

Senior Moments

MAR 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, March 8, 2013 Friday, March 22, 2013

Senior Community Commission

Meets the 1st Thursday of the month at 3:00 pm in the City Hall Council Chambers. Next Meeting: Thursday, March 7th

Free Concert

Friday. March 15th On the Pasadena Community Orchestra is hosting a FREE concert at the Pasadena Nazarene Church, 3700 Sierra Madre Blvd. Pasadena. The concert begins at 8:00 PM and will include Verdi's Overture to "Nabucco", Beethoven's Piano Concerto No. 4, and Prokofeiv's Symphony No.7.

File of Life Information Packets Now Available

Did you know that 58% of emergency calls are for senior citizens?! Medical emergencies are almost always stressful for the patient and everyone in the patient's household. The time to assemble important medical information is before the medical emergency occurs rather than during the actual medical crisis. Medical information assembled in a period of calm is likely to be more accurate and more thorough than information assembled in a moment of crisis.

The File of Life program enables Sierra Madre residents to compile important medical information into one complete packet and make it available to the local paramedics in case of a medical emergency. The information is stored in a plastic envelope in the resident's refrigerator, and a decal on the resident's front window alerts EMS personnel that the information is available on the premises.

Benefits of the Packet:

- Faster help for citizens in emergencies
- On arrival, data is immediately available to Medical Staff and corrective treatment can begin at once
- No wasted time getting information from the patient
- Easy access to potentially lifesaving information
- Assurance that proper person will be notified quickly

Packets can be obtained at the Hart Park House Senior Center or Sierra Madre Fire Department. Instructions for completing the packet will be provided upon pick up. If you have any questions regarding the packet please call the Hart Park House Senior Center at 626.355.7394.

National Nutrition Month: Healthy Eating Options

Every March, the American Dietetic Association promotes "National Nutrition Month," and stresses the importance of making wise choices with food and developing healthy eating habits. Nutrition is especially important for older adults as a good diet can reduce the risk of high blood pressure, certain cancers, heart disease, and osteoporosis. Eating right sharpens the mind, fights against disease and illness, increases energy levels, speeds up recovery times, promotes healthy immune systems, and can redice persistent health problems.

Tips for Healthy Eating:

- Have a well-balanced diet
- Maintain a healthy weight
- Limit fat and cholesterol
- Watch sodium levels
- Consume calcium and fiber
- Take vitamins and supplements

The Hart Park House Senior Center offers a variety of healthy eating options through the YWCA San Gabriel Valley Intervale Senior Services. Contact the programs for more information and meal offerings.



Hart Park House Senior Café 626.355.0256

Meals on Wheels: 626.214.9465 HealthYlife Meals: 626.214.9474

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.

WEDNESDAY Administered by YWCA San Gabriel Valley - Intervale Senior Services SPLIT PEA SOUP and funded in part by the Los Angeles County ROAST BEEF W/ GRAVY Area Agency on Aging through the MASHED POTATOES NORMANDY VEGETABLES Happy 🐎 St. Patricks Day Older Americans Act of 1965 as amended. MARINATED TOMATO, ONION YWCA San Gabriel Valley Intervale Senior Services & GREEN PEPPER SALAD 943 North Grand Avenue, Covina, CA 91724 WHOLE GRAIN BRD W/ MARG **BUTTERSCOTCH PUDDING** Service Info Line: 626-214-9465 YOUR CHOICE **NAVY BEAN SOUP** CHICKEN NOODLE SOUP CREAMY SQUASH SOUP SPINACH & LENTIL SOUP POTATO & ONION SOUP HOT SLICED TURKEY BARBECUE PORK RIBBLET STEAK PICADA W/ GREEN OVEN FRIED CHICKEN LEG FISH VERA CRUZ W/ SAUCE PEPPERS, ONION & SAUCE LEMON SLICE & TARTAR SAUCE SANDWICH W/ GRAVY SCALLOPED POTATOES & THIGH OVEN BROWNED POTATOES MASHED POTATOES **GREEN BEANS & CORN** PICO DE GALLO OR PORK LOIN W/SAUCE SPINACH SALAD W/ TOMATO SPANISH RICE (BROWN & **GREEN PEAS BROWN & WHITE RICE CRANBERRY SAUCE** NORMANDY VEGETABLES **GARNISH CHUNKS & CARROTS** CARROT-RAISIN SALAD WHITE) PINTO BEANS **BEET & ONION SALAD BROCCOLI & CARROTS** WHOLE GRAIN BREAD CREAMY ITALIAN DRESSING MEXICALI COLESLAW (3/4 C) CORN TORTILLA OR WHOLE BEET & ONION SALAD WHOLE GRAIN HAMBURGER W/ MARGARINE 2 SLICES WHOLE GRAIN FLOUR TORTILLA W/ MARG SLICED HONEYDEW (3/4 C) GRAIN BREAD W/ MARG. **BUN W/ MARGARINE BREAD W/ MARGARINE ORANGE SECTIONS CUSTARD** PEACH COBBLER W/ **FRESH APPLE** OATMEAL TOPPING <u>11</u> <u>15</u> 12 13 LENTIL SOUP **CREAMY TOMATO SOUP** ALBONDIGAS SOUP ST. PATRICK'S DAY MENU SOUP & SANDWICH MEATLOAF W/ BROWN ROSEMARY CHICKEN LEG CHIPOTLE ROAST PORK CREAMY SQUASH SOUP VEGETABLE SOUP GRAVY & THIGH W/ SALSA **CORNED BEEF & CABBAGE** TUNA SALAD SANDWICH W/ AU GRATIN POTATOES **BABY RED POTATOES** FRESH SWEET POTATO **BOILED POTATOES** LETTUCE, TOMATO & MAYO **CORN NIBBLETS** CREAMED SPINACH **GREEN PEAS & BUTTER** GREEN SALAD W/ TOMATO POTATO SALAD CARROT-BROCCOLI SLAW CAESAR SALAD W/ **BEANS** 1000 ISLAND DRESSING THREE BEAN SALAD WHOLE GRAIN BREAD W/ **CRUTONS & DRESSING** CAESAR SALAD W/ WHOLE GRAIN BREAD CARROT-RAISIN SALAD MARGARINE WHOLE GRAIN BREAD **CRUTONS & DRESSING** W/ MARGARINE WHOLE GRAIN BRD W/ MARG PINEAPPLE CHUNKS WHOLE GRAIN BRD W/ MARG W/ MARGARINE CHOCOLATE CAKE W/ ICING SLICED HONEYDEW (3/4 C) FRESH BANANA ORANGE SECTIONS SOUP & SALAD SOUP N' SUB YOUR CHOICE CHICKEN NOODLE SOUP MINESTRONE SOUP **ALBONDIGAS SOUP** VEGETABLE SOUP POTATO & ONION SOUP POT ROAST W/ GRAVY ITALIAN MACARONI, BEEF & TOSTADA CARNITAS SALAD SUB SANDWICH (TURKEY & FISH VERA CRUZ W/ SAUCE PARSLEY POTATOES CHEESE CASSEROLE (SHREDDED PORK) W/ CHIPS ROAST BEEF, JACK CHEESE) LEMON SLICE & TARTAR SAUCE **BABY CARROTS** GREEN BEANS W/ RED LIME-CILANTRO RICE (B&W) MAYO & MUSTARD PKTS. OR TERIYAKI CHICKEN LEG & GREEK SALAD W/ FETA **PEPPERS REFRIED BEANS** DILL PICKLE, LETTUCE, THIGH W/ SAUCE **CHEESE & DRESSING** MARINATED TOMATO, ONION **BROWN & WHITE RICE** CHEESE, LETTUCE, TOMATO TOMATO & ONION SLICES WHOLE GRAIN BREAD & GREEN PEPPER SALAD NORMANDY VEGETABLES CHUNKS, BLACK OLIVES, POTATO SALAD **BEET & ONION SALAD** W/ MARGARINE WHOLE GRAIN BREAD SALSA, SOUR CREAM CARROT-BROCCOLI SLAW FRESH CANTALOUPE SLICE W/ MARGARINE CORN TORTILLA OR WHOLE CREAMY FRENCH DRESSING SANDWICH ROLL W/ MARG. GRAIN BREAD W/ MARG. **AMBROSIA TORTILLA CHIPS** APPLE PIE CHOCOLATE PUDDING CITRUS FRUIT CUP YOUR CHOICE ALBONDIGAS SOUP BEEF BARLEY VEG. SOUP SPLIT PEA SOUP MINESTRONE SOUP **CREAMY SQUASH SOUP** CHIPOTLE ROAST PORK TURKEY ALA KING OVER ADOBO MARINATED **BEEF & CHEESE LASAGNA** SALMON W/ MUSTARD DILL W/ SALSA **BISCUIT W/ CRANBERRY** SHREDDED STEAK W/ NORMANDY VEGETABLES SAUCE, LEMON SLICE & FRESH SWEET POTATO GREEN PEPPERS, ONIONS LETTUCE SALAD W/ SAUCE GARNISH TARTAR SAUCE OR **GREEN PEAS & BUTTER** MASHED POTATOES & SAUCE ORANGE CHUNKS HAWAIIAN CHICKEN LEG & PICO DE GALLO **BEANS BROCCOLI & CARROTS** RANCH DRESSING THIGH W/ SAUCE CAESAR SALAD W/ **BEET & ONION SALAD** SPANISH RICE BROWN/WHITE WHOLE GRAIN BREAD **BABY RED POTATOES CRUTONS & DRESSING BISCUIT W/ MARGARINE** PINTO BEANS W/ MARGARINE **BROCCOLI & CARROTS** WHOLE GRAIN BRD W/ MARG **FRESH APPLE** CALICO COLESLAW (3/4 Cup) **ORANGE SECTIONS** CREAMY COLESLAW FRESH BANANA FLOUR TORTILLA W/ MARG.

SUBJECT TO CHANGE WITHOUT NOTICE * * * SUGGESTED DONATION \$2.00 * * * 1% LOW FAT MILK INCLUDED IMPORTANT: "YOUR CHOICE" MEALS WILL BE ORDERED BASED ON THE SELECTIONS MADE; OTHERWISE, FIRST COME, FIRST SERVED. YOU SHOULD KNOW THAT WE MAY NOT BE ABLE TO HONOR YOUR FIRST CHOICE.

CUSTARD

WHOLE GRAIN Brd W/ MARG

PEACH PIE

Upcoming Excursions

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. This trip is SOLD OUT, but a waitlist is being taken.

Palm Springs Follies (Palm Springs, CA)

Date: Thursday, April 25, 2013

Time: 8:30am - 6:00pm

Meeting Location: Hart Park House Senior Center

Cost: \$63.00 (does not include lunch)

Spend the day in Palm Springs shopping, having lunch and visiting the famous Palm Springs Follies, a worldfamous, Broadway-caliber celebration of the music, dance, and comedy of the 40s, 50s, and 60s with a cast old enough to have lived it! Upon arrival in Palm Springs participants can shop and lunch at nearby stores and restaurants all within walking distance of the theater. The performance begins at 1:30 pm and is approximately 2 ½ hours. Excursion price includes transportation, driver's tip and ticket to the Follies. Participants are asked to bring additional money for shopping and lunch. Some walking is involved.

Registering for Excursions

Registration can be done in person at the Hart Park House Senior Center & Community Recreation Center or online at www.cityofsierramadre.com. Cash, checks, and credit cards are accepted Make checks payable to "City of Sierra Madre". Payment must be made at time of reservation.

LUNCH AND LEARN

METRO: ON THE MOVE RIDER'S CLUB

Going Metro is the smart choice for shopping, running errands, and seeing the sights. It's convenient, safe and a real money-saver for older adults. The new On the Move Riders Club connects you to new friends who can show you the ropes and get you going. Join us on Wednesday, March 27th, 2013 from 12:15 to 1:15 pm to learn more about the benefits of the On the Move Rider's Club and plan your test ride.

Senior Movie Program

Shown in Sierra Madre City Hall - Council Chambers



March 6th: Apollo 13 (1993)

Technical troubles scuttle the Apollo 13 lunar mission in 1971, risking the lives of astronaut Jim Lovell and his crew in director Ron Howard's chronicle of this true-life story, which turns a failed journey into a thrilling saga of heroism. Rated PG Start time: 1:00 pm (run time is 140 minutes)



March 20th: The Great Race (1965)

Professional daredevil Leslie Gallant convinces turnof-the-century automakers that a race from New York to Paris will help promote car sales. Leslie's arch rival, Prof. Fate, vows to beat Leslie to the finish line in a car of Fate's own invention. What ensues is the wackiest transcontinental road race ever! Not Rated **Start time:** 1:00 pm (run time is 160 minutes)



March 17th is St. Patricks Day. Don't forget to wear your green.



Daily Activities @ Hart Park House

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

Free Blood Pressure Testing: Tuesday, March 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, March 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 Mobility Consultations

Improve your health and well being with local physical therapist Shannon Vandevelde. Through her consultations Shannon can assess an individuals fall risks and mobility concerns as well as provide exercises to improve and restore optimal physical function. Her services are ideal for individuals with acute injuries, ambulation difficulties, post-operations, and transportation problems.

Consultations are the third Monday of the month from 11:00am to 12:00pm. Next consultation is Monday, March 18th, consultations are 15 minutes in length. For more information or to make an appointment call 626-355-7394.

Hawaiian and Polynesican Dance

Hula dancing is a complex art form, and there are many hand motions used to represent the words in song and chant. Class instructor Cheryl Mason has taught hula classes for 45 years. Her patience and love of the dance has kept her students coming back for more. Come out and try this wonderful class.

This six week introductory course will teach hand, hip, and feet movements for one full dance. Class begins February 25th and will be held Mondays from 1:00pm to 2:00pm for six weeks. For more information call 626-355-7394.

Free Income Tax Assistance: Wednesdays through April 10th from 1:00pm to 2:00pm Don Brunner 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.

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.

Interested in starting a new program or class at the Hart Park House Senior Center? We would love to hear your thoughts and ideas. Call 626-355-7394 to tell us about it.