

Senior Moments

APR 2014

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 Fridays - Lunch Only

CITY SERVICES CLOSED Fridays, Apr. 4, 11, 18, 25

Senior Community Commission

Meets the 1st Thursday of the month at 3:00 pm in the City Hall Council Chambers. Next Meeting: April 3, 2014

Seasonal Fun at the Senior Center

On **Thursday, April 17th** join us for fun spring activities including dyeing and decorating hard boiled eggs and creating tissue paper flower bouquets. All materials provided. The activity will take place from **10:30am to Noon**. If you have any questions please feel free to stop by or give us a call at 626.355.7394.

Lunch & Learn: DMV Senior Ombudsman Program

Wednesday, April 23rd • 12:00 to 1:00 pm

The DMV has established the Senior Driver Ombudsman program for the expressed purposes of helping all drivers maintain their driving independence for as long as they can safely do so.

A representative from the program will be present to (1) address the specific concerns of senior drivers and provide DMV resources (2) assist as a liaison to ensure senior drivers are treated fairly and consistently when faced with changes in physical, visual, and/or mental abilities; and (3) provide information and support to seniors and loved ones when safety becomes a concern.

Mark your calendars and don't miss this great presentation with valuable information. If you would like to have lunch during the talk please call the Senior Lunch Café at 626.355.0256 or bring your own.

Chair Yoga Update

This class has become so popular that Instructor Paul Hagen has agreed to offer another class. Starting **Monday, April 7th** chair yoga will meet twice a week on Mondays and Wednesdays from 11:00 to 11:45 am, except on the third Monday of the month when the balance class is held. Due to the demand for this class and Paul Hagen's time a suggested donation of \$5 at one of the classes is requested, but is not required. If you have any questions please feel free to stop by or give us a call 626.355.7394

Richard Johnson Named 2014 Sierra Madre Older American of the Year

The City of Sierra Madre Senior Community Commission and Community Services Department are happy to announce that Richard (Dick) Johnson has been selected as the 2014 Sierra Madre Older American of the Year.

Dick Johnson, a long time Sierra Madre resident, has been an active member of the Sierra Madre Historical Society for more than 30 years and presently serves as the Secretary. In addition, he has supported the community

In addition, he has supported the community through his service as Chairman for the Annual Art Fair, a Sierra Madre Methodist Church Trustee, a Library Board Trustee, and much, much more.

In recognition of Dick's dedicated volunteer service to the community, Sierra Madre will be honoring him at a local reception on Friday, May 30, 2014 from 4:30 p.m. to 6:00 p.m. at the Hart Park House Senior Center, 222 W. Sierra Madre Blvd., Sierra Madre. For more information contact the Senior Services Office at 626.355-.7394



Time: 8:30am to 2:00pm

Where: Podley Properties Sierra Madre Parking Lot

30 N. Baldwin Ave Sierra Madre, CA 91024

Cost: FREE

All material will be safely shredded in compliance with all applicable laws and regulations. Staples and pare clips are OK, but no metal objects please.

Come enjoy coffee and donuts, while you get your materials shredded.

If you have any questions please call 626.355.2384.

Upcoming Excursions

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! Sold Out, but feel free to call to be on the waiting list. Level of Walking: Low to Moderate

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. 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. Level of Walking: Moderate

Aquarium of the Pacific (Long Beach, CA)

Date: Friday, June 20, 2014 **Time:** 9:00am to 3:00pm

Meeting Location: Hart Park House Senior Center

Cost: \$25.00 (does not include lunch)

The Aguarium features a collection of over 11,000 animals representing over 500 different species in exhibits ranging in size and capacity from about 5,000 to 350,000 gallons. Exhibits introduce the inhabitants and seascapes of the Pacific, while also focusing on specific conservation messages associated with each region. The Pacific Ocean is the focus of three major permanent galleries, sunny Southern California and Baja, the frigid waters of the Northern Pacific and the colorful reefs of the Tropical Pacific. You will be given a daily schedule of the shows included in the price of admission some of which are the care and feeding of sea otters, seals and sea lions, and sharks, the tropical reef dive in which divers speak from inside the 350,000 gallon tropical reef tank, and a penguins multimedia show. Participants are asked to bring additional money for souvenirs and lunch; there are a variety of restaurants nearby. Last day to register is Thursday, June 12, 2014. Level of Walking: Moderate

FUTURE TRIPS

Friday, July 18th – California Science Center (Los Angeles)

Water Aerobics Classes

Waterworks Aquatics offers Low Intensity Water Aerobics at their Sierra Madre facility, 611 E. Sierra Madre Blvd. Cost is \$12 per class; or purchase a Waterworks card and save. Classe times:

- Monday Thursday 9:00am 10:00 am
- Tuesday 6:40pm 7:40pm

Water Aerobics improves circulation, flexibility, range of motion, and endurance and strengthens muscles. For more information call 626.836.1200

Senior Cinema: 1st & 3rd Wednesday

Change in Venue
Shown at the Hart Park House Senior Center

April 2nd: Gravity (2013)

A medical engineer and an astronaut work together to survive after an accident leaves them adrift in orbit. Rated PG-13, Start time: 1:00 pm (run time 91 minutes) Featuring: Sandra Bullock, George Clooney, and Ed Harris

April 15th: Iron Lady (2013)

An elderly Margaret Thatcher talks to the imagined presence of her recently deceased husband as she struggles to come to terms with his death while scenes from her past life, from girlhood to British prime minister, intervene. Rated PG-13, Start time: 1:00 pm (run time 105 minutes) Featuring: Meryl Streep, Jim Broadbent, and Richard E. Grant

May 7th: Saving Mr. Banks (2013)

Author P.L. Travers reflects on her childhood after reluctantly meeting with Walt Disney, who seeks to adapt her Mary Poppins books for the big screen. Rated PG-13, Start time: 1:00 pm (run time 125 minutes) Featuring: Emma Thompson, Tom Hanks, and Annie Rose Buckley

May 21st: Captain Phillips (2013)

The true story of Captain Richard Phillips and the 2009 hijacking by Somali pirates of the US-flagged MV Maersk Alabama, the first American cargo ship to be hijacked in two hundred years. **Rated PG-13, Start time:** 1:00 pm (run time 143 minutes) **Featuring:** Tom Hanks and Barkhad Abdirahman.

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
	1 VEGETABLE SOUP HAWAIIAN CHICKEN W/SAUCE PARSLEY POTATOES BROCCOLI & CARROTS LETTUCE & TOMATO SALAD RANCH DRESSING BREAD W/margarine FRESH APPLE	CREAMY SQUASH SOUP STEAK PICADO (BEEF-3 OZ, GREEN PEPPERS, ONIONS, SAUCE), PICO DE GALLO SPANISH RICE PINTO BEANS MEXICALI COLESLAW (3/4 C) FLOUR TORTILLA W/ MARG. GINGERED PEARS	BROCCOLI & CHEESE SOUP ROAST TURKEY W/ GRAVY MASHED POTATOES GREEN BEANS & CORN MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARG CITRUS FRUIT CUP	4 SOUP & SANDWICH POTATO & ONION SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOM & MAYO MACARONI SALAD THREE BEAN SALAD CARROT-RAISIN SALAD TWO SLICES WHOLE GRAIN BREAD W/ MARG. FRESH CANTALOUPE
7 LENTIL SOUP HERB BAKED CHICKEN LEG & THIGH W/ GRAVY SCALLOPED POTATOES NORMANDY VEGETABLES APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE TAPIOCA PUDDING	SPLIT PEA SOUP HAMBURGER W/ CHEESE, LETTUCE, PICKLE, TOM & ONION KETCHUP, MUSTARD & RELISH PACKETS CHEESY MACARONI BARBECUE BAKED BEANS SPINACH SALAD W/ MUSHRMS CREAMY ITALIAN DRESSING WHOLE GRAIN BUN W/ MARG FRESH SLICED HONEYDEW	9 SWEET CORN SOUP MANDARIN BEEF & BROCCOLI EGG FRIED RICE STEAMED BABY BOK CHOY & CARROTS FRESH ORANGE SECTIONS WHOLE GRAIN BREAD W/ MARGARINE TWO FORTUNE COOKIES	10 SOUP N' SUB BEEF BARLEY VEGETABLE SOUP SUBMARINE SANDWICH (ROAST BEEF, TURKEY & JACK CHEESE) MAYO & MUSTARD PKTS. PICKLES, LETTUCE, TOMATO & ONION SLICES POTATO SALAD, COLESLAW WHOLE GRAIN ROLL W/ MARG FRESH APPLE	11 YOUR CHOICE NAVY BEAN SOUP CHIPOTLE ROAST PORK W/ SALSA OR FISH VERA CRUZ W/SAUCE ,LEMON SLICE & TARTAR SAUCE TEX-MEX RICE, GREEN BEANS & CARROTS MARINATED TOMATO, ONION & GREEN PEPPER SALAD FLOUR TORTILLA W/ MARG. FRESH BANANA
14 CREAMY SQUASH SOUP BARBECUE PORK RIBBLET FRESH SWEET POTATO GREEN PEAS & BUTTER BEANS GREEK SALAD W/ FETA CHEESE & DRESSING WHOLE GRAIN BUN W/ MARG FRESH BANANA	CHICKEN ALBONDIGAS SOUP BEEF FAJITAS (SHREDDED BEEF, GREEN PEPPERS, ONIONS, SAUCE), PICO DE GALLO SPANISH RICE, PINTO BEANS MARINATED TOMATO, ONION & GREEN PEPPER SALAD FLOUR TORTILLA W/ MARG. PEACH COBBLER W/TOPPING	16 SOUP & SALAD CREAMY TOMATO SOUP CHINESE CHICKEN SALAD CHINESE CRISPY NOODLES MARINATED ¼ CUP ORANGE SALAD SALAD VEGETABLES (1 c) CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS	PARTICLE OF THE STATE OF THE ST	18 YOUR CHOICE VEGETABLE SOUP SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE OR HAWAIIAN CHICKEN W/SAUCE BROWN AND WHITE RICE GARLIC BABY BOK CHOY PINEAPPLE-CARROT SALAD WHOLE GR. BREAD W/MARG SLICED CANTALOUPE
MINESTRONE SOUP ITALIAN MEATLOAF W/SAUCE MASHED POTATOES BROCCOLI & CORN ROMAINE SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING FRENCH BREAD W/ MARG FRESH APPLE	CREAMY TOMATO SOUP ROAST PORK LOIN W/ GRAVY AU GRATIN POTATOES CREAMED SPINACH MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARG FRESH ORANGE SECTIONS	CHICKEN NOODLE SOUP STUFFED BELL PEPPER BAKED WINTER SQUASH GREEN PEAS & BUTTER BEANS CAESAR SALAD W/ CRUTONS & DRESSING WHOLE GRAIN BRD W/marg SLICED HONEYDEW (3/4 C)	24 SOUP & SALAD ALBONDIGAS SOUP TOSTADA CARNITAS SALAD (SHREDDED PORK) W/ TORTILLA CHIPS & SALSA LIME-CILANTRO RICE REFRIED BEANS, CHEESE, LETTUCE, TOMATO BLACK OLIVES, CREAMY DRESSING, SOUR CREAM, CITRUS FRUIT CUP	BEEF BARLEY VEGETABLE SOUP OVEN FRIED CHICKEN MASHED POTATOES MIXED VEGETABLES MARINATED TOM, ONION & GR. PEPPER SALAD WHOLE GRAIN BREAD W/ MARG FRESH BANANA
28 CREAMY CORN SOUP	29 PICNIC DAY BROCCOLI CHEESE SOUP	30 POTATO & ONION SOUP	Administered by YWCA San Gabriel Valley - Intervale Senior Services	

CREAMY CORN SOUP
BARBACOA BEEF W/ SPICES
& SAUCE
PICO DE GALLO
SPANISH RICE
PINTO BEANS
CARROT-BROCCOLI SLAW
FLOUR TORTILLA W/
MARGARINE
GINGERED PEARS

BROCCOLI CHEESE SOUP
ALL BEEF HOT DOG W/
MUSTARD, KETCHUP &
RELISH pkis
MACARONI SALAD
THREE BEAN SALAD
SPINACH SALAD W/ GREEN
PEPPERS & TOMATOES
RANCH DRESSING
SLICED CANTALOUPE

TANDOORI CHICKEN W/SAUCE BROWN & WHITE RICE NORMANDY VEGETABLES GREEK SALAD W/ FETA CHEESE & DRESSING WHOLE GRAIN BREAD W/ MARGARINE APPLE COBBLER (1/2 C Fruit) W/ OATMEAL TOPPING WCA 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.

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

Activities at the Hart Park House Senior Center

Free Balance Class: Every 3rd Monday, next class will be Monday, April 21st from 11:00 to 11:45 am with Shannon. A variety of balance exercises are practiced; all ability levels are encouraged and welcomed.

Hawaiian and Polynesian Dance Class: Every Tuesday morning from 10:00am to 11:00am. Come join this wonderful group in learning more about the art of Hawaiian and Polynesian dance.

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: Wednesday, April 23rd 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.

Tax Assistance: Every Wednesday through April 9th 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"

Thursday, April 24th from 11:00 am to Noon Improve your memory and strengthen your brain 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. Other games available for use.

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, April 14 and 28 from 2:00 to 3:00 PM

Tech-savvy youth from Sierra Madre Middle School will 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.