Senior Moments CITY OF SIERRA MADRE - COMMUNITY SERVICES DEPARTMENT



AUGUST UPDATE 2012



2012 Senior Rocks! Concert in the Park

Lunch and Learn at the Hart Park House

City Councilmember Talk

Wednesday, August 8, 2012 @ 12:15pm

A special guest from the Sierra Madre City Council is hosting the August Lunch and Learn program at the Hart Park House. The councilmember will speak about the state of the city, the Senior Community Commission and a little background about themselves. Don't miss out on an opportunity to sit and talk with one of your elected officials!

Fall Prevention Seminar

Wednesday, September 5, 2012 @ 12:30pm

September is Fall Prevention Month, and we are helping seniors "watch their steps" with a great fall prevention seminar by ComForcare Senior Services. In this seminar, we will look at personal risk factors for falling and home safety issues that cause falls. We will also discuss easy ways to correct these problems so that our seniors can continue to live actively and independently. This seminar will be fun and interactive, and refreshments will be provided.

Aquarium of the Pacific - Senior Day

The Aquarium of the Pacific is offering FREE ADMISSION to everyone ages 50 and over on Thursday, September 6th from 9:00am-5:00pm. The aquarium just opened the new June Keyes Penguin Habitat and there will be booths geared towards seniors. The Aquarium of the Pacific is located at 100 Aquarium Way in Long Beach, CA. For more information call 562-590-3100.



YWCA San Gabriel Valley Intervale Senior Cafe - August Menu

Seniors who have participated in the past can continue 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
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		TSPLIT PEA SOUP TERIYAKI PORK W/ SAUCE FRESH SWEET POTATOES MIXED CHINESE VEGETABLES GREEK SALAD W/ FETA CHEESE & DRESSING WHOLE GRAIN BREAD W/ MARGARINE RED GELATIN W/ PEARS	2 SOUP & SALAD VEGETABLE SOUP CHINESE CHICKEN SALAD CHINESE CRISPY NOODLES MARINATED % CUP ORANGE SALAD SALAD VEGETABLES (1 c) WHOLE GRAIN ROLL W/ MARGARINE PINEAPPLE CHUNKS SLICED CANTALOUPE	MINESTRONE SOUP BEEF & CHEESE LASAGNA NORMANDY VEGETABLES LETTUCE SALAD W/ RADISHES & MANDARIN ORANGE SECTIONS RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE TAPIOCA PUDDING
6 NAVY BEAN SOUP OPEN FACE HOT SLICED TURKEY SANDWICH W/ GRAVY MASHED POTATOES BROCCOLI & CARROTS MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE	7 BLACK BEAN SOUP ADOBO MARINATED SHREDDED STEAK W/ GREEN PEPPERS, ONIONS & SAUCE PICO DE GALLO SPANISH RICE BROWN/WHITE PINTO BEANS CALICO COLESLAW (3/4 Cup) FLOUR TORTILLA W/ MARG. CHERRY COBBLER W/ OATMEAL TOPPING OR FRESH FRUIT	OR FRESH FRUIT 8 YOUR CHOICE CHICKEN NOODLE SOUP SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE OR ROAST BEEF W/ GRAVY AU GRATIN POTATOES MIXED VEGETABLES MARINATED TOMATO, ONION & GREEN PEPPER SALAD WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS	Soup & Sandwich LENTIL SOUP BARBECUE PORK RIBBLET MACARONI SALAD CORN & BUTTER BEANS CARROT-BROCCOLI SLAW WHOLE GRAIN HAMBURGER BUN WI MARGARINE CHOCOLATE PUDDING	10 POTATO & ONION SOUP BONELESS ROAST CHICKEN W/ ROSEMARY GRAVY PARSLEY POTATOES NORMANDY VEGETABLES LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA
13 SPLIT PEA SOUP ITALIAN MEATLOAF W/ ITALIAN SAUCE SCALLOPED POTATOES BROCCOLI & CORN SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS	14 VEGETABLE SOUP ROAST PORK W/ GRAVY FRESH SWEET POTATOES GREEN BEANS GREEK SALAD W/ FETA CHEESE & DRESSING WHOLE GRAIN BREAD W/ MARGARINE AMBROSIA	15 YOUR CHOICE LENTIL SOUP FISH VERA CRUZ W/ SAUCE, LEMON SLICE & TARTAR SAUCE OR ROAST TURKEY W/ GRAVY OVEN BROWN POTATOES CORN NIBBLETS CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE STRAWBERRY GELATIN W/ MANDARIN ORANGES	16 MINESTRONE SOUP STUFFED BELL PEPPER BAKED WINTER SQUASH GREEN PEAS & LIMA BEANS LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE SLICED CANTALOUPE	17 Soup & Sandwich BROCCOLI CHEESE SOUP TUNA SALAD SANDWICH W/LETTUCE, TOMATO & MAYO POTATO SALAD BBQ BAKED BEANS CARROT-RAISIN SALAD TWO SLICES WHOLE GRAIN BREAD W/ MARG. ORANGE SECTIONS
CHICKEN NOODLE SOUP ROAST BEEF W/ GRAVY MASHED POTATOES GREEN BEANS & CARROTS MARINATED TOMATO, ONION & GREEN PEPPER SALAD WHOLE GRAIN BREAD W/ MARGARINE GINGERED PEARS	21 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. APPLE COBBLER W', OATMEAL TOPPING OR FRESH FRUIT	POTATO & ONION SOUP TANDOORI BONELESS ROAST CHICKEN BROWN & WHITE RICE NORMANDY VEGETABLES GREEK SALAD W/ FETA CHEESE & DRESSING WHOLE GRAIN BREAD W/ MARGARINE CHOCOLATE BROWNIE	23 YOUR CHOICE CREAMY CORN SOUP ITALIAN MEATBALLS W/ ITALIAN SAUCE OR ITALIAN SAUSAGE W/ GREEN PEPPERS SPAGHETTI IN ITALIAN SAUCE BROCCOLI & BUTTER BEANS LETTUCE SALAD W/ RAISINS & TOMATO CHUNKS ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA	BLACK BEAN SOUP 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
27 CHICKEN NOODLE SOUP CHIPOTLE PORK WI SALSA FRESH SWEET POTATOES GREEN PEAS & LIMA BEANS GREEK SALAD WI FETA CHEESE & DRESSING WHOLE GRAIN BREAD WI MARGARINE AMBROSIA	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	29 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	30 YOUR CHOICE LENTIL SOUP SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE OR TERIYAKI CHICKEN W/ SAUCE BAKED WINTER SQUASH GREEN BEANS CREAMY COLESLAW WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP	NAVY BEAN SOUP HAMBURGER W/ CHEESE, LETTUCE, PICKLE, TOMATO & ONION SLICES KETCHUP, MUSTARD & RELISH PACKETS BARBECUE BAKED BEANS MUSTARD POTATO SALAD CREAMY COLESLAW-3/4 CUP WHOLE GRAIN HAMBURGER BUN W/ MARGARINE APPLE PIE OR FRESH FRUIT

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

Upcoming Excursions

Newport Bay Charter Boat Cruise and Lunch

Date: Thursday, August 9, 2012

Departure: Charter bus leaves at 9:15am from the Hart Park House

Boat Charter: 11:00am-12:30pm **Lunch:** 12:30-2:00pm on your own

Arrival: 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.

Riley's Farm and Hawks Head Public House Colonial Lunch (Oak Glen, CA)

Date: Thursday, September 13, 2012

Departure: Charter bus leaves at 9:30am from the Hart Park House

Lunch and Activities: 11:00am-2:00pm

Arrival: Bus will arrive back in Sierra Madre at approximately 3:30pm

Cost: \$34 includes transportation, lunch and tip

More Info: Call the Hart Park House Senior Center at 626-355-7394

Enjoy a lunch and show in an 18th century style colonial house on Riley's Farm in Oak Glen. Lunch includes soup or salad, entrée, dessert, unlimited

ice tea or lemonade and the performances, "Stamp Act" and "Admiralty Court" are shown just after lunch. In addition you have the opportunity to visit the farm store where you can purchase fresh berries and apples. For more information on Riley's Farm please visit their website at http://www.rileysfarm.com/. A charter bus will take you and your friends to Oak Glen and back in comfort and style. Charter buses are equipped with air conditioning, restroom and reclining seats. A minimum of 30 participants are needed for this excursion. The deadline for registration is Wednesday, September 5, 2012.

Senior Movie Program - August

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



Daily Activities @ Hart Park House

Bingo: NEW TIME! Every Tuesday afternoon from 1:00pm to 3:00pm. 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 by calling 626-355-7394.

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., Sierra Madre, CA 91024. For additional information on any of the programs contact Recreation Supervisor Adam Matsumoto at 626-355-7394 or by email at amatsumoto@cityofsierramadre.com.

Computer Room Updated!



The computers at the Hart Park House have been updated and are now equipped with webcams, speakers and an all-in-one printer, copier and scanner. Look no further than the Senior Center for all your computer needs! The webcams enable you the ability to video chat with friends and family using services such as Skype or ooVoo. The computer room is open Monday through Thursday from 9:00am-2:00pm and alternating Fridays.



City of Sierra Madre 232 W. Sierra Madre Blvd. Sierra Madre, CA 91024