Senior Moments

CITY OF SIERRA MADRE - COMMUNITY SERVICES DEPARTMENT

JUN 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: June 6, 13, 20, 27

Senior Community Commission

Meets the 1st Thursday of the month at 3:00 pm in the City Hall Council Chambers.
Next Meeting:
June 5, 2014

Let the Brain Games Begin

Tuesday, June 17
11:00 am to Noon

Improve your memory and strengthen your brain with fun, hands-on activities. Each month brings new games and contests to facilitate brain stimulation; June activities include puzzles and Name that Timeless Tune, a fun, upbeat game that combines dancing with music trivia. Be sure to bring your friends as you engage in friendly competition for prizes. Activities facilitated by Swati Puri, Community Liaison for ComForcare Senior Services in Pasadena. Questions? Contact the Senior Center at 626-355-7394.

2014 Community Yard Sale • Saturday, June 7th

Don't miss the Community Yard Sale on Saturday, June 7, 2014 from 8:00am to 12:00pm in Sierra Vista Park, 611 E. Sierra Madre Blvd. Thirty vendors will have a variety of goods for sale including: antiques, furniture, collectibles, toys, books, clothing, jewelry, and more. Vendors will be located in the west side parking lot and on the basketball court.

The Senior Community Commission will also be hosting a booth with a variety of items for sale. All proceeds raised at this booth will benefit senior programs and services at the Hart Park House Senior Center. This event is free and open to the public and patrons are encouraged to peruse the various items for sale. Bargains are sure to be had and you never know what treasure might turn up!

SENIORS ROCK! Concert in the Park

Sunday, June 22, 2014 • 6:00-8:00pm • Memorial Park

Listen to the big bang sounds of Rex Merriweather & This Ain't Your Daddy's Big Band on Sunday, June 22nd from 6:00-8:00pm at the Memorial Park Bandshell, 222 W. Sierra Madre Blvd. Music includes tunes from the 40s, swing, and theme songs from classic TV shows and radio.

The concert is sponsored by the Senior Community Commission who will be giving away FREE popsicles while supplies last. Also for sale are "Sierra Madre Seniors Rock!" T-shirts, proceeds from the t-shirts support senior programs and services. Seating is on the green so remember to bring blankets and lawn chairs. For additional information please call the Community Services Department at 626-355-5278.

Seasonal Fun at the Senior Center

- Join us for a summer kick off on **Thursday, June 19** from 11:00am - 1:00pm. Activities include bean bag toss tournament with prizes, flag decorating, and cupcakes for dessert.
- Attend the Seniors Rock Concert on **Sunday, June 22** from 6:00-8:00pm

Lunch & Learn Presentations

Extreme Heat (rescheduled from May)
Monday, June 9, 2014 • 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.

The Kensington of Sierra Madre
Wednesday, June 25, 2014 • 12:00 to 1:00 pm

The Kensington, the Senior Center's soon to be across the street neighbor, is scheduled to open in November 2014 and is designed to be a home for seniors who need assisted living and memory care services. Hear from Brandy Valencia, Executive Director of The Kensington, about the type of services they will offer, the design and layout of the building, and their involvement in the community.

If you would like to have lunch during the talks please call the Senior Lunch Café at 626.355.0256 or bring your own.

Upcoming Excursions

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)

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.

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 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.*

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

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
2 SPLIT PEA SOUP MEATLOAF W/ BROWN GRAVY MASHED POTATOES BROCCOLI & CORN ROMAINE SALAD W/ TOMATO CHUNKS & MUSHROOMS CREAMY ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE	**3** CREAMY TOMATO SOUP ROSEMARY CHICKEN W/ GRAVY FRESH SWEET POTATOES GREEN BEANS MARINATED BEET & ONION SALAD FRENCH BREAD W/ MARGARINE FRESH BANANA	**4** SOUP N' SUB LENTIL SOUP SUBMARINE SANDWICH (ROAST BEEF, TURKEY & JACK CHEESE) MAYO & MUSTARD PKTS. DILL PICKLE, LETTUCE, TOMATO & ONION SLICES MACARONI SALAD THREE BEAN SALAD WHOLE GRAIN SANDWICH ROLL W/ MARGARINE ORANGE SECTIONS	**5** CHICKEN NOODLE SOUP STUFFED BELL PEPPER W/ SAUCE BAKED WINTER SQUASH GREEN PEAS & BUTTER BEANS GREEK SALAD W/ FETA CHEESE & DRESSING WHOLE GRAIN BREAD W/ MARGARINE SLICED CANTALOUPE	**6** CREAMY CORN SOUP CHIPOTLE ROAST PORK W/ PICO DE GALLO SPANISH RICE (BROWN/WHITE) PINTO BEANS CARROT-BROCCOLI SLAW FLOUR TORTILLA W/ MARGARINE GINGERED PEARS
9 POTATO & ONION SOUP ITALIAN MACARONI BEEF & CHEESE CASSEROLE NORMANDY VEGETABLES LETTUCE & TOMATO SALAD ITALIAN DRESSING FRENCH BREAD W/ MARAGRINE ORANGE SECTIONS	**10** YOUR CHOICE BEEF BARLEY VEGGIE SOUP BARBACOA BEEF W/ SPICES & SAUCE, PICO DE GALLO OR FISH VERA CRUZ W/ SAUCE, LEMON SLICE & TARTAR SAUCE TEX-MEX RICE B/W GREEN PEAS & CARROTS MARINATED TOMATO, ONION & GREEN PEPPER SALAD FLOUR TORTILLA W/ MARG. GINGERED PEARS	**11** 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 FRESH BANANA	**12** ALBONDIGAS SOUP TOSTADA CARNITAS SALAD (SHREDDED PORK) W/ TORTILLA CHIPS & SALSA LIME-CILANTO RICE B/W REFRIED BEANS SHREDDED CHEESE, SALSA, LETTUCE, TOMATO CHUNKS BLACK OLIVES, CREAMY FRENCH DRESSING, SOUR CREAM, TORTILLA CHIPS SLICED HONEYDEW (¾ C)	**13** FATHERS' DAY MENU NAVY BEAN SOUP ROAST BEEF W/ GRAVY PARSLEY POTATOES GREEN BEANS & CORN CITRUS FRUIT SALAD WHOLE GRAIN BREAD W/ MARGARINE APPLE PIE
16 BEEF BARLEY VEGETABLE SOUP TURKEY ALA KING OVER BISCUIT MASHED POTATOES BROCCOLI & CARROTS MARINATED BEET & ONION SALAD BISCUIT W/ MARGARINE FRESH APPLE	**17** SPLIT PEA SOUP ROAST PORK LOIN W/ GRAVY FRESH SWEET POTATOES MIXED VEGETABLES MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS	**18** CHICKEN ALBONDIGAS SOUP BEEF FAJITAS (SHREDDED BEEF-3OZ, GREEN PEPPERS, ONIONS, SAUCE), SALSA SPANISH RICE BROWN/WHITE PINTO BEANS MARINATED TOMATO, ONION & GREEN PEPPERS SALAD FLOUR TORTILLA W/ MARG. PEACH COBBLER(½ C FRUIT) W/ OATMEAL TOPPING	**19** SOUP & SALAD SWEET POTATO SOUP MEDITERRANEAN CHICKEN SALAD ORZO PASTA SPINACH MIX SALAD W/ TOMATO & GREEN ONIONS BALSAMIC DRESSING ZUCCHINI CORN PEPPER SALAD WHOLE GRAIN BRD W/ MARG CITRUS FRUIT CUP	**20** POTATO & ONION SOUP BARBECUE PORK RIBBLET MACARONI SALAD THREE BEAN SALAD SUNSET SALAD WHOLE GRAIN HAMBURGER BUN W/ MARGARINE FRESH SLICED CANTALOUPE
23 CREAMY SQUASH SOUP ITALIAN SAUSAGE W/ GREEN PEPPERS SPAGHETTI IN ITALIAN SAUCE CREAMED SPINACH GARDEN SALAD W/ RED CABBAGE & RADISHES FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT SALAD	**24** YOUR CHOICE NAVY BEAN SOUP HAWAIIAN CHICKEN W/ SAUCE OR SALMON W/ MUSTARD DILL AND TARTAR SAUCE & LEMON SLICE PARSLEY POTATOES MIXED VEGETABLES CREAMY COLESLAW (¾ C) WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS	**25** SOUP & SANDWICH CHICKEN NOODLE SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & MAYO POTATO SALAD CAESAR SALAD W/ CRUTONS & DRESSING CITRUS FRUIT CUP TWO SLICES WHOLE GRAIN BREAD W/ MARG. BUTTERSCOTCH PUDDING	**26** BROCCOLI CHEESE SOUP ROAST TURKEY W/ GRAVY MASHED POTATOES GREEN BEANS & CORN MARINATED TOMATO, ONION & GREEN PEPPER SALAD WHOLE GRAIN BREAD W/ MARGARINE APPLE COBBLER (1/2 C Fruit) W/ OATMEAL TOPPING	**27** SOUP & SALAD SPLIT PEA SOUP HAMBURGER W/ CHEESE, LETTUCE, PICKLE, TOMATO & ONION SLICES KETCHUP, MUSTARD, MAYO & RELISH PACKETS CHEESY MACARONI BARBECUE BAKED BEANS SPINACH W/ MUSHROOMS CREAMY ITALIAN DRESSING WHOLE GRAIN BUN W/ MARG FRESH SLICED HONEYDEW
30 LENTIL SOUP BARBECUE CHICKEN LEG & THIGH SCALLOPED POTATOES BROCCOLI & CARROTS APPLE SALAD (1/2 C FRUIT) WHOLE GRAIN BRD W/ MARG CHOCOLATE PUDDING	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. YWCA San Gabriel Valley Intervale Senior Services 943 North Grand Avenue, Covina, CA 91724 Phone - Director: 626-214-9466 Fax: 626-814-0447	

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

Free Legal Consultation: Wednesday, June 11th 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. **Class canceled Friday, June 6th.**

Senior Cinema
1st & 3rd Wednesday

Shown at the Hart Park House Senior Center

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

Tech Talk: Technology Assistance

Mondays, June 9 and 23 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; computers are available at the Senior Center for general instruction. The class is free of charge, but registration is required. To register, or for questions regarding the program call 626.355.7394.

Senior Club: 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 $10.00.

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