

Senior Moments

APR 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)

Friday, April 5, 2013
Friday, April 19, 2013

Senior Community Commission

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

Thursday, April 4th

File Of Life

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.

Long Time Resident Joan Crow Chosen as the 2013 Older 'Sierra Madre' American of the Year



The City of Sierra Madre Community Services Department and the Senior Community Commission are happy to announce that Joan Crow has been selected as the Older American of the Year for Sierra Madre. Joan Crow is a longtime resident of Sierra Madre and active member of the Sierra Madre Civic Club for more than 30 years serving as president from 1983-1984. In addition to her community support

through Civic Club, Joan is a Eucharistic Minister at St. Rita's Catholic Church and has served as the Chair for the St. Rita Women's Retreat and St. Rita Feast Day. Joan is a faithful supporter of the Friends of the Library, Creative Arts Group, Sierra Madre Playhouse, and much, much more.

In recognition of Joan's dedicated volunteer service to the community, Sierra Madre will be honoring her at a local reception on Friday, May 10, 2013 from 4:30 p.m. to 6:00 p.m. at the Hart Park House Senior Center, 222 W. Sierra Madre Blvd.. Sierra Madre.

LUNCH AND LEARN

Wednesday, April 24, 2013 from 12:15 to 1:15 pm

Collecting. Cluttering. Hoarding. The items that gather, as we age, often mean more than just the object alone could to anyone else. These objects, represent memories, travels, friends, love, and more. Join the Los Angeles County Department of Mental Health (LACDMH) as they provide an informative presentation on hoarding. LACDMH staff will distinguish between collecting, cluttering and hoarding, and emphasize the need for treatment for those who have a significant problem.

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.

Tuesday, June 11th and Wednesday, June 12th from 9:00am to 1:00pm Participant must attend both dates in order to complete the course Cost: \$12.00 for AARP members, \$14.00 for non-members (payment due to instructor on the first day of class)

Registration is required, for more info or to register call 626.355.7394.

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
MONDAY 1	2	3	4 SOUP & SANDWICH	5
LENTIL SOUP	CREAMY SQUASH SOUP	VEGETABLE SOUP	SPLIT PEA SOUP	BROCCOLI & CHEESE SOUP
ITALIAN SAUSAGE W/	STEAK PICADA W/ GREEN	HAWAIIAN CHICKEN LEG &	TUNA SALAD SANDWICH W/	ROAST TURKEY W/ GRAVY
GREEN PEPPERS	PEPPERS, ONION & SAUCE	THIGH	LETTUCE, TOMATO & MAYO	MASHED POTATOES
SPAGHETTI W/ SAUCE	PICO DE GALLO	AU GRATIN POTATOES	POTATO SALAD	BUTTER BEANS & CORN
GREEN BEANS & CARROTS	SPANISH RICE B/W	NORMANDY VEGETABLES	THREE BEAN SALAD	MARINATED BEET & ONION
GARDEN SALAD W/ RED	PINTO BEANS	GREEK SALAD W/ FETA	CARROT-RAISIN SALAD	SALAD
CABBAGE & RADISHES	MEXICALI COLESLAW (3/4 C)	CHEESE & DRESSING	2 SLICE WHOLE GRAIN BRD	WHOLE GRAIN BREAD
FRENCH DRESSING	FLOUR TORTILLA W/	WHOLE GRAIN BRD W/ MARG	W/ MARG	W/ MARGARINE
WHOLE GRAIN BRD W/ MARG	MARGARINE	FRESH BANANA	SLICED HONEYDEW (3/4 C)	CITRUS FRUIT CUP
ORANGE SECTIONS	CUSTARD	I RESIT DANANA	SEIGED HONE I DEW (3/4 C)	CITROST KOIT COI
8	9	10 SOUP N' SUB	11 YOUR CHOICE	12
NAVY BEAN SOUP	ALBONDIGAS SOUP	VEGETABLE SOUP	POTATO & ONION SOUP	MINESTRONE SOUP
BARBECUE CHICKEN LEG &	CHIPOTLE ROAST PORK	SUBMARINE SANDWICH	SALMON W/ MUSTARD DILL	BEEF & CHEESE LASAGNA
THIGH	W/ SALSA	(ROAST BEEF, TURKEY	LEMON & TARTAR SAUCE or	NORMANDY VEGETABLES
MASHED POTATOES	FRESH SWEET POTATO	& JACK CHEESE)	TERIYAKI CHICKEN LEG &	LETTUCE SALAD W/
BROCCOLI & CARROTS	GREEN PEAS & BUTTER	MAYO & MUSTARD PKTS.	THIGH W/ SAUCE	ORANGE CHUNKS
WALDORF SALAD	BEANS	DILL PICKLE, TOMATO, &	BROWN & WHITE RICE	FRENCH DRESSING
WHOLE GRAIN BREAD	CAESAR SALAD W/	ONION SLICES & LETTUCE	GREEN BEANS & CORN	WHOLE GRAIN BREAD
W/ MARGARINE	CRUTONS & DRESSING		TOMATO, GREEN PEPPER &	W/ MARGARINE
PINEAPPLE CHUNKS	WHOLE GRAIN BREAD	POTATO SALAD	ONION SALAD	ORANGE SECTIONS
FINLAFFEL CHONKS	W/ MARGARINE	CARROT-BROCCOLI SLAW	WHOLE GRAIN Brd W/ MARG	ONANGE SECTIONS
	FRESH APPLE	SANDWICH ROLL W/ MARG.	BUTTERSCOTCH PUDDING	
15	16 YOUR CHOICE	PEACH PIE 17 SOUP & SALAD	118	19
BEEF BARLEY VEGETABLE	LENTIL SOUP	VEGETABLE SOUP	SPLIT PEA SOUP	CHICKEN NOODLE SOUP
SOUP	FISH VERA CRUZ W/ SAUCE,	CHEFS SALAD W/ HAM,	ADOBO MARINATED	BARBECUE PORK RIBBLET
TURKEY ALA KING OVER	LEMON SLICE & TARTAR	CHEESE, CRUTONS, EGG	SHREDDED STEAK W/	SCALLOPED POTATOES
BISCUIT	SAUCE OR ROAST PORK	GARNISH, LETTUCE,	GREEN PEPPERS, ONIONS	GREEN BEANS & CORN
CRANBERRY SAUCE	LOIN W/ SAUCE	TOMATO CHUNKS &	& SAUCE	SPINACH SALAD W/ TOMATO
GARNISH	RED ROASTED POTATOES	SALAD VEGETABLES	PICO DE GALLO	CHUNKS & CARROTS
MASHED POTATOES	MIXED VEGETABLES	1000 ISLAND DRESSING	SPANISH RICE b/w	CREAMY ITALIAN DRESSING
BROCCOLI & CORN	MARINATED TOMATO, ONION	WHOLE GRAIN BREAD	PINTO BEANS	WHOLE GRAIN HAMBURGER
MARINATED BEET & ONION	& GREEN PEPPER SALAD	W/ MARGARINE	CARROT-BROCCOLI SLAW	BUN W/ MARGARINE
SALAD	CORN TORTILLA or WHOLE	POTATO SALAD	FLOUR TORTILLA W/ MARG.	SLICED CANTALOUPE
BISCUIT W/ MARGARINE	GRAIN BREAD W/ MARG.	ORANGE SECTIONS	CUSTARD	
FRESH APPLE	CHERRY COBBLER	CHOCOLATE BROWNIE		
22	23 SOUP & SALAD	24	25 YOUR CHOICE	26
LENTIL SOUP	VEGETABLE SOUP	CHICKEN NOODLE SOUP	POTATO & ONION SOUP	BEEF BARLEY
ITALIAN MEATLOAF W/	CHINESE CHICKEN SALAD	STUFFED BELL PEPPER	SALMON W/ MUSTARD DILL	VEGETABLE SOUP
ITALIAN SAUCE	CHINESE CRISPY NOODLES	BAKED WINTER SQUASH	SAUCE, LEMON SLICE &	OVEN FRIED CHICKEN LEG
PARSLEY POTATOES	MARINATED ¼ CUP	MIXED VEGETABLES	TARTAR SAUCE OR	& THIGH
BROCCOLI & CARROTS	ORANGE SALAD	CREAMY COLESLAW (3/4 C)	PORK ROAST W/ SAUCE	MASHED POTATOES
GREEK SALAD W/ FETA	SALAD VEGETABLES (1 c)	WHOLE GRAIN BREAD	BROWN & WHITE RICE	CORN & LIMA BEANS
CHEESE & DRESSING	WHOLE GRAIN BREAD W/	W/ MARGARINE	BROCCOLI & CORN	WALDORF SALAD
WHOLE GRAIN BREAD	MARGARINE	FRESH BANANA	CARROT-RAISIN SALAD	WHOLE GRAIN BREAD
W/ MARGARINE	PINEAPPLE CHUNKS		WHOLE GRAIN Brd w/ MARG	W/ MARGARINE
AMBROSIA	SLICED CANTALOUPE		CHOCOLATE PUDDING	ORANGE SECTIONS
29	30	Administered by		
NAVY BEAN SOUP	MINESTRONE SOUP			 Intervale Senior Services
BARBECUE BEEF SLICES	ITALIAN MACARONI, BEEF &	and funded in part by the Los Angeles County		
SCALLOPED POTATOES	CHEESE CASSEROLE	Area Agency on Aging through the		

SCALLOPED POTATOES CHEESE CASSEROLE **CORN NIBBLETS** GREEN BEANS W/ RED CARROT-BROCCOLI SLAW **PEPPERS** WHOLE GRAIN HAMBURGER MARINATED TOMATO, ONION **BUN W/ MARGARINE** & GREEN PEPPER SALAD **CHERRY PIE** WHOLE GRAIN Brd w/ MARG

LEMON PUDDING

Area Agency on Aging through the Older Americans Act of 1965 as amended.

YWCA San Gabriel Valley Intervale Senior Services 943 North Grand Avenue, Covina, CA 91724 Service Info Line: 626-214-9465

Upcoming Excursions

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 world-famous, 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.

California Science Center (Los Angeles, CA)

Date: Friday, May 17, 2013 Time: 9:30am - 3:30pm

Meeting Location: Hart Park House Senior Center

Cost: \$16.00 (does not include lunch)

Join us on a visit to the California Science Center, the West Coast's largest hands-on science center! The trip will include a tour of the Space Shuttle Endeavor exhibit,

Museum of Contemporary Art (MOCA) (Los Angeles, CA)

Date: Friday, June 28, 2013 Time: 10:00am - 2:30pm

Meeting Location: Hart Park House Senior Center

Cost: \$25.00 (does not include lunch)

Join us as we visit the Museum of Contemporary Art (MOCA) in Downtown LA. Founded in 1979, MOCA is the only museum in Los Angeles devoted exclusively to contemporary art and is committed to the collection, presentation, and interpretation of work produced since 1940 in all media. The educator-led guided tour highlights the various exhibits in a fun and exciting way as well as provides the most information about MOCA's collections and current exhibitions. Lunch will be enjoyed at a local restaurant. It is recommended to bring \$10-15 for lunch.

SAVE THE DATE! Pageant of the Masters

Friday, July 12, 2013 (evening excursion)

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.

which showcases images and artifacts that relate the shuttle program to California, where the orbiters were built. After the tour enjoy the IMAX presentation "The Blue Planet," which features footage taken by crews during five space shuttle missions. In between the tour and IMAX presentation participants will have the chance to lunch as well as an opportunity to visit the rest of the Science Center. Participants may bring their own lunch or purchase lunch at the Science Center café.

Senior Movie Program: 1st and 3rd Wednesdays Shown in Sierra Madre City Hall - Council Chambers

April 3rd:Splash(1985)

A man is reunited with a mermaid who saves him from drowning as a boy and falls in love not knowing who/what she is. Movie stars Tom Hanks and is directed by Ron Howard. Rated PG; Start time: 1:00 pm (run time is 111 minutes)

April 17th: Mildred Pierce (1945)

After her cheating husband leaves her, Mildred Pierce proves she can become independent and successful, but can't win the approval of her spoiled daughter. Movie stars Joan Crawford. Not Rated Start time: 1:00 pm (run time is 111 minutes)



UUT Exemption for Sierra Madre Seniors

Tuesday, May 21st at 11:00 am - City staff will host a special 1 hour "drop-in" opportunity at the Hart Park House for Sierra Madre residents to ask questions about how to apply for an UUT (Utility User Tax) exemption. This will also be the time for any resident who currently receives an exemption to re-apply for another year. To learn more about what documentation you will need to apply or how you might qualify, please contact Veenita at 626.355.7135.

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, April 9th 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, April 10th from 10:00am to 11:30am. Attorney Geoffrey D. Chin is available to all seniors for legal consultation. Appointments are required, 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.

Free Balance Class

Monday, April 15th from 11:15 to 11:45 am Improve your health and well being with local physical therapist Shannon Vandevelde. The 30 minute class focuses on balance as it is important for every day life. Shannon's services are ideal for individuals with acute injuries, ambulation difficulties, post-operations, and transportation problems. Before or after the balance class Shannon can also provide a consultation.

For more information, or to make an appointment call 626-355-7394.

Hawaiian and Polynesian Dance

This six week course teachs hand, hip, and foot movements for one full dance. Same dance taught for each offering.

Mondays: Begins April 8th for six weeks from 1:00pm to 2:00pm

Tuesdays: Begins April 9th for six weeks from 10:00am to 11:00am.

Hula dancing is a complex art form with 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.

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.

Senior Club: Every Saturday at the Hart Park House Senior Center. Brown bag lunch at 11:30 am. Club meeting at noon. Bingo 12:30-3:30 pm.

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.