Senior Moments

CITY OF SIERRA MADRE - COMMUNITY SERVICES DEPARTMENT

MAY 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

Monday: May 26th
Fridays: May 2, 9, 16, 23,30

Senior Community Commission

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

Seasonal Fun at the Senior Center

On **Thursday, May 15th** join us and the Garden Club in making FREE Succulent Gardens. You will be able to create your own mini garden to take home. The activity will take place from 10:30 to 11:45, **reservations are required**. If you have any questions please feel free to stop by or give us a call at 626.355.7394.

Lunch & Learn: Extreme Heat

Wednesday, May 28th • 12:00 to 1:00 pm

As you prepare for the summer season it is important to take preventative measures to avoid heat related illnesses such as heat exhaustion and heat stroke. Debra Watson, LVN from Home Care Providers, will provide educational materials and tips to avoid these dangerous conditions. 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.

UUT Exemption for Sierra Madre Seniors

Tuesday, May 20th at 11:00 am - City staff will host a special one hour "drop-in" opportunity at the Hart Park House for Sierra Madre residents to ask questions about how to apply for a UUT (Utility User Tax) exemption. This will also be the time for any resident who currently receives an exemption to re-apply for another year. To learn more about what documentation you will need to apply or how you might qualify, please call 626.355.7135.

2014 Community Yard Sale Donations Requested

The Senior Community Commission is hosting its 4th Annual Community Yard Sale on Saturday, June 7th from 8:00am to Noon. If you would like to donate any of your items to the Senior Community Commission booth please call the Senior Services desk at 626.355.7394. Proceeds from the booth benefit Senior Center programs and services. Let's get those garages, attics and closets cleaned out and find lots of hidden treasures for us to sell.

AARP DRIVER SAFETY 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. This class will be held at the Hart Park House Senior Center, not the Community Recreation Center

Wednesday, June 11th from 1:00pm to 5:00 pm
Cost: $15.00 for AARP members, $20.00 for 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

"Let the Brain Games Begin"

Tuesday, May 13 • 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 Swati Puri, Community Liaison for ComForcare Senior Services in Pasadena.

2014 Older American of the Year

Reception Honoring Richard 'Dick' Johnson

In recognition of Dick's dedicated volunteer service to the community, the Senior Community Commission will be honoring him at a reception on Friday, May 30, 2014 from 4:30pm to 6:00pm at the Hart Park House Senior Center in Memorial Park, 222 W. Sierra Madre Blvd.

Tech Talk: Learn to Use Your Technology

Monday, May 12 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. The class is free of charge, but registration is required. To register, or for questions regarding the program call 626.355.7394.

Upcoming Excursions

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 Aquarium 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
September – Oasis Camel Dairy (Julian, CA)

California Science Center (Los Angeles, CA)

Date: Friday, July 18, 2014
Time: 9:15am to 3:30 pm
Meeting Location: Hart Park House Senior Center
Cost: $25.00 (does not include lunch)

Experience the California Science Center's feature exhibition, "Pompei," which offers a glimpse into the opulent lifestyle and tragic end of this ancient Roman society. Discover over 150 precious artifacts, including marble statues, gladiator helmets, garden frescoes, and coins, on loan from the Naples National Archeological Museum in Italy. Relive the volcano's catastrophic eruption through an immersive multimedia experience culminating in the reveal of full body casts of twisted human forms asphyxiated by extreme heat and noxious gases and forever frozen in time. Participants will also see the National Geographic film "Forces of Nature" and experience the awesome spectacle of volcanoes, earthquakes, and severe storms on the 7-story IMAX screen. Participants are asked to bring additional money for souvenirs and lunch; two restaurants are available onsite. Last day to register is Thursday, July 3. **Level of Walking: Moderate.**

Homeboy Industries and Home Girl Cafe (Los Angeles, CA)

Date: Thursday, August 21, 2014
Time: 8:45am to 2:30pm
Meeting Location: Hart Park House Senior Center
Cost: $12.00 (does not include lunch)

Come venture out and take the Gold Line to Homeboy Industries. You will have the chance to see Homeboy's Programs in-action, gain a better understanding of how the social enterprises work, and discover the sense of community that exists for the young men and women who come though their doors seeking to leave their gang involvements behind and find hope in their futures. After this humbling experience you will have the opportunity to dine at Home Girl Café, where they provide a wide selection of choices to choose from. Participants are asked to bring additional money for souvenirs and lunch. Last Day to register is Monday, August 18th. **Level of Walking- High.** *Please note: public transportation will be used for this trip including MTA buses and the Gold Line; TAP cards will be provided to you. If you have any concerns please contact the Senior Center.*

Excursion Refund Policy

Notification of the cancellation must be made at least 3 business days before the excursion. A refund will only be issued 1) for a medical excuse or 2) if the Department is able to fill the patrons spot from a waiting list. This refund will be issued in the form of a credit which will be applied to the patron's account with the City, less a $10 cancellation fee. The credit will remain on your account for one year from the date issued and the credit may be used for any program or service offered by the Community Services Department.

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
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. 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		SAFE TODAY. HEALTHY TOMORROW. OLDER AMERICANS MONTH 2014	**1** MINESTRONE SOUP ITALIAN MEATBALLS & SPAGHETTI IN SAUCE BAKED WINTER SQUASH CREAMY COLESLAW (3/4 C) FRENCH BREAD W/ MARGARINE FRESH BANANA	**2** CREAMY TOMATO SOUP CHICKEN CACCIATORE RICE PILAF (BROWN/WHITE) BROCCOLI & CORN PINEAPPLE CHUNKS WHOLE GRAIN BREAD W/ MARGARINE PEACH PIE
5 CINCO DE MAYO ALBONDIGAS SOUP TOSTADA CARNITAS SALAD (SHREDDED PORK) W/ TORTILLA CHIPS & SALSA LIME-CILANTRO RICE REFRIED BEANS SHREDDED CHEESE, LETTUCE, TOMATO CHUNKS BLACK OLIVES, CREAMY FRENCH DRESSING, SALSA, SOUR CREAM, CITRUS FRUIT CUP	**6** NAVY BEAN SOUP OPEN FACE HOT SLICED TURKEY SANDWICH CRANBERRY SAUCEGARNISH MASHED POTATOES CORN NIBBLETS CARROT-BROCCOLI SLAW ONE SL. WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE	**7** YOUR CHOICE LENTIL SOUP BARBACOA BEEF W/ SPICES & SAUCE, PICO DE GALLO OR FISH VERA CRUZ W/ SAUCE, PICO DE GALLO, LEMON SLICE & TARTAR SAUCE or TEX-MEX RICE GREEN PEAS & CARROTS MARINATED TOMATO, ONION & GREEN PEPPER SALAD FLOUR TORTILLA W/ MARG. GINGERED PEARS	**8** SOUP N' SUB BEEF BARLEY VEGGIE SOUP SUBMARINE SANDWICH (ROAST BEEF, TURKEY & JACK CHEESE) MAYO & MUSTARD PKTS. DILL PICKLE SLICES LETTUCE, TOMATO & **ONION SLICES** MACARONI SALAD THREE BEAN SALAD WHOLE GRAIN ROLL W/ MAR ORANGE SECTIONS	**9** Mother's Day MENU SPLIT PEA SOUP OVEN FRIED CHICKEN LEG & THIGH W/ GRAVY MASHED POTATOES BROCCOLI & CARROTS GREEK SALAD W/ FETA CHEESE & DRESSING WHOLE GRAIN BREAD W/ MARGARINE AMBROSIA Salad
12 CREAMY SQUASH SOUP ITALIAN SAUSAGE W/ GREEN PEPPERS SPAGHETTI IN SAUCE CREAMED SPINACH GARDEN SALAD W/ RED CABBAGE & RADISHES FRENCH DRESSING DINNER ROLL W/ MARG. ORANGE SECTIONS	**13** VEGETABLE SOUP HAWAIIAN CHICKEN W/ SAUCE PARSLEY POTATOES BROCCOLI & CARROTS LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS	**14** CHICKEN ALBONGIDAS SOUP STEAK PICADO (BEEF-3 OZ, GREEN PEPPERS, ONIONS, SAUCE), PICO DE GALLO SPANISH RICE PINTO BEANS CITRUS FRUIT SALAD FLOUR TORTILLA W/ MARG. CUSTARD	**15** SOUP & SALAD CREAMY TOMATO SOUP CHINESE CHICKEN SALAD CHINESE CRISPY NOODLES MARINATED ORANGE SALAD SALAD VEGETABLES (1 c) CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA	**16** POTATO & ONION SOUP BARBECUE PORK RIBBLET MACARONI SALAD THREE BEAN SALAD SUNSET SALAD WHOLE GRAIN HAMBURGER BUN W/ MARGARINE FRESH SLICED CANTALOUPE
19 CREAMY SQUASH SOUP HERB BAKED CHICKEN LEG & THIGH W/ GRAVY SCALLOPED POTATOES NORMANDY VEGETABLES APPLE SALAD WHOLE GRAIN BREAD W/ MARGARINE TAPIOCA PUDDING	**20** ALBONDIGAS SOUP CHIPOTLE ROAST PORK W/ SALSA TEX-MEX RICE (Brown/White) GREEN BEANS & CARROTS LETTUCE & TOMATO SALAD W/ RED CABBAGE & RADISHES RANCH DRESSING FLOUR TORTILLA W/MARG FRESH ORANGE SECTIONS	**21** YOUR CHOICE NAVY BEAN SOUP STUFFED BELL PEPPER OR SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE PARSLEY POTATOES MIXED VEGETABLES CREAMY COLESLAW (¾ C) WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS	**22** Soup & Sandwich CHICKEN NOODLE SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & MAYO POTATO SALAD MARINATED TOMATO, ONION & GREEN PEPPER SALAD CITRUS FRUIT CUP TWO SLICES WHOLE GRAIN BREAD W/ MARG. CHOCOLATE PUDDING	**23** Memorial Day Picnic SPLIT PEA SOUP HAMBURGER W/ CHEESE, LETTUCE, PICKLE, TOMATO & ONION SLICES CONDIMENT PACKETS CHEESY MACARONI BARBECUE BAKED BEANS SPINACH W/ MUSHROOMS CREAMY ITALIAN DRESSING WHOLE GRAIN BUN W/ MAR FRESH SLICED HONEYDEW
26 **MEMORIAL DAY** **CENTER CLOSED**	**27** LENTIL SOUP SALISBURY STEAK W/ GRAVY SCALLOPED POTATOES NORMANDY VEGETABLES LETTUCE SALAD W/ RED CABBAGE & RADISHES RANCH DRESSING WHOLE GRAIN BR.W/ MAR PINEAPPLE CHUNKS	**28** BROCCOLI CHEESE SOUP ROAST TURKEY W/ GRAVY MASHED POTATOES GREEN BEANS & CORN MARINATED TOMATO, ONION & GREEN PEPPER SALAD WHOLE GRAIN BR.W/ MAR APPLE COBBLER (1/2 C Fruit) W/ OATMEAL TOPPING	**29** CREAMY CORN SOUP CHIPOTLE ROAST PORK W/ PICO DE GALLO SPANISH RICE PINTO BEANS CARROT-BROCCOLI SLAW FLOUR TORTILLA W/MAR GINGERED PEARS	**30** SOUP & SALAD SWEET POTATO SOUP MED. CHICKEN SALAD ORZO PASTA SPINACH SALAD W/ TOM & GREEN ONIONS BALSAMIC DRESSING ZUCCHINI CORN SALAD WHOLE GRAIN BREAD CITRUS FRUIT CUP

Activities at the Senior Center

Free Balance Class: Every 3rd Monday, from 11:00 to 11:45 am with Shannon. All ability levels are encouraged and welcomed.

Hawaiian and Polynesian Dance Class: Every Tuesday morning from 10:00am to 11:00am. Join instructor Barbara Dempsey as she instructs you in the art of hula.

Bingo: Every Tuesday from 1:00pm to 3:30pm. Cards are only $0.25 each! Everyone is welcome to join. May be canceled if less than 5 people.

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

Free Legal Consultation: Wednesday, May 7th 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.

Chair Yoga: Mondays and Wednesdays from 11:00 to 11:45 am, except on the third Monday of the month when the balance class is held. A suggested donation of $5 at one of the classes is requested, but is not required.

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.

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 Cinema
1st & 3rd Wednesday

Shown at the Hart Park House Senior Center

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.

June 4th: 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

June 18th: The Bucket List (2008)

Corporate billionaire Edward Cole and working class mechanic Carter Chambers have nothing in common, except they both have been diagnosed with terminal illnesses. While sharing a hospital room together, they decide to make a Bucket List of all the things they have ever wanted to do before they die. In the process of completing the list, both of them heal each other, become unlikely friends, and ultimately find the joy in life. **Rated PG-13, Start time:** 1:00 pm (run time 97 minutes) **Featuring:** Morgan Freeman and Jack Nicholson

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