

Senior Moments

FEB 2014

CITY OF SIERRA MADRE - COMMUNITY SERVICES DEPARTMENT

HART PARK HOUSE SENIOR CENTER

Phone: 626-355-7394

Physical Address

222 W. Sierra Madre Blvd.
Sierra Madre, CA 91024

Mailing Address

232 W. Sierra Madre Blvd.
Sierra Madre, CA 91024

HOURS OF OPERATION

Monday - Thursday 11:00 AM - 5:30 PM (closed Fridays)

CITY SERVICES CLOSED

Monday, February 17 Fridays, Feb. 7, 14, 21, 28

Senior Community Commission

Meets the 1st Thursday of the month at 3:00 pm in the City Hall Council Chambers. Next Meeting:

February 6, 2014

Be Aware of the Grandparent Scam

If you receive a phone call or email from someone stating that your grandchild is in trouble and needs your help financially it is most likely a scam. The FBI advises you resist the pressure to act quickly and try to contact the grandchild or another family member to determine whether or not the call is legitimate. Never wire money based on a request made over the phone or in an email. Wiring money is like giving cash -- once you send it, you cannot get it back. For more information on this scam please contact Sierra Madre Police Department at 626-355-1414.

Seasonal Fun at the Senior Center

- Valentine's Day Craft: On <u>Thursday</u>, <u>February 13th</u> come and join us in making Valentine's Day Owls. Craft Making will begin at 10:30am. All supplies will be provided.
- Treat your self with a post-Valentine's Spa Day on Tuesday, February 18th! Students from the Pasadena Massage School will be on site at the Senior Center providing massages FREE of charge! Each massage session is 10 minutes in length and appointments are required. Please come in or call us at 626.355.7394.

Lunch & Learn: "Story of Old Pasadena"

Wednesday, February 26th • 12:00 to 1:00 pm

"The Story of Old Pasadena" presentation by The Pasadena Heritage will give an overview of the original downtown, which is now listed on the National Register of Historic Places. Pasadena was incorporated in 1886. During the next 14 years the population of Pasadena exploded to more than 30,000 inhabitants. Learn why many of Old Pasadena buildings have split personalities, hear the story of the Castle Green and the snake oil salesman who built it, and experience the real Old Pasadena with its fascinating array of historic buildings. Mark your calendars and don't miss this great presentation. If you would like to have lunch during the talk, please make a reservation with the Senior Lunch Cafe at 626.355.0256 or bring your own.

AARP Smart Driver Course

This class focuses on learning current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll also learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time. Many states including California offer discounts on auto insurance rates for those who complete this course. Class held at the Community Recreation Center located in Sierra Vista Park, 611 E. Sierra Madre Blvd.

Tuesday, February 18 and Wednesday, February 19 from 9am to 1pm (Must attend both dates in order to complete course)

Cost: \$15.00 AARP members, \$20.00 non-members (Payment due to instructor on the first day of class)

Registration is required, for more info or to register call 626.355.7394.

Older American Nominations Being Accepted

The Senior Community Commission and Community Services Department is now accepting nominations for the Older "Sierra Madre" American of the Year. If you know someone who lives in Sierra Madre, has demonstrated outstanding community service, and is 60 years of age or older please be sure to fill out a nomination form. Nomination forms are available at the Hart Park House Senior Center or by calling the Senior Services Office at 626-355-7394.

Nominations are due by Tuesday, February 18, 2014 and can be dropped off at the Hart Park House Senior Center or mailed to 232 W. Sierra Madre Blvd., Sierra Madre, CA 91024. The Senior Community Commission reviews each nomination and will decide the 2014 honoree at their meeting on March 6, 2014. The 2014 Older American honoree is recognized at a formal reception in their honor on Friday, May 9, 2014.

Upcoming Excursions

Feline Conservation Center (Rosamond, CA)

Date: Thursday, February 27, 2014

Time: 9:00am to 4:00pm

Meeting Location: Hart Park House Senior Center

Cost: \$15.00 (does not include lunch)

Home to over 70 of the world's most endangered felines, the Feline Conservation Center is a breeding zoo and research facility. Cat lovers of all ages are fascinated by the cats (and the peacocks) and unlike a zoo, the Conservation Center has no moats so visitors can get as close as 5 feet away from these beautiful (but dangerous) cats. Following the one-hour tour is a visit at the gift shop and lunch at a nearby restaurant. It is recommended to bring \$10-15 for lunch. Last day to register is Wednesday, February 19th. Level of Walking: Moderate

Whale Watching (Long Beach, CA)

Date: Saturday, March 22, 2014 Time: 10:00am to 3:30pm

Meeting Location: Community Recreation Center

Cost: \$31.00 (does not include lunch)

Don't miss the Community Services Department annual whale watching excursion. The 2014 excursion will visit the same whale watching Charter Company as 2013, which features a narrated cruise by Aquarium of the Pacific staff and a boat with indoor and outdoor seating. Participants can bring their own lunch to enjoy on the boat, or purchase snack items on board. Children 2 & under are free. Last day to register is Tuesday, March 11th. Level of Walking: Minimal

Palm Springs Follies (Palm Springs, CA)

Date: Friday, April 11, 2014 Time: 8:30am to 6:00pm

Meeting Location: Hart Park House Senior Center

Cost: \$60.00 (does not include lunch)

Spend the day in Palm Springs shopping, having lunch and visiting the famous Palm Springs Follies, a world-famous, Broadway-caliber celebration of the music, dance, and comedy of the 40s, 50s, and 60s with a cast old enough to have lived it! Upon arrival in Palm Springs participants can shop and lunch at nearby stores and restaurants all within walking distance of the theater. The performance begins at 1:30 pm and is approximately 2 ½ hours. Participants are asked to bring additional money for shopping and lunch. This will be the LAST Palm Springs Follies ever so sign up soon! Last day to register is Thursday, March 20th.

Level of Walking: Low to Moderate

Registering for Excursions

Registration can be done in person at the Hart Park House Senior Center & Community Recreation Center or Online at www.cityofsierramadre.com. Cash, checks, and credit cards are accepted Make checks payable to "City of Sierra Madre". Payment must be made at time of reservation.

Ronald Reagan Presidential Library & Museum (Simi Valley, CA)

Date: Friday, May 16, 2014 **Time:** 9:00am to 3:30pm

Meeting Location: Hart Park House Senior Center

Cost: \$20.00 (does not include lunch)

Spend the day exploring the Ronald Reagan Presidential Library and Museum. The guided tour is approximately 2 hours and includes an opportunity to see Air Force One, a replica of the Oval Office, and the exhibit "Honoring Legends of Baseball," a limited time engagement at the venue. The special exhibit will display extraordinary artifacts from Babe Ruth, Joe DiMaggio, Lou Gehrig, Jackie Robinson, the Los Angeles Dodgers, and scores of other historically important players and organizations. Participants are asked to bring additional money for souvenirs and lunch; two restaurants are available on site. Last day to register is Thursday, May 1, 2014. Level of Walking: Moderate

FUTURE TRIPS

June – Aquarium of the Pacific (Long Beach)
July – Pageant of the Master (Laguna Beach)

Senior Cinema: 1st & 3rd Wed. Shown in City Hall Council Chambers

February 5th: Quartet (2012)

At a home for retired musicians, the annual concert to celebrate Verdi's birthday is disrupted by the arrival of Jean, an eternal diva and the former wife of one of the residents. **Rated PG-13, Start time:** 1:00 pm (run time 98 minutes) **Featuring:** Maggie Smith and Tom Courtenay

February 19th: The Great Gatsby (1974)

It follows the life and times of millionaire Jay Gatsby and his neighbor Nick, who recounts his encounter with Gatsby at the height of the Roaring Twenties. **Rated PG Start time:** 1:00 pm (run time 144 minutes) **Featuring:** Robert Redford and Mia Farrow



2014 Winter Olympics

The 2014 Olympic Winter Games is the first time that the Russian Federation will host the Winter Games; the Soviet Union hosted the 1980 Summer Games in Moscow. The host city Sochi has

a population of 400,000 people and is situated in Krasnodar, which is the third largest region in Russia. This is the 22nd time the Winter Olympic Games have been hosted. The upcoming games will be held February 7th through February 23rd and include such favorites as figure skating, ice hockey, bobsledding, and more. Viewing opportunities are available at the Hart Park House Senior Center during the facilities regular hours.

YWCA San Gabriel Valley • Intervale Senior Cafe

Seniors 60 years of age and up 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 (participants are encouraged to arrive by 11:45 am). Meals are a suggested donation of \$2.00 for seniors 60 and over or \$3.75 for non-senior guests. Daily reservations are necessary, as space is limited. Please reserve your lunch by calling (626) 355-0256 at least 24 hours in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CREAMY SQUASH SOUP BARBECUE PORK RIBBLET PARSLEY POTATOES GREEN PEAS & CORN CARROT-BROCCOLI SLAW WHOLE GRAIN HAMBURGER BUN W/ MARGARINE FRESH APPLE	4 POTATO & ONION SOUP TERIYAKI CHICKEN W/ SAUCE BROWN & WHITE RICE GREEN BEANS & CARROTS TOSSED SALAD W/ RADISHES & MUSHROOMS RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE PEACH COBBLER(½ C FRUIT) W/ OATMEAL TOPPING	5 SOUP N' SUB NAVY BEAN SOUP SUBMARINE SANDWICH (ROAST BEEF, TURKEY & JACK CHEESE) MAYO & MUSTARD PKTS. DILL PICKLE SLICES, LETTUCE, TOMATO & ONION SLICES POTATO SALAD CREAMY COLESLAW (¾ C) WHOLE GRAIN ROLL FRESH BANANA	MINESTRONE SOUP W/ ½ C VEGETABLES ITALIAN MEATBALLS & SPAGHETTI W/ ITALIAN SAUCE NORMANDY VEGETABLES APPLE SALAD FRENCH BREAD W/ MARGARINE OATMEAL COOKIES (2)	7 SOUP & SALAD ALBONDIGAS SOUP TOSTADA CARNITAS SALAD (SHREDDED PORK) W/ TORTILLA CHIPS & SALSA LIME-CILANTRO B &W RICE REFRIED BEANS SHREDDED CHEESE, LETTUCE, TOMATO CHUNKS BLACK OLIVES, CREAMY FRENCH DRESSING, SALSA, SOUR CREAM ORANGE SECTIONS
POTATO & ONION SOUP CHICKEN CACCIATORE RICE PILAF (BROWN/WHITE) GREEN BEANS CARROT-RAISIN SALAD WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP	BEEF BARLEY VEGETABLE SOUP TURKEY ALA KING OVER BISCUIT MASHED POTATOES BROCCOLI & CARROTS MARINATED BEET & ONION SALAD BISCUIT W/ MARGARINE FRESH BANANA	CHICKEN ALBONDIGAS SOUP STEAK PICADO (BEEF-3 OZ, GREEN PEPPERS, ONIONS, SAUCE), PICO DE GALLO SPANISH RICE, PINTO BEANS MARINATED TOMATO, ONION & GREEN PEPPERS SALAD FLOUR TORTILLA W/ MARG. FRESH APPLE	13 SPLIT PEA SOUP ROAST PORK W/ GRAVY FRESH SWEET POTATO STEWED TOMATOES GREEK SALAD W/ FETA CHEESE & DRESSING WHOLE GRAIN BREAD W/ MARGARINE SLICED CANTALOUPE	14 Valentines Day CREAMY SQUASH SOUP BURGUNDY BEEF W/ SAUCE PARSLEY POTATOES NORMANDY VEGETABLES APPLE SALAD FRENCH BREAD W/ MARG CHERRY PIE
PRESIDENT'S DAY CENTERS CLOSED	18 LENTIL SOUP ITALIAN SAUSAGE W/ GREEN PEPPERS SPAGHETTI IN ITALIAN SAUCE CREAMED SPINACH GARDEN SALAD FRENCH DRESSING DINNER ROLL W/ MARGARINE ORANGE SECTIONS	T9 YOUR CHOICE CREAMY TOMATO SOUP HAWAIIAN CHICKEN W/ SAUCE OR SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE PARSLEY POTATOES NORMANDY VEGETABLES APPLE SALAD WHOLE GRAIN BR W/ MARG BUTERSCOTCH PUDDING	CHICKEN ALBONDIGAS SOUP BEEF FAJITAS (SHREDDED BEEF-3 OZ, GREEN PEPPERS, ONIONS, SAUCE) PICO DE GALLO SPANISH RICE PINTO BEANS CARROT-RAISIN SALAD FLOUR TORTILLA W/MARG SLICED CANTALOUPE	21 Soup & Sandwich VEGETABLE SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & MAYO MACARONI SALAD THREE BEAN SALAD MARINATED BEET & ONION SALAD TWO SLICES WHOLE GRAIN BREAD W/ MARG. CITRUS FRUIT CUP
24 NAVY BEAN SOUP BARBECUE CHICKEN LEG & THIGH W/ SAUCE MASHED POTATOES BROCCOLI & CORN CAESAR SALAD W/ CRUTONS & DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE	25 YOUR CHOICE VEGETABLE SOUP CHIPOTLE ROAST PORK W/ SALSA OR FISH VERA CRUZ W/ SAUCE, SALSA, LEMON SLICE & TARTAR SAUCE TEX-MEX B&W RICE GREEN BEANS & CARROTS MARINATED TOMATO, ONION & GREEN PEPPER SALAD FLOUR TORTILLA W/ MARG. FRESH BANANA	26 BROCCOLI CHEESE SOUP HAMBURGER W/ CHEESE, LETTUCE, PICKLE, TOMATO & ONION SLICES KETCHUP, MUSTARD & RELISH PACKETS BARBECUE BAKED BEANS SUNSET SALAD CREAMY COLESLAW-3/4 CUP WHOLE GRAIN BUN W/ MARG ORANGE SECTIONS	27 SOUP & SALAD CREAMY TOMATO SOUP CHINESE CHICKEN SALAD CHINESE CRISPY NOODLES MARINATED ¼ CUP ORANGE SALAD SALAD VEGETABLES (1 c) PINEAPPLE-CARROT SALAD WHOLE GRAIN BREAD W/ MARGARINE SLICED HONEYDEW (3/4 c)	POTATO & ONION SOUP ITALIAN MACARONI BEEF & CHEESE CASEROLE FRESH SWEET POTATOES GARDEN SALAD W/ GREEN PEPPERS & RADISHES RANCH DRESSING FRENCH BREAD W/ MARGARINE GINGERED PEARS
SUBJECT TO CHANGE WITHOUT NOTICE * * * SUGGESTED DONATION \$2.00 * * * 1% LOW FAT MILK INCLUDED HOME DELIVERED MEALS / MEALS ON WHEELS CLIENTS MAY RECEIVE DIFFERENT ITEMS			Administered by YWCA San Gabriel Valley - Intervale Senior Services and funded in part by the Los Angeles County Area Agency on Aging through the Older Americans Act of 1965 as amended.	

Activities at the Hart Park House Senior Center

Free Balance Class: Monday, February 24th 11:00 to 11:45 am with Shannon Vandevelde. A variety of balance exercises are practiced; all ability levels are encouraged and welcomed.

Bingo: Every Tuesday from 1:00pm to 3:30pm. Cards are only \$0.25 each! Everyone is welcome to join.

Free Blood Pressure Testing: Held 2nd Tuesday of the month from 11:00am to 12:00pm. No appointment is necessary.

Free Legal Consultation: Will be held on Wednesday, February 19th from 10:00am to Noon. Attorney Lem Makupson is available for legal consultation. He specializes in Family Law, Wills, Trusts, Estates, and Injury. For an appointment call 626-355-7394.

Free Chair Yoga: Every Wednesday morning from 11:00am to 11:45am. Join Paul Hagen for this free class that focuses on senior yoga techniques.

Tax Assistance: Every Wednesday February 5th through April 2nd from 1:00pm to 2:00pm. Don Brunner is available for income tax consultation. Appointments are required, call 626-355-7394.

Birthday Celebrations: Every second Thursday of the month the Hart Park House Senior Center celebrates birthdays of our patrons. The free birthday cake is provided by the Sierra Madre Civic Club.

"Let the Brain Games Begin"

Tuesday, February 25th from 10:30 am to 11:30 am Improve your memory and strengthen your brain with with fun, hands-on activities. Past activities have included Pictionary, molding Playdough, and listening to songs. Each month brings a new game and contests to facilitate brain stimulation. Activities facilitated by Jackie Stahl, Community Liaison for Comforcare Senior Services in Pasadena.



Game Day: Every Thursday starting at 1:00pm. A regular group of seniors play poker.

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

Senior Club: Join them every Saturday at the Hart Park House Senior Center. Brown bag lunch at 11:30 am. Club meeting at noon. Bingo 12:30-3:30 pm. Annual Membership is only \$10.

Tech Talk: Learn to Use Your Technology Monday, February 10 and 24 from 2:00 to 3:00 PM

Tech-savvy teens from the YMCA Teen Leadership Club provide assistance with the operation of cell phones, tablets, and computers. Participants should bring the device with which they need assistance; 2 computers are available at the Senior Center for use. The class is free of charge, but registration is required. To register, or for questions regarding the program call 626.355.7394.