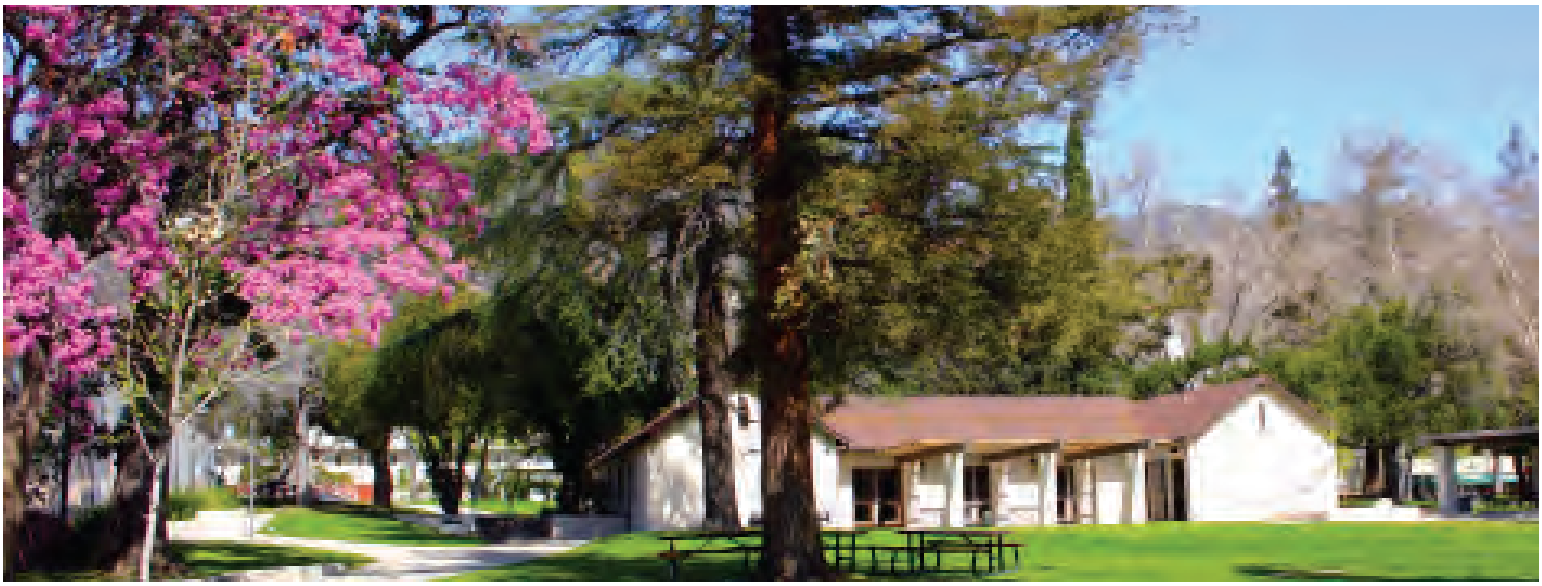
Senior Moments

CITY OF SIERRA MADRE - COMMUNITY SERVICES DEPARTMENT

JULY AND AUGUST 2012



We Need You!

Senior Community Commission

Applications for the Senior Community Commission are still being accepted! The Sierra Madre City Council encourages citizen participation in its decision making process through the use of citizen commissions. This is your opportunity to make a difference in Sierra Madre! Applications are available at City Hall or the City website at www.cityofsierramadre.com. For additional information please contact Recreation Supervisor Adam Matsumoto at 626-355-7394 or by email at amatsumoto@cityofsierramadre.com.

The Senior Community commission is responsible for defining the needs, locating and publicizing available resources, coordinating and initiating services and opportunities for the senior population in Sierra Madre. The Senior Community Commission programs and events include the: Community Yard Sale, Seniors Rock Concert, Wellness in the Park and more! The Commission meets the first Thursday of the month at 3:00pm in the City Council Chambers.

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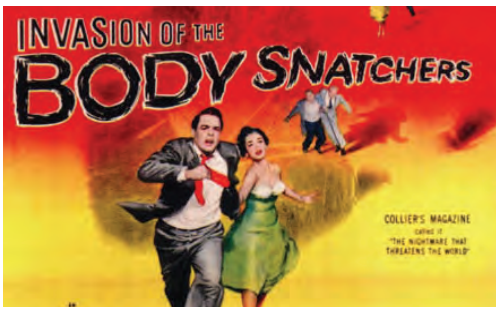
August Excursion

Newport Bay Charter Boat Cruise and Lunch
Date: Thursday, August 9, 2012
Departure: Charter bus leaves at 9:15am from the Hart Park House Senior Center
Boat Charter: 11:00am-12:30pm
Lunch: 12:30-2:00pm on your own
Arrival: Charter bus will arrive back in Sierra Madre at approximately 3:00pm
Cost: $20 includes transportation and tip (Does not include lunch)
More Info: Call the Hart Park House Senior Center at 626-355-7394

The 90 minute tour views the entire harbor, including the Seven Islands of Newport Bay. The tour is narrated by the experienced Captain and Crew. You will get a chance to see celebrity homes, sea lions, and much more! For more information on the cruise please visit their website at *www.funzoneboats.com*. Lunch will be on your own from 12:30-2:00pm in Newport Beach. Please be sure to register early as space is limited. Registration is available at the Hart Park House at 222 W. Sierra Madre Blvd., Community Recreation Center at 611 E. Sierra Madre Blvd. or online at *www.cityofiserramadre.com/onlineregistration*.

NEW! Senior Movie Program

The Hart Park House Senior Center is starting a brand new monthly movie program beginning Wednesday, August 15. Each month a movie will be shown at no fee in the City Council Chambers located in City Hall. The movie for the month of August is, Invasion of the Body Snatchers, filmed in our very own Sierra Madre! All patrons are encouraged to join us monthly and it's a great way to beat the summer heat.



Location: City Council Chambers, 232 W. Sierra Madre Blvd.
Time: 1:00pm-3:00pm
Cost: Free, no charge.
*Food is not allowed in the Council Chambers

Transportation Fee Changes

On July 1, 2012 the Sierra Madre City Council dopted fees went into effect. Fee changes occured across many City of Sierra Madre programs and services including transportation. For more transportation information please contact Recreation Manager Kristi McClure at 626-355-5278 ext. 703.

Dial-A-Ride
Vouchers are $1.00 each BUT it will now cost $2.00 each way for rides in-town AND out of town.
Round trip on dial-a-ride is now $4.00 (4 vouchers will be needed for each round trip ride).

Gateway Coach
Adult - $2 each way (cash when you get on)
Children, Seniors & Disabled - $1 each way (cash when you get on)

YWCA San Gabriel Valley
Intervale Senior Cafe

All seniors and friends are invited to take part in the YWCA Intervale daily lunch program held at the Hart Park House Senior Center. Meals are served Monday through Friday at 12:00pm (participants are encouraged to arrive no later than 11:45am). 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 LENTIL SOUP MEATLOAF W/ BROWN GRAVY MASHED POTATOES BROCCOLI & CORN ROMAINE SALAD W/ TOMATO CHUNKS CREAMY ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS	**3** INDEPENDENCE DAY PICNIC CREAMY SQUASH SOUP BARBECUE BEEF SLICES BAKED BEANS POTATO SALAD CARROT-BROCCOLI SLAW WHOLE GRAIN HAMBURGER BUN W/ MARGARINE WATERMELON SLICE	**4** 4TH OF JULY HOLIDAY CENTERS CLOSED	**5** CHICKEN NOODLE SOUP CHIPOTLE PORK W/ SALSA FRESH SWEET POTATOES GREEN PEAS & LIMA BEANS GREEK SALAD W/ FETA CHEESE & DRESSING WHOLE GRAIN BREAD W/ MARGARINE AMBROSIA	**6** VEGETABLE SOUP OVEN FRIED CHICKEN W/ GRAVY PARSLEY POTATOES NORMANDY VEGETABLES LETTUCE SALAD W/ RADISHES & MANDARIN ORANGE SECTIONS RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE PEACH PIE
9 SPLIT PEA SOUP ROAST BEEF W/ GRAVY OVEN BROWNED POTATOES GREEN BEANS & CORN SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS	**10** SOUP & SALAD CREAMY TOMATO SOUP SANTA FE CHICKEN SALAD W/ CHICKEN STRIPS, EGG GARNISH, CHEESE BLACK BEANS & WHOLE KERNEL CORN CARROT-PINEAPPLE SALAD LETTUCE W/ TOMATO CHUNKS, BLACK OLIVES, GREEN PEPPER RINGS, CILANTRO, RANCH DR. CORN TORTILLA W/ MARG. SLICED CANTALOUPE	**11** LENTIL SOUP TERIYAKI CHICKEN W/ SAUCE RICE PILAF (BROWN/ WHITE) MIXED VEGETABLES MARINATED TOMATO, GREEN PEPPER & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE APPLE COBBLER W/ OATMEAL TOPPING	**12** POTATO & ONION SOUP STUFFED BELL PEPPER BAKED WINTER SQUASH GREEN PEAS & BUTTER BEANS CREAMY COLESLAW (3/4 C) WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA	**13** BLACK BEAN SOUP TOSTADA CARNITAS SALAD (SHREDDED PORK) W/ TORTILLA CHIPS LIME-CILANTRO BROWN & WHITE RICE REFRIED BEANS SHREDDED CHEESE, LETTUCE, TOMATO CHUNKS BLACK OLIVES, CREAMY FRENCH DRESSING, SALSA, SOUR CREAM, TORTILLA CHIPS CITRUS FRUIT CUP
16 FIDEO SOUP PORK LOIN ROAST W/ GRAVY FRESH SWEET POTATO GREEN PEAS GARDEN SALAD W/ SHREDDED RED CABBAGE & CARROTS WHOLE GRAIN BREAD W/ MARGARINE AMBROSIA	**17** YOUR CHOICE LENTIL SOUP SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE OR ROAST TURKEY W/ GRAVY OVEN BROWN POTATOES GREEN BEANS & CARROTS MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS	**18** SOUP N' SUB NAVY BEAN SOUP SUBMARINE SANDWICH (ROAST BEEF, TURKEY & JACK CHEESE) MAYO & MUSTARD PKTS. DILL PICKLE SLICES LETTUCE, TOMATO & ONION SLICES POTATO SALAD CARROT-BROCCOLI SLAW SANDWICH ROLL W/ MARG. PEACH COBBLER W/ OATMEAL TOPPING	**19** CREAMY SQUASH SOUP BEEF PICADILLO W/ PEAS, CARROTS & POTATO PICO DE GALLO SPANISH RICE (BROWN & WHITE) PINTO BEANS SLICED HONEYDEW FLOUR TORTILLA W/ MARGARINE CUSTARD	**20** POTATO & ONION SOUP BONELESS ROAST CHICKEN W/ ROSEMARY GRAVY PARSLEY POTATOES NORMANDY VEGETABLES LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE
23 CHICKEN NOODLE SOUP ITALIAN SAUSAGE W/ GREEN PEPPERS SPAGHETTI IN ITALIAN SAUCE GREEN PEAS & CARROTS LETTUCE SALAD W/ RAISINS & TOMATO CHUNKS RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS	**24** SOUP & SALAD VEGETABLE SOUP CHINESE CHICKEN SALAD CHINESE CRISPY NOODLES MARINATED ¼ CUP ORANGE SALAD SALAD VEGETABLES (1 c) WHOLE GRAIN ROLL W/ MARGARINE PINEAPPLE CHUNKS SLICED CANTALOUPE	**25** CREAMY SQUASH SOUP ADOBO MARINATED SHREDDED STEAK W/ GREEN PEPPERS, ONIONS & SAUCE PICO DE GALLO SPANISH RICE (BROWN & WHITE) BLACK BEANS CREAMY COLESLAW (¾ C) FLOUR TORTILLA W/ MARG. CUSTARD	**26** SPLIT PEA SOUP ROAST TURKEY W/ GRAVY MASHED POTATOES GREEN BEANS & CARROTS MARINATED TOMATO, GREEN PEPPER & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE	**27** BROCCOLI CHEESE SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & MAYO MACARONI SALAD BBQ BAKED BEANS CARROT-BROCCOLI SLAW TWO SLICES WHOLE GRAIN BREAD W/ MARG. CHERRY COBBLER W/ OATMEAL TOPPING
30 CREAMY TOMATO SOUP HERB BAKED CHICKEN SCALLOPED POTATOES GREEN BEANS & CORN WALDORF SALAD WHOLEGRAIN BREAD W/ MARGARINE SLICED HONEYDEW	**31** YOUR CHOICE LENTIL SOUP SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE OR ROAST BEEF W/ GRAVY RICE PILAF (BROWN/ WHITE) MIXED VEGETABLES MARINATED TOMATO, GREEN PEPPER & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA		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 email: intervale@ywcasgv.org facebook.com/ywcasgv twitter.com/YWCA_SGV	

Hart Park House Senior Center • 222 W. Sierra Madre Blvd., Sierra Madre, CA 91024 • 626-355-7394

Daily Activities @ Hart Park House

Bingo: Every Tuesday afternoon from 1:30pm to 3:30pm. This is one of our most popular days at the Hart Park House Senior Center. Cards are only $0.25 each! Come play with us, meet new friends and help us make this even larger!

Free Blood Pressure Testing: Tuesday, August 14 from 11:00am-12:00pm. A nurse from Arcadia Methodist Hospital offers free blood testing for all seniors. In addition our nurse may answer certain health concerns and questions you may have. No appointment is necessary.

Free Chair Yoga: Every Wednesday morning from 11:00am-11:45am. Join Teryl Willis for this free class that focuses on senior yoga techniques. Extensive physical exertion is not required for this class as it is geared towards gentle movements, breathing techniques and balance improvements. No reservation is necessary!

Free Legal Consultation: Wednesday, August 8 from 10:00am-11:30am. Attorney Geoffrey D. Chen is making his service available to all Sierra Madre Hart Park House seniors. Attorney Chen focuses on estate planning, trusts, wills, probate, conservatorships and business law. Appointments are required and can be made by calling 626-355-7394 or speaking with Recreation Supervisor Adam Matsumoto

Game Day: Every Thursday starting at 1:00pm. A regular group of seniors play poker games every Thursday. In addition there are several board games available for those seniors that wish to play games other than poker.

Birthday Celebrations: Every second Thursday of the month the Hart Park House senior Center celebrates birthdays of our patrons. Please join us for free cake and celebrations after the lunch program at 12:30pm. The cake is provided by a generous donation from the Sierra Madre Civic Club.

Free Strength Training Class: Every Friday from 1:00pm-1:45pm with Lisa Brandley. The strength training class utilizes light weights for a low impact resistance training. This is a fabulous way to stay in shape using small weights. All materials for the class are provided at the Hart Park House.

All activities take place at the Hart Park House Senior Center located at 222 W. Sierra Madre Blvd. For additional information on any of the programs contact Recreation Supervisor Adam Matsumoto at 626-355-7394 or by email at amatsumoto@cityofsierramadre.com.

Staying Cool this Summer

The Community Services Department and the Senior Community Commission would like to remind local seniors that during this time of hot weather that they should follow these tips to stay cool and safe.

- Slow down, avoid strenuous activity. Do not try to do too much on a hot day.
- Wear lightweight, loose-fitting, light-colored clothing. Light colors will reflect heat and sunlight and help maintain normal body temperature.
- Protect your face with a wide-brimmed hat.
- Drink plenty of water regularly and often, even if you do not feel thirsty. Attempt to stay hydrated.
- Stay indoors as much as possible. If you do not have air conditioning, stay on your lowest floor, out of the sun or go to a place where you can get relief from the heat, such as air conditioned, library, theaters and other community facilities that may offer refuge during the warmest times of the day.
- Electric fans do not cool the air, but they do help evaporate perspiration, which cools your body.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers. Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.
- Check on family, friends and neighbors.
- If you believe you, or anyone you are with, is experiencing a heat-related medical emergency, promptly call 911, and if possible, move to a cooler place.