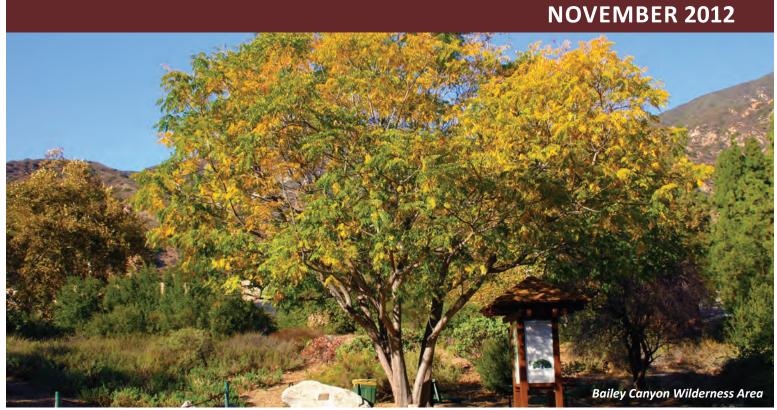
Senior Moments





Transportation Changes

The City of Sierra Madre City Council approved changes to the City's public transportation services at their Tuesday, October 9th meeting. The changes in schedule will affect the City's Dial-A-Ride program and Round-A-Bout fixed route provided by First Transit, Inc.

The Round-A Bout fixed route will operate Monday through Friday between the hours of 11:00am-1:30pm. The Round-A-Bout transportation route will remain the same, except for the elimination of the Gold Line Station stop. The fixed transportation

Fall Yard Sale CANCELED

The 2012 Fall Community Yard Sale has been canceled and will not be held on Saturday, November 10, 2012. The minimum number of booths were not sold for the event. Please be sure to keep an eye out for the 2013 Community Yard Sale that is held every June. For additional information please contact the Community Services Office at 626.355.5278.

route will remain within the City of Sierra Madre on a continuous loop. The rider fee will be eliminated and the Round-A-Bout is available for all to use at no cost.

The Dial-A-Ride services will be adjusted to operate Monday through Friday between the hours of 9:00am-11:00am and 2:00pm-6:00pm. There are no services provided on Saturday or Sunday. Fares for the Dial-A-Ride service will remain the same at a rate of \$2.00 per one way trip.

All changes go into effect on Thursday, November 1, 2012. For questions regarding transportation service changes please contact the Community Services Office at 626-355-5278. Detailed information including the route map will be available online at www.cityofsierramadre.com.

Senior Movie Program



The Gods Must Be Crazy (1980)

A Sho in the Kalahari desert encounters technology for the first time--in the shape of a Coke bottle. He takes it back to his people, and they use it for many tasks. The people start to fight over it, so he decides to return it to the God--where he thinks it came from. Meanwhile, we are introduced to a school teacher assigned to a small village, a despotic revolutionary, and a clumsy biologist. This sly comedian is sure to keep you laughing out loud throughout the movie!



The Odd Couple (1968)

Felix Ungar has just broken up with his wife. Despondent, he goes to kill himself but is saved by his friend Oscar Madison. With nowhere else to go, Felix is urged by Oscar to move in with him, at least for a while. The only problem is that Felix is neat, tidy, and neurotic, whereas Oscar is slovenly and casual. Starring Jack Lemmon and Walter Matthau.

November Lunch and Learn

The Los Angeles County Department of Mental Health is providing a special Lunch and Learn program on Wednesday, November 21 at 12:15pm. The presentation is on good sleep and mental well-being. You will learn about the importance of proper sleep and the impact it has on your mental well-being. In addition techniques for healthy sleeping habits will be examined along with an opportunity for a Q&A at the end of the presentation. There is no need to register for this program and it is absolutely free! If you do plan on having lunch at the Hart Park House, please be sure to reserve a lunch by calling the YWCA Intervale Lunch Program at 626-355-0256 at least 24 hours prior to November 21.

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.

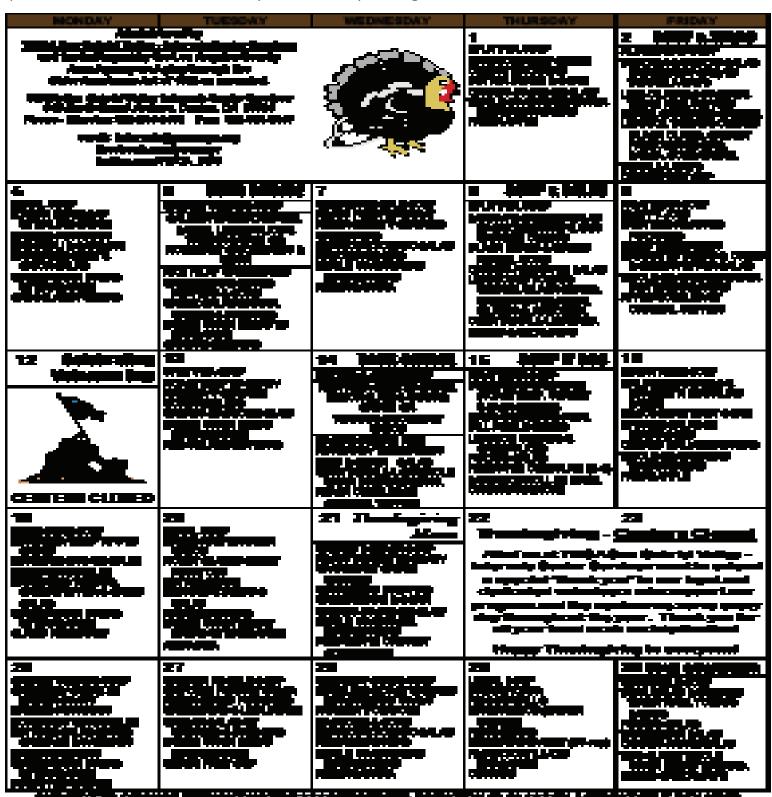
Birthday Celebrations: Every second Thursday of the month the Hart Park House Senior Center celebrates birthdays of our patrons. The free birthday cake is provided by the Sierra Madre Civic Club.

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 - November 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 12:00pm (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.



Upcoming Excursions

Columbia Memorial Space Center (Downey, CA)

Date: Wednesday, November 7, 2012

Departure: 9:15am from the Hart Park House

Lunch and Activities: 10:00am-1:45pm

Arrival: In Sierra Madre at approximately 2:15pm

Cost: \$15 (does not include lunch)



Space Center is a handson learning center that is dedicated to bringing the wonder and excitement of space science. The Space Center serves as the national memorial for the Space Shuttle

Columbia's seven crew members. The 20,000 square foot visitor center is equipped with not only amazing archaeologists Franck Goddio and Zahi Hawass, the more enjoyable.

can "Return to the Moon" or "Voyage to Mars," and insights into Cleopatra's time. experience the real-life excitement of Mission Control. After the IMAX movie, patrons can either visit the

After the tour the group will eat together at a local restaurant. For more info please visit www. columbiaspacescience.org.

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

The Columbia Memorial 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. Unearthed by two of the world's leading

technology and visual teaching exhibits, but also the exhibition features colossal statues, jewelry, and coins friendly staff and atmosphere to help make them from Cleopatra's lost palace in Alexandria, and reveals the excavation process involved in recovering these The Space Center also hosts one of 48 Challenger hidden treasures. Learn how these Egyptian relics Learning Centers on the planet, and the only CLC in reveal mysteries of this past era. A complimentary the greater Los Angeles area. When operating, you audio tour, told in her voice, provides compelling

> other exhibits or have lunch on your own at the California Science Center. For more information please visit www.californiasciencecenter.org.



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