

Senior Moments

FEB 2013

HART PARK HOUSE SENIOR CENTER

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

HOURS OF OPERATION

Monday - Friday 9:00 AM - 2:00 PM (except on closed Fridays)

CITY SERVICES CLOSED Friday, February 8, 2013

Monday, February 18 2013 Friday, February 22, 2013

LUNCH SERVICES CLOSED Monday, February 18, 2013

Senior Community Commission

Meets the 1st Thursday of the month at 3:00 pm in the City Hall Council Chambers. Next Meeting:

Thursday, February 7th

File of Life Packets AVAILABLE SOON!

File of Life is a program that allows Sierra Madre residents to fill out a special form with critical medical information and make it available to the local paramedics in case of a medical emergency.

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.

Senior Safety: The Importance of Calling 9-1-1

The City of Sierra Madre and neighboring communities are experiencing an increase in burglaries and other property crimes likely attributed to the California's corrections realignment plan, one of the most significant changes to California's criminal justice system in decades. City Officials and the Police Department want to remind residents to remain vigilant and to immediately call 9-1-1 to report any crimes in progress.

Residents should call 9-1-1 to report any police, fire, or medical emergency, including:

- •Crimes in progress or crimes that have just occurred
- Suspicious activity or behavior
- Fights or domestic violence
- Suicide attempts
- •Building fires, brush fires, trash fires, or any other fires
- Traffic accidents
- •Any medical emergency for which immediate care is needed
- •Vicious animals but not a bear walking through the neighborhood or yard

Please DO NOT call 9-1-1 to report any non-emergency problems or to ask questions; instead, please call the Police Department's non-emergency line at 626.355.1414.

When you call 9-1-1, a Sierra Madre Dispatcher will answer your call and request information about your emergency, including:

- •Your exact location, or as much information about your location as possible
- •Nature of the emergency (someone has a gun, neighbor collapsed, house fire...)
- •How many people are injured, if any?
- •Names and descriptions of the people involved in the emergency or situation
- •Any conditions which could make the situation unsafe for responding personnel or bystanders (weapons, gas leaks, disabled vehicles, animals, etc.)

Stay on the line until the dispatcher hangs up. You may be able to provide the dispatcher with additional information as emergency personnel respond, or the dispatcher may be able to provide you with emergency instructions.



YWCA San Gabriel Valley • Intervale Senior Cafe 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRU <i>A</i> MENI		943 North Grand Aven Phone: 626-214-9466 email: intervale facebook.co	Intervale Senior Services aue, Covina, CA 91724 b Fax: 626-814-0447 e@ywcasgv.org om/ywcasgv YWCA_SGV	TOREAMY 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/ MARG CUSTARD
4 NAVY BEAN SOUP ROAST BEEF W/ GRAVY MASHED POTATOES NORMANDY VEGETABLES MARINATED TOMATO, ONION & GREEN PEPPER SALAD WHOLE GRAIN BREAD W/ MARGARINE BUTTERSCOTCH PUDDING	5 SOUP N' SUB VEGETABLE SOUP SUB SANDWICH (TURKEY & ROAST BEEF, JACK CHEESE) MAYO & MUSTARD PKTS. DILL PICKLE, LETTUCE, TOMATO & ONION SLICES POTATO SALAD CARROT-BROCCOLI SLAW SANDWICH ROLL W/ MARG. APPLE COBBLER W/	6 POTATO & ONION SOUP TERIYAKI CHICKEN LEG & THIGH BROWN & WHITE RICE MIXED VEGETABLES GREEK SALAD W/ FETA CHEESE & DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH SLICED HONEYDEW	7 MINESTRONE SOUP SPAGHETTI & ITALIAN MEATBALLS W/ ITALIAN SAUCE BROCCOLI & CORN SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE	8 CHINESE NEW YEAR HOT AND SOUR SOUP BBQ PORK (CHAR SU) EGG FRIED RICE STEAMED BABY BOK CHOY & CARROTS FRESH ORANGE SECTIONS WHOLE GRAIN BREAD W/ MARGARINE TWO FORTUNE COOKIE
11 BEEF BARLEY VEGETABLE SOUP TURKEY ALA KING OVER BISCUIT W/ CRANBERRY SAUCE GARNISH MASHED POTATOES BROCCOLI & CARROTS MARINATED BEET & ONION SALAD BISCUIT W/ MARGARINE FRESH APPLE	OATMEAL TOPPING 12 ALBONDIGAS SOUP CHIPOTLE ROAST PORK W/ SALSA FRESH SWEET POTATO GREEN PEAS & BUTTER BEANS CAESAR SALAD W/ CRUTONS & DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA	OR CANTALOUPE 13 YOUR CHOICE CREAMY SQUASH SOUP SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE OR HAWAIIAN CHICKEN LEG & THIGH W/ SAUCE BABY RED POTATOES BROCCOLI & CARROTS CREAMY COLESLAW WHOLE GRAIN Brd W/ MARG PEACH PIE	FRESH BANANA 14 VALENTINE'S DAY LENTIL SOUP BEEF BURGUNDY W/ SAUCE MASHED POTATOES GREEN PEAS & CORN LETTUCE SALAD W/ (1/4 C) ORANGE CHUNKS RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE CHOCOLATE CAKE W/ VANILLA ICING	15 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
PRESIDENT'S DAY CENTER CLOSED	19 MINESTRONE SOUP ITALIAN SAUSAGE W/ GREEN PEPPERS PENNE PASTA IN ITALIAN SAUCE GREEN BEANS CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE AMBROSIA	20 SOUP & SALAD ALBONDIGAS SOUP TOSTADA CARNITAS SALAD (SHREDDED PORK) W/ TORTILLA CHIPS LIME-CILANTRO RICE (B&W), REFRIED BEANS, CHEESE, LETTUCE, TOMATO CHUNKS, BLACK OLIVES, SALSA, SOUR CREAM, CREAMY FRENCH DRESSING TORTILLA CHIPS CITRUS FRUIT CUP	21 CHICKEN NOODLE SOUP POT ROAST W/ GRAVY AU GRATIN POTATOES BABY CARROTS MARINATED TOMATO, ONION & GREEN PEPPER SALAD WHOLE GRAIN BREAD W/ MARGARINE FRESH SLICED CANTALOUPE	22 YOUR CHOICE POTATO & ONION SOUP FISH VERA CRUZ W/ SAUCE, LEMON SLICE & TARTAR SAUCE OR TERIYAKI CHICKEN LEG & THIGH W/ SAUCE BROWN & WHITE RICE NORMANDY VEGETABLES MBEET & ONION SALAD CORN TORTILLA OR WHOLE GRAIN BREAD W/ MARG. PEACH COBBLER W/ OATMEAL TOPPING
25 NAVY BEAN SOUP BARBECUE PORK RIBBLET SCALLOPED POTATOES GREEN BEANS & CORN SPINACH SALAD W/ TOMATO CHUNKS & CARROTS CREAMY ITALIAN DRESSING WHOLE GRAIN HAMBURGER BUN W/ MARGARINE ORANGE SECTIONS	26 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 ECT TO CHANGE WITHOUT NOT	27 CREAMY TOMATO SOUP OVEN FRIED CHICKEN LEG & THIGH MASHED POTATOES GREEN PEAS CARROT-RAISIN SALAD WHOLE GRAIN BREAD W/ MARGARINE FRESH SLICED HONEYDEW CE *** SUGGESTED DONATION	28 MINESTRONE SOUP BEEF & CHEESE LASAGNA NORMANDY VEGETABLES LETTUCE SALAD W/ ORANGE CHUNKS RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE	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.

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, February 12th 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, February 13th from 10:00am to 11:30am. Attorney Geoffrey D. Chin is available to all Sierra Madre seniors for legal consultation. Appointments are required, call 626-355-7394.

Free Income Tax Assistance: Wednesdays through April 10th from 1pm to 2pm Don Brunner will provide is available to all seniors for income tax consultation. Appointments are required, call 626-355-7394.

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.

Game Day: Every Thursday starting at 1:00pm. A regular group of seniors play poker games every Thursday.

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.

NEW CLASS

Hawaiian & Polynesian Dance: Starting Feb 25th, this six week introductory course will teach hand, hip, and feet movements for one full dance. Classes will be held on Mondays from 1:00pm to 2:00pm for six weeks. Sarongs and leis will be provided. Class taught by Sierra Madre resident Cheryl Mason.

State of the City

On Tuesday, February 19th from 6:30 to 7:30 pm join Sierra Madre Mayor Josh Moran as he updates residents on the state of the City. The event will be held in the Sierra Madre Room at the Community Recreation Center located at 611 E. Sierra Madre Blvd. Light refreshments will be provided and local Sierra Madre students will perform.

Lunch and Learn

Wednesday, February 27th, 2013

Time: 12:15 to 12:45 pm

Listen to Sierra Madre Physical Therapist Shannon Vandevelde as she talks about "Fall Prevention" and the importance of physical rehabilitation and strength training. Beginning in March, Shannon will be offering physical therapy screenings to Hart Park House Senior Center patrons.

Senior Movie Program Shown in Sierra Madre City Hall - Council Chambers



We Bouaht A Zoo (2011) February 6th

Set in Southern California, a father moves his young family to the countryside to renovate and re-open a struggling zoo. Adaptation of Benjamin Mee's memoir

about buying and saving a run-down zoo, complete with escaped tigers and a zoo crew of misfits. Featuring Matt Damon and Scarlet Johansson, Rated PG

Start time: 1:00 pm (run time is 126 minutes)



Goldfinger (1964) February 20th

The third installment in the 007 series, which racked up an Oscar for Best Sound Effects, finds überspy James Bond trying to thwart antagonist

Auric Goldfinger and his elaborate gambit to corner the gold market by contaminating Fort Knox. Featuring Sean Connery as James Bond. Not Rated **Start time:** 1:00 pm (run time is 111 minutes)

AARP Driver Safety Course

This class focuses on learning current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll also learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time. Many states including California offer discounts on auto insurance rates for those who complete this course.

February 19th and 20th from 9:00am to 1:00pm (must attend both dates in order to complete course) Cost: \$12.00 AARP members, \$14 non-members (payment due to instructor on the first day of class) Registration is required, more info call 626.355.7394

Upcoming Excursions

Fashion Institute of Design and Merchandise (Downtown, Los Angeles, CA)

Date: Friday, February 22, 2013

Time: 9:00am - 2:30pm

Meeting Location: Hart Park House Senior Center

Cost: \$15.00 (does not include lunch)

Join us as we visit CUT!, a special exhibit at the Fashion Institute of Design and Merchandise museum. CUT! highlights costuming and the cinema; on view will be actual costumes from movies released in 2012, including 2012 Academy Award Winner for Best Costume, The Artist. Following the museum is a visit to Grand Central Market, the largest and oldest public market in Los Angeles. While there participants can have lunch on their own, shop, and maybe cross the street to take a ride on Angel's Flight, Bunker Hill's landmark funicular railway.

Whale Watching Trip - 2 hour boat ride (Long Beach, CA)

Date: Saturday, March 2, 2013 Time: 10:00am - 3:30pm

Meeting Location: Community Recreation Center

Cost: \$31.00 (does not include lunch) **Register by:** Tuesday, February 19, 2013

Join the Community Services Department on its annual whale watching excursion. The 2013 excursion will visit the same whale watching Charter Company as 2012, which features a 2 hour cruise narrated by Aquarium of the Pacific staff and a boat that features indoor and outdoor seating. Participants can bring their own lunch to enjoy on the boat, or purchase snack items on-board. Bus leaves from the Community Recreation Center.

Jeopardy Taping at Sony Studios (Sony Studios, Culver City, CA)

Date: Wednesday, March 27, 2013

Time: 9:30am - 3:30pm

Meeting Location: Hart Park House Senior Center

Cost: \$15.00 (does not include lunch)

Join us as we head to the Sony Studios in Culver City for the taping of Jeopardy!, America's favorite quiz show. The show is the winner of a 2012 Peabody award and 30 Emmy awards, including the 2012 Emmy for Outstanding Game/Audience Participation. Participants will have the opportunity to see the taping of three shows which takes approximately 2 hours. Following the tapings, at approximately 1:15 pm, participants will lunch together at the Overland Cafe just down the street from the studio. It is recommended to bring \$10-15 for lunch.



Save the Date

April Senior Excursion
Thursday April 25, 2013

Fabulous Palm Springs Follies
World-famous, Broadway-caliber
celebration of the music, dance, and
comedy of Mid-Century America
withacastoldenoughtohavelivedit!

Registering for Excursions Online and in person

Cash, check, credit cards accepted

Make checks payable to

"City of Sierra Madre"



City of Sierra Madre Hart Park House Senior Center 232 W. Sierra Madre Blvd. Sierra Madre, CA 91024