Senior Moments

CITY OF SIERRA MADRE - COMMUNITY SERVICES DEPARTMENT

DEC 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 - Thursday
11:00 AM - 5:30 PM
(closed Fridays)

CITY SERVICES CLOSED

Friday, December 13
December 24 at 12:00pm
December 25 - January 1

Senior Community Commission

Meets the 1st Thursday of the month at 3:00 pm in the City Hall Council Chambers.
Next Meeting:
December 5, 2013

Sierra Madre Senior Club Celebrates 50 Years!

The Sierra Madre Senior Club, was started in 1963 as The Friendship Club. Fifty years hasn't seen much change. The club still plays Bingo every Saturday and continues to contribute monetarily to Sierra Madre based organizations: The Volunteer Fire Department, the Rose Float Association, the Search and Rescue Team and the Older American of the Year Reception. They also give to the Red Cross whenever a disaster occurs anywhere in the world. Members of the club enjoy the camaraderie and giving back to the community.

Holiday Fun at the Senior Center

- **Decorate the Senior Center** - On Tuesday, December 3rd help decorate the Senior Center for the Holidays. Decorating begins at 10:00am. Refreshments provided.
- **Wreath and Centerpiece Workshop** - On Friday, December 6th from 11:00am to Noon come join the Sierra Madre Garden Club as they host a wreath and centerpiece workshop. The workshop is FREE and all materials will be provided. To sign up please call the Senior Center at 626.355.7394
- **Annual Holiday Lunch** - On Thursday, December 12th at 12:00 join us for the Annual Holiday Lunch. The lunch will feature a special Holiday meal (see menu next page), a slide show with photos of Senior Center programs and events that have occurred this last year, and a raffle with a variety of prizes. Bring your holiday spirit and join us for this special day! Lunch reservations MUST be made with the Senior Lunch Cafe by call 626.355.0256.

Free Hear Screening

Tuesday, December 3rd from 10:00am to Noon

The HEAR Center, a non-profit organization since 1954, is dedicated to helping people at all stages of life be a part of the hearing and speaking world. The Hear Center will be at the senior center from 10:00am to Noon on December 3rd to provide FREE hear screenings. Appointments are 10 minutes, and advance sign-up is required. Call 626.355.7394 to schedule an appointment.

Lunch and Learn with the Mayor

Wednesday, December 18th • 12:00 to 1:00 pm

Mayor Nancy Walsh will recap notable happenings in Sierra Madre over the past year and share projects and expectations for the upcoming year. Stay informed about the City of Sierra Madre though this information filled presentation. Any questions you have are welcomed. If you would like to have lunch during the talk, please make a reservation with the Senior Lunch Cafe at 626.355.0256 or bring your own.

January Save the Dates

- **CPR and AED Workshop rescheduled -** Thursday, January 9th from 12:00 to 1:00pm. Learn current CPR techniques and how to use the AED.
- **Let the Brain Games Begin -** Due to the busy holiday season the December seminar and activity are canceled, but the games will resume on Thursday, January 16. This final presentation in the series is a culmination of all the topics discussed, and features some of the favorite games played.
- **Memory Screenings -** Family Peace Inc. will be back to provide follow up screenings on Monday, January 27th from 11:00 am to Noon. Please come in to sign up or call 626.355.7394 for an appointment.

Senior Cinema

Wedneday, December 18th at 1:00pm

Join us for a special holiday feature complete with coffee, hot chocolate, and holiday treats. This will be the only movie shown in the month of December. It will be held at **Hart Park House Senior Center** to accommodate for the food and beverage. Enjoy the warmth of the Senior Center as the fire flickers while watching the classic "A Christmas Story". ***A Christmas Story (1983)*** Ralphie has to convince his parents, teachers, and Santa that a Red Ryder B.B. gun really is the perfect gift for the 1940s. **Rated PG**

Start time: 1:00 pm (run time 94 minutes). *Movie and Snacks sponsored by Humana.*

Upcoming Excursions

Los Angeles Times & Printing Plant (Los Angeles, CA)

Date: Friday, January 10, 2014
Time: 9:00am to 3:00pm
Meeting Location: Hart Park House Senior Center
Cost: $15.00 (does not include lunch)

With a daily circulation of more than one million readers, the Los Angeles Times is by far the most popular newspaper in the Southland. The publication's headquarters, built in 1935, is situated on the outskirts of Downtown. The one-hour tour is an educational trip through the entire publication process as well as a history of this storied American newspaper. Following the Headquarters tour the bus will take a short drive to the printing plant. During this 45-minute tour watch robots assist in the preparation of final copies of the paper for distribution. After the tours lunch will be enjoyed at a downtown restaurant. It is recommended to bring $10-15 for lunch. Last day to register is Friday, January 3rd. **Level of Walking: Moderate**

Feline Conservation Center (Rosamond, CA)

Date: Thursday, February 27, 2014
Time: 9:00am to 4:00pm
Meeting Location: Hart Park House Senior Center
Cost: $15.00 (does not include lunch)

Home to over 70 of the world's most endangered felines, the Feline Conservation Center is a breeding zoo and research facility. Cat lovers of all ages are fascinated by the cats (and the peacocks) and unlike a zoo, the Conservation Center has no moats so visitors can get as close as 5 feet away from these beautiful (but dangerous) cats. Following the one-hour tour is a visit at the gift shop and lunch at a nearby restaurant. It is recommended to bring $10-15 for lunch. Last day to register is Wednesday, February 19th. **Level of Walking: Light to Moderate**

Whale Watching (Long Beach, CA)

Date: Saturday, March 22, 2014
Time: 10:00am to 3:30pm
Meeting Location: Community Recreation Center
Cost: $31.00 (does not include lunch)

Don't miss the Community Services Department annual whale watching excursion. The 2014 excursion will visit the same whale watching Charter Company as 2013, which features a narrated cruise by Aquarium of the Pacific staff and a boat with indoor and outdoor seating. Participants can bring their own lunch to enjoy on the boat, or purchase snack items on board. Children 2 & under are free. Last day to register is Tuesday, March 11th.
Level of Walking: Minimal

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.

Palm Springs Follies (Palm Springs, CA)

Date: Friday, April 11, 2014
Time: 8:30am to 6:00pm
Meeting Location: Hart Park House Senior Center
Cost: $60.00 (Lunch not included)

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. Participants are asked to bring additional money for shopping and lunch. This will be the LAST Palm Springs Follies Ever! Sign up soon before the trip sells out! Last day to register is Thursday, March 20th. **Level of Walking: Moderate**

FUTURE TRIPS
May – Reagan Library (Simi Valley)
June – Aquarium of the Pacific (Long Beach)

10 Tips for Holiday Fire Safety

Every year, holiday fires cause approximately $930 million in damages, and injure 2,600 people. You can help to keep your family safe and avoid holiday fire damage if you follow these 10 holiday fire safety tips:

1. Install smoke detectors; change the batteries every year. Install carbon monoxide detectors and make sure those batteries are fresh too.
2. If you use your fireplace, make sure to use a fireplace screen.
3. Never burn wrapping paper, boxes or other trash in your fireplace.
4. Don't leave a fire unattended; put the fire out before you go to bed.
5. Candles are beautiful, but make sure they are in stable and secure holders and keep them away from combustible materials and small children. Never leave candles unattended.
6. If you have a real Christmas tree, put it in a stable stand, and keep it fresh by checking the water level daily. A dried tree is more susceptible to fire.
7. Keep your Christmas tree away from heat sources that could dry it out. Most trees dry out in two weeks, so don't leave your tree up long past the holidays.
8. Check holiday lights for cracked or broken bulbs, frayed wires and loose plugs. Don't use lights that aren't safe.
9. Use lights only in their designated areas; never use "indoor only" lights outdoors.
10. If your smoke, fire, or carbon monoxide detectors go off, get everyone outside and call 911. Don't try to solve the problem yourself.

Following these holiday fire safety tips will help to ensure that you enjoy a safer holiday season.

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
2 SPLIT PEA SOUP HAWAIIAN CHICKEN W/ SAUCE SCALLOPED POTATOES BROCCOLI W/ RED PEPPERS APPLE SALAD (½ c FRUIT) WHOLE GRAIN BREAD W/ MARGARINE BUTERSCOTCH PUDDING	**3 SOUP N' SUB** VEGETABLE SOUP SUB SANDWICH (ROAST BEEF, TURKEY & CHEESE) MAYO & MUSTARD PKTS. DILL PICKLE SLICES LETTUCE, TOM & ONION POTATO SALAD CARROT-BROCCOLI SLAW WHOLE GRAIN ROLL W/MAR FRESH BANANA	**4** BROCCOLI CHEESE SOUP ROAST PORK LOIN W/ GRAVY FRESH SWEET POTATO GREEN PEAS GREEK SALAD W/ FETA CHEESE & DRESSING WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS	**5** CHICKEN ALBONDIGAS SOUP BEEF FAJITAS (SHREDDED BEEF-3 OZ,GREEN PEPPERS, ONIONS, SAUCE) PICO DE GALLO SPANISH RICE, PINTO BEANS CARROT-RAISIN SALAD CORN TORTILLA W/ MARG. SLICED CANTALOUPE	**6 SOUP & SALAD** CREAMY TOMATO SOUP CHINESE CHICKEN SALAD CHINESE CRISPY NOODLES MARINATED ¼ CUP ORANGE SALAD SALAD VEGETABLES (1 c) PINEAPPLE CHUNKS WHOLE GRAIN BRD W/ MARG SLICED HONEYDEW (3/4 c)
9 NAVY BEAN SOUP BBQ PORK RIBBLET W/ SAUCE BAKED WINTER SQUASH GREEN PEAS & LIMA BEANS CARROT-BROCCOLI SLAW WHOLE GRAIN HAMBURGER BUN W/ MARGARINE FRESH APPLE	**10** CHICKEN ALBONDIGAS SOUP STEAK PICADO (BEEF-3 OZ, GREEN PEPPERS, ONIONS, SAUCE) PICO DE GALLO SPANISH RICE, PINTO BEANS FIESTA COLESLAW FLOUR TORTILLA W/ MARG. FRESH ORANGE SECTIONS	**11 YOUR CHOICE** LENTIL SOUP ROSEMARY CHICKEN LEG & THIGH W/ GRAVY OR SALMON W/DILL SAUCE, LEMON & TARTAR SAUCE PARSLEY POTATOES GREEN BEANS & CORN CITRUS FRUIT SALAD WHOLE GRAIN BREAD CHOCOLATE PUDDING	**12 HOLIDAY PARTY** ORANGE JUICE CREAMY SQUASH SOUP ROASTED CORNISH HEN W/ BLACKBERRY GLAZE RICE PILAF GREEN BEANS & CORN SPINACH SALAD W/ PEARS, BLUE CHEESE CRUMBLES & VINAIGRETTE DRESSING DINNER ROLL W/ MARG APPLE PIE	**13** POTATO & ONION SOUP ITALIAN MACARONI BEEF & CHEESE CASEROLE BAKED WINTER SQUASH GARDEN SALAD W/ GREEN PEPPERS & RADISHES RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP
16 BEEF BARLEY VEGETABLE SOUP TERIYAKI CHICKEN W/ SAUCE AU GRATIN POTATOES NORMANDY VEGETABLES GREEK SALAD W/ FETA CHEESE & DRESSING PINEAPPLE CHUNKS	**17 YOUR CHOICE** SPLIT PEA SOUP CHIPOTLE ROAST PORK W/ SALSA OR FISH VERA CRUZ W/ SAUCE, LEMON SLICE & TARTAR SAUCE TEX-MEX Rice GREEN BEANS & CARROTS TOMATO, ONION & GREEN PEPPER SALAD FLOUR TORTILLA W/ MARG. FRESH BANANA	**18** CHICKEN NOODLE SOUP STUFFED BELL PEPPER BAKED WINTER SQUASH GREEN PEAS & BUTTER BEANS CAESAR SALAD W/CRUTONS & DRESSING WHOLE GRAIN BREAD W/ MARGARINE SLICED CANTALOUPE	**19 Soup & Sandwich** CREAMY TOMATO SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOM & MAYO THREE BEAN SALAD CARROT-BROCCOLI SLAW APPLE SALAD (1/2 C FRUIT) TWO SLICES WHOLE GRAIN BREAD W/ MARG. PEACH PIE	**20** LENTIL SOUP MEATLOAF W/ BROWN GRAVY MASHED POTATOES BROCCOLI & CORN ROMAIN SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING FRENCH BREAD W/ MARG FRESH APPLE
23 *CHRISTMAS MENU* CREAMY SQUASH SOUP ROAST TURKEY W/ GRAVY CRANBERRY SAUCE CORNBREAD STUFFING GREEN BEANS & CARROTS CITRUS SALAD DINNER ROLL W/ MARG APPLE PIE	**24** ***Senior Café Closed Today*** *Happy Holidays!*	**25** **MERRY CHRISTMAS** **CENTERS CLOSED**	**26** NAVY BEAN SOUP SALISBURY STEAK W/ BROWN GRAVY MASHED POTATOES NORMANDY VEGETABLES LETTUCE SALAD W/ RED CABBAGE & RADISHES RANCH DRESSING WHOLE GRAIN BREAD PINEAPPLE CHUNKS	**27 SOUP & SALAD** ALBONDIGAS SOUP TOSTADA CARNITAS SALAD W/ TORTILLA CHIPS & SALSA LIME-CILANTRO RICE REFRIED BEANS SHREDDED CHEESE, LETTUCE, TOMATO, BLACK OLIVES, CREAMY FRENCH DRESSING, SOUR CREAM, ORANGE SECTIONS
30 SPLIT PEA SOUP BURGUNDY BEEF TIPS W/ SAUCE BUTTERED EGG NOODLES MIXED VEGETABLES TOMATO, GREEN PEPPER & ONION SALAD WHOLE GRAIN BRD W/ MARG SLICED HONEYDEW	**31 NEW YEAR'S EVE** LENTIL SOUP BAKED HAM W/ RAISIN SAUCE BAKED WINTER SQUASH BROCCOLI & CORN LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE WHEAT BRD W/ MAR PINEAPPLE CHUNKS	**HAPPY NEW YEAR!** 	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.	

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

Daily Activities @ Hart Park House

Free Balance Class: Every 3rd Monday 11:00 to 11:45 am with Shannon Vandevelde. Next class is December 16th! A variety of balance exercises are practiced; all ability levels are encouraged and welcomed.

Bingo: Every Tuesday from 1:00pm to 3:30pm. Cards are only $0.25 each! Everyone is welcome to join.

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

Free Legal Consultation: There will be NO legal consultations during the month of December, but if you have any questions please call us at 626-355-7394.

Free Chair Yoga: Every Wednesday morning from 11:00am to 11:45am. Join Paul Hagen for this free class that focuses on senior yoga techniques.

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.

Free Strength Training Class: Every Friday from 12:45pm to 1:30pm with Lisa Brandley. The strength training class utilizes light weights for low impact resistance training. All materials for the class are provided. No Class December 27.

BALANCE CLASS
WITH SHANNON VANDEVELDE

Senior Club: Happy 50th Anniversary to the Sierra Madre Senior Club! Join them 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. Annual Membership is only $10.

Tech Talk: Learn to Use Your Technology

Monday, December 9th from 2:00 to 3:00 PM

Tech-savvy teens from the YMCA Teen Leadership Club will be providing their services. This class is ideal for individuals looking for assistance with the operation of cell phones, tablets, computers and other electronic devices. Additionally, it can help with overcoming the fear of using these devices and aid in communicating with family, friends and business relationships. Participants should bring the device with which they need assistance; 2 computers are available at the Senior Center for instruction. The class is free of charge, but registration is required and open until all spaces are filled. To register, or for questions regarding the program call 626.355.7394.

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