

Senior Moments

CITY OF SIERRA MADRE - COMMUNITY SERVICES DEPARTMENT



DECEMBER 2012



Holiday Blood Drive

The Sierra Madre Community Services Department and the American Red Cross are hosting a Holiday Blood Drive on **Thursday, December 20th from 12 noon to 6:00 pm** at the Community Recreation Center, 611 E. Sierra Madre Blvd.

Individuals who are 17 years or older, 110 lbs. or heavier and are in generally good health may be eligible to donate blood. With the recent Tropical Storm Sandy blood donations are needed more than ever and what better time than the holidays to give. To make an appointment please visit www.redcrossblood.org or by calling (626) 355-7394. Walk-ins are welcome but you are encouraged to sign-up in advance.

Subway sandwiches and a coupon from Cold Stone Creamery will be given to each donor as a special thank you!

LUNCH CAFE CLOSED

The Intervale Lunch Cafe will be closed for the holidays on the following days:

Monday, December 24th

Tuesday, December 25th

Tuesday, January 1, 2013

CITY SERVICES CLOSED

Sierra Madre City Hall and the senior services desk will be closed:

**12 noon on December 24th
December 25th**

**12 noon on December 31st
January 1, 2013**

Upcoming Excursion



California Science Center Cleopatra Exhibit and IMAX Movie (Los Angeles, CA)

Date: Friday, December 14, 2012

Departure: 9:00am from the Hart Park House

Lunch and Activities: 10:00am-2:30pm

Arrival: In Sierra Madre at approximately 3:30pm

Cost: \$32 (does not include lunch)

Come discover more than 150 priceless Egyptian artifacts that had been swallowed by the sand and sea after a series of earthquakes and tsunamis nearly

2,000 years ago. After the IMAX movie, patrons can either visit the other exhibits or have lunch on your own at the California Science Center. For more information please visit www.californiasciencecenter.org.

A Christmas Carol (Revisited)

The First Church of the Nazarene in Pasadena is hosting a fully staged musical drama for the whole family, including choir and soloists. All performances are in the main Sanctuary, FREE and opening seating.

Performance dates: Saturdays, December 8th & 15th at 7:00 pm or Sundays, December 9th & 16th at 6:00 pm

Address: Church of the Nazarene, 3700 East Sierra Madre Blvd., Pasadena

For more information: call Leslie Cheng at (626) 351-2433 or visit www.paznaz.org

Remembrance: Loyal America Camacho Jan. 31, 1918 to Nov. 14, 2012

Please join the Sierra Madre Senior Lunch Program & Senior Club and Loyal's family on **Friday, December 7th at 1:00 pm** for a dessert reception followed by a celebration of her years of volunteer service to the community. This special Celebration of Life will be held at the Hart Park House Senior Center, 222 W. Sierra Madre Blvd. Loyal loved animals so donations in her memory can be sent to the Pasadena Humane Society at 361 S. Raymond Ave., Pasadena, CA 91105. For additional information, please contact the Senior Services Desk at (626) 355-7394.

Daily Activities @ Hart Park House

Bingo: Every Tuesday afternoon from 1:00pm to 3:00pm. Cards are only \$0.25 each! Everyone is welcome to join.

Free Blood Pressure Testing: Tuesday, November 13 from 11:00am-12:00pm. 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. No reservation is necessary!

Free Legal Consultation: Wednesday, November 14 from 10:00am-11:30am. Attorney Geoffrey D. Chin is available to all Sierra Madre seniors for legal consultation. 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.

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.




Free Strength Training Class: Every Friday from 1:00pm-1:45pm with Lisa Brandley. The strength training class utilizes light weights for low impact resistance training. All materials for the class are provided.

All activities take place at the Hart Park House Senior Center. For additional information contact Acting Recreation Supervisor Susan Clifton at 626-355-7394 or by email at sclifton@cityofsierramadre.com.

YWCA San Gabriel Valley

Intervale Senior Cafe - December Menu

All seniors 60 years of age and up can take part in the YWCA Intervale daily lunch program held at the Hart Park House Senior Center. Meals are served Monday through Friday at 12:00 pm (participants are encouraged to arrive no later than 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
3 NAVY BEAN SOUP HERB BAKED CHICKEN LEG & THIGH SCALLOPED POTATOES GREEN BEANS & CORN WALDORF SALAD WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS	4 SPLIT PEA SOUP HAMBURGER PATTY W/ CHEESE, LETTUCE, PICKLE, TOMATO & ONION SLICES, KETCHUP MUSTARD & RELISH BARBECUE BAKED BEANS CHEESY MACARONI CARROT-BROCCOLI SLAW WHOLE GRAIN HAMBURGER BUN W/ MARGARINE APPLE COBBLER W/ OATMEAL TOPPING	5 LENTIL SOUP TERIYAKI PORK W/ SAUCE FRESH SWEET POTATOES MIXED CHINESE VEGETABLES GREEK SALAD W/ FETA CHEESE AND DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA	6 ORANGE JUICE BEEF STEW W/ GRAVY BOILED POTATOES STEW VEGETABLES PINEAPPLE COLESLAW WHOLE GRAIN BREAD W/ MARGARINE RED GELATIN W/ PEARS	7 MINESTRONE SOUP BEEF & CHEESE LASAGNA NORMANDY VEGETABLES LETTUCE SALAD W/ ORANGE CHUNKS RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE CHOCOLATE PUDDING
10 CHICKEN NOODLE SOUP OPEN FACE HOT SLICED TURKEY SANDWICH MASHED POTATOES BROCCOLI & CARROTS MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE	11 MIXED BEAN SOUP BARBECUE PORK RIBBLET AU GRATIN POTATOES GREEN PEAS & CORN MARINATED TOMATO, GREEN PEPPER & ONION SALAD WHOLE GRAIN HAMBURGER BUN W/ MARGARINE PEACH PIE	12 YOUR CHOICE CREAMY TOMATO SOUP SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE OR ROSEMARY CHICKEN LEG & THIGH BAKED WINTER SQUASH GREEN BEANS W/ RED PEPPERS CAESAR SALAD W/ CRUTONS & DRESSING WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS	13 ALBONDIGAS SOUP ADOBO MARINATED STEAK FAJITAS W/ GREEN PEPPERS, ONIONS & SAUCE PICO DE GALLO SPANISH RICE (BROWN & WHITE) BLACK BEANS CREAMY COLESLAW (¼ C) FLOUR TORTILLA W/ MARG. CUSTARD	14 SOUP & SANDWICH VEGETABLE SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOMATO & MAYO POTATO SALAD THREE BEAN SALAD CARROT-RAISIN SALAD TWO SLICES WHOLE GRAIN BREAD W/ MARG. SLICED CANTALOUPE
17 BROCCOLI CHEESE SOUP MEATLOAF W/ BROWN GRAVY MASHED POTATOES NORMANDY VEGETABLES ROMAINE SALAD W/ CREAMY ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE BUTTERSCOTCH PUDDING	18 SOUP N' SUB NAVY BEAN SOUP SUBMARINE SANDWICH (ROAST BEEF, TURKEY & JACK CHEESE) MAYO & MUSTARD PKTS. DILL PICKLE SLICES LETTUCE, TOMATO & ONION POTATO SALAD CARROT-BROCCOLI SLAW SANDWICH ROLL W/ MARG. FRESH BANANA	19 CHICKEN NOODLE SOUP ROAST BEEF W/ GRAVY MASHED POTATOES MIXED VEGETABLES GREEK SALAD W/ DRESSING & FETA CHEESE WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS	20 LENTIL SOUP ROAST PORK LOIN W/ MUSTARD SAUCE FRESH SWEET POTATOES BUTTER BEANS LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE AMBROSIA	21 <i>Christmas Menu</i> CREAMY SQUASH SOUP ROAST TURKEY W/ GRAVY CRANBERRY SAUCE GARNISH CORNBREAD STUFFING GREEN BEANS & CORN CARROT-BROCCOLI SLAW DINNER ROLL W/ MARG. APPLE PIE
24 Senior Café Closed Today  Happy Holidays!	25 MERRY CHRISTMAS  CENTERS CLOSED	26 CREAMY TOMATO SOUP SALISBURY STEAK W/ BROWN GRAVY MASHED POTATOES NORMANDY VEGETABLES LETTUCE SALAD W/ RED CABBAGE & RADISHES RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS	27 YOUR CHOICE POTATO & ONION SOUP FISH VERA CRUZ W/ SAUCE, LEMON SLICE & TARTAR SAUCE OR TERIYAKI CHICKEN W/ SAUCE BROWN & WHITE RICE NORMANDY VEGETABLES MARINATED BEET & ONION SALAD CORN TORTILLA OR WHOLE GRAIN BREAD W/ MARG. PEACH COBBLER W/ OATMEAL TOPPING	28 SOUP & SALAD ALBONDIGAS 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
31 New Year's Eve LENTIL SOUP BAKED HAM W/ RAISIN SAUCE BAKED WINTER SQUASH BROCCOLI & CORN LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN WHEAT BREAD W/ MARGARINE AMBROSIA				

Administered by
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 Area Agency on Aging through the
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[facebook.com/ywcasgv](https://www.facebook.com/ywcasgv)
twitter.com/YWCA_SGV

SUBJECT TO CHANGE WITHOUT NOTICE * SUGGESTED DONATION \$2.00 *** 1% LOW FAT MILK INCLUDED**

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

December Movies



White Christmas (1954) - December 12th

White Christmas is an American Holiday musical film directed by Michael Curtiz and starring Bing Crosby, Danny Kaye, and Rosemary Clooney. Filmed in Technicolor, White Christmas features the songs of Irving Berlin, including the title song, "White Christmas". The story is about a successful song-and-dance team who become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general.

Start time: 1:00 pm (run time is 120 minutes)

Location: Sierra Madre City Hall - Council Chambers



Mamma Mia (2008) - December 26th

Mamma Mia! (promoted as Mamma Mia! The Movie) is a 2008 British musical/romantic comedy film adapted from the 1999 West End/2001 Broadway musical of the same name, based on the songs of successful pop group ABBA, with additional music composed by ABBA member Benny Anderson. Meryl Streep heads the cast, playing the role of single mother Donna Sheridan. Pierce Brosnan, Colin Firth, and Stellan Skarsgård play the three possible fathers to Donna's daughter, Sophie (Amanda Seyfried).

Start time: 1:00 pm (run time is 109 minutes)

Location: Sierra Madre City Hall - Council Chambers

On the Move Physical Therapy - FREE Consultations

Join local physical therapist, Shannon Vandavelde, at the Senior Center on **Monday, December 17th starting at 11 am to 12 pm for a free consultation.** Shannon will be volunteering her time once a month to help seniors identify any possible physical therapy needs as well as provide basic tips. To make an appointment, please contact the senior services desk at (626) 355-7394.



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