

Your **Passport**
to #AgeWell



engage • enrich • empower

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The Pasadena Senior Center is a prized community asset. As a donor supported nonprofit, PSC relies upon private donations, foundation grants, corporate sponsorship, and community philanthropy along with fees for membership, classes and facility rentals. It takes this combined effort to ensure that we are able to advance our mission to support older adults today, tomorrow and in years to come since the Center does not receive federal funding for its operations and is not a city-operated facility. As the numbers of seniors and their needs continue to grow, we are doing everything we can to ensure that seniors are able to age vibrantly and with grace and dignity.

A printed version of this issue can be purchased at the Welcome Desk for \$1 while supplies last.

Cover photo by Peter Matus

From the Executive Director, Akila Gibbs



The other day, I was in the waiting room at a doctor's office and struck up a conversation with the woman sitting next to me. When she found out I work at a senior center, her first reaction was a negative one: "oh, God, that must be so depressing!" she said.

I told her that, on the contrary, my job is the most inspiring and rewarding job I've ever had in my 50+ year career. She was surprised to hear me say this, especially after she learned about my previous jobs, including decades in the TV news industry.

But when I described in more detail what the Pasadena Senior Center is and what it offers, this woman, who had recently retired, became intrigued. I gave her several examples of how our Center's programs exemplify our motto: "aging in place, thriving in motion." She smiled as she put the business card I offered her in her purse.

Sadly, this misconception people have of "senior centers" is one that I have come across before. The sad part is that the stereotype keeps people afraid of accepting their age while missing out on activities and new friendships that can prolong their vitality.

I have to be completely honest with you: I didn't have a clear picture in my mind of what a senior center is, when I first applied for this job. Before I interviewed for my position as executive director, I walked through the Center one morning. "Could I be in charge? Could I make a difference?" I wondered, as I looked around. What I saw impressed me: I heard frequent laughter, saw people deep in serious conversation, playing piano, playing pool. I heard some tap dancing going on somewhere. The energy and joy I saw made me want to be part of this place. I have been grateful for this position ever since.

Each year, I do two things: I take time to walk slowly through the Center's lobby, soaking up the energy of the place: taking pleasure in the fact that I know names and faces of people, that members are enjoying a game of dominoes or speaking in Spanish or French, hurrying to Hector's Zumba class. It feels more vibrant to me than the first time I walked through, and that makes me so happy.

The other thing I do is spend some time in the lobby at the Center when no one else is there: I close my eyes and give thanks that I found my way here and that I get to make a difference. Even when no one is around, I feel the energy and presence of our members.

As this new year begins, let us all vow to make our journey through this year count. May we seek and find joy in every day, doing things that surprise and delight us.

Classes at **PSC**

Winter 2024

January 8 - March 6

40 Classes for Adults

Art and Joy of Sewing
Ballroom Dancing
Ballroom Line Dancing
Beginning Computer Classes
BollyX
Bridge Basics
Chair Aerobics
Chair Pilates
Clases de Computación en Español
Comprehensive Art
Computer Class
French
Geology of the National Parks
Getting to Know Your Android Device
Getting to Know Your iPad and iPhone

"Let Us Play" Improv
Making Sense of the News
Meditation
Pep Up Your Life
Qigong and Tai Chi
Spanish
Spanish Reading for Beginners
Step to the Beat Aerobics
Strength Training
Tap
Watercolor
Yoga
Yoga and Presence Practice
Zumba Gold

Members enjoy the privilege of taking classes at the Pasadena Senior Center. We are offering five classes that can be enjoyed from anywhere in the world in the comfort of your living room! Online registration deadline is December 29. Register in person no later than January 5.

For more information contact: Info@PasadenaSeniorCenter.org.
Register online at tinyurl.com/ClassPSC.

The Pasadena Senior Center is a gathering place to socialize, stay active and connect with others age 50 and up. We strongly encourage you to consider joining PSC as a member, in order to support our programming and Social Services.

Questions?

Center Phone Numbers

Welcome Desk

(626) 795-4331

Social Services

(626) 685-6732

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Classes - Winter 2024

DANCE

BALLROOM DANCING (1 & 2)

Students will learn the basic patterns and character of the most popular ballroom dances, as well as how to recognize the music. They will learn the basics of leading and following and develop timing and rhythm. At the end of this series of classes, students should feel comfortable dancing through an entire song at parties and weddings.

Instructor: Tony Plasil

BALLROOM LINE DANCING

Seniors love Ballroom Line Dancing because it is fun, easy to learn and they can dance to all the beautiful ballroom music without a partner. "Ballroom Line Dancing" is line dancing with a twist. Students will learn the basic steps of many ballroom dances (e.g., Foxtrot, Cha Cha, etc.) in a line dance format. Students will also learn the most popular line dances such as "New York New York," "Mambo 5," "Electric Slide," and others. Students will learn the basic patterns and character of each dance, as well as how to recognize the music. At the end of each class, students should feel comfortable dancing through an entire song at dance parties and weddings.

Instructor: Tony Plasil

BOLLYX LOW IMPACT, DANCE CARDIO CLASS

BollyX is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. The 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and motivated all at the same time. At the very core of a BollyX workout is the inspiration it draws from the music and dance of Bollywood, the film industry of India. The BollyX Low Impact program has all the same energy and swag as the original BollyX format but without high impact dance movements. This format was designed for individuals who love to dance and prefer or need low impact choreography. No prior dance experience is required—just a positive attitude! Improve your coordination and mind-body awareness, and come join us on the "movie set" as you unleash your inner rock star low impact-style.

Instructor: Richa Jauhari

TAP

This is a fun class that starts with a 5-minute tap warmup and stretch. Then we continue with some choreographed routines for performance or just for fun. We use all kinds of music like Pop, Jazz, Broadway, or whatever you like. We also do old standard tap routines like the Shim Sham Shimmy.

Instructor: Pam Kay

ZUMBA GOLD

Zumba Gold is a fitness program designed to take the exciting Latin and international dance rhythms of Zumba and bring them to the active older adult. This exhilarating program is so easy to follow that people of any age can enjoy it. *Instructor: Hector Ramirez*

EXERCISE/FITNESS

CHAIR AEROBICS

This course offers a combination of low-impact and chair aerobics and the use of weights. Participants will tone their muscles and increase flexibility. *Instructor: Hector Ramirez*

CHAIR PILATES AND STRETCHING

Join us for this full body Pilates workout. All exercise is performed in a seated position and are perfect for seniors and beginners. This class focuses on improving posture, core strengthening and stretching. *Instructor: Hector Ramirez*

MEDITATION

Meditation = Concentration = Equanimity. This ancient equation is the basis of our practice in meditation class. We will gain skills in many different meditation techniques from various lineages as together we train our minds for better focus in order to meet each moment of life in greater awareness, peace and presence. Open to all levels of meditators, from first timers to practiced sitters, because we can all use more tools to learn to rebalance our minds, hearts and lives! Bring an open mind, your natural curiosity and a smile!

Instructor: Avry Budka

PEP UP YOUR LIFE

Designed to improve strength, balance and flexibility, this introductory level class will improve the way you feel about your health and body, while increasing muscle mass and

bone density. Participants work at their own pace and within their own comfort range.

Instructor: Donald Millares

QIGONG AND TAI CHI

This class combines the basic concept and theory of chi and chi movement to enhance your physical and spiritual well-being and increase your youthful vitality and longevity. You will learn the eight-section brocade and 25 step short form. In addition to this, you will be introduced to the 105 step long form. This class helps improve blood flow, reduces stress and hypertension, and lowers the heart rate and blood pressure. Strength and balance are improved and increased through the slow, fluid movements, which are often referred to as meditation in motion.

Instructor: Chris Tucker

STEP TO THE BEAT AEROBICS

This class will help improve your cardiovascular system by challenging your heart and lungs. Participants will use their own body weight and improve agility, mobility, and balance. We will warm-up, exercise and cool down. Participants will enjoy walking or stepping to the beat. This class is fun, interactive, and great for individuals with all levels of fitness! *Instructor: Michaela Niesen*

STRENGTH TRAINING CLASS IN THE FITNESS CENTER

This class encompasses chair aerobics and uses dumbbells to develop overall strength. Students will also have the option of using the fitness center and learn how to use workout machines. This class consists of full body exercises to improve bone density and improve muscle mass. *Instructor: Michaela Niesen*

STRENGTH TRAINING VIA ZOOM

Learn how to strengthen your body without access to workout machines. This virtual strength class uses free weights, bands, ankle weights, or anything you can use around your house to create resistance. Every large muscle group in the body will experience resistance to promote muscle building in the comfort of your home. *Instructor: Leslie Lollar*

YOGA

Yoga is valuable for everyone: the young, the old, beginners and advanced practitioners. Each student proceeds at his or her own

pace. Yoga's emphasis is on the precise alignment of the body in the asanas (poses) and the careful sequencing and timings of the asanas. **Instructor: Margie Rosenblum**

YOGA AND PRESENCE PRACTICE

Join us for a practical yet fun blend of yoga and meditation—movement and awareness. These ancient practices designed to bring balance, strength; flexibility and mindfulness are still appropriate and available to us all today. Create unity of mind, body and spirit! Learn to breathe properly and work at your own level. **Instructor: Avry Budka**

HOBBIES & SPECIAL INTERESTS

THE ART AND JOY OF SEWING

Learn to sew or enhance your existing sewing skills! Both beginning and advanced students are welcome. As we navigate the current safety and distancing requirements, instructor Cate Shaffer-Shelby will teach all levels of sewing in this class. You will learn the basic techniques of sewing, ranging from taking proper measurements, understanding fabrics, working with patterns, cutting the garment/project, threading & operating a sewing machine and basic garment construction techniques. For those without sewing machines, we have several machines and other sewing tools available for use when in the class. Students are responsible for supplying their own fabrics & sewing notions/supplies. This class is limited to 22. **Instructor: Cate Shaffer-Shelby**

BRIDGE BASICS 1

Learn the basics of this age old game, played by young and old alike. Join the likes of Warren Buffett and his bridge partner Bill Gates. Be prepared to knock-em-dead at the Center's Bridge Club. In this class you will learn the basics of Bidding, Defense, and Play of the Hand, the 3 major parts of the game. You will be playing a few hands of bridge in your very first class! Bridge can be the party plan for a fun Saturday afternoon or a lifelong endeavor. Practice memory and focus skills while learning this game. Come and enjoy an exciting time, meet new friends, acquire a new skill that will sharpen your enjoyment of life and expand your social circle. **Instructor: Meanie Moran**

BRIDGE BASICS 2

Many people believe that Bridge is the world's greatest game. It challenges your mind, expands your abilities, and increases your circle of friends. It can be a continuous learning or afternoon of just fun. This class focuses on the competitive bidding, first introduced in Bridge Basics1, and expanded here to include pre-emptive bids using different kinds of doubles, overcalls, understanding the advancer, and your role in the competitive auction. Competitive bidding is the very "heart" of Bridge. This class follows Bridge Basics1 but also stands alone for those needing to sharpen their skills in the game. Let's get in there and Play! **Instructor: Meanie Moran**

COMPREHENSIVE ART

This course offers a diverse range of materials to inspire your artistic creations. With deep appreciation for the Earth's abundant resources, we reciprocate its generosity by crafting exquisite expressions. Participants will embark on a guided journey, acquiring the skills to adeptly wield clay, acrylic paints, charcoal, soft pastels, oil pastels, and other mediums, thereby bringing their artistic visions to life. This class will also provide an introduction to composition drawings for beginning students who want to develop drawing and observational skills. **Instructor: Laura Zhao**

FRENCH 1

An introduction to French for those who are completely new to the language or who have forgotten their previous study of it. Touristic expressions, a general presentation of grammatical structure, and the present tense will be covered. Naturally, as language and culture are inseparable, the class will have wider than a linguistic focus. Hopefully, this class will provide a non-stressful but meaningful new dimension for everyone – a gateway to another culture and a new means of self-expression. **Instructor: Teresa Cortey**

FRENCH 2

Continued grammar and vocabulary building and, specifically, introduction to the subjunctive as well as more in-depth study of more elementary grammar. Naturally, as language and culture are inseparable, the class will have wider than a linguistic focus. Individual presentations, suggested, but not required, will be encouraged, and some introduction to literature provided. Songs will

be studied for their linguistic value as well as their potential for musical appreciation.

Instructor: Teresa Cortey

FRENCH 3

Continued vocabulary building, practice in communication, and, specifically, the subjunctive mood will be emphasized and an introduction to the literary tenses made. The focus of the class will naturally be cultural as well as linguistic. Some poems and one short story, and study of songs for their linguistic value will be included. Individual presentations will be encouraged, though not required. **Instructor: Teresa Cortey**

FRENCH 4

Continued practice in communication, vocabulary building, study of the literary tenses, more short stories or poems, songs considered for their linguistic value and voluntary student presentations will be included. The focus of the class will naturally be cultural, and literary as well as linguistic. **Instructor: Teresa Cortey**

FRENCH 5

Intensive review of major grammatical concepts, increased practice in communication, more exploration of literature. Individual presentations encouraged but not required; songs introduced for their linguistic value. As always, the focus of the class will be cultural and literary as well as linguistic. **Instructor: Teresa Cortey**

GEOLOGY OF THE NATIONAL PARKS

In 1870, Yellowstone was set aside by Congress as a park for the "enjoyment and pleasure of the people". It was the first National Park in the U.S.A. and was a model for National Parks around the world. Yellowstone's geysers, hot springs, fumaroles, and other volcanic features made it an interesting place to visit. Yellowstone most of the other National Parks have been created for their natural features and scenic beauty. In most cases, this scenery is due to geologic features and processes. This course will use some of the National Parks as a way to teach the essential elements of geology such as rock types, geologic time, structure of the earth and plate tectonics which ties everything together. The course will start with the Volcanic Parks (Volcanos, lava flows, volcanic ash, volcanic craters

Classes - Winter 2024

etc.) Hawaii, Yellowstone, WY, Mt. Rainier, WA, Mt. Lassen, CA. Followed by parks, which are mainly composed of sedimentary rocks. (Former reefs, beaches, sand dunes, stream channels, etc.). Sandstone, shale, limestone. Grand Canyon, AZ, Zion Canyon, Utah. Parks made of plutonic rocks, that is, granite and similar rocks and modified by glaciers. Yosemite, CA and other possibilities.

Instructor: Alan Colville

"LET US PLAY": IMPROV

Join us for a playful, participatory class of theater and improv games designed to unlock creativity, free the imagination, ignite spontaneity, increase mental focus, build confidence, and nurture group connection. Tap into the wells of creativity and spontaneity that reside within us all in a safe, supportive, and warm-hearted atmosphere as we embrace the joy of playing together.

Instructors: Husband and wife team, Mark and Ilona Jennings.

SPANISH, INTRODUCTION

Welcome to Spanish! This class will be a fun introduction to greetings, vocabulary, and grammar in a foreign language. Class will be a fun learning experience with a qualified Spanish teacher in which we will share in class discussion and conversation. **Instructor:** Hector Ramirez

SPANISH, INTERMEDIATE

Spanish is the second most spoken language in the world. In this intermediate level course, you'll be able to strengthen your grammatical skills to be able to speak, write and read in this second language. Class will touch upon vocabulary with an emphasis on conversation. This class will help you interact with others who have a grasp of the language already. **Instructor:** Hector Ramirez

SPANISH FOR BEGINNERS: READING AND UNDERSTANDING

This low-stress, fun class is conducted in English and is for anyone who enjoys the puzzle of another language. Do you know no Spanish at all? Or maybe you've forgotten what you once learned? Through this class, students will understand written Spanish more and more as the weeks go by. We start out with vocabulary card games for the most common

Spanish words. We also discuss words that are similar but not identical in the two languages. Working together, we will read short passages and understand the main points. A lending library is available in class, and if students they feel ready, they may select their own reading material, including children's books. Students are encouraged, but not required, to work in teams. The instructor will explain useful grammar points as needed, as well as ideal learning strategies for adults. Along with improving students' comprehension of written Spanish, the class may help build students' listening and speaking skills. Another benefit is that students will be part of a welcoming community of language enthusiasts.

Instructor: Sabrina Peck

MAKING SENSE OF THE NEWS VIA ZOOM

Join a weekly discussion of topics in the news with a retired journalism professor. Explore why some topics make it on to the front page or onto the evening news while others don't. What makes something newsworthy? Who decides? Are they always right? The group will monitor major media outlets and go behind the scenes as reporters and editors make the decisions on what to cover, how to cover it and how to present it. Get the inside scoop. Bring your own ideas and toss them into the ring for discussion. **Instructor:** Warren Swil

WATER COLOR, ADVANCED

This class is designed for those experienced in painting watercolors. This is for artist interested in learning new techniques, strengthen your composition and challenge your creativity. Teaching done by; demonstration, video, and one on one do teaching advice. You will be surrounded by, other artists in a friendly and supportive atmosphere. Limit 14 students. **Instructor:** Barbara Medford

WATERCOLOR, BEGINNER 1

This class is designed for those who have never painted watercolors or who have little experience with watercolors. We will be focusing on the basics of painting with watercolors. You will learn how to handle your brushes, the paint, and apply glazes. You will be surrounded by other beginning artists in a friendly supportive atmosphere. Limit 14 students. **Instructor:** Barbara Medford

TECHNOLOGY

BEGINNER COMPUTER CLASSES

In this course, participants will have the opportunity to learn the basic functions of a computer, develop beginner computer skills, navigate the internet, and create and maintain an email address. At the end of each class session, participants will be given a free lab period to review what was discussed and to ask any specific questions they may have. Space is limited to 8 participants. **Instructor:** Mariana Porras

CLASSES DE COMPUTACIÓN EN ESPAÑOL

En este curso, participantes tendrán la oportunidad de aprender las funciones básicas de una computadora, desarrollar habilidades informáticas, navegar por el Internet y crear y mantener una dirección de correo electrónico. Al final de cada sesión de clase, los participantes tendrán un período para revisar lo discutido y hacer cualquier pregunta específica que puedan tener. El espacio está limitado a 8 participantes.

Instructor: Mariana Porras

GETTING TO KNOW YOUR ANDROID

Bring your android device and learn how to, send and receive emails, take great pictures and share them with friends via text message. Learn how to self-help by searching YouTube for videos to help you fix stuff around the house, Explore your personality traits by doing an online assessment, and find the fastest way to a destination utilizing Maps so you can do more fun stuff around the city. On completion of this class, you will learn how to become more independent and to enjoy the rest of your life more fruitful using your device. **Instructor:** Dion Ferguson

GETTING TO KNOW YOUR IPAD AND IPHONE

Whether you are new to your iPad or iPhone, or want to learn the different features that your device can offer, then this class is for you. From updating and changing your settings to taking pictures and editing videos, this class is for the everyday user. Bring your own device or borrow one from PSC. **Instructor:** Peter Matus

Winter 2024 Program Sign-Up Sheet

Program	Time	Instructor	# of Sessions	Beginning Date	Member Price (please circle)
EXERCISE/FITNESS					
Chair Aerobics	Fri 8:15 - 9:00 a.m.	Ramirez	10	Jan 12	\$55
Chair Pilates	Fri 9:00 - 10:00 a.m.	Ramirez	10	Jan 12	\$55
Meditation	Mon 11:00 a.m. - 12:00 p.m.	Budka	10	Jan 8	\$55
Pep Up Your Life	Sat 9:30 - 10:30 a.m.	Millares	10	Jan 13	\$55
Qigong and Tai Chi, Beginner	Thurs 10:30 - 11:30 a.m.	Tucker	10	Jan 11	\$50
Qigong and Tai Chi, Intermediate	Thurs 11:30 a.m. - 12:30 p.m.	Tucker	10	Jan 11	\$50
Step to the Beat Aerobics	Mon 3:00 - 4:00 p.m.	Niesen	8	Jan 8	\$65
Strength Training (Fitness Center)	Thurs 10:30 - 11:30 a.m.	Niesen	8	Jan 11	\$75
Strength Training via Zoom	Mon/Thurs 10:00 - 11:00 a.m.	Lollar	16	Jan 8	\$115
Yoga	Wed 8:30 - 10:00 a.m.	Rosenblum	10	Jan 10	\$55
Yoga and Presence Practice	Mon 9:30 - 10:45 a.m.	Budka	10	Jan 8	\$55
Yoga and Presence Practice	Sat 8:00 - 9:15 a.m.	Budka	10	Jan 13	\$55
DANCE					
Ballroom Dancing Level 1	Wed 1:00 - 2:00 p.m.	Plasil	10	Jan 10	\$55
Ballroom Dancing Level 2	Wed 2:00 - 3:00 p.m.	Plasil	10	Jan 10	\$55
Ballroom Line Dancing	Wed 3:00 - 4:00 p.m.	Plasil	10	Jan 10	\$55
BOLLYX	Fri 3:00 - 3:50 p.m.	Jauhari	10	Jan 12	\$55
Tap Class	Tues 10:30 - 11:30 a.m.	Kay	Ongoing	Ongoing	\$10/Class
Tap Class	Fri 10:30 - 11:30 a.m.	Kay	Ongoing	Ongoing	\$10/Class
Zumba Gold (Dance Fitness)	Mon 12:30 - 1:30 p.m.	Ramirez	10	Jan 8	\$55
HOBBIES & SPECIAL INTERESTS					
The Art and Joy of Sewing	Mon 10:30 a.m. - 1:30 p.m.	Shaffer- Shelby	10	Jan 8	\$85
Bridge Basics	Tues 2:00 - 4:00 p.m.	Moran	8	Jan 9	\$25
Bridge Basics 2	Friday 2:00 - 4:00 p.m.	Moran	6	Jan 12	\$25
Comprehensive Art	Friday 9:30 - 11:00 a.m.	Zhao	10	Jan 12	\$55
French 1	Wed 2:30 - 4:00 p.m.	Cortey	10	Jan 10	\$55
French 2	Mon 9:30 - 11:00 a.m.	Cortey	10	Jan 8	\$55
French 3	Mon 11:00 a.m. - 12:30 p.m.	Cortey	10	Jan 8	\$55
French 4	Wed 11:00 a.m. - 12:30 p.m.	Cortey	10	Jan 10	\$55
French 5	Wed 9:30 - 11:00 a.m.	Cortey	10	Jan 10	\$55
Geology of the National Parks	Tues 2:00 - 3:30 p.m.	Colville	10	Jan 9	\$20
"Let's Play" Improv	Wed 2:30 - 4:00 p.m.	Jennings	10	Jan 10	\$75
Making Sense of the News via Zoom	Thurs 1:00 - 2:00 p.m.	Swil	8	Jan 11	\$35
Spanish, Introduction	Tues 9:00 - 10:00 a.m.	Ramirez	10	Jan 9	\$55
Spanish, Intermediate	Tues 10:00 - 11:00 a.m.	Ramirez	10	Jan 9	\$55
Spanish Reading for Beginners	Tues 12:00 - 1:30 p.m.	Peck	10	Jan 16	\$55
Watercolor (Advanced)	Thurs 9:00 - 11:00 a.m.	Medford	8	Jan 11	\$95

TECHNOLOGY**Beginning Computer Class**

Wed 10:00 - 11:00 a.m.

Porrás

8

Jan 10

\$55

Clases de Computación en Español

Wed 12:00 - 1:00 p.m.

Porrás

8

Jan 10

\$55

Getting to know your Android Device

Thurs 1:00 - 2:00 p.m.

Ferguson

8

Jan 11

\$55

Getting to Know your iPad & iPhone

Tues 10:00 - 11:00 a.m.

Matus

8

Jan 9

\$55

TOTAL ENCLOSED:**MEMBERSHIP IS REQUIRED TO JOIN OUR CLASSES***Return Enrollment Form to Pasadena Senior Center, 85 East Holly Street, Pasadena, CA 91103*

Name: _____

Phone: (____) _____

Email: _____

Address: _____

City/Zip: _____

Card Number: _____

Expiration Date: _____

V-Code: _____

www.PasadenaSeniorCenter.org • (626) 795-4331**IN-PERSON REGISTRATION DEADLINE: FRIDAY, JANUARY 5, 2024**

After the deadline, check with class instructor for availability. Classes and workshops may have maximum and minimum enrollment limits. All students are enrolled on a first-come, first-served basis. Classes may be canceled if the minimum number is not met by the deadline date.

*Class Registration Information***One Step to Register Online**

1. Rest on Lectures and Classes. Click on classes. Then click on registration. There you will find a link to register, and also a link to join the Center if you are not yet a member.

Mail In Registration

1. Registration form: Complete one sign-up sheet for each individual participant. Copies of the sign-up sheet are acceptable.
2. Payment: Make a check or money order payable to the Pasadena Senior Center. Make sure your payment is attached to the sign-up sheet. (Visa, Master Card, American Express and cash are also accepted. Do not send cash.)
3. Mail to:
Pasadena Senior Center
Attn: Class Registration
85 East Holly Street
Pasadena, CA 91103

Online registration deadline is 12 p.m. Friday, December 29.

Late registration will only be accepted if space permits.

Note:

- For Members, current membership is required for the entire class series.
- Registration is required before participation.
- The Center reserves the right to cancel or combine classes with insufficient registration.

Refunds

Refunds must be requested in writing and submitted by email. The form is available by calling the Welcome Desk at (626) 795-4331. 100% refund will be issued if the class is closed or canceled by the Senior Center; 100% refund (less \$5 service charge) if a Refund Request is received at least three working days prior to the start of the class, or at the end of the first class. No refunds will be issued after the first meeting. Please allow 20 days for refunds to be processed.

Photos

From time to time, pictures and videos of programs will be taken to be used for promotional purposes. Please let the photographer know if you don't want to be included.

Scholarships

Scholarships for low-income seniors are available on a limited basis. If interested, please ask for information and an application by calling the Welcome Desk at (626) 795-4331.

Physical Activity and Insurance

By their very nature, some programs involve substantial physical exertion, emotional stress, and/or use of equipment which represent a certain risk to users. It is your responsibility to check with your physician prior to participation in these types of activities. The Center does not provide medical insurance coverage for injuries sustained while participating in Center sponsored activities and events. Each participant must assume responsibility for medical bills incurred from personal injury while participating in an activity or event.

Don't Forget You can now register online for membership and classes at **www.PasadenaSeniorCenter.org**

Winter Session "Class Tasting"

This is an opportunity to sample our popular classes for free. Come and meet the instructors, learn more about the courses and try them out. Sessions will last 30 minutes. Please note location on Zoom or at the Center.

Visit www.pasadenaseniorcenter.org/lectures-classes/classes/class-tasting.

TUESDAY, JANUARY 2

CLASS	LOCATION	TIME
Yoga	Pavilion	9:00 a.m.
Strength Training via Zoom	Online via Zoom	9:30 a.m.
Tap	Dance Studio	10:30 a.m.
The Art and Joy of Sewing	Cliff Benedict Room	12:00 p.m.
Ballroom Dancing	Dance Studio	1:00 p.m.
Ballroom Line Dancing	Dance Studio	1:30 p.m.
Spanish Reading for Beginners	Community Room	1:30 p.m.

WEDNESDAY, JANUARY 3

CLASS	LOCATION	TIME
French Beginner Classes	Community Room	9:30 a.m.
Getting to Know your Android Device	Cliff Benedict Room	10:30 a.m.
QiGong and Tai Chi	Pavilion	11:00 a.m.
Bolly X	Dance Studio	12:00 p.m.
Beginning Computer Class	Computer Lab	12:30 p.m.
Step to the Beat Aerobics	Dance Studio	1:00 p.m.
Strength Training	Fitness Center	2:00 p.m.
"LET US PLAY"" Improv	Cliff Benedict Room	2:30 p.m.

**Class Tasting times and rooms subject to change.*

Thursday, January 25

AT 2:00 P.M.

A MASTER STORYTELLER

PRESENTED BY
BARBARA WONG



Story hour is not just for kids; we all love a good story. But when was the last time you experienced the magic of a live storyteller weaving a tale? Join us for a memorable afternoon of tales

ancient and modern, personal and supernatural, in a way that will stay with you long after the story is over. **Reservations are suggested.**

Cultural Thursdays

Barbara G. Wong began sharing her love of stories as an Artist-in-the-Schools for the Hawaii State Department of Education, and for the University of Hawaii cultural outreach program. She was a resident storyteller for the Honolulu Zoo, produced storytelling programs for adult audiences at the Honolulu Academy of Arts Museum theatre, and developed and led walking and culinary tours of Honolulu's Chinatown. She now shares her multicultural tales and personal stories with audiences of all ages in libraries, schools, museums, and festivals throughout southern California. She has been a guest storyteller at Disney's annual ID8 conference and is a regular teller with the USC Pacific Asia Museum in Pasadena and with Riverside Museum's Annual Moon Festival at Heritage House

FREE- FOR MEMBERS | \$5- NON-MEMBERS

INFORMATION & REGISTRATION at
www.PasadenaSeniorCenter.org
or call (626) 795-4331

MONDAY

TUESDAY

<p>1</p>	<p>2</p> <p>9:00 a.m. Class Tasting 10:00 a.m. Virtual Writers Club 11:30 a.m. Lunch Program</p>
<p>8</p> <p>8:30 a.m. Coffee Bar Open 9:30 a.m. French 2 9:30 a.m. Yoga and Presence Practice 10:00 a.m. Social Hour with Annie Laskey 10:00 a.m. Strength Training (via Zoom) 10:30 a.m. The Art and Joy of Sewing 11:00 a.m. French 3 11:00 a.m. Meditation 11:30 a.m. Lunch Program 12:00 p.m. Guided Tours 12:30 p.m. Zumba Gold 1:00 p.m. Bridge 1:30 p.m. Card Making Workshop 2:00 p.m. Computer Lab 3:00 p.m. Step To The Beat Aerobics</p>	<p>9</p> <p>8:30 a.m. Coffee Bar Open 9:00 a.m. Boutique Sales 9:00 a.m. Needle Arts Club 9:00 a.m. Spanish, Introduction 10:00 a.m. Virtual Writers Club 10:00 a.m. Getting to Know Your iPad & iPhone 10:00 a.m. Spanish, Intermediate 10:30 a.m. Tap Class 11:30 a.m. Lunch Program 12:00 p.m. Spanish Reading for Beginners 12:45 p.m. LCR Game Club 1:00 p.m. American Mahjong Club 2:00 p.m. Computer Lab 2:00 p.m. Bridge Basics 2:00 p.m. Geology of the National Parks</p>
<p>15</p> <p>9:30 a.m. French 2 9:30 a.m. Yoga and Presence Practice 10:00 a.m. Strength Training (via Zoom) 10:30 a.m. The Art and Joy of Sewing 11:00 a.m. French 3 11:00 a.m. Meditation 12:30 p.m. Zumba Gold 3:00 p.m. Step To The Beat Aerobics</p>	<p>16</p> <p>8:30 a.m. Coffee Bar Open 9:00 a.m. Boutique Sales 9:00 a.m. Needle Arts Club 9:00 a.m. Spanish, Introduction 10:00 a.m. Virtual Writers Club 10:00 a.m. Getting to Know Your iPad & iPhone 10:00 a.m. Spanish, Intermediate 10:30 a.m. Tap Class 11:30 a.m. Lunch Program 12:00 p.m. Spanish Reading for Beginners 12:45 p.m. LCR Game Club 1:00 p.m. Screening Mimis Film Discussion 1:00 p.m. American Mahjong Club 2:00 p.m. Computer Lab 2:00 p.m. Bridge Basics 2:00 p.m. Geology of the National Parks</p>
<p>22</p> <p>8:30 a.m. Coffee Bar Open 9:30 a.m. French 2 9:30 a.m. Yoga and Presence Practice 10:00 a.m. Social Hour 10:00 a.m. Strength Training (via Zoom) 10:30 a.m. The Art and Joy of Sewing 11:00 a.m. French 3 11:00 a.m. Meditation 11:30 a.m. Lunch Program 12:00 p.m. Guided Tours 12:30 p.m. Zumba Gold 1:00 p.m. Bridge 2:00 p.m. Computer Lab 2:00 p.m. January Birthday Social 3:00 p.m. Step To The Beat Aerobics</p>	<p>23</p> <p>8:30 a.m. Coffee Bar Open 9:00 a.m. Boutique Sales 9:00 a.m. Needle Arts Club 9:00 a.m. Spanish, Introduction 10:00 a.m. Virtual Writers Club 10:00 a.m. Getting to Know Your iPad & iPhone 10:00 a.m. Spanish, Intermediate 10:30 a.m. Tap Class 11:30 a.m. Lunch Program 12:00 p.m. Spanish Reading for Beginners 12:45 p.m. LCR Game Club 1:00 p.m. American Mahjong Club 2:00 p.m. Computer Lab 2:00 p.m. Bridge Basics 2:00 p.m. The Masters Series Winter 2024: How Art Dealers Changed Art 2:00 p.m. Geology of the National Parks</p>
<p>29</p> <p>8:30 a.m. Coffee Bar Open 9:30 a.m. French 2 9:30 a.m. Yoga and Presence Practice 10:00 a.m. Strength Training (via Zoom) 10:30 a.m. The Art and Joy of Sewing 11:00 a.m. French 3 11:00 a.m. Meditation 11:30 a.m. Lunch Program 12:00 p.m. Guided Tours 12:30 p.m. Zumba Gold 1:00 p.m. Bridge 2:00 p.m. Computer Lab 3:00 p.m. Step To The Beat Aerobics</p>	<p>30</p> <p>8:30 a.m. Coffee Bar Open 9:00 a.m. Boutique Sales 9:00 a.m. Needle Arts Club 9:00 a.m. Spanish, Introduction 10:00 a.m. Virtual Writers Club 10:00 a.m. Getting to Know Your iPad & iPhone 10:00 a.m. Spanish, Intermediate 10:30 a.m. Tap Class 11:30 a.m. Lunch Program 12:00 p.m. Spanish Reading for Beginners 12:45 p.m. LCR Game Club 1:00 p.m. American Mahjong Club 2:00 p.m. Computer Lab 2:00 p.m. Bridge Basics 2:00 p.m. The Masters Series Winter 2024: How Art Dealers Changed Art 2:00 p.m. Geology of the National Parks</p>

WEDNESDAY

8:30 a.m. Coffee Bar Open
9:00 a.m. Scenic Walks Club
9:30 a.m. Class Tasting
11:30 a.m. Lunch Program
1:00 p.m. Grocery Bingo
2:00 p.m. Computer Lab

3

THURSDAY

8:30 a.m. Coffee Bar Open
9:00 a.m. Boutique Sales
9:30 a.m. Latino Club
9:30 a.m. Bid Whist Club
10:00 a.m. Legal Consultation
10:00 a.m. Guided Tours
10:00 a.m. Let's Talk: Learn What Your Mobile Device Can Do, via Zoom
11:30 a.m. Lunch Program
1:30 p.m. Dominos
2:00 p.m. Computer Lab

4

FRIDAY

8:30 a.m. Coffee Bar Open
8:30 a.m. Food Distribution Program
10:30 a.m. Tap Class
11:00 a.m. Writing Club
11:30 a.m. Lunch Program
12:00 p.m. Scrabble
1:00 p.m. Movie Matinee: What Happens Later
1:10 p.m. Writing Club
2:00 p.m. Chess Club

5

SATURDAY

9:00 a.m. Billiards Tournament
9:00 a.m. Running Club
10:00 a.m. Art Exploration Club

6

8:30 a.m. Coffee Bar Open
8:30 a.m. Yoga
9:00 a.m. Scenic Walks Club
9:30 a.m. French 5
10:00 a.m. Beginning Computer Class
11:00 a.m. French 4
11:30 a.m. Lunch Program
12:00 p.m. Clases de Computacion en Espanol
1:00 p.m. Ballroom Dancing Level 1
1:00 p.m. Grocery Bingo
2:00 p.m. Computer Lab
2:00 p.m. Ballroom Dancing Level 2
2:30 p.m. "Let's Play" Improv
2:30 p.m. French 1
3:00 p.m. Ballroom Line Dancing

10

9:00 a.m. Watercolor, Advanced
9:00 a.m. Latino Club
9:30 a.m. Bid Whist Club
10:00 a.m. Let's Talk: What's So Great About Assisted Living? Knowing When It's Time To Move, via Zoom
10:00 a.m. Strength Training (via Zoom)
10:30 a.m. Qigong and Tai Chi, Beginner
10:30 a.m. Strength Training (Fitness Center)
11:00 a.m. Dominos
11:30 a.m. Watercolor, Beginner 1
11:30 a.m. Lunch Program
11:30 a.m. Qigong and Tai Chi, Intermediate
1:00 p.m. Getting to Know Your Android Device
1:00 p.m. Making Sense of the News (via Zoom)
2:00 p.m. Great American Songbook With Bob, Don & Dave

11

8:15 a.m. Chair Aerobics
8:30 a.m. Coffee Bar Open
9:00 a.m. Chair Pilates
9:30 a.m. Comprehensive Art
10:00 a.m. Art Exploration Club
10:30 a.m. Tap Class
11:30 a.m. Lunch Program
12:00 p.m. Scrabble
1:00 p.m. Movie Matinee: American Symphony
2:00 p.m. Bridge Basics 2
2:00 p.m. Chess Club
3:00 p.m. BollyX

12

8:00 a.m. Yoga and Presence Practice
9:00 a.m. Running Club
9:30 a.m. Pep Up Your Life
10:00 a.m. Art Exploration Club

13

8:30 a.m. Coffee Bar Open
8:30 a.m. Yoga
9:00 a.m. Scenic Walks Club
9:30 a.m. French 5
10:00 a.m. Beginning Computer Class
11:00 a.m. French 4
11:30 a.m. Lunch Program
12:00 p.m. Clases de Computacion en Espanol
1:00 p.m. Ballroom Dancing Level 1
1:00 p.m. Grocery Bingo
2:00 p.m. Computer Lab
2:00 p.m. Ballroom Dancing Level 2
2:30 p.m. "Let's Play" Improv
3:00 p.m. Ballroom Line Dancing

17

9:00 a.m. Boutique Sales
9:00 a.m. Watercolor, Advanced
9:00 a.m. Latino Club
9:30 a.m. Bid Whist Club
10:00 a.m. Guided Tours
10:00 a.m. Let's Talk: Dementia and When Home Is No Longer An Option, via Zoom
10:00 a.m. Strength Training (via Zoom)
10:30 a.m. Qigong and Tai Chi, Beginner
10:30 a.m. Strength Training (Fitness Center)
11:00 a.m. Dominos
11:30 a.m. Watercolor, Beginner 1
11:30 a.m. Lunch Program
11:30 a.m. Qigong and Tai Chi, Intermediate
1:00 p.m. Getting to Know Your Android Device
1:00 p.m. Making Sense of the News (via Zoom)

18

8:15 a.m. Chair Aerobics
8:30 a.m. Coffee Bar Open
9:00 a.m. Free Produce Distribution
9:00 a.m. Health Fair
9:00 a.m. Chair Pilates
9:30 a.m. Comprehensive Art
10:30 a.m. Tap Class
11:00 a.m. Writing Club
11:30 a.m. Lunch Program
12:00 p.m. Scrabble
1:00 p.m. Movie Matinee: The Shepard
1:10 p.m. Writing Club
2:00 p.m. Bridge Basics 2
2:00 p.m. Chess Club
3:00 p.m. BollyX

19

8:00 a.m. Yoga and Presence Practice
9:00 a.m. Running Club
9:30 a.m. Pep Up Your Life
1:30 p.m. The Great American Swing Band Winter Dance and Concert

20

8:30 a.m. Coffee Bar Open
8:30 a.m. Yoga
9:00 a.m. Scenic Walks Club
9:30 a.m. French 5
10:00 a.m. Beginning Computer Class
11:00 a.m. French 4
11:30 a.m. Lunch Program
12:00 p.m. Clases de Computacion en Espanol
1:00 p.m. Ballroom Dancing Level 1
1:00 p.m. Grocery Bingo
2:00 p.m. Computer Lab
2:00 p.m. Ballroom Dancing Level 2
2:30 p.m. "Let's Play" Improv
3:00 p.m. Ballroom Line Dancing

24

9:00 a.m. Watercolor, Advanced
9:00 a.m. Latino Club
9:30 a.m. Bid Whist Club
10:00 a.m. Mediation, Conflict and Dispute Resolution
10:00 a.m. Let's Talk: Completing Cycles of Action, via Zoom
10:00 a.m. Strength Training (via Zoom)
10:30 a.m. Qigong and Tai Chi, Beginner
10:30 a.m. Strength Training (Fitness Center)
11:00 a.m. Dominos
11:30 a.m. Watercolor, Beginner 1
11:30 a.m. Lunch Program
11:30 a.m. Qigong and Tai Chi, Intermediate
1:00 p.m. Getting to Know Your Android Device
1:00 p.m. Making Sense of the News (via Zoom)
2:00 p.m. A Cultural Thursday Event! A Master Storyteller

25

8:15 a.m. Chair Aerobics
8:30 a.m. Coffee Bar Open
9:00 a.m. Chair Pilates
9:30 a.m. Comprehensive Art
10:30 a.m. Tap Class
11:30 a.m. Lunch Program
12:00 p.m. Scrabble
1:00 p.m. Virtual Book Club
1:00 p.m. Movie Matinee: Wish Dragon
2:00 p.m. Bridge Basics 2
2:00 p.m. Chess Club
3:00 p.m. BollyX

26

8:00 a.m. Yoga and Presence Practice
9:00 a.m. Running Club
9:30 a.m. Pep Up Your Life

27

8:30 a.m. Coffee Bar Open
8:30 a.m. Yoga
9:00 a.m. Scenic Walks Club
9:30 a.m. French 5
10:00 a.m. Beginning Computer Class
11:00 a.m. French 4
11:30 a.m. Lunch Program
12:00 p.m. Clases de Computacion en Espanol
1:00 p.m. Ballroom Dancing Level 1
1:00 p.m. Grocery Bingo
2:00 p.m. Computer Lab
2:00 p.m. Ballroom Dancing Level 2
2:30 p.m. "Let's Play" Improv
3:00 p.m. Ballroom Line Dancing

31

"Beautiful young people are accidents of nature, but beautiful old people are works of art."

Eleanor Roosevelt
#AgeWell



Explore Lectures & Events

Events are held at the Pasadena Senior Center unless otherwise noted, and are subject to change. You may call the Center at [\(626\) 795-4331](tel:626-795-4331) or check our website for up-to-date information. Most events run one hour. Longer event times are noted.

Reservations, if required, must be made by the Wednesday before the event either online, at the Welcome Desk, by phone or by mail. No refunds will be made after the deadline. If making a reservation by mail, include the name of the event and your contact information, and address your envelope to Events/Pasadena Senior Center, 85 East Holly Street, Pasadena, CA 91103. Food and supplies are ordered based on advance reservations.

For information and registration, visit www.PasadenaSeniorCenter.org, or call [\(626\) 795-4331](tel:626-795-4331).

CELEBRATE! AT THE COFFEE BAR

Happy New Year! In January, we celebrate the start of 2024. We'll also celebrate the legacy of Martin Luther King, Jr. The federal holiday in his honor has been observed each year on the third Monday of January, since 1986. This year the day falls on January 15, King's actual birthday. Although PSC will be closed in observance of the holiday, we'll be giving away pocket calendars that week to celebrate. Be sure to stop by the Coffee Bar and be part of the celebrations all month long.

COMPUTER LAB

Monday through Thursday from 2:00 to 4:30 p.m.

Need access to a computer to do a basic search, schedule an online appointment, check emails and connect with family through social media? Our computer lab is now open to members on a first-come first-served basis. Access for 30 minutes is available for general use. No printing is available. For more information, contact the Welcome Desk.

FOOD BANK DISTRIBUTION PROGRAM

Friday, January 5 from 8:30 to 10:30 a.m.

Distribution will take place in the parking lot. You must be age 60+ and present your ID to receive a box of groceries from the L.A. Regional Food Bank. We recommend you bring a shopping cart to take your box home. You are not permitted to open the boxes on our premises. We will be COVID safe. For questions, call [\(626\) 685-6732](tel:626-685-6732).

CARD MAKING WORKSHOP

Monday, January 8 at 1:30 p.m.

Join us for a fun-filled afternoon of card making. Whether you are a seasoned pro or just starting out, this workshop is open to all members and their guests. So, bring along your friends, family, or anyone who loves getting their hands dirty with arts and crafts. All the supplies you need will be provided, so you do not have to worry about a thing. We are only asking for a suggested \$5 donation to cover the costs. To secure your spot reach out to Amy Walden at kmac422@yahoo.com or simply give a ring to our friendly Welcome desk at [\(626\) 795-4331](tel:626-795-4331).



THE GREAT AMERICAN SONGBOOK WITH BOB, DON & DAVE

Thursday, January 11 at 1:30 p.m.

Free – Members, \$5.00 Non-Members

Enjoy standards and show tunes from the 1920s-1960s, commonly known as the American Songbook. Bob Lipson (piano), David Young (bass), Matt Crawford (drums) and vocalist Don Snyder bring these cherished tunes to vibrant life. Reservations are requested.

FREE PRODUCE DISTRIBUTION ON THE PATIO

Friday, January 19 from 9:00 to 11:00 a.m. (while supplies last)

Provided by the Order of Malta Mobile Ministries

Pre-assembled bags of vegetables will be distributed. Nutritious foods will be available to visitors at the Pasadena Senior Center. We will be COVID safe! We recommend that you bring bags or a cart to take your produce home.

HEALTH FAIR

Friday, January 19 from 9:00 to 11:00 a.m.

Kathy Eastwood from Huntington Hospital will be doing blood pressure and glucose testing. The Hear Center will be doing free hearing screenings. Insurance representatives will be on hand to show different Medicare Health Plans, and answer questions that you may have.

THE GREAT AMERICAN SWING BAND WINTER DANCE AND CONCERT

Saturday, January 20 from 1:30 to 3:30 p.m.

\$8.00 Members, \$12.00 - Non-Members

Trumpet player Jodi Gladstone leads the Great American Swing Band in danceable favorites for a joyous start to the new year. There'll be a big floor for dancing, and comfortable seating for watching and listening. This is our New Year's celebration, so feel free to take the opportunity to dress elegantly or festively (or just come as you are). Light snacks and drinks will be available, a meal will not be served. Reservations are requested.



JANUARY BIRTHDAY SOCIAL

Monday, January 22 at 2:00 p.m.

Free to members with birthdays in January plus one guest, all others \$4.00.

Is your birthday in January? Join your fellow members for a festive reception with birthday cake and champagne, with live music by Steve Ormond. Presents included! Reservations are required.

**PLEASE REMEMBER THE
PASADENA SENIOR CENTER
IN YOUR WILL AND TRUSTS.
CONTACT CHRISTA LORENZ IN
THE DEVELOPMENT OFFICE.**

The MASTERS SERIES Lifelong Learning

HOW ART DEALERS CHANGED ART PRESENTED BY ART HISTORIAN KATHERINE ZORASTER

Tuesdays, January 23 to February 27 from

2:00 to 4:00 p.m. via Zoom

\$75.00 Members, \$90.00 Non-Members

Over the centuries, prominent art dealers have had an outsized impact on shaping taste in art and setting prices for the work of particular artists. Enjoy a deep dive into this fascinating topic, introducing art dealers, collectors, and museums from Louis XIV to today. You'll never look at art the same way again! Registration required to receive the Zoom link. Recordings of sessions are available to all registered participants.



A CULTURAL THURSDAY EVENT! A MASTER STORYTELLER

Thursday, January 25 at 2:00 p.m.

Presented by Barbara Wong

Free - Members, \$5.00 - Non-Members

Story hour is not just for kids; we all love a good story. But when was the last time you experienced the magic of a live storyteller weaving a tale? Join us for a memorable afternoon of tales ancient and modern, personal and supernatural, in a way that will stay with you long after the story is over. Reservations are suggested.

For information and registration for each lecture or event on Zoom, visit www.PasadenaSeniorCenter.org, or call (626) 795-4331. You don't need a computer or wifi to participate. Any type of phone will work. Call (626) 795-4331 to receive the phone number to call and join the presentation or group by phone. Registration is required to receive the link for Zoom. Payment can be made over the phone for those events with a fee.





STAY UP TO DATE BY EMAIL

Go to our website and sign up for our Email Newsletter.


Add Weekly Email to your subscription.

Receive the latest information from PSC.

Go to www.PasadenaSeniorCenter.org Rest on "About Us" and click on "Sign Up For Our Newsletter."

 facebook.com/PasadenaSeniorCenter

 pinterest.com/PasadenaSeniorCenter

 [@pasadenaseniorecenter](https://www.instagram.com/pasadenaseniorecenter)

STAY CONNECTED

GUIDED TOURS WITH PSC AMBASSADORS

**Mondays at Noon and
Thursdays at 10:00 a.m.**

Take a guided tour and learn all about the
Pasadena Senior Center
and how it can enhance your life!



Please make a reservation by calling our Welcome Desk at (626) 795-4331

Save the Date

A CULTURAL THURSDAY EVENT! LUNAR NEW YEAR CELEBRATION Thursday, February 29 at 2:00 p.m.

2024 ushers in the Year of the Dragon, the most powerful and auspicious symbol in Chinese culture. Pasadena Senior Center will celebrate with the traditional Lion Dance and Martial Arts demonstrations overseen by master Ken Hui of the Northern Shaolim Kung Fu Association. Reservations suggested.

ST. PATRICK'S DAY DANCE & CONCERT WITH THE GREAT AMERICAN SWING BAND

Saturday, March 16 at 1:30 p.m.

\$8.00 Members, \$12.00 Non-Members

Get ready for St. Patrick's Day with a concert and dance with the Great American Swing Band! Wear your green and enjoy danceable favorites from the Big Band era and beyond. Light snacks will be available, a meal will not be served. Pre-registration is suggested, cash only at the door.



A Volunteer Transformed

"Aging in Place and Thriving in Motion"

by Liz McHale

When Alfredo Gallegos walked into the Pasadena Senior Center he had no idea how much it would change his life. The Vietnam vet was used to living a solitary life. He had been homeless for 10 years. He was accustomed to being alone as he did what he could to meet his daily needs.

The ex-Marine had been given a "scholarship" at the Senior Center so he could receive the daily lunches provided for members. He became a regular, coming for lunch every day, eating his meal alone, barely speaking to anyone. Staff members noticed him sitting in the corner always by himself.

One day, when the kitchen needed help they asked him if he would volunteer to pitch in. He agreed and started doing what needed to be done, with little training. Gallegos remembers, "I just picked it up myself. I said to myself, why I can do that." He became a regular volunteer at the lunch service, connecting with fellow kitchen helpers and those who come for the meals. The silent and solitary man came alive, talking to people and making friends.

Now he comes to the Center 5 days a week, opening up the kitchen for lunch, setting up tables, and serving food. He appreciates having a place to go and something to do that makes him feel useful every day. More than that, he likes to connect with the people who come for lunch. "I like people. I help anybody if I'm available. That's the way I was born," Gallego explains.

Center staff say the volunteer work has transformed Gallegos. Volunteer coordinator Rene Uriarte says, "I've just seen this spark come back to him." He now chats with everyone and helps anyone who needs assistance. Uriarte says, "They all love him. He's a super nice guy. We've seen this transformation in him."



Richer Group Experiences

ART EXPLORATION CLUB

Saturday, January 6 and 13 at 10:00 a.m.

The Art Exploration Club invites you to join them and express your creativity! For information contact the Welcome Desk at [\(626\) 795-4331](tel:6267954331).

AMERICAN MAHJONG CLUB

Tuesdays at 1:00 p.m.

Join our weekly American Mahjong Club. Studies have shown that mahjong is a great game for keeping the mind sharp and it is recommended as a means of keeping the brain in good health. Contact the Welcome Desk at [\(626\) 795-4331](tel:6267954331).

BILLIARDS ROOM

Monday - Friday from 9:00 a.m. to 4:00 p.m.

Our Billiards Room is available to our members and their guest five days a week!

BID WHIST CLUB

Thursdays at 9:30 a.m.

Bid whist is a partnership trick-taking variant of the classic card game Whist. As indicated by the name, Bid Whist adds a bidding element to the game that is not present in classic Whist. All skill levels are welcome. *Club Captain: Tya Tignor*

BRIDGE CLUB

Mondays at 1:00 p.m.

Open to members and their guest. Bridge teaches you logic, reasoning, quick thinking, patience, concentration and partnership skills. For information contact the Welcome Desk at [\(626\) 795-4331](tel:6267954331).

CHESS CLUB

Fridays at 2:00 p.m.

Meet new friends and challenge them to participate in one of the oldest, most popular games in the world. Play at your leisure in a supportive environment. For more information, call the Welcome Desk at [\(626\) 795-4331](tel:6267954331).

DOMINOS CLUB

Thursdays from 1:30 to 3:00 p.m.

Come play a game or few with fellow members. Must be a member or guest of a member to join.

Club Captain: Mike Long

GROCERY BINGO

Wednesdays at 1:00 p.m.

A Pasadena Senior Center favorite. Come and compete each Wednesday for prizes that make that next grocery store visit shorter. *Club Captain: Renee Lopez*

LATINO CLUB

Thursdays at 9:00 a.m.

Calling all game enthusiasts! Join us for a delightful game of Loteria. Whether you're a seasoned player or new to the game, our friendly community is here to welcome you with open arms. Get your lucky charms ready and prepare for a thrilling experience filled with laughter, camaraderie, and, of course, some serious competition. Don't miss out on this opportunity to connect with fellow game lovers and immerse yourself in the rich Latino culture. For more information, feel free to reach out to our helpful team at the Welcome Desk. ¡Nos vemos en el Latino Club! (See you at the Latino Club!)

LEFT CENTER RIGHT CLUB

Tuesdays at 12:45 p.m.

Left Center Right is a fun, fast-paced dice game that you won't be able to put down! Each game includes 3 specialty marked LCR dice, 24 playing chips and instructions. Players roll the dice to determine where they pass their chips. The last player with chips is the winner and wins the center pot. For more information, contact the Welcome Desk [\(626\) 795-4331](tel:6267954331).

NEEDLE ARTS CLUB

Tuesdays at 9:00 a.m.

Come meet new friends, enjoy delightful conversations and share your needle art skills with fellow enthusiasts. *Club Captain: Vicki Grootegoed*

RUNNING CLUB

Saturdays at 9:00 a.m.

Join 261 Fearless Club Los Angeles, a non-judgmental, non-competitive and nonperformance-based group that stresses the social side of running rather than speed or distance. Contact Pat Winiecki at [\(562\) 458-9472](tel:5624589472) or pwinieck@sbcglobal.net.

SCRABBLE

Fridays at Noon

Inviting all wordsmiths to stretch your brain and enjoy a game of Scrabble. Scrabble games are available at the Welcome Desk.

SOCIAL HOUR

Second and Fourth Mondays at 10:00 a.m. via Zoom

Share your story, or just listen and enjoy the company of your friends. Register online. Hosted by PSC Events Director Annie Laskey.

THE SCENIC WALKS CLUB

Wednesdays at 9:00 a.m.

Join a regular series of leisurely walks to scenic local places to enjoy the outdoors, as well as to get some exercise with a group. For more information and meeting location, please contact Coordinator Alan Colville at alancolville30@gmail.com.

SCREENING MIMIS FILM DISCUSSION GROUP

Tuesday, January 16 at 1:00 p.m.

Only edgy, provocative, and thought-provoking films are shown, not unlike what you'd find at your local arthouse. A lively discussion follows each movie and no prior film expertise is required. Dramas, foreign films, animated classics and documentaries are what you can expect—plus dazzling commentary, some film history and trivia, lots of fun and a new way of examining some really interesting films—by seeing them through others' eyes. Come join us to nurture the movie lover in you. This club is open to Pasadena Senior Center members only and limited to 20 people. For more information, contact Connie at mmeovary@aol.com.

VIRTUAL WRITERS CLUB

Join a group of people who like to write about experiences, real and imagined, and enjoy sharing them with others.

Tuesdays, from 10:00 a.m. to 12:00 p.m.

Lead by Sally Currie. To get the weekly Zoom link contact the Welcome Desk.

Friday, January 5 and 12 at 11:00 a.m. and 1:00 p.m.

Contact Club Captain Esther Gillies at (323) 430-1989.



Join the Fitness Center

The facility is available to all members who may the \$90.00 annual fee. Enjoy the support the Senior Center Management provides. To facilitate exercise of all muscle groups the Fitness Center is well equipped with:

Treadmills

Ellipticals

Recumbent Cycles

Exercise Balls,

An Upright Cycle

Stepper

Leg press

Chest press

Hoist Flat

Abdominal Machine

Ab Bench

Free Weights and more!

In broader terms, the Center has machines for Cardio exercises and also for Strength (or Resistance) training. It has a separate room for free weights which include dumbbells of different weights, 5 ft Barbell with weights, incline bench, flat bench, exercise balls and elastic bands.

See the Welcome Desk to add the Fitness Center to your membership today!



**Sign
Up for
the PSC
Member
Portal**

THE PORTAL SAVES YOU TIME

By registering for events, classes and lectures from the PSC Portal your personal information does not have to be entered again.

- Sign into the Portal on our website to register and the form will prepopulate for you.
- To set up the Portal, help is available to serve you.
- You can find valuable information such as which events you registered for in the past, as well as a list of your donations to the Center.
- The Portal makes it possible for you to review your activities and gifts and see your membership history.
- You can even add your photo and the next time you are in the Center we will be able to confirm your identity with just a click.

Friday Movie Matinee at 7:00 p.m.

We all enjoy the experience of watching movies and love the pleasures they bring. They captivate us with their imaginary worlds brought to life. Once again we are showing some of the movies that have been recommended by our members. Suggestions are always welcome. Contact Dion at DionF@PasadenaSeniorCenter.org or (626) 685-6706. We will have limited seating. Members can reserve seats for themselves and a guest at www.PasadenaSeniorCenter.org or call the Welcome Desk at (626) 795-4331.



January 5
What Happens Later

R
1 hr 43 min
Genre: Romance,
Comedy



January 12
American Symphony

PG-13
1 hr 40 min
Genre: Documentary,
Music



January 19
The Shepherd

PG-13
1 hr
Genre: Holiday,
Comedy, Short



January 26
Wish Dragon

PG
1 hr 38 min
Genre: Kids & Family,
Comedy, Adventure,
Animation

Movies at the PSC are shown per an annual license agreement from the Motion Picture Licensing Corporation, #12421210.

Care of Others and You

HOME TEA PROGRAM

This program is available to homebound adults, age 50 or older. Tea and an inspirational card are sent home each month. If you would like to have tea on us, call (626) 685-6732.

HEALTH INSURANCE COUNSELING

Center for Health Care Rights is providing free Medicare and Medi-Cal counseling and advocacy services to all Los Angeles County residents. Our HICAP telephone hotline is open Monday through Friday from 9:00 a.m. to 5:30 p.m. Call us at (800) 824-0780.

TELEPHONE REASSURANCE

We offer daily calls to homebound seniors to provide support and contact with others on a regular basis. To be placed on the list, please call (626) 685-6732.

FOOD PANTRY

Weekdays, from 8:30 a.m. to 4:30 p.m.

If you need food, we can help. We have volunteers who can deliver food and other supplies to your door while maintaining social distancing. Call (626) 685-6732 and leave a message. We will return your call as soon as possible.

LEGAL CONSULTATIONS

First Thursday of each month from 10:00 a.m. to Noon

Legal consultations are offered free of charge on Conservatorships, Durable Power of Attorney, Wills/Trusts, and Estate Planning issues. For eligibility and to schedule an appointment, please call Welcome desk at (626) 795-4331. Appointments are required.

LUNCH PROGRAM

Monday Thru Friday at 11:30 a.m. at a first come first served basis

Donations are accepted but not mandatory. You must be 60 years of age. Call (626) 685-6732.

Dive Deep with Experts at "Let's Talk"

Pasadena Senior Center has lectures every Thursday from 10:00 to 11:00 a.m. Stay informed about subjects such as finance, medical issues, scams and other very important matters. These lectures will be presented via Zoom. You can call [\(626\) 795-4331](tel:6267954331) to get the telephone number to listen by phone, or register online at www.pasadenaseniorcenter.org/lectures-classes/informational-lectures to receive the Zoom link.

LEARN WHAT YOUR MOBILE DEVICE CAN DO

Thursday, January 4 at 10:00 a.m. via Zoom

Presented by Peter Matus of PSC

We will show you all the fantastic things you can do on your mobile device by providing clear and simple instructions and answering all your questions about how to use apps, contacts, email, and much more. Have your mobile devices with you. Be ready to ask questions. Registration is required to receive the Zoom link.

WHAT'S SO GREAT ABOUT ASSISTED LIVING? KNOWING WHEN IT'S TIME TO MOVE

Thursday, January 11 at 10:00 a.m. via Zoom

Presented by Foundation for Senior Services

Our cities see more and more luxury assisted living communities being built, and many of us have friends who have moved into homes converted for assistive care. But, how do you know if it's the right time? What are the costs? We will walk through the situations where many families find themselves at peace with their transition, and how to make the most of the search and settling process. Registration is required to receive the Zoom link.

DEMENTIA AND WHEN HOME IS NO LONGER AN OPTION

Thursday, January 18 at 10:00 a.m. via Zoom

Presented by First Light Home Care

Learn about different types of dementia and how it can be managed in the home. There will be a discussion on what to consider when the home is



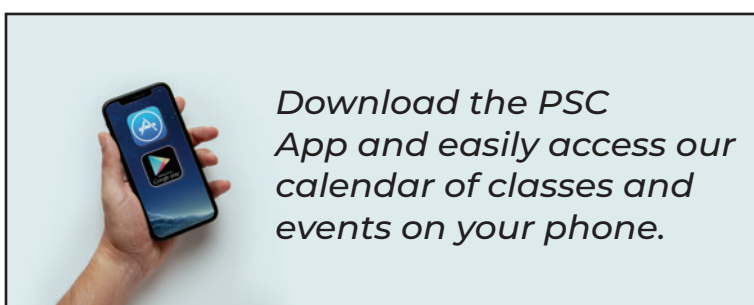
no longer an option and how Memory Care Facilities operate. We will also discuss ways to pay for care touching on new VA regulations and eligibility criteria for Veterans and their Spouse. Registration is required to receive the Zoom link.

COMPLETING CYCLES OF ACTION

Thursday, January 25 at 10:00 a.m. via Zoom

Presented by Foundation for Senior Services

What are cycles of action and what do we do to complete them so we can be more present in life? Cycles of action can include but are not exclusive to not getting things done. They can include an incomplete cycle of the past with relationships, disappointments and expectations not being met. Are you in a period of life where you feel you're struggling to get half the things done you used to? Perhaps some of the reasons are obvious to you... but others aren't. Join us as we look at the "do's and don'ts" of doing. Registration is required to receive the Zoom link.



Download the PSC App and easily access our calendar of classes and events on your phone.

LOOKING FOR SOMETHING TO DO? VOLUNTEER AT PSC!

We always need help, especially at the Welcome Desk or serving up a cup at the Coffee Bar. If you like being around people, this is just the thing for you! Please contact Renee at (626) 685-6724.



Pasadena Senior Center
an independent nonprofit organization

January 2023, Volume 10, No. 1
85 East Holly Street, Pasadena CA 91103
Phone: (626) 795-4331 / Fax: (626) 577-4235
Travel (626) 685-6754
Email: info@PasadenaSeniorCenter.org
www.PasadenaSeniorCenter.org

Mission

To improve the lives of older adults through caring service with opportunities for social interaction, recreation, basic needs services, education, volunteerism and community activism.

Pasadena Senior Center was opened in 1960 as an independent nonprofit organization.

PSC receives no federal, state or local government funding and is funded entirely by private contributions, member and program fees, and special events.

Akila Gibbs, Executive Director

(626) 685-6703 / AkilaG@PasadenaSeniorCenter.org

Alan Barasorda, Director of Finance

(626) 685-6723 / AlanB@PasadenaSeniorCenter.org

Annie Laskey, Director of Events

(626) 685-6702 / AnnieL@PasadenaSeniorCenter.org

Dion Ferguson, Director of Operations and Classes

(626) 685-6706 / DionF@PasadenaSeniorCenter.org

Charmaine Nelson, Director of Marketing and Communications

(626) 685-6759 / CharmaineN@PasadenaSeniorCenter.org

Christa Lorenz, Senior Director of Development

(626) 685 - 6728 / ChristaL@PasadenaSeniorCenter.org

Pam Kaye, Senior Associate Director of Development

(626) 685 - 6756 / PamK@PasadenaSeniorCenter.org

Food and Emergency Provisions

Call Carmen Macias, Manager of Social Services
(626) 685-6732

Center Hours

Monday - Friday	8:00 a.m. - 4:30 p.m.
Saturday	8:30 a.m. - Noon
Sunday	Closed

Fitness Center

Open Monday to Saturday to all Members of the Fitness Center

Parking Options

- Meters around the Center (Free before 11:00 a.m.)
- 171 N Raymond Ave (Free with validation)
- Lot on East side of Center (3 hrs Free Max, from 8 a.m. - 4:30 p.m., M-F)



2024 Winter Term

Tuesdays
Jan 23 to Feb 27
2:00-4:00 p.m.



HOW ART DEALERS CHANGED ART

Over the centuries, prominent art dealers have had an outsized impact on shaping taste in art and setting prices for the work of particular artists. Enjoy a deep dive into this fascinating topic, introducing art dealers, collectors, and museums from Louis XIV to today. You will never look at art the same way again! Registration required to receive the Zoom link. Recordings of sessions are available to all registered participants.



Katherine E. Zoraster is an Art Historian and a Professor of Art History at several local colleges, specializing in Western art from the Renaissance to the 20th century. She graduated with a double major in English Literature and Art History from UCLA, and received her Masters in Art History from CSUN. She is a member of the Art Muse team, giving private museum tours and teaching classes. In the past few years, Katherine has presented papers at The Representational Art Conference and at the College Arts Association on various topics. Katherine also serves as a commissioner for the Burbank Cultural Arts Commission.

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\$75 Members • \$90 Non-Members

INFORMATION & REGISTRATION at
www.PasadenaSeniorCenter.org
or call (626) 795-4331