

Senior Moments

JUN 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, June 14, 2013 Friday, June 28, 2013

Senior Community Commission

Meets the 1st Thursday of the month at 3:00 pm in the City Hall Council Chambers. Next Meeting: Thursday, June 6th

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.

New Class: Learning to Use Your Cell Phone

Cell phones can be an excellent resource for seniors in the event of an emergency, but many seniors find cell phones confusing and difficult to use. Senior Girl Scout Alexi Zate, a Sierra Madre resident and sophomore at La Salle High School, will be offering informative classes for seniors on using cell phones. The classes will feature a variety of topics including adding contacts, sending text messages, and searching the web. Coffee and lite refreshments will be offered during each class. A gift will be raffled off at the end of week one and week two for seniors signed up to take the class.

Only 5 spaces are available per class, and a reservation is required to participate. Choose to sign up for just one, two or all three days. To sign up for a class or for class questions please call the Hart Park House Senior Center at 626-355-7394.

Day 1: Basic phone operations, adding/deleting contacts, and voice mail setup.

Class Days and Times:

Tuesday, June11th: 9:00-10:00 am or 1:00-2:00pm Tuesday, June 18th: 9:00-10:00 am or 1:00-2:00pm

Day 2: Texting, email, taking pictures, and sending pictures.

Class Days and Times:

Wednesday, June12th: 9:00-10:00 am or 1:00-2:00pm Wednesday, June 19th: 9:00-10:00 am or 1:00-2:00pm

Day 3: Searching the web, speaker phone, voice command, and phone settings.

Class Days and Times:

Thursday, June13th: 9:00-10:00 am or 1:00-2:00pm Thursday, June 20th: 9:00-10:00 am or 1:00-2:00pm

Talk and Tea



with Mayor Nancy Walsh

Thursday, June 27th from 12:15pm-1:15pm Mayor Nancy Walsh will be on hand to discuss current water conservation efforts you can make at home to ensure Sierra Madre is water conscious. Additionally, feel free to bring any questions or concerns that you have or just come on in to chat with her. Tea will be provided, so come enjoy this great opportunity!

Lunch and Learn: Wed. June 26th, 12:15 to 1:00 pm

Come listen to Humana and the great services that they have to offer. Humana's motto entails "Healthy People, Healthy Planet, Healthy Performance". Humana is widely known throughout the country and has so many services to share with our community. Humana promotes seniors and their well-being.

Community Yard Sale Sat. June 8th, 8:00am to 12:00 pm

Don't miss the Community Yard Sale located in the Sierra Vista Park Parking Lot (611 E. Sierra Madre Blvd.) The Community Yard Sale is open to the public and patrons are encouraged to peruse the various items for sale. Bargains are to be had and you never know what treasure might turn up!

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.

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| MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY | | | | |
| 3 LENTIL SOUP ITALIAN MACARONI, BEEF & CHEESE CASSEROLE BROCCOLI & CARROTS ROMAIN SALAD W/ TOMATO CHUNKS CREAMY ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS | ALBONDIGAS SOUP CHIPOTLE ROAST PORK W/ SALSA FRESH SWEET POTATO GREEN BEANS & CORN MARINATED BEET & ONION SALAD CORN TORTILLA W/ MARGARINE FRESH BANANA | SOUP & SALAD VEGETABLE SOUP CHEFS SALAD W/ HAM, CHEESE, CRUTONS, EGG GARNISH, LETTUCE, TOMATO CHUNKS & SALAD VEGETABLES 1000 ISLAND DRESSING WHOLE GRAIN BREAD W/ MARG POTATO SALAD ORANGE SECTIONS CHOCOLATE BROWNIE (TRANS FAT FREE) | POTATO & ONION SOUP ROSEMARY CHICKEN LEG & THIGH BROWN & WHITE RICE NORMANDY VEGETABLES CAESAR SALAD W/ CRUTONS & DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE | CHICKEN NOODLE SOUP BARBECUE PORK RIBBLET PARSLEY POTATOES GREEN PEAS & BUTTER BEANS SPINACH SALAD W/ TOMATO CHUNKS & CARROTS RANCH DRESSING WHOLE GRAIN HAMBURGER BUN W/ MARGARINE SLICED CANTALOUPE |
| 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 | 11 SOUP N' SUB NAVY BEAN SOUP SUBMARINE SANDWICH (ROAST BEEF, TURKEY & JACK CHEESE) MAYO & MUSTARD PKTS. DILL PICKLE SLICES LETTUCE, TOMATO & ONION SLICES POTATO SALAD CARROT-BROCCOLI SLAW WHOLE GRAIN ROLL W/ MARG. FRESH APPLE | 12 LENTIL SOUP SWEDISH MEATBALLS W/ SOUR CREAM SPIRAL PASTA MIXED VEGETABLES MARINATED TOMATO, GREEN PEPPER & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA | 13 YOUR CHOICE SPLIT PEA SOUP SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE OR ROAST PORK LOIN W/ SAUCE AU GRATIN POTATOES GREEN BEANS & CORN GARDEN SALAD RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE SLICED HONEYDEW | 14 Father's Day CREAMY TOMATO SOUP BURGUNDY BEEF W/ SAUCE BUTTERED EGG NOODLES BROCCOLI & CARROTS GREEK SALAD W/ FETA CHEESE & DRESSING WHOLE GRAIN BREAD W/ MARGARINE CHOCOLATE CAKE W/ ICING (TRANS FAT FREE) FRESH FRUIT ALTERNATE |
| 17 BEEF BARLEY VEG SOUP TURKEY ALA KING OVER BISCUIT CRANBERRY SAUCE (2 OZ.) MASHED POTATOES GREEN BEANS & CORN SOUTHWEST CORN SALAD W/ TOMATO CHUNKS BISCUIT W/ MARGARINE ORANGE SECTIONS | 18 SOUP & SALAD ALBONDIGAS SOUP TOSTADA CARNITAS SALAD (SHRED PORK) W/ TORTILLA CHIPS LIME-CILANTRO /W RICE, REFRIED BEANS, SHREDDED CHEESE, LETTUCE, TOMATO, OLIVES, CREAMY FRENCH DR, SALSA, SOUR CREAM, | CREAMY SQUASH SOUP BRAISED BEEF TIPS W/ GRAVY BUTTERED EGG NOODLES CORN NIBBLETS CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE STRAWBERRY GELATIN W/ MANDARIN ORANGES | VEGETABLE SOUP HERB BAKED CHICKEN W/ GRAVY SCALLOPED POTATOES GREEN PEAS & CARROTS TOMATO, GR PEPPER & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE CHOCOLATE PUDDING | 21 Soup & Sandwich CREAMY CORN 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 (3/4 C) |
| POTATO & ONION SOUP ITALIAN SAUSAGE W/ GREEN PEPPERS SPAGHETTI / ITALIAN SAUCE MIXED VEGETABLES LETTUCE SALAD W/ RADISHES & TOMATO 1000 ISLAND DRESSING WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS | CITRUS FRUIT CUP 25 SPLIT PEA SOUP OVEN FRIED CHICKEN W/ GRAVY MASHED POTATOES NORMANDY VEGETABLES LETTUCE SALAD W/ RED CABBAGE & RADISHES RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS Gabriel Valley Intervale Senic | 26 YOUR CHOICE POTATO & ONION SOUP FISH VERA CRUZ W/ SAUCE, LEMON SLICE & TARTAR SAUCE OR CHIPOTLE ROAST PORK W/ SALSA BROWN & WHITE RICE GREEN BEANS & CARROTS MEXICALI COLESLAW CORN TORTILLA W/ MARG CUSTARD | | 28 PICNIC MENU NAVY BEAN SOUP HAMBURGER W/ CHEESE, LETTUCE, PICKLE, TOMATO & ONION SLICES KETCHUP, MUSTARD & RELISH BARBECUE BAKED BEANS MUSTARD POTATO SALAD CREAMY COLESLAW-3/4 CUP WHOLE GRAIN BUN W/ MARG APPLE PIE Stered by Intervale Senior Services |

Older Americans Act of 1965 as amended.

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

HOME DELIVERED MEALS / MEALS ON WHEELS CLIENTS MAY RECEIVE DIFFERENT ITEMS

and funded in part by the Los Angeles County
Area Agency on Aging through the

943 North Grand Avenue, Covina, CA 91724

SERVICE INFO LINE: 626-214-9465

Upcoming Excursions

Museum of Contemporary Art (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)

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. It is recommended to bring \$10-15 for lunch.

Pageant of the Masters (Laguna Beach, CA)

Date: Friday, July 12, 2013 **Time:** 4:30pm to 11:30pm

Meeting Location: Community Recreation Center

Cost: \$62.00 (Does not include dinner)

Join us on visit to The Pageant of the Masters in Laguna, CA. The Pageant of the Masters is the Festival of Arts' crowning jewel and arguably one of the most unique productions in the entire world. It is world-renowned in the artistry and theatrical illusion of living pictures. A stage show of "living pictures" – incredibly faithful art re-creations of classical and contemporary works with real people posing to look exactly like their counterparts in the original pieces. An outdoor amphitheater, professional orchestra, original score, live narration, intricate sets, sophisticated lighting, expert staff, and hundreds of dedicated volunteers have won recognition for the Pageant as the best presentation of its kind. It is recommended to bring \$10-15 for dinner

USS IOWA (San Pedro, CA)

Date: Friday, August 16, 2013 **Time:** 9:30am to 3:00pm

Meeting Location: Hart Park House Senior Center

Cost: \$32.00 (Does not include lunch)

Don't miss a trip to the USS Iowa, designated the "World's Greatest Naval Ship" due to her big guns, heavy armor, fast speed, longevity and modernization. Visitors will enjoy a comprehensive tour of the ship lead by an educated docent. In addition, several short films on the history of USS IOWA will be shown providing an abundance of information on this historical ship. Lunch will not be provided, but please bring \$15-20 for lunch at a great local café.

SAVE THE DATES

Friday, September 13 - Oak Glen
Saturday, October 12 - Big Bear Lake Oktoberfest
Pricing and information to come

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.



Senior Movie Program: 1st and 3rd Wednesday

Shown in City Hall Council Chambers

June 5th: Parental Guidance (2012)



Artie and Diane agree to look after their three grandkids when their type-A helicopter parents need to leave town for work. Problems arise when the kids' 21st-century behavior collides with Artie and Diane's old-school methods.

Rated PG-Start time: 1:00 pm (run time is 105 minutes)

June 19th: Age of Champions (2011)

Sponsored by Humana; This is the award-winning documentary following five competitors who sprint, leap, and swim for gold at the National Senior Olympics. You'll meet a 100 year-old tennis champion, 86 year-old pole vaulter, and rough-and-tumble basketball grandmothers as they discover the power of the human spirit and triumph over the limitations of age. **Not Rated Start time:** 1:00 pm (run time is 75 minutes)



Daily Activities @ Hart Park House

Free Balance Class: Every 3rd Monday from 11:00am to 11:45 am with Shannon Vandevelde. A variety of balance exercises are practiced; all ability levels are encouraged and welcomed.

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

Free Blood Pressure Testing: 2nd Tuesday of the month from 11:00am to 12:00pm. No appointment is necessary.

Free Legal Consultation: 2nd Wednesday of the month from 10:00am to 11:00am. Attorney Geoffrey D. Chin is available to all seniors for legal consultation. Appointments are required, call 626-355-7394.

Free Chair Yoga: Every Wednesday morning from 10:30am to 11:15am. Join Paul Hagen for this free class that focuses on senior yoga techniques. No reservation is necessary!

Summer Hawaiian and Polynesian Dance

This <u>nine week</u> course teaches hand, hip, and foot movements for one full dance. Same dance taught for each offering.

Mondays: Begins June 3rd from 1:00pm to 2:00pm

Tuesdays: Begins June 4th 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.

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.

Tues., June 11 and Wed., June 12 from 9am to 1pm Participant must attend both dates in order to complete the course

Cost: \$12 AARP members, \$14 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.

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.