

SENIOR MOMENTS

Hart Park House Senior Center

222 W. Sierra Madre Blvd.
Sierra Madre, CA 91024
www.cityofsierramadre.com
(626)355-7394

Hours of Operation

Monday - Thursday
11:00AM - 2:30PM
(closed on Friday)

Holiday Closures

Friday, November 11th
Thursday, November 24th
Friday, November 25th

Senior Community Commission

Next meeting will be held on
Thursday, November 3rd at
3:00PM in City Hall Council
Chambers



DECEMBER EXCURSION: Boat Parade of Lights (Newport Beach)

Date: Friday, December 9th, 2016

Time: 3:00pm – 10:00pm

Meeting Location: Hart Park House

Cost: \$40.00 (Does not include dinner)

Description: Enjoy the spirit of Christmas on this Holiday Lights Cruise in Newport Beach! Newport Landing's holiday lights cruises travel throughout Newport Bay viewing amazing light displays from the many Bayfront estates. Parade ships are often viewed in full décor as they sail through the bay. Lunch will be on your own in the Newport Landing Area. Participants should bring money for dinner if desired. Level of walking: Medium. Please call the Hart Park House 626-355-7394.

Lunch and Learn

Monday, November 14th, 12:00pm - 12:30pm

Sierra Madre Police Department, Community Service Officer, Lou Oronoz, will be here to share some holiday safety tips. Mark your calendars and don't miss this great presentation with valuable information. If you are interested in having lunch with the Senior Café during the presentation please call 626-355-0256 to make a reservation.



COMMUNITY EXCURSIONS:



JANUARY EXCURSION:

The Broad Museum (Los Angeles)

Date: Thursday, January 5th, 2017

Time: 10:00am - 4:00pm

Meeting Location: Hart Park House

Cost: \$10.00 (Does not include lunch)

Description: The Museum is home to more than 2,000 works of art in the Broad Collection, which is among the most prominent holdings of postwar and contemporary art worldwide. With its innovative “veil-and-vault” concept, the 120,000 square foot, \$140 million building features two floors of gallery space to showcase the comprehensive collection. Participants will take a self-guided tour and lunch will be on your own at Clifton’s Restaurant. Please bring money for lunch and souvenirs . Level of walking: High. Call the Hart Park House 626-355-7394.

Senior Cinema - 1st and 3rd Wednesday

Shown at the Hart Park House Senior Center

November 2nd at 1:00pm

Suffragette (2015)



In early 20th-century Britain, the growing suffragette movement forever changes the life of working wife and mother Maud Watts. Watts joins a diverse group of women who fight for equality and the right to vote. She

and her dedicated suffragettes must risk their jobs, homes, family and lives for a just cause. Run Time: 1h 46min

November 16th at 1:00pm

Hundred Foot Journey (2014)



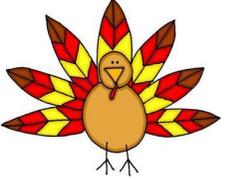
When the Kadam Family arrives from India in southern France and they open a restaurant across the street from Madame Mallory’s Michelin-starred restaurant, an all-out war develops between the two establishments

that softens only when Madame Mallory discovers that Kadam’s teenage son is an extraordinarily talented cook. Run Time: 122 minutes



YWCA San Gabriel Valley • Intervale Senior Cafe

Seniors, 60 years of age and older can participate in the YWCA Intervale daily lunch program held at the Hart Park House Senior Center. Meals are served Monday through Friday at 12:00 pm and participants are encouraged to arrive by 11:45 am. Meals are a suggested donation of \$3.00 for seniors 60 and over or \$5.00 for non-senior guests. Daily reservations are necessary. Please reserve your lunch by calling 626-355-0256 at least 24 hours in advance (call by 12 noon the day prior).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 ALBONDIGAS SOUP & CRACKERS CHICKEN FAJITAS TEX-MEX BROWN & WHITE RICE LS PINTO BEANS MARINATED TOMATO, ONION & GREEN PEPPER SALAD FLOUR TORTILLA W/ MARGARINE CITRUS FRUIT CUP	2 YOUR CHOICE CREAMY SQUASH SOUP & CRACKERS PORK LOIN ROAST IN LS SAUCE OR SALMON IN LS PESTO SAUCE W/ LEMON SLICE & TARTAR SAUCE FRESH SWEET POTATOES MIXED VEGETABLES LETTUCE W/ RADISHES & MUSHROOMS SALAD RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE	3 SWEDISH MEATBALLS W/ SOUR CREAM IN LS SAUCE SPIRAL PASTA GREEN BEANS CAESAR SALAD W/ DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH ORANGE	4 CHICKEN CHOP SUEY IN LS SAUCE BROWN & WHITE RICE GARLIC BABY BOK CHOY LEMON GELATIN W/ PINEAPPLE CHUNKS SLICED PEACHES
	7 ORANGE JUICE SWEET & SOUR PORK IN LS SAUCE BAKED WINTER SQUASH GREEN BEANS W/ RED PEPPERS LETTUCE W/ TOMATO SALAD FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE CINNAMON APPLESAUCE	8 LENTIL SOUP & CRACKERS HAMBURGER PATTY W/ KETCHUP, MUSTARD, & RELISH PACKETS LETTUCE, TOMATO & ONION SLICES PARSLEY POTATOES CARROT COINS MACARONI SALAD WHOLE GRAIN HAMBURGER BUN CANTALOUPE	9 SOUP & SUB VEGETABLE SOUP & CRACKERS SUBMARINE SANDWICH W/ ROAST BEEF, TURKEY, & .5 OZ JACK CHEESE LETTUCE & TOMATO SLICES CREAMY COLESLAW SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING CARROT RAISIN SALAD HOAGIE ROLL FRESH ORANGE	10 ROSEMARY CHICKEN LEG & THIGH IN LS SAUCE HOT HARVARD BEETS FRESH SWEET POTATOES BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS
14 OVEN FRIED CHICKEN W/ LS GRAVY ROASTED POTATOES GREEN PEAS CARROT- BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP	15 ROAST PORK W/ LS GRAVY FRESH SWEET POTATOES GREEN BEANS & CORN APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE LEMON PUDDING	16 CHICKEN CACCIATORE IN LS TOMATO SAUCE BUTTERED EGG NOODLES CARROTS LETTUCE W/ RADISHES & CUCUMBER SALAD RANCH DRESSING CANTALOUPE	17 MINESTRONE SOUP & CRACKERS STUFFED BELL PEPPER W/ LS SAUCE BROCCOLI BAKED WINTER SQUASH STRAWBERRY GELATIN W/ PINEAPPLE WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS	18 BEEF BARLEY VEGETABLE SOUP & CRACKERS TUNA SALAD SANDWICH W/ LETTUCE, ONION & TOMATO MACARONI SALAD THREE BEAN SALAD CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS
21 CREAMY SQUASH SOUP & CRACKERS ITALIAN MEATBALLS W/ LS TOMATO SAUCE ITALIAN SPAGHETTI NORMANDY VEGETABLES TOSSED SALAD W/ SLICED RADISHES & CUCUMBER ITALIAN DRESSING GINGERED PEARS	22 HAWAIIAN CHICKEN W/ LS SAUCE RICE PILAF (BROWN & WHITE RICE) LS BLACK BEANS CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE PEACH COBBLER W/ 1/2 CUP FRUIT & OATMEAL TOPPING	23 HAPPY THANKSGIVING ORANGE JUICE SLICED BAKED TURKEY W/ LS GRAVY AND CRANBERRY SAUCE CORNBREAD STUFFING PEAS W/ PEARL ONIONS GARDEN SALAD W/ CARROTS & RADISHES RANCH DRESSING PUMPKIN PIE	24 HAPPY  CENTERS	25 THANKSGIVING  CLOSED
28 ORANGE JUICE ROSEMARY CHICKEN IN LS SAUCE PARSLEY POTATOES MIXED VEGETABLES CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE APPLE COBBLER W/ 1/2 CUP FRUIT & OATMEAL TOPPING	29 STEAK PICADA W/ PICO DE GALLO IN LS SAUCE BAKED WINTER SQUASH GREEN BEANS MARINATED TOMATO, GREEN PEPPER & ONION SALAD FLOUR TORTILLA FRESH BANANA	30 YOUR CHOICE CHIPOTLE ROAST PORK W/ LS SAUCE OR FISH VERA CRUZ IN LS TOMATO SAUCE W/ LEMON SLICE & TARTAR SAUCE BROWN & WHITE RICE FRESH SWEET POTATOES APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE CANTALOUPE	Administered by YWCA San Gabriel Valley & the Inland Communities And funded in part by the Los Angeles County Area Agency on Aging through the Older Americans Act of 1965 as amended. YWCA San Gabriel Valley & the Inland Communities 943 North Grand Avenue, Covina, CA 91724 Phone - Director: 626-214-9466 Fax: 626-814-0447 email: intervale@ywcasgv.org facebook.com/ywcasgv	

Activities at the Senior Center

Hawaiian and Polynesian Dance Class: Every Tuesday morning from 10am to 11am. Join instructor Barbara Dempsey as she instructs you in the art of hula.

Bingo: Every Tuesday beginning at 1:00pm. Cards are only \$0.25 each! Everyone is welcome to join. May be canceled if less than 5 people.

Free Blood Pressure Testing: 2nd Tuesday of the month from 11am to 12pm. No appt. is necessary.

Brain Games: Thursday, November 17th, 10:30am - 11:30am, improve your memory and strengthen your brain. Activities facilitated by senior volunteers.

Free Legal Consultation: Wednesday, November 16th from 10:30am to Noon. Attorney Lem Makupson is available for legal consultation. He specializes in Family Law, Wills, Trusts, Estates, and Injury. Appointment are required by calling 626-355-7394.

Sing-A-Long: Music brings joy to the soul. Come join us Thursday, November 10th, 10:30am to 11:30am. No music skills needed!

Senior Club: Every Saturday at the Hart Park House Senior Center. Brown bag lunch at 11:30am.

Chair Yoga: Mondays and Wednesdays from 11:00 to 11:45 am with Paul Hagen. All ability levels are encouraged and welcomed. A suggested donation of \$5 at one of the classes is requested, but is not required.

Case Management: Meets the 2nd Thursday of the month. Case Management services are provided by the YWCA and provide assistance in a variety of areas. Appointments are required and can be scheduled by calling the HPH Office at 626-355-7394.

Birthday Celebrations: Every second Thursday of the month at the Hart Park House. The free birthday cake is provided by the Sierra Madre Civic Club.

Game Day: Every Thursday starting at 12:00pm. (Please note the time change.) A regular group of seniors play poker. Other games available for use.

Free Strength Training Class: Every Friday from 12:45pm to 1:30pm with Lisa Brandley. The class utilizes light weights for low impact resistance training. All materials for the class are provided.

Rite Aid Flu Clinic

Thursday, November 10th, 2016, 11:00am - 12:00pm

Flu season is here. The seasonal flu vaccine is the best way to protect yourself from the influenza virus and also helps protect people around you who may be more vulnerable to the virus. Most insurances pay for the vaccine. Please call the Hart Park House for more information and reserve your space 626-355-7394. Consent forms must be filled out with Medicare ID# by November 7th, prior to getting the flu vaccine.

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