it's good to know that the Center now offers a monthly group under direction of a board certified Neurologist. The groups meets the third Wednesday each month to provide support to patients, their families and care givers. The group is divided between patients & caregivers to allow opportunity for each group to express themselves & ask questions. September 21 & October 19 at 1:00 pm.

## Classes/Lectures

(\*Note: Registration is required for lectures)

### Poetry Class

Vilma Potter returns Tuesdays, September 6 through 27th at 9:30 am. Presented by OLLI (CalState) The course will present the works of American Library of Congress poets.

### Learn how Stress and Back Pain Coincide

presented by Dr. Victor Roman on Wednesday, September 7 at 1:00 pm.

### Abraham Lincoln and the American Dream

Philip Ostergard, author of The Inspired Wisdom of Abraham Lincoln, will speak on the main events and turning points in Lincoln's Life. Monday, September 12 at 10 am.

### The Huntington 101

Learn about the gardens, art and the Library. Speaker Chris Atkins on Monday, September 26 at 10 am.

### Tin Pan Alley Classics

Join Saul Jacobs and Bob Lipson on a musical journey Monday, September 19 at 10 am.

### Opera—Divas on the Diva

Presentation offered by LA Opera on Wednesday, September 28 at 1:00 pm.

### Mastering MAC computers

Interested in learning, brush up on rusty skills, this class will do both. Coming in November, limited seating.

### Energy Saving Assistance Program offered by Edison

Friday, October 14 at 11 am. Join a representative from Edison to learn about appliance replacement, light bulbs and air conditioning for those who qualify.

### Piñata Making Class

Join us on Friday, September 30 at 10:00 am. Bring your own tissue paper, scissors and a piece of poster board 8.5 x11. No cost for the class. Instructed by Staff.

## Travel

### **TRAVEL with Travel Time Tours....**

We are pleased to announce a new partnership with Travel Time Tours offering day trips and excursions. Bertha Copeland is our volunteer coordinator and can be reached at the Senior Center. Below are some of the trips being offered:

Eastern Canada, September 27-Oct. 5, \$1799 pp double, \$2,239 single

Roundtrip transportation to airport, flight, 8 nights deluxe hotel, luncheon high atop Skylon Tower in Niagara Falls, Maide of the Mist cruise & St. Lorene River cruise, sightseeing Niagara Falls, Toronto, Ottawa, Montreal & Quebec. Full payment due.

Death Valley, November 4-6, \$329.50 pp double, \$389.50 single Two nights deluxe lodging in Amargosa at Longstreet Inn & Casino, two breakfasts, two dinners and one lunch, admission to Death Valley National Monument & Scotty's Castle.

Thanksgiving in Laughlin, November 23, \$189.50 pp double, \$249.50 single

2 nights accommodations at Riverside Resort, Thanksgiving dinner buffet and breakfast, and casino fun book.

Pala Casino, November/December call for date

Hearst Castle, Dec. 2-3, 2011

New Year's Event Lake Havasu, December 31—January 1, 2012, \$269.5 pp double, \$324.50 single

Transportation, accommodations at the Long Bridge Lakefront Resort, breakfast buffet, gala New Years Eve 4 course dinner party at Martini Bay overlooking the lake and London Bridge..

## Volunteers

Volunteers assist with many aspects of our day to day operations. Whether they are greeting the public at the front counter, answering telephone calls, teaching classes, serving & delivering meals, serving on committees, or maintaining the gardens, we rely heavily on their support. As many are aware staff at your Senior Center is limited. Therefore we need to rely on other sources to meet our growing needs.

And we all help with **Servers** to kitchen. This a once per ment of 2



ways can use **Volunteer** work in the position calls for week commit-hours.

If you are interested or know of someone who might be, please contact the Center and we will arrange to meet with them and provide details.

Thank you to those who expressed interest in delivering meals. Three new volunteers have joined the program, Linda Euler, Bob Vanderwall and Susan Ramos. Special thanks to Darius Hom, Jan Arenz, Barbara Klien, Paul Peel, Bill Suter and Kit Rosenlund for filling in and switching days when we were short. The program is successful thanks to all the volunteers!

## Birthday Celebration

The Center celebrates birthdays on the last **Friday** of each month at **11:45 am**. We invite everyone to join us in celebrating with singing to honorees and a free lunch for those celebrating that month. The favorite part of this program for most participants is the delicious cake. Celebrations will be held on **September 30** and **October 28**.



## Human Services (membership is not required for most of these services)

### Financial Advice

An advisor is available to assist with tax-free sales of highly appreciated real estate, stock and mutual funds, fee based investment portfolio management and commercial/residential real estate purchase and sales. Scott W. Burch, registered investment advisor and realtor is available the 2nd & 4th Tuesday from 10 am-12 noon. Call for an appointment.

### Legal Advice (Membership Required)

No cost consultation is provided for seniors to deal with various legal issues, Linda Paquette, Elder Law attorney is available the third Monday of each month from 9 am to 12 by appointment.

### Convalescent Care Planning

Convalescent Care Planning 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 for a 15 minute consultation.

### Information and Referral Services

Assistance available to provide resources which are helpful in dealing with aging issues and can assist with preventing unnecessary institutionalization. Stephanie Harvey, is available to provide assistance, advocacy and information. She is an Intern with USC School of Social Work and will be available Mondays, Wednesday & Thursdays for consultation. Walk-ins are also welcome, however, appointments are preferred. Program funded by the *Senior Citizens' Foundation of South Pasadena, Inc. & the City of South Pasadena*

### Senior Social Group

A group of individuals meet weekly to share and exchange information, ideas and thoughts in a caring, supportive manner. The group discusses health, family, human relations, experiences as well as problems. Group meets Mondays from 10:30-11:30 am. Social Work Intern will facilitate beginning September 26 through May 2012.

### Elder Wisdom Circle

The group meets regularly on the 2nd & 4th Wednesday of the month at 1:00 pm. However only meeting on September 14 & October 26, will resume in November.

### Vision Screening

Screening is provided the first Friday of each month from 2-3 pm. Includes review of post ocular medical & medication history, as well as testing for visual acuity. Ophthalmologist Michael Miller is available by appointment. **(Cancelled for September)**



### Podiatry Clinic

Dr. Andrew La will be available every 3rd Tuesday of each month from 1-4pm Medicare assignment is accepted. Dr. La does not accept HMO's and will charge \$45 for private pay. Appointments are necessary.



### Podiatry

### Blood Pressure

Right at Home will be offering their services the 4th Wednesday of the month from 10-11 a.m. to offer free blood pressure screenings. Appointments not necessary.

### Glucose Testing & Blood Pressure Screenings

Huntington Hospital offers a monthly blood pressure clinic and glucose testing thanks to Kathy Eastwood, RN. The service offered the second Monday of each month from 8:30-10:30 am. Fast for 1.5 hours prior to the test.



### Parkinson's Support Group

The group meets on the third Wednesday of each month to provide support for Parkinson's patients, their families and caregivers. September 21, October 19 at 1:00 pm

### Lifting the Cloud

Recently retired, coping with loss, health challenges, life transitions, family stress are addressed during this support group. Resumes in November.

## Leisure Classes (on-going)

Free Classes for Center Members

**Book Discussion Group**—Meets the *3rd Wednesday* of each month from 10 –11:45 am. *Facilitated by Liz Giffen-Glad*

**Bridge**—Challenge yourself with the greatest card game. Tuesdays 10-11:30 am & 1– 3 pm. *Group led by volunteers.*

**Computer Lab**—Computers are available for use at no cost to MEMBERS of the Center. Registration required, call for availability. Computers not available during scheduled activities.

**Cell Phone Use**—learn all the tricks to using your cell phone. How to program, track calls, automatic dialing. Instructed by Emily Figueroa. Free, September 27, 3:30 pm.



**Creative Writing**—Bring creative thoughts and/or poems. *Thursdays* from 1-3 pm *Moderator: Dave Gibson*

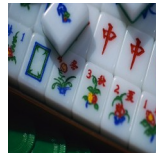
**Current Affairs Group**— Group discusses various topics in a comfortable open setting. *Facilitated by Dio Roberts* who teaches similar topics focusing on world issues. *Call for dates*

**Francaise (Conversational)**—Want to carry out a conversation in French? Then you should join this class on *Mondays* from 1-2:30 pm. *Instructor: Richard Powers.*

**Italiano**— *Mondays* Beg. level from 11-11:45 am & Conversational Italian from 12-1:30pm *Instructors: Florence Kerechuk & Molly Duarte. Resumes 9/12/11*

**Espanol**— Intermediate class meets on Tuesdays from 8:30-10:00am. Review & Intermediate class meets on *Thursdays* 8:30-9:30 *Instructor: Fay Riedel*

**Mah Jong**—Learn to play and have fun *Thursdays* 9:30 am—12 noon & *Mondays* 2–4 pm



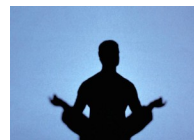
**Walking Group**—Group meets faithfully on Tuesdays & Thursdays in the Center lobby from 8:30-9:30 am

**Watercolor Art**—Instructor creates different projects each week. *Fridays* 9-11 am (9:30

Fee Classes Open to All Adults

am as of 9/3/11) *Instructor: Lorrie Shriner.*

**Yoga**— Ongoing class is offered on *Monday*s from 8:30-9:30 am. Cost \$24 for 8 weeks or \$4/week. Aug 8 –October 3. Class meets at Library Community Room. *Instructor: Letty Watkins*



**Line Dance**— Line Dance class is offered on *Thursdays* at 9—10:30 am, cost \$5 per week. *Instructor Janette Bordeaux*

**Digital Photography**— Learn the basics of digital photography. Class held the 2nd Tuesday of the month at 1:00 p.m. Cost \$5/class. *Instructor: Andy Gero*



**Email** - Are you terrified of emails? Learn to create an email address, send, forward, replay attach & view documents. *October 14, 10 am Cost \$2. Instructor Gary Gale*

*New*

**Beginning Computer**— Learn the basic levels of computer use. Class will be offered from 3-5 pm on September 21, 23, Sept. 28 & 30. Cost \$25 *Instructor: George Holmes*

**Knitting & Crochet Class**— Instruction provided on *Wednesdays* & *Fridays* 9:30-11:30. Bring yarn & needles. Cost per class \$5 *Instructor: Jean Shono*

**Mats Pilates** Pilates improves strength, flexibility, balance and coordination in an effective mind and body workout. *Tuesdays* beginning October 11 for 6 weeks at 3:45 pm \$30.00 for 6 weeks. Registration necessary. Instructed by Monica Blake.

## We want to share a good resource "PayingForSeniorCare.com"

A new website aims to help seniors and caregivers find financial assistance for eldercare. The website, called PayingForSeniorCare.com, has organized over 300 different programs and resources that can pay for or reduce the cost of caring for the elderly. For each option, there is a page that explains in clear and simple terms, the eligibility requirements, benefits, pros and cons and how to apply.

Programs from federal, state and local governments, non-profits, foundation and the Veterans Administration are all included. In addition, respite care programs, tax deductions and credits, insurance based options and private funding options such as reverse mortgage and eldercare loans are detailed.

There are many options that the website provides and several ways to find those which are relevant to you. The information is organized so that one can access programs that help for specific purposes such as those for home care, assisted living, prescriptions drugs or making home modifications. Alternatively, the site offers a [Resource Locator Tool](#). One enters information about their age, health and location and receives a list of programs and options which are relevant to them.

Best of all, the website is a completely free service and no personal information is required to use it. The website address is <http://www.payingforseniorcare.com>.

## Cinema

### Foreign Film Friends:

The Foreign Film Friends meet twice a month on Mondays at 2:30 pm, unless otherwise stated. Films are selected from suggestions of the participants. The scheduled films are as follows:

**Sept 12** I Girasoli (1970 Italian)

**Sept 26** The Seagull's Laughter (2001 Icelandic)

**Oct 17** Mujeres al borde de un ataque de nervios (1988 Spanish)

**Oct 31** Divided We Fall (2000 Czech)

**Sept 16** Kiss Me Kate 1953

**Sept 23** Adjustment Bureau 2011

**Sept 31** Lillies of the Field 1963

**Oct 7** Exporting Raymond 2010

**Oct 14** A Place In the Sun 1951

**Oct 21** Road to Morocco 1942

**Oct 28** Halloween 1978

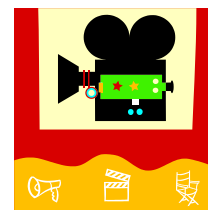
### Senior Cinema Friday

Films are offered Friday afternoons at 1:00 pm and are selected by a committee of volunteers. Suggestions are welcome, the scheduled films for September and October are as follows:

**September 2** Death of a Salesman 1951

**September 9** Murder on the Orient Express 1974

Committee is made up of volunteers: Betsy Hawkinson, Jolyn Loomis, Bill Hilliard, Bob Lynes & Barbara Watkins. Feel free to leave suggestions with the front office staff. Movies are subject to change based on availability. *Movies at the South Pasadena Senior Center are shown per an annual license agreement from the Motion Picture Licensing #12570160.*



## Daily Meal Program

Exact change is necessary

Hot meals are served Monday through Friday at the Senior Center, with the complete menu posted daily, as well as on the City's website. Reservations are required at least 24 hours in advance. Meals are served at 11:45 am. with reservations held until 12 noon.

Cost for seniors \$2.25

Cost for disabled persons \$2.25

Cost for persons under age 55, \$4.18

Cost for caregiver same as those under age 55

Cancellation must be received by 10 am, or an individual will be billed for meal (s). Prepaid coupons are available for purchase.

## Home Delivered Meals

Hot meals are delivered thanks to volunteers Monday through Friday to those who are frail or recovering from an illness and are in need of a hot meal.

Cost \$2.50 per meal, \$12.50 per week, meals delivered between 11 am–1pm, and are billed on a monthly basis. Note: The menu is subject to change without notice. Reservations are required and can be made by calling the office at (626) 403-7360.

SEPTEMBER 2011				
			Baked Ham w/ Pineapple Sauce 1	Tilapia w/ Tomato & Onion Sauce 2
CLOSED Labor Day 5	Tuna Salad w/ Egg & Scallion 6	Spaghetti w/ Bolognese Sauce 7	Chicken Soft Taco 8	Hamburger Steak w/ Gravy 9
Baked Salmon w/ Lem- on Sauce 12	Turkey Meatloaf w/ Spinach 13	Pork Chop w/ Apple Sauce 14	Roast Beef w/ Onion Gravy 15	Chicken Cacciatore w/ Linguine 16
Spanish Steak w. Red Peppers & Onions 19	Chicken Teriyaki & Pineapple 20	Polish Sausage w/ Onions 21	Chicken Salad w/ Apple & Cashews 22	Pork Chow Mein & Noodles 23
Turkey Chili w/ Beans 26	Tuna Noodle Casserole 27	Chicken Fajitas 28	Meatloaf w/ Spinach 29	Chicken Fettuccini Alfredo 30
OCTOBER 2011				
Bratwurst w/ Sauerkraut 3	Stuffed Bell Pepper 4	Ham & Spinach Quiche 5	Shredded Chicken Taco 6	Turkey Cheese Sandwich 7
CLOSED COLOMBUS DAY 10	Chicken Burrito 11	Roast Turkey 12	Sloppy Joes w/ Bun 13	Tilapia w/ Tomato & Onion 12
Oven Baked Chicken 17	Tuna Salad w/ Egg & Scallions	Spaghetti w/ Bolognese Sauce	Chicken Soft Taco 19	Hamburger Steak w/ Gravy
Turkey Meatloaf w/ Spinach 24	Baked Salmon w/ Lemon Sauce 25	Pork Chop w/ Apple Sauce 26	Roast Beef w/ Onion Gravy 27	Chicken Cacciatore 28
Roasted Chicken HALLOWEEN EVENT 31				



## Transportation

### Dial a Ride helps Residents get around town....

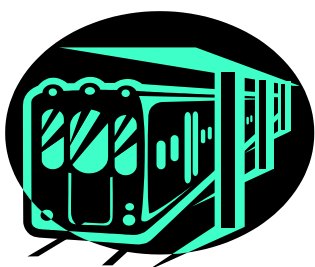
#### **NEW INFORMATION**

South Pasadena Dial-A-Ride service is available to residents who are disabled or 55 years of age or older. Service hours have expanded, as well as destinations. The expanded service begins at 8 am-6 pm, Monday through Friday, and from 8 am-1:30 pm on Saturdays and Sundays. Destinations extend to the cities of Arcadia and Alhambra for medical appointments to the Health Care Partners office, as well as for shopping needs to the Alhambra or Pasadena Target stores, Costco, Walmart, Fresco's, Superking, Food for Less & Dollar Tree as well as the Westfield Santa Anita Shopping Center in Arcadia and the DMV office in Pasadena. Reservations need to be made at least 24 hours in advance by contacting staff at (626) 403-7368 and two days prior for weekend service. Registered riders pay a fee of \$ .50 per trip.



#### **MTA Passes**

Residents of South Pasadena age 62 and over are eligible for reduced MTA bus pass (which can also be used for the Gold Line Train or the MTA buses). Seniors/disabled persons must have a TAP Card and may be reloaded from the 25th of the month to the 10th of the following month at the Center. If you do not have a TAP card, you need to contact Metro at (323)466-3876 or log onto [www.metro.net](http://www.metro.net) to obtain information. NOTE: Effective August 8th 7 day and 30 day passes replace monthly and weekly pass.



### Scholarships to take advantage of Center services....

The South Pasadena Senior Center offers confidential scholarships for seniors who find themselves with limited financial resources. Scholarships are made available from proceeds of the individual donors & SC Foundations of So Pasadena. Scholarships are issued for the meal program, transportation, and membership. Those interested please contact Liliana Torres, Senior Center Manager, to obtain an application packet.

### **Senior Citizens Foundation of South Pasadena, Inc.**

The Foundation was formed in December of 2006 and its purpose is to raise funds for the Senior Center to enable improvements to programming, the facility and any other needs the South Pasadena Senior Center may have. To date the Foundation has donated the coffee stainless cabinet, cold/hot water dispenser, 55" flat LED screen television, funded lectures from the USC Emeriti College and most recently has partially funded the Social Work Intern Program. Be a part of gift giving and make a tax deductible donation. Simply send a check to: Senior Citizens' Foundation of So Pasadena, Inc., P O Box 185, South Pasadena, CA 91031. Calls are welcome to (626) 403-7337.

Thank you,

*Ross MacMichael*, President.



**Senior Commission:**

Walter Cervantes, Chair

Richard Paul, Vice-Chair

Molly Dixon, Commissioner

Gina Phelps, Commissioner

Madalynne Wardlow, Commissioner

Mike Ten, City Council Liaison

The Senior Commission meets regularly on the  
2nd Wednesday of each month at 8:30 am.

**Staff:**

Sheila Pautsch, Community Services Director

Liliana F. Torres, Center Manager

Catrina Peguero, Secretary

Sarah LoVerme, Recreation Leader III

Chris Padula, Recreation Leader II

Nellie Armenta, Site Manager

City of South Pasadena  
Senior Citizens' Center  
1102 Oxley Street  
South Pasadena, CA 91030

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Permit #183

## October Classes/Lectures

(\*Note: Registration is required for lectures)

### Arts & Entertainment

**Movie Themes Are Many Splendored Things** Monday, October 17 at 10 am program presented by well followed speakers Saul Jacobs and Bob Lipson. (Free to members)

**LA OPERA Presents: Romeo et Juliette** LA Opera presents lecture on Wednesday, October 26 at 10:00 am

**The Miracle of Stained Glass (Secular)** Wednesday, October 19 at 10:30 am, see how stained glass is created, to become sparkling windows. View landscapes, historical depictions and literary favorites. Led by Debbie McIntosh

**America's Golden Age** Wednesday, November 16 at 10:30 am. Take a journey through time as this patriotic presentation traces our national heritage. Led by Debbie McIntosh.

### **Book Discussion Group**

The group will be reading the following books for the upcoming months: September 21, *Midnight's Children* by Salman Rushdie; October 19, *Citizens of London: The Americans Who Stood with Britain in Its Darkest, Finest Hour* by Lynne Olson; and November 16, *The Way We Live Now* by Anthony Trollope. Join Liz Giffen-Glad from 10-11:45 am.

### Fitness

#### **Line Dance**

Dance movement to exciting music will be offered on Monday evenings from 7:00-8:30 pm by Vivian Robles beginning September 26 through December 12 for \$60. Class fills quickly.

### Fitness Continued

**Zumba Gold**—Zumba combines hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program, Cost \$40 per session. *Instructor from Dance Conservatory.* **Call the Center for dates.**

### Crafts & Preparing for the Holidays

#### **De-Clutter your life with DClutterfly**

Learn techniques to become more organized, why we hold on to the oddest items and how we can evaluate our possessions to see if they are worth the shelf space. Join Tracy McCubblin on Wednesday, November 2 at 10 am.

#### **Holiday Bow Making Class**

Friday, October 28 at 10:00 am. Staff will instruct class on making bows for the holidays. Bring wired ribbon of your choice, 1.5—2 thickness is best, pipe cleaners and scissors. No charge.

#### **Ornament Making**

Friday, November 18 at 10 am.— 12 noon. Supply fee of \$3 per person, we will provide the craft dough & accessories for the ornament. Bring your own scissors and water color paints.

#### **Holiday Gift Wrapping**

Friday, December 9 at 10 am, bring your own wrapping paper, scissors and tape. We will show you how to wrap and get creative. As well as putting those fancy bows we learned to make to use. Instructed by staff. No fee.

### **SPECIAL GIFT WRAPPING DAY & JOIN US FOR COFFEE & TREATS**

December 16th staff will wrap your holiday gifts for a donation to the Senior Citizens' Foundation. Bring your own paper or select from what we have. 9 am to 12 noon. Coffee and treats will be donated by local merchants. Join us!

