Senior Moments





A PUBLICATION OF SIERRA MADRE COMMUNITY & PERSONNEL SERVICES DEPARTMENT AND SENIOR COMMUNITY COMMISSION

October 2011

AARP Safe Driving Class



October 25th & 26th

9 am to 1 pm (both days)

\$12 for AARP Members & \$14 for Non-members
Please call (626) 355-5278 to register in advance
(10 person minimum for class to run) or
for more information.



Golf & Tennis Tournament

Saturday, October 15, 2011

8 am - Tournament Starts

11:30 am - Oktoberfest inspired lunch

Advance players and novices alike are invited to participate in this annual event to benefit the Sierra Madre Youth & Aquatic programs.

For more information about the activities listed, please call the Community Services Department at (626) 355-5278.

DATES TO REMEMBER:

- OCTOBER 6 SENIOR
 COMMISSION MTG; 3 PM
 AT CITY HALL
- OCTOBER 11 BLOOD
 PRESSURE CHECKS
- OCTOBER 15 CITY GOLF/ TENNIS TOURNAMENT
- OCTOBER 22 SENIOR EXCURSION

Inside this issue:

EXCURSIONS

ACTIVITIES

WATER AEROBICS

LUNCH CAFÉ MENU

OCTOBER EXCURSION

SATURDAY, OCTOBER 22ND - Big Bear Oktoberfest. Join us for a deluxe coach ride to Big Bear to enjoy a traditional German lunch and lots of Oktoberfest music. Cost per person is \$36 and includes transportation, lunch & tip. Tickets are limited so please register now. Bus leaves the Recreation Center at 9 am and returns approximately 6:30 pm.

REGISTRATION IS NOW ODEN

New date: FRIDAY, NOVEMBER 18TH - Historic Castillo Isabella Castle Tour &

Lunch at the Mission Inn, Riverside. You will travel by deluxe coach to Riverside to tour the medieval-Spanish style castle and then enjoy a buffet lunch at the Riverside Inn. Cost per person is \$34 for both the tour & lunch.

The bus will leave at 9 am and return at 3 pm.

THURSDAY, DECEMBER 15TH - Candlelight Pavilion Christmas Show in Claremont. Cost is \$59 per person for the lunch & the show.

TICKETS ARE VERY LIMITED so register early. Departure time is 10:30 am and the bus will return around 4 pm.

Registration can be done either by coming to the Community Recreation Office, 611 E. Sierra Madre Blvd. in person (M-TH 8:30 am to 6:30 pm) or online at www.cityofsierramadre.com/onlineregistration

New Yoga Classes

Suntise Yoga - Wednesdays at 7 am to 8 am

Gentle Yoga - Wednesdays at 8:30 am to 9:30 am

Both classes offer gentle postures and meditation so you can begin your day with a sense of peace and enhance your overall well-being.

50 & over - \$24 for a 4 class punch pass

Classes held at the Community Recreation Center - sign up today!

October 2011 - Monthly Activities

*All activities are taking place at the Sierra Madre Community Recreation Center, 611 E. Sierra Madre Blvd., during the renovation of the Hart Park House Sr. Center.

Monday: City Hall Closed October 11th

- 12 noon: Intervale Lunch Café: Come enjoy a hot meal with others. Donation for seniors (60+) of \$2.00; visitors \$3.75. Please call 355-0256 to make your daily reservation.
- 1:00 pm to 1:45 pm: Strength training with Lisa Brandley. FREE class of stretching with light hand weights while you sit.

Tuesday:

- No FREE blood pressure checks by Methodist Hospital this month; join us October 11th at 11 am
- 12 noon: Intervale Lunch Café; daily reservations needed 355-0256
- 1:30 pm to 3:30 pm: BINGO; cards are only 25 cents each so stop by & play
- 5:15 pm to 6:45 pm: Yoga; \$6.00 50 & over. Please call 355-5278 for more information

Wednesday:

- 11 -11:45 am: Balance Class with Teryl. FREE class designed to improve balance & refresh the joints
- 12 noon: Intervale Lunch Café; daily reservations needed 355-0256
- 2nd Wednesday of the month: FREE Legal Consultations: 10-11:30 am. Appointments call 355-7394
- Wii Wednesday 1:00 pm or call the senior desk at 355-7394 to arrange another time & day to learn how to play. No previous experience or skills required and it is great exercise.

Thursday:

- 12 noon: Intervale Lunch Café; daily reservations needed 355-0256
- 1:00 to 3:30 pm: Game Day. Join us for Poker with Bridge on the 2nd & 4th Thursdays; so please call for more information.

Friday: City Hall Closed on October 7 & 21

12 noon: Intervale Lunch Café; daily reservations needed 355-0256

<u>Saturday</u>: 11:30 am: Senior Club brown bag lunch and BINGO at 12:30 pm. <u>The Senior Club is meeting</u> at the Senior Apartments - 70 Esperanza Ave., <u>Sierra Madre</u>

Pasadena Highlands & Accredited Sponsor Bingo Prize

Pasadena Highlands, an independent and assisted living community, is proud to provide a special gift basket on the first Tuesday of each month. Accredited In-Home nursing care will provide a special prize on the 4th Tuesday of each month. Bingo takes place every Tuesday at 1:30 pm in the Hart Park House / Senior Center in Memorial Park. The game begins at 1:30 pm but those wishing to play must arrive 10 minutes before to secure your Bingo cards.

Join us on the 1st & 4th Tuesday of each month for your chance to win these special prizes.



"Creating Community through People, Parks and Programs"

CITY OF SIERRA MADRE / SENIOR SERVICES

Community Recreation Center 611 E. Sierra Madre Blvd. Sierra Madre, CA 91024

Coordinator: Susan Clifton Phone: 626.355.5278

Sclifton@cityofsierramadre.com

FALL WATER AEROBICS

Tuesdays & Thursdays until October 27th \$20 per 4 class punch pass

The Sierra Madre Aquatics Center is continuing water aerobics through the fall season! The benefits of water exercise include low impact, resistance and cardiovascular training in a fun environment. This is a low impact workout and all swimming abilities welcome.

For more information, please call (626) 355-5278.

REMINDER: the Senior Lunch is being served at the Sierra Madre Community Recreation Center, 611 E. Sierra Madre Blvd., during the Senior Center Renovation Project.

Lunch Café — October Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Vegetable soup & Roast Pork	Corn Soup & Tuna Salad	Potato Soup & Salmon	Minestrone Soup & Sloppy Joes	Soup & Beef Fajitas
10	11	12	13 Birthday Cake	14
Split Pea Soup & Roast Turkey	Lentil Soup & Pork Tostada	Squash Soup & Beef with Noodles	Tomato Soup & Fish or Chicken	Navy Bean Soup & Sub Sandwich
17	18	19	20	21
Broccoli Soup & Spaghetti	Split Pea Soup & Salmon or Beef	Chicken Soup & Beef Lasagna	Soup & Chinese Chicken Salad	Potato Soup & BBQ Beef
24	25	26	27	28
Tomato Soup & Teriyaki Pork	Broccoli Soup & Chicken w/ gravy	Split Pea Soup & Chefs Salad	Chicken Soup & Salmon or Pork	Lentil Soup & Turkey Sandwich
31 Squash Soup & Baked Chicken	* HAPPY * HALLOWEEN		Lunch is served at 12 noon, please arrive by 11:45 am	Please call 355- 0256 to make a lunch reservation

^{*}All meals also include low fat milk, whole grain roll with margarine and dessert (fresh fruit or pie). Also, on the 2nd Thursday of the month the Café hosts a special "Birthdays of the Month" party with cake & ice cream.