

# SENIOR MOMENTS

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

**FEBRUARY 2012** 

# **Upcoming Excursions**

**FRIDAY, FEBRUARY 17TH** - San Antonio Winery Tour & Tasting. Come enjoy a tour of this historic Los Angeles Winery, taste their wine, visit the gift shop and savor the flavors of their onsite restaurant. COST per person is \$10 (includes transportation, tour & tasting). Lunch will be on your own. Bus leaves the Hart Park House Senior Center at 10:30 am and will return around 3 pm. **SOLD OUT - WAIT LIST AVAILABLE.** 

**SATURDAY, MARCH 3RD** - *Community Whale Watching Trip*; \$28 per person. The bus will leave the Community Recreation Center at 10 am and return at 3:30 pm. Cost includes transportation and a 2 1/2 hour charter boat tour of Long Beach. Participants can bring their own lunch or snacks are available for purchase on the boat.

**THURSDAY, APRIL 26TH** - *Palm Springs Follies*. Spend the day in sunny PS and see the new show Hot! Hot! celebrating those memories of endless summers with music and dance. COST per person is \$58 (includes transportation, tip & show). Lunch will be on your own at one of the many restaurants next to the theatre.

Registration can be done either in person or online at www.cityofsierramadre.com/onlineregistration

### **NEW DESIGN**

THE NEWSLETTER HAS BEEN RE-DESIGNED BUT WILL STILL BRING YOU UPCOMING EXCURSION INFORMATION AND ANY NEW PROGRAM INFORMATION.
TO LEARN MORE ABOUT WEEKLY ACTIVITIES OR FOR THE LUNCH CAFÉ MENU
PLEASE VISIT US AT THE HART PARK HOUSE SENIOR CENTER OR ONLINE AT
WWW.CITYOFSIERRAMADRE.COM



AARP Safe Driving class - New Sierra Madre Dates
February 29th & March 1st
Please call 355-7394 for more information or to register



City of Sierra Madre / Senior Services

Hart Park House Senior Center City of Sierra Madre 232 W. Sierra Madre Blvd. Sierra Madre, CA 91024

Phone: 626-355-7394 Fax: 626-836-6656

Email: sclifton@cityofsierramadre.com



#### DATES TO REMEMBER:

- February 20th Presidents'
   Day; City Services Closed
- February 24th Alternate
   Friday City Hall Closed

Visit us on the web! www.cityofsierramadre.com

## Food & Fitness at the Hart Park House Senior Center

The Senior Lunch Café is Monday - Friday at open 11:00 am with lunch served right at 12 noon. Reservations are needed one day in advance by calling 355-0256. Menus are available at the Senior Center or on the web at cityofserramadre.com Suggested donation for the meal is \$2 for persons 60 vears & older. Guests who are under 60 pay \$3.75. Lunch is served at the Senior Center.





The senior center offers two FREE exercise classes:

Chair Yoga with Teryl - Wednesdays at 11 am to 11:45 am.

Chair Strength Training with Lisa - Fridays at 1 pm to 1:45 pm. NEW day starts March 2.

Both are drop-in classes so put on some comfortable clothing and join us! For information on these classes or other recreation programs please call 355-7394.

"Creating community through people, parks and programs"