Senior Moments

CITY OF SIERRA MADRE - COMMUNITY SERVICES DEPARTMENT



JANUARY 2013



New Year New Staff

Prior to the New Year the Community Services Department welcomed two new staff members to the team: Kyle Schnurr, the new Recreation Supervisor, and Rebecca Lamas, the new Senior Specialist. Kyle will fill the shoes of previous Recreation Supervisor, Adam Matsumoto, and oversee various Department programs including senior programming, special events, and the summer adult softball league, while Rebecca will focus solely on senior programming. Seniors are encouraged to stop by the Hart Park House and say "Hello" to the two new additions.

Recreation Supervisor

Prior to her new role, Kyle served the last three years as the City's part-time Events Specialist planning City events such as the Huck Finn Fishing Derby, Mount Wilson Trail Race, and 4th of July Celebration to name a few. In addition to Sierra Madre, Kyle worked three years for the City of Santa Clarita assisting with the implementation of City events. She also worked a year and a half at Rancho Simi Recreation and Park District in Simi Valleyasapart-time Recreation Coordinator overseeing teen programs and special events.

Kyle graduated from Cal Poly San Luis Obispo (June 2009) obtaining a BS degree in Recreation, Parks, and Tourism Administration and minor in Business Administration. Kyle has been involved in municipal recreation since a young age and is looking forward to her new responsibilities with the Department. In her spare time Kyle enjoys playing soccer, traveling with her family, cooking and baking, and scrapbooking.



Rebecca joins the City of Sierra Madre after six years of service at the City of Downey. During her time in Downey Rebecca held various part-time positions, and was responsible for coordinating the Holiday Home Decorating Contest and Senior Follies, the latter a talent show for seniors. While attending Creighton University, Rebecca worked four years at the Creighton University Hospital in a medical microbiology lab as well as interned for a year with Women, Infants, and Children (WIC) consulting mothers on nutrition.

In 2010 Rebecca graduated from Creighton University with a degree in Exercise Science and a Minor in Dance; however, she is still in school working on her Master's Degree in Sports Management at Cal State Long Beach. In Rebecca's spare time she likes to take tap, jazz, and ballet class. She also enjoys traveling, meeting new people, trying new foods, and going to music concerts.





Older American Nominations Being Accepted



The Community Services Department is now accepting nominations for the Older "Sierra Madre" American of the Year. If you know someone who lives in Sierra Madre, has demonstrated outstanding community service, and is 60 years of age or older please be sure to fill out a nomination form. Nomination forms are available at the Hart Park House Senior Center or by calling the Senior Services Office at 626-355-7394.

Nominations are due by **Monday, February 18, 2013** and can be dropped off at the Hart Park House Senior Center or mailed to 232 W. Sierra Madre Blvd., Sierra Madre, CA 91024. The Senior Community Commission reviews each nomination and will decide the 2013 honoree at their meeting on March 7, 2013. The 2013 Older American honoree is recognized at a formal reception in their honor on Friday, May 10, 2013.

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, January 8th from 11:00am to 12:00pm. No appointment is necessary.

Free Chair Yoga: Every Wednesday morning from 11:00am to 11:45am. Join Teryl Willis for this free class that focuses on senior yoga techniques. No reservation is necessary!

Free Legal Consultation: Wednesday, January 9th from 10:00am to 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 to 1:45pm with Lisa Brandley. The strength training class utilizes light weights for low impact resistance training. All materials for the class are provided.

Free Income Tax Assistance: Every Wednesday, beginning January 30th through April 10th, from 1pm to 2pm Don Brunner will provide free income tax consultation to all seniors at the Hart Park House Senior Center. Appointments are required, call 626-355-7394.

January Movies



The Best Exotic Marigold Hotel (2011) - January 9th

To make the most of their meager retirement savings, a group of British seniors moves to India to live out their golden years at the Marigold Hotel. But upon arrival, they discover the once-lavish resort has wilted considerably. Less luxurious than its advertisements, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways.

Start time: 1:00 pm (run time is 124 minutes)

Location: Sierra Madre City Hall - Council Chambers



Sound of Music (1965) - January 23rd

In Rodgers and Hammerstein's greatest collaboration, a feisty postulant named Maria (Julie Andrews) is sent to care for the unruly, motherless Von Trapp children. She soon tames them -- and finds herself falling for their stern father (Christopher Plummer). Oscar-winning director Robert Wise used stunning Austrian locations to transform the popular stage musical into a cinema classic in which the hills truly seemed to come alive.

Start time: 1:00 pm (run time is 174 minutes)

Location: Sierra Madre City Hall - Council Chambers

YWCA San Gabriel Valley Intervale Senior Cafe - January Menu

Seniors 60 years of age and up can participate 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 by 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.

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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.	1 HAPPY NEW YEAR! CENTER CLOSED	CHICKEN NOODLE SOUP ROAST PORK LOIN W/ MUSTARD SAUCE FRESH SWEET POTATO GREEN PEAS GARDEN SALAD W/ RED CABBAGE & CARROTS FRENCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE	NAVY BEAN SOUP N' SUB NAVY BEAN SOUP SUBMARINE SANDWICH (ROAST BEEF, TURKEY & JACK CHEESE) MAYO & MUSTARD PKTS. PICKLE, LETTUCE, TOMATO & ONION SLICES MACARONI SALAD CARROT-BROCCOLI SLAW SANDWICH ROLL W/ MARG. RED GELATIN W/ PEARS	MINESTRONE SOUP BRAISED BEEF TIPS W/ GRAVY BUTTERED EGG NOODLES NORMANDY VEGETABLES MARINATED TOMATO, GREEN PEPPER & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS
7 LENTIL SOUP ITALIAN SAUSAGE W/ GREEN PEPPERS SPAGHETTI / ITALIAN SAUCE GREEN PEAS CAESAR SALAD W/ CRUTONS & DRESSING WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS	8 YOUR CHOICE CREAMY SQUASH SOUP DILL SALMON OR HAWAIIAN CHICKEN LEG & THIGH RED ROASTED POTATOES BROCCOLI & CARROTS LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN BREAD/MARG PEACH PIE	ALBONDIGAS 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. CUSTARD	BROCCOLI & CHEESE SOUP ROAST TURKEY W/ GRAVY MASHED POTATOES GREEN BEANS & CORN SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP	11 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
14 NAVY BEAN SOUP HERB BAKED CHICKEN LEG & THIGH W/ GRAVY SCALLOPED POTATOES BROCCOLI & CARROTS MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE CHOCOLATE PUDDING	VEGETABLE BEEF BARLEY SOUP TERIYAKI PORK FRESH SWEET POTATO MIXED CHINESE VEGGIES GREEK SALAD W/ FETA CHEESE & DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA	16 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 PEACH COBBLER W/ OATMEAL TOPPING	17 CREAMY SQUASH SOUP STEAK PICADA W/ GREEN PEPPERS, ONION & SAUCE PICO DE GALLO SPANISH RICE (BROWN & WHITE) PINTO BEANS MEXICALI COLESLAW (3/4 C) FLOUR TORTILLA W/ MARGARINE CUSTARD	MINESTRONE SOUP BEEF & CHEESE LASAGNA NORMANDY VEGETABLES LETTUCE SALAD W/ ORANGE CHUNKS RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE
MARTIN LUTHER KING JR. DAY CENTER CLOSED	NAVY BEAN SOUP BARBECUE PORK RIBBLET AU GRATIN POTATOES GREEN PEAS & CORN CARROT-RAISIN SALAD WHOLE GRAIN HAMBURGER BUN W/ MARGARINE ORANGE SECTIONS	Q3 ORANGE JUICE BEEF STEW W/ GRAVY BOILED POTATOES STEW VEGETABLES PINEAPPLE COLESLAW WHOLE GRAIN BREAD W/ MARGARINE RED GELATIN W/ MANDARIN ORANGES	POTATO & ONION SOUP FISH VERA CRUZ OR TERIYAKI CHICKEN BROWN & WHITE RICE NORMANDY VEGETABLES BEET & ONION SALAD CORN TORTILLA OR WHOLE GRAIN BREAD W/ MARG. APPLE COBBLER W/ OATMEAL TOPPING	ALBONDIGAS SOUP TOSTADA SALAD W/ PORK LIME-CILANTRO RICE REFRIED BEANS, SHREDDED CHEESE, LETTUCE, TOMATO, BLACK OLIVES, CREAMY FRENCH DRESSING, SALSA, SOUR CREAM TORTILLA CHIPS CITRUS FRUIT CUP
28 LENTIL SOUP MEATLOAF, BROWN GRAVY MASHED POTATOES BROCCOLI & CORN ROMAIN SALAD W/ TOMATO CHUNKS & CARROTS CREAMY ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS	CREAMY TOMATO SOUP CHIPOTLE PORK ROAST BAKED WINTER SQUASH GREEN PEAS BUTTER BEANS CAESAR SALAD W/ CRUTONS & DRESSING WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP	30 CHICKEN NOODLE SOUP STUFFED BELL PEPPER AU GRATIN POTATOES CORN NIBBLETS CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE AMBROSIA	31 SPLIT PEA SOUP OVEN FRIED CHICKEN LEG & THIGH ROASTED POTATOES MIXED VEGETABLES MARINATED TOMATO, ONION & GREEN PEPPER SALAD WHOLE GRAIN BREAD W/ MARGARINE CHOCOLATE BROWNIE	YWCA San Gabriel Valley Intervale Senior Services 943 North Grand Avenue, Covina, CA 91724 Director Phone: 626-214-9466 Fax: 626-814-0447 email: intervale@ywcasgv.org facebook.com/ywcasgv twitter.com/YWCA_SGV

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

Upcoming Excursions



Autry National Center - Guided Tour (Griffith Park, Los Angeles, CA)

Date: Thursday, January 31, 2013

Time: 9:30am - 3:00pm

Meeting Location: Hart Park House Senior Center

Cost: \$20.00 (does not include lunch)

Don't miss a visit to this historic museum which explores and shares the stories, experiences, and perceptions of the diverse peoples of the American West. A one hour guided tour will be given upon arrival followed by lunch on your own at the Autry Cafe and/or independent exploring of the vast collections of art and artifacts. For more information please visit www.theautry.org.



Date: Friday, February 22, 2013

Description: View actual costumes from movies released in 2012, including 2012 Academy Award

Winner for Best Costume, The Artist.

Jeopardy Taping at Sony Lot

Date: Wednesday, March 27, 2013

Description: Attend a taping of America's Favorite Quiz Show! Test your knowledge while host Alex

Trebek challenges the contestants.

Lunch and Learn

Wednesday, January 30, 2013 Time: 12:15 to 12:45 pm

Come meet the new City of Sierra Madre Police Chief, Larry Giannone at this months Lunch and Learn. After introducing himself Chief Giannone will discuss current scams to watch out for, the Police Department's Carrier Alert Program, and other information pertinent to seniors.



Disabled Parking in Sierra Madre

According to California Vehicle Code 22511.5 a disabled person or disabled veteran displaying special license plates or a distinguishing placard (the placard must be appropriately displayed in the vehicle) is allowed to park for unlimited periods in any parking zone that is restricted as to the length of time parking is permitted as indicated by a sign erected pursuant to a local ordinance.

In Sierra Madre, such zones include the 20 minute "green" spaces along Sierra Madre Blvd. and Baldwin Avenue, and the public parking lots on Mariposa and the corner of Montecito and Baldwin Avenue.

If you have questions or concerns about disabled parking in Sierra Madre please contact the Sierra Madre Police Department at 626-355-1414. For disabled parking questions in other cities please contact that City's Police Department or City Hall for more information.



LUNCH CAFE CLOSED

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

Monday, January 21, 2013

CITY SERVICES CLOSED

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

Friday, January 11, 2013 Monday, January 21, 2013 Friday, January 25, 2013

HART PARK HOUSE SENIOR CENTER

CONTACT INFORMATION

Phone: 626-355-7394

Physical Address

222 W. Sierra Madre Blvd.

Sierra Madre, CA 91024

Mailing Address

232 W. Sierra Madre Blvd.

Sierra Madre, CA 91024