

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.

*From the Executive
Director, Akila Gibbs*



As people who lost their homes in Altadena continue to deal with the emotional and financial toll from the fire, the Pasadena Senior Center is uniquely situated and ready to provide an anchor for the community.

The Center is located just 3 ½ miles from the Eaton Fire zone, and my hope is that we can help people navigate the difficult question they are asking themselves after such a loss: “what’s next?”

I’ve attended a few town halls led by staff from the Federal Emergency Management Agency (FEMA), and found myself so overwhelmed afterwards by the amount of information, that my heart feels for those who survived the fire. The Center staff and volunteers are dedicated to helping fire survivors make the right decisions for themselves, and we are here for the long road of recovery ahead.

Along with the 54 regular Center members and four members of our staff who lost their homes in the fire, we are providing resources to people who used to frequent the now-closed Altadena Senior Center and other fire survivors.

What is most heartwarming to me is watching the Center become a “community hub” of sorts—a place where fire survivors can visit us in person, or attend various seminars on Zoom, where they are able to connect with former neighbors, and recreate, in a way, with that unique community they had. One of our volunteers who lost her home in the fire now lives in Pomona, yet still calls and visits on a regular basis, sometimes running into former neighbors.

After so many fire survivors expressed a desire for ongoing mental health support, we began holding regular seminars, led by social workers and other mental health professionals. One participant told me recently how learning to identify emotions was empowering and provided comfort. The seminar leader pointed out that learning the difference between depression (worrying about the past) and anxiety (worrying about the future) can help people recognize what they have control over: “I can’t fix the past, but I can fix the future,” one person told me. In-house and Zoom counseling sessions are being planned for the future.

Other seminars planned by the Center include one featuring survivors from past fires (ones that took place in Maui, Oregon, Paradise), one led by an insurance expert, another by pro bono attorneys who are able to help review paperwork that may be confusing.

Along with providing emotional and tangible resources to those in need, the Center is also a place of refuge, and joy. Many fire survivors have told us that the gentle reminder to “take a breath” helps them deal with the next decision. One woman told me “I’ve lost so much, but when I come to the Pasadena Senior Center, I can find joy. What I love is still here.”

To that end, our calendar is full of events that evoke joy: from the recent Alvin Ailey Dance Company performance to various music and art workshops to a simple meet-up with a former neighbor at our Coffee Bar: our door and heart remain open.

Classes at
PSC



Photo by Peter Matus

Spring 2025

April 7 - June 14

35+ Classes for Adults

- | | |
|--------------------------------------|-------------------------------|
| Art and Joy of Sewing | Making Sense of the News |
| Ballroom Dancing | Meditation |
| Ballroom Line Dancing | Pep Up Your Life |
| Bridge Basics | Qigong and Tai Chi |
| Chair Aerobics | Spanish |
| Chair Pilates | Spanish Reading for Beginners |
| Crafting Your Life's Story | Step to the Beat Aerobics |
| Creative Sketching | Strength Training |
| For the Love of Poetry | Watercolor |
| French | Yoga |
| Getting to Know Your iPad and iPhone | Yoga and Presence Practice |
| Introduction to a World of AI | Zumba Gold |
| "Let Us Play" Improv | |

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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Members enjoy the opportunity to take classes at the Pasadena Senior Center. Registration deadline is on Friday, April 4 by Noon. For more information contact: Info@PasadenaSeniorCenter.org. Register online at tinyurl.com/ClassPSC.



Classes - Spring 2025

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



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

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 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

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

Classes - Spring 2025

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 2- BIDDING IN COMPETITION

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 experience or an afternoon of just fun. This class focuses on Competitive Bidding, first introduced in Bridge Basics I, 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 Basics I but also stands alone for those needing to sharpen their skills in the game. Let's get in there and play!

Instructor: Melanie Moran



CREATIVE SKETCHING

In this class we will focus on imaginative sketchbook work where creativity takes the lead over traditional drawing techniques. While some drawing experience is helpful, it is not required as we will explore personal expression and cultivate curiosity through experimentation. Don't worry about "not being able to draw a straight line. Here we will embrace imperfection! Classes will include playful prompts, guided exercises and supportive feedback to spark inspiration and help tune into your creative voice, overcome artistic blocks and build a joyful (and sometimes therapeutic) sketchbook habit. Expect to walk away with a sketchbook filled with artwork personal to each individual and the tools to keep your creative flame alight wherever it leads you. Required supplies for the class: sketchbook, plain pages (unruled)

and at least 7" x 10" Example: Blick Wire bound Sketchbook, 3 - 5 graphite pencils ranging from soft to hard (2B, HB, H, 2H), eraser, pencil sharpener. NOTE: If you prefer to draw in another medium: pen, charcoal, colored pencils, etc., please feel free to bring to class in addition to or instead of the pencils.

Instructor: Sue Blanchard



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 1B

A continuation of elementary French -further study of the present tense, vocabulary acquisition, conversation practice for students who do not need to start at the very beginning: as in every French class, culture and language being inseparable, equal emphasis will be placed on both."

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

FOR THE LOVE OF POETRY

Join us on a poetic journey! "For the Love of Poetry" will help you rediscover the magic of American poetry with icons like Robert Frost, Emily Dickinson, and Nobel Prize winner Louise Gluck. Let poet Sally Abood guide you to a deeper appreciation and love for timeless masterpieces that will touch your heart and soul! To register or for more information, visit www.pasadenaseniorcenter.org and click on Lectures and Classes, then Informational Lectures or call 626-795-4331.

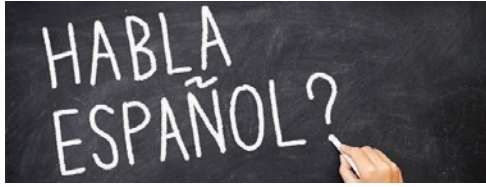
Instructor: Sally Abood

"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.

Instructor: Mark and Ilona Jennings

Classes - Spring 2025



SPANISH, LEVEL 1

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, LEVEL 2

Spanish is the second most spoken language in the world. In this intermediate level class, students will be able to increase their grammatical skills to strengthen their ability to speak, write, and read more. This class will touch upon vocabulary with an emphasis on conversation and will help you interact with others who have a grasp of the language already.

Instructor: Hector Ramirez

SPANISH, LEVEL 3

Advanced Intermediate Spanish furthers the study of grammar, vocabulary, and cultures of Spanish speaking countries. Students will improve their listening, speaking, reading, and writing skills. At the end of this class students will have more precise and fluent skills to carry out advanced intermediate conversations.

Instructor: Hector Ramirez

SPANISH READING FOR BEGINNERS

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.

Instructor: Sabrina Peck

WATERCOLOR, ADVANCED 9:00 A.M.

This class is designed for artists who have watercolor skills but want to be challenged. We will explore new techniques and strengthen our compositions. Teaching is done by demonstrations, Videos, and individual instruction. You will be inspired by the other artists in the class as we share what we have created. You will have opportunities to exhibit your work in our annual art show. Come join the fun in a friendly, supportive atmosphere.

Instructor: Barbara Medford

WATERCOLOR, BEGINNER

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.

Instructor: Barbara Medford

WATERCOLOR, ADVANCED VIA ZOOM

This zoom class is Designed for you to paint as the Instructor paints. Each week offers a new subject with time to critique and share with the other artists. Each class will be recorded and sent to you to view at your leisure. Come ready to paint as we explore new techniques and compositions. This class is not for beginners.

Instructor: Barbara Medford

TECHNOLOGY

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

INTRODUCTION TO AI TECHNOLOGY DISCUSSION GROUP

The field of artificial intelligence (AI) traces its origins to classical philosophers who describe human thinking as a symbolic system. These ideas culminated in the invention of the programmable digital computer in the 1940's which served as a foundation for artificial intelligence (AI) research. Join us as we explore the history of Ai and the integration of AI in our daily lives. This class is exploratory and open discussion based.

Instructor: Peter Matus



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.

Help is Available Tuesdays and Fridays, from 10:00 a.m. – Noon

Spring 2025 Class Sign-Up Sheet

Program	Time	Instructor	# of Sessions	Beginning Date	Member Price (please circle)
DANCE					
Ballroom Dancing Level 1	Wed 1:00 - 2:00 p.m.	Plasil	10	Apr 9	\$60
Ballroom Dancing Level 2	Wed 2:00 - 3:00 p.m.	Plasil	10	Apr 9	\$60
Ballroom Line Dancing	Wed 3:00 - 4:00 p.m.	Plasil	10	Apr 9	\$60
Zumba Gold (Dance Fitness)	Mon 12:30 - 1:30 p.m.	Ramirez	10	Apr 7	\$60
EXERCISE/FITNESS					
Chair Aerobics	Fri 9:15 - 9:45 a.m.	Ramirez	10	Apr 11	\$55
Chair Pilates	Fri 10:00 - 10:45 a.m.	Ramirez	10	Apr 11	\$55
Meditation	Mon 11:00 a.m. - 12:00 p.m.	Budka	10	Apr 7	\$55
Pep Up Your Life	Sat 9:30 - 10:30 a.m.	Millares	10	Apr 12	\$55
Qigong and Tai Chi, Beginner	Thurs 10:30 - 11:30 a.m.	Tucker	10	Apr 10	\$55
Qigong and Tai Chi, Intermediate	Thurs 11:30 a.m. - 12:30 p.m.	Tucker	10	Apr 10	\$55
Step to the Beat Aerobics	Mon 3:00 - 4:00 p.m.	Niesen	8	Apr 7	\$65
Strength Training	Thurs 9:30 - 10:30 a.m.	Niesen	8	Apr 10	\$70
Strength Training	Thurs 10:30 - 11:30 a.m.	Niesen	8	Apr 10	\$70
Yoga	Wed 9:00 - 10:30 a.m.	Rosenblum	10	Apr 9	\$60
Yoga and Presence Practice	Mon 9:30 - 10:45 a.m.	Budka	10	Apr 7	\$60
Yoga and Presence Practice	Sat 8:00 - 9:15 a.m.	Budka	10	Apr 12	\$60
HOBBIES & SPECIAL INTERESTS					
The Art and Joy of Sewing	Mon 10:30 a.m. - 1:30 p.m.	Shaffer- Shelby	10	Apr 7	\$125
Bridge Basics 2- Bidding in Competition	Tues 2:00 - 4:00 p.m.	Moran	10	Apr 8	\$30
Crafting Your Life's Story	Fri 1:00 - 2:00 p.m.	Hawthorne	8	Apr 11	\$30
Creative Sketching	Fri 11:30 a.m. - 12:30 p.m.	Blanchard	8	Apr 11	\$65
For The Love of Poetry	Fri 11:00 a.m. - 12:00 p.m.	Abood	10	Apr 11	\$30
French 1	Mon 2:30 - 4:00 p.m.	Cortey	10	Apr 7	\$55
French 1B	Wed 2:30 - 4:00 p.m.	Cortey	10	Apr 9	\$55
French 2	Mon 9:30 - 11:00 a.m.	Cortey	10	Apr 7	\$55
French 3	Mon 11:00 a.m. - 12:30 p.m.	Cortey	10	Apr 7	\$55
French 4	Wed 11:00 a.m. - 12:30 p.m.	Cortey	10	Apr 9	\$55
French 5	Wed 9:30 - 11:00 a.m.	Cortey	10	Apr 9	\$55
"Let's Play" Improv	Wed 2:30 - 4:00 p.m.	Jennings	10	Apr 9	\$75
"Let's Play" Improv	Fri 2:30 - 4:00 p.m.	Jennings	10	Apr 11	\$75
Spanish Level 1	Tues 9:00 - 10:00 a.m.	Ramirez	10	Apr 8	\$55
Spanish Level 2	Tues 10:00 - 11:00 a.m.	Ramirez	10	Apr 8	\$55
Spanish Level 3	Tues 11:00 a.m. - 12:00 p.m.	Ramirez	10	Apr 8	\$55
Spanish Reading for Beginners	Thurs 12:00 - 1:30 p.m.	Peck	10	Apr 17	\$55
Watercolor, Advanced	Thurs 9:00 - 11:00 a.m.	Medford	8	Apr 10	\$95
Watercolor, Beginning	Thurs 11:30 a.m. - 1:30 p.m.	Medford	8	Apr 10	\$95
Watercolor, Advanced, via Zoom	Tues 1:00 - 3:00 p.m.	Medford	8	Apr 8	\$95

TECHNOLOGY

Getting to Know your iPad & iPhone	Tues 10:00 - 11:00 a.m.	Matus	8	Apr 8	\$55
Introduction to Ai Technology Discussion Group	Mon 11:00 a.m - 12:00 p.m	Matus	8	Apr 7	\$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

REGISTRATION DEADLINE: FRIDAY, APRIL 4, 2025 AT NOON

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

Registration deadline is at Noon on Friday, April 4.

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

Life Reflects Art in Upcoming Exhibition

by Susan Gilleran

Pasadena Senior Center marks 65 years of community-building and life-enhancing programs for older adults with an original art exhibition inspired by members' immigration stories. When completed, "Diversity and Symbiosis" will consist of up to 30 original abstract expressionist pieces by renowned conceptual artist Jia (Sam) Shanguo, combining paper and paint on canvas. The show opens this coming fall.

Sam is currently seeking participants to share their personal stories. In a series of interviews, he'll explore how journeys of leaving one country behind impact rebuilding lives here in America. What's lost, what's gained, and what special interests the participants now undertake are areas to explore. He'll then ask each interviewee to write down a sentence that "influences them the most in their lives."

Sam explains he'll use typography as the basis for each piece. To create the abstract work, "We will print the sentence, letter by letter, and engrave those into the oil painting." The process continues by layering colors over the canvas to represent "the lives of people that are also built layer by layer." Palettes will vary depending on which colors best evoke each individual's background and insights.

The work may seem abstract, but it is, in fact, closely connected to the subjects' actual life experiences, according to Sam, who was born in Pingyin, Shandong province, in 1974.

"We will ask every interviewee what life goal they have achieved in America," he said. "We will listen to their stories, what colors they've seen before they came to America and after they came to America. We know colors represent feelings, emotions, etcetera, and we

will try to combine these colors into an abstract painting that best represents themselves."

Interviews are already underway, with representatives hailing from India, Ecuador, Canadian provinces, Hong Kong, China, England, Austria and the Philippines. Now is the time for first-generation immigrants and seniors to get involved.

Just as the Center sees its 65 years of services getting better with age, Sam interprets long life as key to providing "the richest stories," he said.

"History is filtered, so we only remember the stories of the greatest men," he added. "Ordinary people just like us should have a chance to write our names into the history." That's what this project affords. "We hope to keep peoples' memories alive in this art form and to make other people in the future remember yours."

Sam, an MFA graduate from the China Central Academy of Fine Arts, conceptualized this original idea

upon arriving in California in 2022, a journey he embarked on to foster a better career path and grow his reputation on the international art stage. His daughter, Catherine Jia, followed to study art at Pasadena's Art Center College of Design. She now serves as his interpreter.

The Pasadena Senior Center, with a reputation for seeking out-of-the-box programming, is excited to have our seniors engage and witness their individualized experiences translated into original art. Volunteers are welcome to email Annie Laskey, Events Director, at AnnieL@PasadenaSeniorCenter.org or call her at 626-685-6702.

For an opportunity to meet the artist on April 29, see page 14.



In The Fitness Center

Fitness Center Membership is now \$120 per year.



AFTER PHYSICAL THERAPY

Monday thru Friday from 8:00 a.m. to 4:00 p.m.

\$35.00 per session with a minimum of 4 sessions

This four week program is designed for anyone who would like additional physical training following their prescribed physical therapy. It will provide a seamless transition from therapy to curated physical training to ensure ongoing support and progress. We will do a comprehensive evaluation with a licensed Physical Therapist, create a personalized exercise routine, and provide personalized care with flexible scheduling. This safe and effective exercise program will be tailored to your progress with the goals of enhancing strength, improved mobility and flexibility. For registration and information, contact the Welcome Desk at [\(626\) 795-4331](tel:6267954331).

PERSONAL TRAINING FOR FITNESS CENTER MEMBERS

Monday thru Friday from 8:00 a.m. to 4:00 p.m.

\$80.00 for 4 sessions

We offer a personalized fitness experience through our one-on-one personal training program designed to help Fitness Center members achieve their individual fitness goals with the guidance of a professional personal trainer. Each individual's fitness journey is unique, and that's why our personalized one-on-one personal training program is crafted just for you. Our dedicated trainers are here to empower you, helping you reach your specific fitness goals in a supportive and welcoming environment. For more information, contact the welcome desk at [\(626\) 795-4331](tel:6267954331).

MONDAY



- 9:30 a.m. French 2
- 9:30 a.m. Yoga & Presence Practice
- 10:00 a.m. Bilingual Tech Help
- 10:00 a.m. Social Hour with Annie Laskey
- 10:30 a.m. The Art and Joy of Sewing
- 11:00 a.m. French 3
- 11:00 a.m. Introduction to Ai Technology Discussion Group
- 11:00 a.m. Meditation
- 11:30 a.m. Lunch Program
- 1:30 p.m. Card Making Workshop
- 2:00 p.m. Technology Lab
- 2:30 p.m. French 1
- 3:00 p.m. Step To The Beat Aerobics

7

- 9:30 a.m. French 2
- 9:30 a.m. Yoga & Presence Practice
- 10:00 a.m. Bilingual Tech Help
- 10:30 a.m. The Art and Joy of Sewing
- 11:00 a.m. French 3
- 11:00 a.m. Introduction to Ai Technology Discussion Group
- 11:00 a.m. Meditation
- 11:30 a.m. Lunch Program
- 2:00 p.m. Technology Lab
- 2:30 p.m. French 1
- 3:00 p.m. Step To The Beat Aerobics

14

- 9:30 a.m. French 2
- 9:30 a.m. Yoga & Presence Practice
- 10:00 a.m. Bilingual Tech Help
- 10:00 a.m. Social Hour with Annie Laskey
- 10:30 a.m. The Art and Joy of Sewing
- 11:00 a.m. French 3
- 11:00 a.m. Introduction to Ai Technology Discussion Group
- 11:00 a.m. Meditation
- 11:30 a.m. Lunch Program
- 2:00 p.m. Technology Lab
- 2:30 p.m. French 1
- 3:00 p.m. Step To The Beat Aerobics

21

- 9:30 a.m. French 2
- 9:30 a.m. Yoga & Presence Practice
- 10:00 a.m. Bilingual Tech Help
- 10:30 a.m. The Art and Joy of Sewing
- 11:00 a.m. French 3
- 11:00 a.m. Introduction to Ai Technology Discussion Group
- 11:00 a.m. Meditation
- 11:30 a.m. Lunch Program
- 2:00 p.m. April Birthday Social
- 2:00 p.m. Technology Lab
- 2:30 p.m. French 1
- 3:00 p.m. Step To The Beat Aerobics

28

TUESDAY

- 9:00 a.m. Boutique Sales
- 9:00 a.m. Yankkin' and Yarnin'
- 10:00 a.m. Tap Club
- 10:00 a.m. Virtual Writers Club
- 11:30 a.m. Lunch Program
- 12:00 p.m. Latino Club
- 12:45 p.m. Left Center Right Club
- 1:00 p.m. American Mahjong Club
- 1:00 p.m. Screening Mimis Film Discussion
- 2:00 p.m. Technology Lab

1

- 9:00 a.m. HICAP: Health Insurance Counseling
- 9:00 a.m. Spanish Level 1
- 9:00 a.m. Yankkin' and Yarnin'
- 10:00 a.m. Getting to Know Your iPad & iPhone
- 10:00 a.m. Spanish Level 2
- 10:00 a.m. Tap Club
- 10:00 a.m. Virtual Writers Club
- 11:00 a.m. Spanish Level 3
- 11:30 a.m. Lunch Program
- 12:00 p.m. Latino Club
- 12:45 p.m. Left Center Right Club
- 1:00 p.m. American Mahjong Club
- 1:00 p.m. Watercolor, Advanced, via Zoom
- 2:00 p.m. Bridge Basics 2 - Bidding in Competition
- 2:00 p.m. Film Screening and Discussion: Good Side of Bad

8

- 9:00 a.m. Spanish Level 1
- 9:00 a.m. Yankkin' and Yarnin'
- 10:00 a.m. Getting to Know Your iPad & iPhone
- 10:00 a.m. Spanish Level 2
- 10:00 a.m. Tap Club
- 10:00 a.m. Virtual Writers Club
- 11:00 a.m. Spanish Level 3
- 11:30 a.m. Lunch Program
- 12:00 p.m. Latino Club
- 12:45 p.m. Left Center Right Club
- 1:00 p.m. American Mahjong Club
- 1:00 p.m. Screening Mimis Film Discussion
- 1:00 p.m. Watercolor, Advanced, via Zoom
- 2:00 p.m. Bridge Basics 2 - Bidding in Competition
- 2:00 p.m. Spring 2025 Masters Series: The Science and History of Gemstones

15

- 9:00 a.m. Boutique Sales
- 9:00 a.m. Spanish Level 1
- 9:00 a.m. Yankkin' and Yarnin'
- 10:00 a.m. Getting to Know Your iPad & iPhone
- 10:00 a.m. Spanish Level 2
- 10:00 a.m. Tap Club
- 10:00 a.m. Virtual Writers Club
- 11:00 a.m. Spanish Level 3
- 11:30 a.m. Lunch Program
- 12:00 p.m. Latino Club
- 12:45 p.m. Left Center Right Club
- 1:00 p.m. American Mahjong Club
- 1:00 p.m. Watercolor, Advanced, via Zoom
- 2:00 p.m. Bridge Basics 2 - Bidding in Competition
- 2:00 p.m. Spring 2025 Masters Series: The Science and History of Gemstones
- 2:00 p.m. Technology Lab

22

- 9:00 a.m. Spanish Level 1
- 9:00 a.m. Yankkin' and Yarnin'
- 10:00 a.m. Getting to Know Your iPad & iPhone
- 10:00 a.m. Spanish Level 2
- 10:00 a.m. Tap Club
- 10:00 a.m. Virtual Writers Club
- 10:30 a.m. Meet the Artist: Shanguo Jia
- 11:00 a.m. Spanish Level 3
- 11:30 a.m. Lunch Program
- 12:00 p.m. Latino Club
- 12:45 p.m. Left Center Right Club
- 1:00 p.m. American Mahjong Club
- 1:00 p.m. Watercolor, Advanced, via Zoom
- 2:00 p.m. Bridge Basics 2 - Bidding in Competition
- 2:00 p.m. Spring 2025 Masters Series: The Science and History of Gemstones

29

WEDNESDAY

9:00 a.m. Scenic Walks Club
11:30 a.m. Lunch Program
1:00 p.m. Grocery Bingo
2:00 p.m. Technology Lab

2

THURSDAY

9:00 a.m. Boutique Sales
10:00 a.m. Guided Tours
10:00 a.m. Legal Consultation
10:00 a.m. Let's Talk via Zoom: Discover Your Passion
11:30 a.m. Lunch Program
12:00 p.m. Latino Club
2:00 p.m. A Cultural Thursday Event! From Medical Mystery to Dissociative Superpower
2:00 p.m. Technology Lab

3

FRIDAY

8:30 a.m. Food Distribution Program
9:00 a.m. Health Enrichment Program
10:00 a.m. Guided Autobiography 1
10:00 a.m. Tap Club
11:00 a.m. Writing Club via Zoom
11:30 a.m. Lunch Program
1:00 p.m. Bridge
1:00 p.m. Movie Matinee: Dumb & Dumber
1:00 p.m. Scrabble
1:10 p.m. Writing Club via Zoom
2:30 p.m. Let's Dance

4

SATURDAY

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

5

9:00 a.m. Scenic Walks Club
9:00 a.m. Yoga
9:30 a.m. French 5
11:00 a.m. French 4
11:30 a.m. Lunch Program
1:00 p.m. Ballroom Dancing, Level 1
1:00 p.m. Grocery Bingo
2:00 p.m. Ballroom Dancing, Level 2
2:00 p.m. Technology Lab
2:30 p.m. French 1B
2:30 p.m. Let's Play Improv
3:00 p.m. Ballroom Line Dancing

9

9:00 a.m. Boutique Sales
9:00 a.m. Watercolor, Advanced
9:30 a.m. Strength Training
10:00 a.m. Guided Tours
10:00 a.m. Let's Talk via Zoom: Leaving a lasting Legacy - Memories and Inspiration
10:30 a.m. Qigong and Tai Chi, Beginner
10:30 a.m. Strength Training
11:30 a.m. Lunch Program
11:30 a.m. Qigong and Tai Chi, Intermediate
11:30 a.m. Watercolor, Beginning
12:00 p.m. Latino Club
12:00 p.m. Spanish Reading for Beginners
1:30 p.m. The Great American Songbook
2:00 p.m. Technology Lab

10

9:00 a.m. Health Enrichment Program
9:15 a.m. Chair Aerobics
10:00 a.m. Art Exploration Club
10:00 a.m. Chair Pilates
10:00 a.m. Guided Autobiography 1
10:00 a.m. Tap Club
11:00 a.m. For the Love of Poetry
11:30 a.m. Creative Sketching
11:30 a.m. Lunch Program
1:00 p.m. Bridge
1:00 p.m. Crafting Your Life Story
1:00 p.m. Movie Matinee: A Dog's Purpose
1:00 p.m. Scrabble
2:30 p.m. Let's Dance
2:30 p.m. Let's Play Improv

11

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

12

9:00 a.m. Coffee With a Cop
9:00 a.m. Scenic Walks Club
9:00 a.m. Yoga
9:30 a.m. French 5
11:00 a.m. French 4
11:30 a.m. Lunch Program
1:00 p.m. Ballroom Dancing, Level 1
1:00 p.m. Grocery Bingo
2:00 p.m. Ballroom Dancing, Level 2
2:00 p.m. Technology Lab
2:30 p.m. French 1B
2:30 p.m. Let's Play Improv
3:00 p.m. Ballroom Line Dancing

16

9:00 a.m. Boutique Sales
9:00 a.m. Watercolor, Advanced
9:30 a.m. Strength Training
10:00 a.m. Guided Tours
10:00 a.m. Let's Talk via Zoom: Learn About Loyola Center for Conflict Resolution
10:30 a.m. Qigong and Tai Chi, Beginner
10:30 a.m. Strength Training
11:30 a.m. Lunch Program
11:30 a.m. Qigong and Tai Chi, Intermediate
11:30 a.m. Watercolor, Beginning
12:00 p.m. Latino Club
12:00 p.m. Spanish Reading for Beginners
2:00 p.m. Technology Lab

17

9:00 a.m. Free Produce Distribution
9:00 a.m. Health Fair
9:15 a.m. Chair Aerobics
10:00 a.m. Chair Pilates
10:00 a.m. Guided Autobiography 1
10:00 a.m. Tap Club
11:00 a.m. For the Love of Poetry
11:00 a.m. Writing Club
11:30 a.m. Creative Sketching
11:30 a.m. Lunch Program
1:00 p.m. Bridge
1:00 p.m. Crafting Your Life Story
1:00 p.m. Movie Matinee: Risen
1:00 p.m. Scrabble
1:10 p.m. Writing Club
2:30 p.m. Let's Dance
2:30 p.m. Let's Play Improv

18

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

19

9:00 a.m. Scenic Walks Club
9:00 a.m. Yoga
9:30 a.m. French 5
11:00 a.m. French 4
11:30 a.m. Lunch Program
1:00 p.m. Ballroom Dancing, Level 1
1:00 p.m. Grocery Bingo
2:00 p.m. Ballroom Dancing, Level 2
2:00 p.m. Technology Lab
2:30 p.m. French 1B
2:30 p.m. Let's Play Improv
3:00 p.m. Ballroom Line Dancing

23

9:00 a.m. Boutique Sales
9:00 a.m. Watercolor, Advanced
9:30 a.m. Strength Training
10:00 a.m. Guided Tours
10:00 a.m. Let's Talk via Zoom: Understanding Alzheimer's & Dementia
10:00 a.m. Mediation, Conflict and Dispute Resolution
10:30 a.m. Qigong and Tai Chi, Beginner
10:30 a.m. Strength Training
11:30 a.m. Lunch Program
11:30 a.m. Qigong and Tai Chi, Intermediate
11:30 a.m. Watercolor, Beginning
12:00 p.m. Latino Club
12:00 p.m. Spanish Reading for Beginners
2:00 p.m. Technology Lab

24

9:15 a.m. Chair Aerobics
10:00 a.m. Chair Pilates
10:00 a.m. Guided Autobiography 1
10:00 a.m. Tap Club
11:00 a.m. For the Love of Poetry
11:30 a.m. Creative Sketching
11:30 a.m. Lunch Program
1:00 p.m. Bridge
1:00 p.m. Crafting Your Life Story
1:00 p.m. Movie Matinee: Hop
1:00 p.m. Scrabble
1:00 p.m. Virtual Book Club
2:30 p.m. Let's Dance
2:30 p.m. Let's Play Improv

25

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

26

9:00 a.m. Scenic Walks Club
9:00 a.m. Yoga
9:30 a.m. French 5
11:00 a.m. French 4
11:30 a.m. Lunch Program
1:00 p.m. Ballroom Dancing, Level 1
1:00 p.m. Grocery Bingo
2:00 p.m. Ballroom Dancing, Level 2
2:00 p.m. Technology Lab
2:30 p.m. French 1B
2:30 p.m. Let's Play Improv
3:00 p.m. Ballroom Line Dancing

30

"No amount of regret changes the past. No amount of anxiety changes the future. Any amount of gratitude changes the present."

Ann Voskamp
#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:6267954331) 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:6267954331).



A CULTURAL THURSDAY EVENT! FROM MEDICAL MYSTERY TO DISSOCIATIVE SUPERPOWER

Thursday, April 3 at 2:00 p.m.



Presented by Author, Bonnie R. Armstrong
Free – Members, \$5.00 - Nonmembers

Bonnie R. Armstrong, author of the acclaimed memoir *An Apparently Normal Person*, joins us to share her extraordinary story. What seemed like an ordinary life concealed a hidden journey of survival, trauma, and profound healing. Her story highlights the deep connection between mind and body, revealing how her deteriorating health was rooted in childhood trauma. Her inspiring healing journey was shaped by the internal community of dissociative identities that helped her survive, as well as the wisdom of indigenous traditions and the power of nature. Reservations are suggested.

FOOD DISTRIBUTION PROGRAM

Friday, April 4 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. For questions, call (626) 685-6732.

GUIDED AUTOBIOGRAPHY 1

Fridays, April 4 - May 9 from 10:00 a.m. to Noon

Presented by Independence at Home, a SCAN Community Service

Are you 55+ and looking for a way to make a record of your life story? We provide a process that helps you recall and record the significant moments of your life. Each week new life story topics are assigned. Reservations are required by calling (626) 795-4331.

BILINGUAL TECH HELP PROGRAM

Mondays from 10:00 to 11:00 a.m. in the Technology Lab

Bilingual Instructor: Mariana Porras

Learn how to navigate social media platforms, send texts, check voice mails, set alarms, and more. Whether you need assistance with your smartphone, tablet, or computer, this is a valuable chance to get those questions about your device answered. Let us help you make the most of your devices and explore the possibilities of the digital world. See you there.

Aprenda a navegar por las plataformas de redes sociales, enviar mensajes de texto, revisar correos de voz, configurar alarmas y más. Ya sea que necesite ayuda con su teléfono inteligente, tableta o computadora, esta es una valiosa oportunidad para obtener respuestas a esas preguntas sobre su dispositivo. Permítanos ayudarlo a aprovechar al máximo sus dispositivos y explorar las posibilidades del mundo digital. Nos vemos allí.



CARD MAKING WORKSHOP

Monday, April 7 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.

A FILM SCREENING AND DISCUSSION THE GOOD SIDE OF BAD



Tuesday, April 8 from 2:00 to 4:30 p.m.

Presented by filmmakers Alethea Rood and Jules Bruff, with book author Beverly Olevin

Free – Members, \$5.00 – Non-Members

The Good Side of Bad follows three adult siblings brought back together after a shocking diagnosis forces them to confront realities regarding the mental state of one of their own. It dives into humanity's dark places while illuminating the love, laughter, and light discovered when you reconnect with those closest to you. The film is based on the bestselling book The Good Side of Bad, by Beverly Olevin, author, teacher, theatre professional, and longtime presenter for our lifelong learning program, The Masters Series. This special presentation will include a discussion with the filmmakers. Reservations are suggested.



THE GREAT AMERICAN SONGBOOK

Thursday, April 10 at 1:30 p.m.

Free – Members, \$5.00 – Nonmembers

You'll have a song in your heart as pianist Bob, vocalist Don and their talented friends bring classic standards and Broadway tunes to vibrant life, while also sharing stories about this unforgettable music. Reservations are requested.



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

The MASTERS SERIES Lifelong Learning

SPRING 2025 MASTERS SERIES

THE SCIENCE AND HISTORY OF GEMSTONES

Tuesdays, April 15 to May 20 from 2:00 to 4:00 p.m., via Zoom

Presented by Carrie Wright,
University of Southern Indiana

\$80.00 – Members

\$95.00 – Nonmembers

There is so much more to gemstones than sparkle. Geology instructor Carrie Wright takes us on an exploration of their geological origin, the science of their physical properties, and their role in and impact on human history, economics, and the environment. Registration is required to receive the Zoom link. Recordings of sessions are available to registered participants.



COFFEE WITH A COP

Wednesday, April 16 from 9:00 to 11:00 a.m.

This is your opportunity to meet Pasadena's Chief of Police, Eugene Harris. Enjoy free coffee and pastries while connecting with your fellow members and our local law enforcement in a casual and welcoming setting. This event is open to everyone—come sip, chat, and engage!

HEALTH FAIR

Friday, April 18 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.

FREE PRODUCE DISTRIBUTION ON THE PATIO

Friday, April 18 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 recommend that you bring bags or a cart to take your produce home.

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

APRIL BIRTHDAY SOCIAL

Monday, April 28 at 2:00 p.m.

Free to members with birthdays in April plus one guest, all others \$4

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

MEET THE ARTIST SHANGUO JIA

Tuesday, April 29 at 10:30 a.m.

We are partnering with internationally respected conceptual artist Shanguo (Sam) Jia on his project Diversity and Symbiosis. This year-long project focuses on experiences of immigrants who are members of the community. Engaging participants through personal interviews, the artist seeks to capture an important thought from each that he will use to create a series of abstract canvases using each person's words. Join us to meet the artist and learn more about this fascinating project. Reservations are suggested.



Coming to your mailbox soon.

Be on the lookout for our annual Spring Appeal!

For 65 years, we've been here for our community. We're getting better with age and **you're** the one who makes it all possible!

Help us continue to engage, enrich, and empower older adults by making PSC one of your top three contributions this year.

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.



Pasadena Senior Center

65 Years
Celebrating
with Age

Jane and John Doe
123 Holly St.
Pasadena, CA
91103

YOUR DONATION HELPS PROVIDE CRITICAL SERVICES - THANK YOU!

Save the Date

MEMORIAL DAY SWING BAND CONCERT AND DANCE

Monday, May 26 from 2:00 to 4:00 p.m.

\$10.00 – Members, \$15.00 - Nonmembers

Join us for a celebratory Memorial Day concert and dance with the Great American Swing Band. It's a throwback to the USO with popular dance tunes of the 1940s, decorations, and a guest appearance by Pam Kay's Tap Chicks! It's red, white, and blue all the way as we observe this national holiday. Light snacks will be available. Advance registration is suggested.



JOIN US FOR THE 2025 PASADENA SENIOR GAMES



HOSTED BY



65
Years
GETTING BETTER
WITH AGE

May 17 - June 29, 2025
Registration Opens March 24

Info and Registration -
www.pasadenaseniorcenter.org/senior-games
Sports@PasadenaSeniorCenter.org
(626) 685-6755

We're excited to carry on this tradition of excellence, good sportsmanship, and opportunity that was founded by Cynthia Rosedale in 1993.

Events take place primarily in the Pasadena area. Gold, Silver, and Bronze medals will be awarded in 5-year age categories for each event.

Pasadena Senior Games is an annual competition of Olympic-style athletic events for adults 50+.

Our Games are both competitive and inclusive, welcoming novice competitors along with elite athletes. This annual coming-together of people from around the region creates community, reinforces a sense of belonging, forges friendships, and often sets sports records.

2025 Sports:

- Archery
- Basketball - Women
- Basketball Shooting
- Cycling
- Disc Golf
- Fitness Challenge
- Golf
- Pickleball
- Power Walk
- Powerlifting
- Race Walk
- Road Race
- CoEd Softball
- Swimming
- Table Tennis
- Tennis
- Track & Field

Are you new to the Senior Games?

Welcome! Pasadena Senior Games are open to all adults 50+, and we love having first-time competitors. Know that you may be competing alongside experienced athletes, and it is expected that every participant is familiar with the rules of their sport.

Be a Volunteer!

We always need volunteers to help produce the Games. Contact Renee Uriarte at ReneeU@PasadenaSeniorCenter.org or (626) 685-6724.

Richer Group Experiences

ART EXPLORATION CLUB

Saturday, April 5 and 12 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:626-795-4331).

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:626-795-4331).

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!

BRIDGE CLUB

Fridays 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:626-795-4331).

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

Tuesdays and Thursday from Noon - 3:00 p.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:626-795-4331).

LET`S DANCE

Fridays at 2:30 p.m.

What do you do when you hear music? Toe tapping? Head bobbing? Little bit of shoulder bopping? Who likes to move to music? Everyone! Who needs to know "how" to dance? NO one! This is a one hour- long dance party mostly free movement gathering, highlighted by a couple easy choreographed group dances to bring us all together in rhythm. We will provide the music and some fun props people can use to move with - scarves, shakers, etc. People can move as much or as little as they choose, by themselves or interacting with others as they move through the space. No dance experience is necessary, and every level of movement ability is welcome. Just show up and move, as much or as little as you like, by yourself, and be with others who are moving too. We'll have some fun together! Enjoy the freedom of just getting with the beat, letting loose and connecting with old and new friends. Club Captain: Audrey LaVelle, audreylavelle@earthlink.net.

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:562-458-9472) or pwinieck@sbcglobal.net.

SCRABBLE

Fridays at 1:00 p.m.

Inviting all Wordsmiths to stretch your brain and enjoy a game of Scrabble. For more information contact club captain Geoffrey Mayne at [\(626\) 993-0370](tel:626-993-0370).

SOCIAL HOUR

First and Third Mondays at 10:00 a.m.

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

TAP CLUB

Tuesdays and Fridays at 10:00 a.m.

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: Janine Torre*

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, April 1 and 15 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 at 10:00 a.m.

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

Friday, April 4 and 18 at 11:00 a.m. and 1:00 p.m., via Zoom
Contact Club Captain Esther Gillies at **(323) 430-1989**.

YAKKIN` AND YARNIN`

Tuesdays at 9:00 a.m.

The Needle Arts Club has started a new project for a worthy cause and needs your help. The club has partnered with Madhatter's and will be creating beanies for newborn preemies for Huntington Hospital and USC Arcadia Hospital. Don't knit or crochet, no problem, use a loom instead, all can participate. For those interested in joining this meaningful cause inquire with Vicky during club hours, all are welcome. The yarn looms, instructions, and the opportunity to meet new friends will be provided. **Club Captain: Vicki Grootegoed**



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."



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.



For more than 60 years, the Pasadena Senior Center has provided essential services to our community. Your donation today will help us continue to ensure that the 30,000+ older adults we engage each year will have the support they need in place to lead active, vibrant lives. Open your camera app and scan the QR code, or visit pasadenaseniorcenter.org/give.

Friday Movie Matinee at 1:00 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.



April 4
Dumb & Dumber
PG-13
1 hr 46 min
Genre: Comedy



April 11
A Dog's Purpose
PG
2 hr
Genre: Comedy



April 18
Risen
PG-13
1 hr 48 min
Genre: History



April 25
Hop
PG
1 hr 35 min
Genre: Kids & Family

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 AND ADVOCACY PROGRAM

There's a lot to know about Medicare and now there's help to make sense of it all. Each month, volunteer counselors provide unbiased information, counseling, and assistance on Medicare and related health care coverage. All HICAP Volunteer Counselors are trained by the Center for Health Care Rights and are registered with the California Department of Aging. Appointments are required and can be made by visiting the Welcome Desk.

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.

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.

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

Thursday, April 3 at 10:00 a.m.

Free legal consultations only on Conservatorship, Wills/Trusts, Estate Planning and Durable Power of Attorney. Appointments are required and can be made by calling the front desk at (626) 795-4331.

MEDIATION, CONFLICT AND DISPUTE RESOLUTIONS

Thursday, April 24 from 10:00 a.m. to Noon

Presented by Loyola Center for Conflict Resolution

Mediation is a highly successful dispute resolution process that provides people an opportunity to resolve conflicts without going to court. Some problems it can help resolve include landlord-tenant, consumer-debt, neighbor-neighbor, business, organization/agencies, family-domestic, and workplace/employment issues. Appointments can be made by calling (626) 795-4331.

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.



We will also be hosting the Let's Talk Lecture Series in our Technology Lab. This state-of-the-art facility is fully equipped to provide an immersive viewing experience for all attendees. Join us for insightful discussions and engaging presentations that are sure to inspire and educate.

DISCOVER YOUR PASSION

Thursday, April 3 at 10:00 a.m., via Zoom

Presented by L.Á. Mental Health

Discovering your passion can give new meaning to your life. This presentation will help reflect on feelings of joy and happiness. The discussions will lead to the (re) discovery of passion and purpose by exploring a whole new world.

LEAVING A LASTING LEGACY: MEMORIES & INSPIRATION

Thursday, April 10 at 10:00 a.m., via zoom

Presented by Foundation for Senior Services

Legacy is a gift from one generation to another. We will share various ideas and ways to "Defy Invisibility" through the power of photographs and videos. Learn how you can touch the future and make an impact on future generations.

LEARN ABOUT LOYOLA CENTER FOR CONFLICT RESOLUTION

Thursday, April 17 at 10:00 a.m., via Zoom

Presented by LCCR

During this lecture you will learn about Loyola Center for Conflict Resolution, a community-based mediation program that has served over 55,000 Los Angeles County residents since 1993. They provide bilingual (English/Spanish) conflict resolution training and mediation services, including telephone conciliation and large group facilitation services. Professional mediators alongside Loyola Law School students provide these services.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Thursday, April 24 at 10:00 a.m., via Zoom

Presented by Alzheimer's Los Angeles

This essential session will equip you with the knowledge to recognize the signs of dementia, understand its progression, and explore the latest treatment options available. By participating, you'll not only empower yourself and your loved ones but also strengthen our community's support network for older adults and caregivers alike.

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!

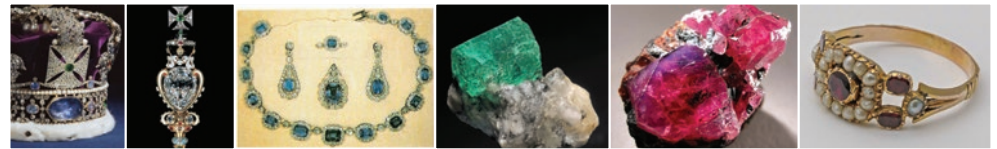


Please make a reservation by calling our Welcome Desk at (626) 795-4331

THE SCIENCE AND HISTORY OF GEMSTONES

Presented by Carrie Wright, University of Southern Indiana

There is so much more to gemstones than sparkle. Geology instructor Carrie Wright takes us on an exploration of their geological origin, the science of their physical properties, and their role in and impact on human history, economics, and the environment. Registration required to receive the Zoom link. Recordings of sessions are available to registered participants.



April 15: Gemology Basics. What is a gem? How do gemologists study, identify, and “grade” gems? This session will cover gem classification, mineral properties, and unusual properties of some gems.

April 22: Geologic Origins of Gemstones. Covers the major earth processes that form gems, including igneous, sedimentary, and metamorphic rocks in which they can be found.

April 29: The Science and Lore of Gem Color. Examines historical classification of gems based on color, and some associated myths, legends, and superstitions surrounding gems. Also looks at the modern understanding of the causes of color in major gemstones.

May 6: Colored Stones. Focuses on the Big Three of colored stones (ruby, sapphire, and emerald), sharing famous examples in history and modern museums, as well as synthetics and simulants.

May 13: Diamonds, DeBeers, and Conflict Stones. Investigates the geologic origins of diamonds, famous diamonds, the economic history of the DeBeers monopoly on diamonds, and the conflict stone crises of the 1990s and early 2000s.

May 20: Crown Jewels and Gemstones/Jewelry Styles of the Late 18th and early 19th centuries. Explores jewelry in the collections of (mostly) European monarchs, as well as a specific look at jewelry and gemstones during author Jane Austen’s lifetime in the late 1700s.



Carrie Wright has taught Geology and Environmental Science for over two decades in both college settings and to the general public. She holds masters degrees in Geology (Mineralogy focus), Science Teaching (Historical Geology focus), and English (focus on Writing to learn in the sciences) and has taught undergraduate courses in Geology at the University of Southern Indiana since 2006.

TUITION

6 Sessions | \$80.00 Members | \$95.00 Non-Members

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

Pasadena Senior Center an independent nonprofit organization

April 2025, Volume 11, No. 4

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

Mary Merino-Avila, Director of Development

(626) 685 - 6728 / MaryaA@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	8:00 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)