

Your *Passport*  
to #AgeWell





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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



## Embracing Imperfection & Incompleteness

A friend recently gave me a book that lifted my spirits when I was feeling really low.

In my zeal to get back into exercising as regularly and as intensely as I had before my second knee surgery, I ended up re-injuring it. The swelling and pain came back in full force, and the scar became more sensitive. I was feeling demoralized. I had convinced myself that healing from this second knee surgery would proceed smoothly and quickly

because I had spent years working out and preparing for it. But here I was, back in physical therapy, and feeling down about it.

Then I started reading this book. It was about the Japanese philosophy called Wabi-sabi, which finds beauty in imperfection, impermanence, and incompleteness. That is why Japanese pottery that is broken is often glued back together and the crack is filled in with gold.

All of a sudden, I started looking at my scar, and my swollen knee differently. Nothing is perfect, nothing is finished, and nothing lasts forever. I realized I had been comparing this knee to my first knee surgery and the recovery process from before.

"It's a different knee," my physical therapist gently reminded me. "It's not going to heal the same. But you'll get there." The physical therapist encouraged me to continue to exercise on the elliptical, but instead of doing it for an hour, as I had been, to do it for 15 minutes and gradually increase the time.

I felt so relieved. Even though this knee is not healing like the one before, I can still walk, and I can still exercise.

I'm also finding inspiration from those enrolled in a 4-week program at the Center called After Physical Therapy. This personalized program picks up when prescribed physical therapy ends and provides curated physical training to ensure ongoing support and progress. I have seen people improve, week by week, and that continues to inspire me. To register for this program, people can contact the Welcome Desk at (626) 795-4331.

Shifting my focus to enjoying the journey, instead of "finishing" led me to open the door to a journey I began in 1977. I had been accepted into a PhD program at USC but ended up having to drop out when I had a baby and realized the timing wasn't right for my family.

Embracing the concept of Wabi-sabi means I can take up this goal again. Education is never finished. Billie Jean King proved that recently when she re-enrolled at Cal State LA to finish her college degree, at the age of 81.

I'm filling out my application and hope to start on my PhD program in 2026. College life, here I come!

# Classes at **PSC**

## Fall 2025

### October 6 - December 12

#### 35+ Classes for Adults

Acting with Pasadena Playhouse	Meditation
Art and Joy of Sewing	Pep Up Your Life
Ballroom Dancing	Qigong and Tai Chi
Ballroom Line Dancing	Spanish
Bridge Classes	Spanish Reading for Beginners
Chair Aerobics	Step to the Beat Aerobics
Chair Pilates	Strength Training
For the Love of Poetry	Watercolor
French	Yoga
Gentle Yoga and Meditation	Yoga and Presence Practice
Getting to know your iPad and iPhone	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

#### In this Issue

Fall Classes	4
Class Registration	7
The Road to Fitness	9
Explore Lectures and Events	12
Friday Movie Matinees	15
Richer Group Experiences	16
Deep Dive With The Experts	19

Members enjoy the opportunity to take classes at the Pasadena Senior Center.

Registration deadline is on Friday, October 3 by Noon.

For more information contact: [Info@PasadenaSeniorCenter.org](mailto:Info@PasadenaSeniorCenter.org).

Register online at [tinyurl.com/ClassPSC](http://tinyurl.com/ClassPSC).



# Classes - Fall 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

Older adults 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, the most popular line dances such as "New York New York," "Mambo 5," "Electric Slide," and 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/FUNKY LINE DANCING

This class combines the lively moves of Zumba with the fun rhythm of funky line dancing. It's designed to get your heart pumping, your body moving, and your spirit lifted all at your own pace. Whether you love Latin Beats or catchy funk tunes, you'll enjoy easy to follow dances that make exercise feel like a party. Join us for a joyful way to stay active, have fun, and connect with others through music and movement!

*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 exercises are performed in a seated position and are perfect for older adults and beginners. This class focuses on improving posture, core strengthening and stretching.

*Instructor: Hector Ramirez*

### GENTLE YOGA AND MEDITATION

Start your week with the ancient practice of yoga, breath work and mindfulness. This class is a hybrid of yoga and meditation because, well, they have been integrally connected and successfully practiced for 5,000 years! We will spend the hour in both movement and stillness, focusing on the calming and healing effects of the mind/body/breath connection developed millennia ago and being scientifically proven repeatedly. So, come join our early morning sangha and discover your inner wisdom, calm and comfort (or, at least, the pleasant edge of discomfort!) in a fun, supportive community of like-minded people. Bring your smile, curiosity and open mind (and bolster, if you have one!). See you there!

*Instructor: Avry Budka*



### 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

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

### ACTING WITH PASADENA PLAYHOUSE, INTRODUCTORY

Dream of being an actor or missing your days on the stage? There is no moment like the present! Discover the joy of performance in this welcoming introduction to acting class designed specifically for older adults. Through fun exercises, improvisation, and short scene work, participants will build confidence, creativity, and stage presence. No prior experience is needed, just a willingness to play, connect, and express yourself!

**Instructor:** Will Pellegrinni

**ABOUT THE TEACHING ARTIST:** Will Pellegrini received his BA in Theater from UCLA and his MFA in Directing from Mason Gross School of the Arts at Rutgers University. Will has had an extensive television career; he's worked in a variety of roles and on numerous TV shows, including Fox's musical hit, Glee. Outside of television, Will is an independent filmmaker who's directed several music videos and short films. His numerous LA theater credits include work at The Actors' Gang, Theater of NOTE, and East LA College Theater Arts Department – where he's an adjunct professor. He is also an award-winning scenic designer and puppeteer!



### 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, all levels of sewing are taught 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 - INTRODUCTION TO BEGINNING BRIDGE

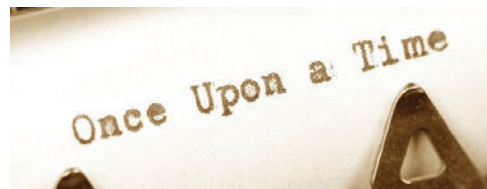
Learn the basics of this age-old game, played by young and old. Join the likes of Warren Buffett and his bridge partner Bill Gates. Be prepared to knock-em dead at the Center's Bridge Club. In this class, you will learn basics of Bidding, Defense, and Play of the Hand, the 3 major parts of the game. 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. Sharpen memory and focus skills while learning this game. Come and enjoy an exciting time, meet new friends, acquire a new skill that will increase your enjoyment of life and expand your social circle.

**Instructor:** Meanie Moran

### BRIDGE 3 - PLAY OF THE HAND

Enhance your bridge skills with friends and fellow players in this exciting approach to learning the play of the hand. This class will cover playing in No Trump and Suit contracts covering topics such as the finesse, the hold-up play, the Rule of Eleven, and the Danger Hand. Also covered in this class is the topic of LEADS, vital to the play. As good bridge players know, the strategy to playing bridge is not just how to make your tricks in a difficult hand, but how to keep from messing up the easy ones. Join us for the challenge and fun!!

**Instructor:** Melanie Moran



### CRAFTING YOUR LIFE'S STORIES

Are you craving self-reflection, self-discovery, and improved self-esteem? Do you have memories and family history that you would like to preserve? This memoir class will provide you with the fundamentals to write your life story. We will discuss your unique

point of view, how to engage your senses in writing, and the importance of specificity and details. Designed for beginners as well as seasoned writers, this class will engage your brain, your heart, and your soul. Dive into your memories and experience the therapeutic value of getting it all down on paper. Fun exercises will help you remember the adventures you have had and the lessons you learned. At the completion of this class, you will have many valuable stories to pass down to your loved ones.

**Instructor:** Carrie Hawthorne

### 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!

**Instructor:** Sally Abood



### 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

# Classes - Fall 2025

## 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

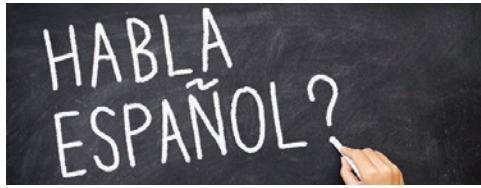
Intensive review of major grammatical concepts, increased practice in communication, more exploration of literature. Individual presentations encouraged but not required; songs introduced for their linguistic value. As always, the focus of the class will be cultural and literary as well as linguistic.

**Instructor: Teresa Cortey**

## "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**



## 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 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. 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**



## WATERCOLOR, ADVANCED

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, 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**

# Fall 2025 Class Sign-Up Sheet

Program	Time	Instructor	# of Sessions	Beginning Date	Member Price (please circle)
<b>DANCE</b>					
Ballroom Dancing Level 1	Wednesday 1:00 - 2:00 p.m.	Plasil	10	Oct 8	\$60
Ballroom Dancing Level 2	Wednesday 2:00 - 3:00 p.m.	Plasil	10	Oct 8	\$60
Ballroom Line Dancing	Wednesday 3:00 - 4:00 p.m.	Plasil	10	Oct 8	\$60
Zumba Gold/ Funky Line Dance	Monday 12:30 - 1:30 p.m.	Ramirez	10	Oct 6	\$60
<b>EXERCISE/FITNESS</b>					
Chair Aerobics	Friday 9:15 - 9:45 a.m.	Ramirez	10	Oct 10	\$55
Chair Pilates	Friday 10:00 - 10:45 a.m.	Ramirez	10	Oct 10	\$55
Gentle Yoga and Meditation	Monday 8:15 - 9:15 a.m.	Budka	10	Oct 6	\$60
Meditation	Monday 11:00 a.m. - 12:00 p.m.	Budka	10	Oct 6	\$55
Pep Up Your Life	Saturday 9:30 - 10:30 a.m.	Millares	10	Oct 11	\$55
Qigong and Tai Chi, Beginner	Thursday 11:00 a.m. - 12:00 p.m.	Tucker	10	Oct 9	\$55
Qigong and Tai Chi, Intermediate	Thursday 12:00 - 1:00 p.m.	Tucker	10	Oct 9	\$55
Step to the Beat Aerobics	Monday 3:00 - 4:00 p.m.	Niesen	8	Oct 6	\$70
Strength Training	Thursday 8:30 - 9:30 a.m.	Niesen	8	Oct 9	\$75
Strength Training	Thursday 9:30 - 10:30 a.m.	Niesen	8	Oct 9	\$75
Yoga	Wednesday 9:00 - 10:30 a.m.	Rosenblum	10	Oct 8	\$60
Yoga and Presence Practice	Monday 9:30 - 10:45 a.m.	Budka	10	Oct 6	\$60
Yoga and Presence Practice	Saturday 8:00 - 9:15 a.m.	Budka	10	Oct 11	\$60
<b>HOBBIES &amp; SPECIAL INTERESTS</b>					
Acting with Pasadena Playhouse, Introductory	Saturday 10:00 - 11:30 a.m.	Pellegrini	10	Oct 11	\$110
The Art and Joy of Sewing	Monday 10:30 - 1:30 p.m.	Shaffer- Shelby	10	Oct 6	\$125
Bridge Basics, Introduction to Beginning Bridge	Tuesday 2:00 - 4:00 p.m.	Moran	8	Oct 7	\$30
Bridge 3 Intermediate Bridge: Play of Hand	Friday 2:00 - 4:00 p.m.	Moran	8	Oct 10	\$30
Crafting Your Life's Stories	Friday 11:00 a.m. - 12:00 p.m.	Hawthorne	10	Oct 10	\$30
For The Love of Poetry	Friday 11:00 a.m. - 12:00 p.m.	Abood	10	Oct 10	\$30
French 1	Monday 2:30 - 4:00 p.m.	Cortey	10	Oct 6	\$55
French 1B	Wednesday 2:30 - 4:00 p.m.	Cortey	10	Oct 8	\$55
French 2	Monday 9:30 - 11:00 a.m.	Cortey	10	Oct 6	\$55
French 3	Monday 11:00 a.m. - 12:30 p.m.	Cortey	10	Oct 6	\$55
French 4	Wednesday 11:00 a.m. - 12:30 p.m.	Cortey	10	Oct 8	\$55
French 5	Wednesday 9:30 - 11:00 a.m.	Cortey	10	Oct 8	\$55
"Let's Play" Improv	Wednesday 2:30 - 4:00 p.m.	Jennings	10	Oct 8	\$75
"Let's Play" Improv	Friday 2:30 - 4:00 p.m.	Jennings	10	Oct 10	\$75
Spanish Level 1	Tuesday 9:00 - 10:00 a.m.	Ramirez	10	Oct 7	\$55
Spanish Level 2	Tuesday 10:00 - 11:00 a.m.	Ramirez	10	Oct 7	\$55
Spanish Level 3	Tuesday 11:00 - 12:00 p.m.	Ramirez	10	Oct 7	\$55
Spanish Reading for Beginners	Tuesday 3:00 - 4:30 p.m.	Peck	10	Oct 9	\$55

Program continued on next page



<b>Watercolor, Advanced</b>	Thursday 9:00 - 11:00 a.m.	Medford	8	Oct 9	\$95
<b>Watercolor, Advanced</b>	Thursday 11:30 a.m. - 1:30 p.m.	Medford	8	Oct 9	\$95
<b>Watercolor, Advanced, via Zoom</b>	Tuesday 1:00 - 3:00 p.m.	Medford	8	Oct 7	\$95
<b>TECHNOLOGY</b>					
<b>Getting to Know your iPad and iPhone</b>	Tuesday 10:00 - 11:00 a.m.	Matus	8	Oct 7	\$60
<b>TOTAL ENCLOSED:</b>					

## 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, OCTOBER 3, 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

- 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

- Registration form: Complete one sign-up sheet for each individual participant. Copies of the sign-up sheet are acceptable.
- 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.)
- Mail to:  
Pasadena Senior Center  
Attn: Class Registration  
85 East Holly Street  
Pasadena, CA 91103

### Registration deadline is at Noon on Friday, October 3.

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 on our "Refund Request Form" and submitted by the end of the 1st day of class at the welcome desk (less \$10.00 per class service charge). 100% will be refunded if class is canceled or closed by the Senior Center. Refund will be issued in the form of a check in 3-4 weeks from the date of the request.

### 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**



# The Road to Fitness

## 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).

## HEALTH ENRICHMENT PROGRAM

**Fridays, October 10 to 31 at 11:00 a.m.**

This program led by USC Occupational Students, presents opportunities to enhance well-being with practices designed to advance and improve daily function through physical, cognitive, emotional, and

social health. Participants receive instruction in and practice movements to gain strength, power, and mobility to complete successful strength training workouts as well as achieve improvement in daily tasks, such as getting up from the floor, climbing stairs, sitting down and standing up, plus much more. Limited to 20 participants.

## 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. Everyone'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).

**Tuesday, October 21**  
**2:00 – 4:00 p.m.**



**2025 Fall Term**

**Tuesday, October 28**  
**2:00 – 4:00 p.m.**



## PASADENA PLAYHOUSE: A DREAM ON A DIME

*Presented by Ross Clark, Pasadena Playhouse Archivist*

Gilmore Brown had a dream to build a community theater in Pasadena, California. His vision came to fruition in 1925 with the best equipped theater west of the Mississippi, and a "star factory" college that provided Hollywood with actors, directors, and choreographers. Ross Clark, archivist for the Pasadena Playhouse, takes us on a journey from the theatre's opening to its closing in 1969, rebirth in the 1980s, and to the present when it is once again a powerhouse in regional theater with a Tony Award for excellence.

## HAPPY BIRTHDAY, L.A.!

*Presented by Tom Sanchez*

The City of Los Angeles was founded 234 years ago, in September 1781. Historian and LA enthusiast Tom Sanchez – known as Mr. LA – takes us on an amazing, unseen adventure showing how and where Los Angeles began, when 44 people traveled months through desert, heat, and near-death to found one of the world's great cities, bringing with them the Spanish colonial adobe architecture that defines Los Angeles. This presentation will be in-person and will not be recorded.

### TUITION EACH SESSION

**\$15.00 Members**

**\$18.00 Nonmembers**

### INFORMATION & REGISTRATION at

**[www.PasadenaSeniorCenter.org](http://www.PasadenaSeniorCenter.org)**

**or call (626) 795-4331**

# SUSIE HANSEN LATIN BAND

**Sunday, October 26**  
**from 3:00 – 5:00 p.m.**

It's always a fiesta when Susie Hansen's Latin Band is in the house!

Join us for a joyful and lively afternoon of music, with plenty of room for dancing.

We're starting a new Fall tradition. Light snacks provided. The concert will take place inside our air conditioned Scott Pavilion. Reservations are suggested.

Register online at  
[www.PasadenaSeniorCenter.org!](http://www.PasadenaSeniorCenter.org!)



## MONDAY

## TUESDAY

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

**Ann Voskamp**

**#AgeWell**

8:15 a.m. Gentle Yoga and Meditation  
9:30 a.m. French 2  
9:30 a.m. Yoga and 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. Meditation  
11:30 a.m. Lunch Program  
12:30 p.m. Zumba Gold  
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

**6**

9:00 a.m. Yakin' and Yarnin'  
9:00 a.m. Spanish 1  
10:00 a.m. Virtual Writers Club  
10:00 a.m. Getting to Know Your iPad and iPhone  
10:00 a.m. Spanish 2  
10:00 a.m. Tap Club  
11:00 a.m. Spanish 3  
11:30 a.m. Lunch Program  
1:00 p.m. Screening Mimis Film Discussion  
1:00 p.m. Watercolor Advanced  
2:00 p.m. Bridge Basics Introductory  
2:00 p.m. Fall 2025 Masters Series: Steven C. Smith  
3:00 p.m. Spanish Reading for Beginners  
**3:00 p.m. Acknowledging Loss Discussion Support Group and Program Series: Healing Begins when We Honor What is Gone**

**7**

8:15 a.m. Gentle Yoga and Meditation  
9:30 a.m. French 2  
9:30 a.m. Yoga and 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. Meditation  
11:30 a.m. Lunch Program  
12:30 p.m. Zumba Gold  
2:00 p.m. Technology Lab  
2:30 p.m. French 1  
3:00 p.m. Step to the Beat Aerobics

**13**

9:00 a.m. HICAP: Health Insurance Counseling  
9:00 a.m. Yakin' and Yarnin'  
9:00 a.m. Spanish 1  
10:00 a.m. Virtual Writers Club  
10:00 a.m. Getting to Know Your iPad and iPhone  
10:00 a.m. Spanish 2  
10:00 a.m. Tap Club  
11:00 a.m. Spanish 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. Watercolor Advanced  
1:00 p.m. American Mahjong Club  
2:00 p.m. Bridge Basics Introductory  
3:00 p.m. Spanish Reading for Beginners

**14**

All Day Stay at Garner State Park (Day 4/4) Garner State Park  
8:15 a.m. Gentle Yoga and Meditation  
9:30 a.m. French 2  
9:30 a.m. Yoga and 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. Meditation  
11:30 a.m. Lunch Program  
12:30 p.m. Zumba Gold  
2:00 p.m. Technology Lab  
2:30 p.m. French 1  
3:00 p.m. Step to the Beat Aerobics

**20**

9:00 a.m. Yakin' and Yarnin'  
9:00 a.m. Spanish 1  
10:00 a.m. Virtual Writers Club  
10:00 a.m. Getting to Know Your iPad and iPhone  
10:00 a.m. Spanish 2  
10:00 a.m. Tap Club  
11:00 a.m. Spanish 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. Screening Mimis Film Discussion  
1:00 p.m. Watercolor Advanced  
1:00 p.m. American Mahjong Club  
2:00 p.m. Bridge Basics Introductory  
**2:00 p.m. Fall 2025 Masters Series: Pasadena Playhouse: A Dream on A Dime**  
3:00 p.m. Spanish Reading for Beginners

**21**

8:15 a.m. Gentle Yoga and Meditation  
9:30 a.m. French 2  
9:30 a.m. Yoga and 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. Meditation  
11:30 a.m. Lunch Program  
12:30 p.m. Zumba Gold  
2:00 p.m. Technology Lab  
2:00 p.m. October Birthday Social  
2:30 p.m. French 1  
3:00 p.m. Step to the Beat Aerobics  
**3:30 p.m. MUSE/IQUE Offstage Encounters**

**27**

9:00 a.m. Boutique Sales  
9:00 a.m. Yakin' and Yarnin'  
9:00 a.m. Spanish 1  
10:00 a.m. Virtual Writers Club  
10:00 a.m. Getting to Know Your iPad and iPhone  
10:00 a.m. Spanish 2  
10:00 a.m. Tap Club  
11:00 a.m. Spanish 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. Watercolor Advanced  
1:00 p.m. American Mahjong Club  
2:00 p.m. Technology Lab  
2:00 p.m. Bridge Basics Introductory  
**2:00 p.m. Fall 2025 Masters Series: Happy Birthday L.A.!**  
3:00 p.m. Spanish Reading for Beginners

**28**



## 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  
3:00 p.m. Music Club  
4:00 p.m. Social Hour with Annie Laskey

1

## THURSDAY

9:00 a.m. Boutique Sales  
10:00 a.m. Legal Consultation  
10:00 a.m. Guided Tours  
10:00 a.m. Let's Talk via Zoom: Preserving Your Memory  
11:30 a.m. Lunch Program  
12:00 p.m. Latino Club  
2:00 p.m. Technology Lab

2

## FRIDAY

8:30 a.m. Food Distribution Program  
**9:00 a.m. Road to Recovery Program Workshop: Inventory Completion**  
10:00 a.m. Tap Club  
11:00 a.m. Writing Club via Zoom  
11:30 a.m. Lunch Program  
12:30 p.m. Chess Club  
1:00 p.m. Bridge  
1:00 p.m. Movie Matinee: The Oxbow Incident  
1:00 p.m. Scrabble  
1:10 p.m. Writing Club via Zoom

3

## SATURDAY

9:00 a.m. Billiards Tournament  
**9:00 a.m. Road to Recovery Program Workshop: Inventory Completion**  
9:00 a.m. Art Exploration Club  
9:00 a.m. Running Club  
9:00 a.m. Windows Computer Upgrade

4

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  
12:00 p.m. Acknowledging Loss Discussion Support Group and Program Series: Healing Begins when We Honor What is Gone  
1:00 p.m. Ballroom Dancing Level One  
1:00 p.m. Grocery Bingo  
2:00 p.m. Technology Lab  
2:00 p.m. Ballroom Dancing Level 2  
2:30 p.m. Let's Play Improv  
2:30 p.m. French 1B  
3:00 p.m. Music Club  
3:00 p.m. Ballroom Line Dancing

8

8:30 a.m. Strength Training  
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: Keeping Older Pets Happy and Healthy  
11:00 a.m. Qigong and Tai Chi Beginner  
11:30 a.m. Watercolor Advanced  
11:30 a.m. Lunch Program  
12:00 p.m. Latino Club  
12:00 p.m. Qigong and Tai Chi Intermediate  
1:00 p.m. Descubre Tu Pasion  
1:30 p.m. The Great American Songbook  
2:00 p.m. Technology Lab

9

9:15 a.m. Chair Aerobics  
10:00 a.m. Art Exploration Club  
10:00 a.m. Tap Club  
10:00 a.m. Chair Pilates  
11:00 a.m. Creating Your Life Story  
11:00 a.m. For The Love of Poetry  
11:00 a.m. Health Enrichment Program  
11:30 a.m. Lunch Program  
12:30 p.m. Chess Club  
1:00 p.m. Bridge  
1:00 p.m. Movie Matinee: King of Hearts  
1:00 p.m. Scrabble  
2:00 p.m. Bridge 3 Intermediate  
2:30 p.m. Let's Play Improv

10

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

11

9:00 a.m. Medicare Fair 2025  
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 One  
1:00 p.m. Grocery Bingo  
2:00 p.m. Path to Emotional Strength: Reducing Stress & Anxiety  
2:00 p.m. Ballroom Dancing Level 2  
2:30 p.m. Let's Play Improv  
2:30 p.m. French 1B  
3:00 p.m. Music Club  
3:00 p.m. Ballroom Line Dancing  
4:00 p.m. Social Hour with Annie Laskey

15

All Day Stay at Garner State Park (Day 1/4) Garner State Park  
8:30 a.m. Strength Training  
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: Scam and Fraud Self-Defense Workshop  
11:00 a.m. Qigong and Tai Chi Beginner  
11:30 a.m. Watercolor Advanced  
11:30 a.m. Lunch Program  
12:00 p.m. Latino Club  
12:00 p.m. Qigong and Tai Chi Intermediate  
2:00 p.m. Technology Lab  
2:00 p.m. A Cultural Thursday Event! From Vaudeville to the Nickelodeon

16

All Day Stay at Garner State Park (Day 2/4) Garner State Park  
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  
11:00 a.m. Writing Club  
11:00 a.m. Creating Your Life Story  
11:00 a.m. For The Love of Poetry  
11:00 a.m. Health Enrichment Program  
11:30 a.m. Lunch Program  
12:30 p.m. Chess Club  
1:00 p.m. Bridge  
1:00 p.m. Movie Matinee: Yesterday Today and Tomorrow  
2:00 p.m. Bridge 3 Intermediate  
2:30 p.m. Let's Play Improv

17

All Day Stay at Garner State Park (Day 3/4) Garner State Park  
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. Acting with Pasadena Playhouse Introductory

18

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  
12:30 p.m. Smart Driving Course  
1:00 p.m. Ballroom Dancing Level One  
1:00 p.m. Grocery Bingo  
2:00 p.m. Technology Lab  
2:00 p.m. Ballroom Dancing Level 2  
2:30 p.m. Let's Play Improv  
2:30 p.m. French 1B  
3:00 p.m. Music Club  
3:00 p.m. Ballroom Line Dancing

22

8:30 a.m. Strength Training  
9:00 a.m. Boutique Sales  
9:00 a.m. Watercolor Advanced  
9:30 a.m. Strength Training  
10:00 a.m. Mediation Conflict and Dispute Resolution  
10:00 a.m. Guided Tours  
10:00 a.m. Let's Talk via Zoom: Medicare Updates for 2025  
11:00 a.m. Qigong and Tai Chi Beginner  
11:30 a.m. Watercolor Advanced  
11:30 a.m. Lunch Program  
12:00 p.m. Latino Club  
12:00 p.m. Qigong and Tai Chi Intermediate  
12:30 p.m. Smart Driving Course  
2:00 p.m. Technology Lab

23

9:15 a.m. Chair Aerobics  
10:00 a.m. Tap Club  
10:00 a.m. Chair Pilates  
11:00 a.m. Creating Your Life Story  
11:00 a.m. For The Love of Poetry  
11:00 a.m. Health Enrichment Program  
11:30 a.m. Lunch Program  
12:30 p.m. Chess Club  
1:00 p.m. Bridge  
1:00 p.m. Virtual Book Club Dance Studio  
1:00 p.m. Movie Matinee: Shine  
1:00 p.m. Scrabble  
2:00 p.m. Bridge 3 Intermediate  
2:30 p.m. Let's Play Improv

24

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. Acting with Pasadena Playhouse Introductory  
3:00 p.m. Susie Hansen Latin Band

25

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 One  
1:00 p.m. Grocery Bingo  
2:00 p.m. Technology Lab  
2:00 p.m. Ballroom Dancing Level 2  
2:30 p.m. Let's Play Improv  
2:30 p.m. French 1B  
3:00 p.m. Music Club  
3:00 p.m. Ballroom Line Dancing

29

8:30 a.m. Strength Training  
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: How to Avoid Common Estate Planning Mistakes  
11:00 a.m. Qigong and Tai Chi Beginner  
11:30 a.m. Watercolor Advanced  
11:30 a.m. Lunch Program  
12:00 p.m. Latino Club  
12:00 p.m. Qigong and Tai Chi Intermediate  
2:00 p.m. Technology Lab  
**2:00 p.m. A Cultural Thursday Event! Barbara Wong Storyteller**

30

9:15 a.m. Chair Aerobics  
10:00 a.m. Tap Club  
10:00 a.m. Chair Pilates  
11:00 a.m. Creating Your Life Story  
11:00 a.m. For The Love of Poetry  
11:00 a.m. Health Enrichment Program  
11:30 a.m. Lunch Program  
12:30 p.m. Chess Club  
1:00 p.m. Bridge  
1:00 p.m. Movie Matinee: Spirited Away  
1:00 p.m. Scrabble  
2:00 p.m. Bridge 3 Intermediate  
2:30 p.m. Let's Play Improv

31

# 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](http://www.PasadenaSeniorCenter.org), or call [\(626\) 795-4331](tel:6267954331).

## BILINGUAL TECH HELP PROGRAM

**Mondays from 10:00 to 11:00 a.m.**

*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.

## FOOD BANK DISTRIBUTION PROGRAM

**Friday, October 3 from 8:30 to 10:30 a.m. Second Friday**

Distribution will take place in the parking lot. You must be aged 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](tel:6266856732).



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

## ROAD TO RECOVERY PROGRAM WORKSHOP INVENTORY COMPLETION

**Friday, October 3 from 9:00 a.m. to noon for Older Adults**

**Saturday, October 4 from 9:00 a.m. to noon for All**

This workshop will focus on helping wildfire survivors navigate the often-overwhelming process of completing their contents claim inventories. Attendees will receive practical guidance and tools to organize their claims more effectively and will also learn about options for negotiating insurance settlements, particularly the possibility of reaching a fair payout without having to fully itemize every lost item. The goal is to reduce stress, save time, and empower participants to make informed decisions as they work toward financial recovery. Sponsored by the Assistance League of Pasadena.

## CARD MAKING WORKSHOP

**Monday, October 6 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 anything. 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](mailto:kmac422@yahoo.com) or simply give a ring to our friendly Welcome Desk at [\(626\) 795-4331](tel:6267954331).

## ACKNOWLEDGING LOSS DISCUSSION SUPPORT GROUP AND PROGRAM SERIES

**HEALING BEGINS WHEN WE HONOR WHAT IS GONE**

**Tuesday, October 7 at 3:00 p.m., in person**

**Wednesday, October 8 at Noon, via Zoom**

*Presented in partnership with Foundation for Senior Services*

Loss isn't just about what's missing, it's about what mattered. In a culture that rushes to "move on," we often bypass the most essential parts of true healing and personal growth—to actively engage in the full range of our emotions and begin to honor the experience of



grief and loss. This is not about fixing or forgetting—it's about integrating memories in a way that brings peace, meaning, and wholeness to our lives. Join these discussion groups to share experiences and receive support from others in a compassionate, safe, and confidential space as we work through the healing journey. For more information contact the Welcome Desk at [\(626\) 795-4331](tel:6267954331). To contact Foundation for Senior Services call [\(855\) 836-0807](tel:8558360807) or via email at [Info@TheFSS.org](mailto:Info@TheFSS.org).

## DESCUBRE TU PASIÓN

**JUEVES, OCTUBRE 9 a la 1:00 p.m.**

*Presentado por Los Angeles Departamento de Mental Salud*

Descubrir nuestra pasión puede dar un nuevo significado a nuestras vidas. Esta presentación ayudará a reflexionar sobre los sentimientos de alegría y felicidad. Las discusiones conducirán al (re) descubrimiento de la pasión y el propósito al explorar un mundo completamente nuevo.

## THE GREAT AMERICAN SONGBOOK

**Thursday, October 9 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 suggested.

## WINDOWS COMPUTER UPGRADE

**Tuesday, October 4 from 9:00 a.m. to Noon**

*Presented by Kevin Tsai*

Is your Windows computer ready for the future? Join us for a free computer upgrade event! This matters because after October 14, 2025, Microsoft will stop providing security updates for Windows 10 (and older) versions. Without these updates, your computer will be vulnerable to viruses and malware. We will back-up your computer data, upgrade your computer to Windows 11 if possible, and provide digital safety tips. Bring computer with Windows 10 (or older), the computer's charging cable, and a flash (thumb) drive or hard drive, if you want to back-up your computer data. Registration is requested.

For information and registration for each lecture or event on Zoom, visit [www.PasadenaSeniorCenter.org](http://www.PasadenaSeniorCenter.org), or call [\(626\) 795-4331](tel:6267954331). You don't need a computer or wifi to participate. Any type of phone will work. Call [\(626\) 795-4331](tel:6267954331) 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.



## MEDICARE RESOURCE FAIR

**Wednesday, October 15 from 9:00 a.m. to 1:00 p.m.**

**MEDICARE OPEN ENROLLMENT: OCTOBER 15 TO DECEMBER 7, 2025**

During "Open Enrollment" individuals will be able to make changes to their medical insurance for 2026. Reassessing health care needs each year and comparing programs can help keep costs down and maximize benefits. Checking your current Medicare and Prescription drug plans with other programs and making any necessary changes ensures that you receive the best possible health care.

We will have over 20 vendors to give you all the information needed to help you make your best choices. No reservations are needed.

## PATH TO EMOTIONAL STRENGTH: REDUCING STRESS & ANXIETY

**Wednesday, October 15 from 2:00 to 3:30 p.m., via Zoom**

*Presented by Foundation for Senior Services*

Gain practical tools and insights to regulate emotions, calm the mind, and manage overwhelm. Learn how to restore equilibrium and reconnect with your inner resources for stability and hope. Registration is required to receive the Zoom link.

## A CULTURAL THURSDAY EVENT!

**FROM VAUDEVILLE TO THE NICKELODEON**

**THE HISTORY OF ILLUSTRATED SONG 1894-1914**



**Thursday, October 16 at 2:00 p.m.**

*Presented by Galen Wilkes*

**Free – Members, \$5.00 - Nonmembers**

Historian Galen Wilkes shares the story of the illustrated song - a lost entertainment and industry of song plugging. This grandfather of the music video had its heyday from 1894 to 1914. Photographic glass slides, hand-painted in color, were projected on the big screen to accompany singers in vaudeville and nickel theaters to sell the latest songs. Reservations are suggested.

## 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.

## HEALTH FAIR

**Friday, October 17 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

*Provided by the Order of Malta Mobile Ministries*

**Friday, October 17 from 9:00 to 10:30 a.m.**

The Order of Malta Mobile Ministries provides vegetables and fruit to the Pasadena Senior Center Produce Fair every third Friday of the month. We recommend that you bring bags or a cart to take your produce home. Open to all older adults



## FALL 2025 MASTERS SERIES – IN PERSON

**PASADENA PLAYHOUSE: A DREAM ON A DIME**

**Tuesday, October 21 from 2:00 to 4:00 p.m.**

*Presented by Ross Clark, Pasadena Playhouse Archivist*

**\$15.00 – Members, \$18.00 – Nonmembers**

Gilmore Brown had a dream to build a community theater in Pasadena, California. His vision came to fruition in 1925 with the best equipped theater west of the Mississippi, and a “star factory” college that provided Hollywood with actors, directors, and choreographers. Ross Clark, archivist for the Pasadena Playhouse, takes us on a journey from the theatre’s opening to its closing in 1969, rebirth in the 1980s, and to the present when it is once again a powerhouse in regional theater with a Tony Award for excellence.



## SMART DRIVING COURSE

**Wednesday and Thursday October 22 & 23 from 12:30 to 4:30 p.m.**

*Presented by AARP*

**AARP Member \$20.00, Non-AARP Member \$25.00**

Learn how to reduce the likelihood of having a crash, how aging and health related conditions can affect driving abilities and how you can adjust to allow for these changes. After completion of the two-day course, you may also be eligible for an insurance discount, so ask your agent. Pre-registration with payment at the Welcome Desk (check or money order) is required. For more information, please call [\(626\) 795-4331](tel:626-795-4331).

## SUSIE HANSEN LATIN BAND

**Sunday, October 26 from 3:00pm – 5:00 p.m.**

It’s always a fiesta when Susie Hansen’s Latin Band is in the house! Join us for a joyful and lively afternoon of music, with plenty of room for dancing. We’re starting a new Fall tradition. Light snacks will be provided. The concert will take place inside our air-conditioned Scott Pavilion. Reservations are suggested.

## OCTOBER BIRTHDAY SOCIAL

**Monday, October 27 at 2:00 p.m.**

**Free to members with birthdays in October plus one guest, all others \$4.**

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

## MUSE/IQUE OFFSTAGE ENCOUNTERS

**Monday, October 27 at 3:30 p.m.**

MUSE/IQUE Offstage Encounters is an informal hour featuring guest artists from MUSE/IQUE’s 2025 concert season Make Some Noise: Music and Stories of American Defiance and Hope. Don’t miss this special opportunity to get to know some very talented people. Reservations are suggested.



## FALL 2025 MASTERS SERIES – IN PERSON

**HAPPY BIRTHDAY, L.A.!**



**Tuesday, October 28 from 2:00 to 4:00 p.m.**

*Presented by Tom Sanchez*

**\$15.00 – Members, \$18.00 – Nonmembers**

The City of Los Angeles was founded 234 years ago, in September 1781. Historian and LA enthusiast Tom Sanchez – known as Mr. LA – takes us on an amazing, unseen adventure showing how and where Los Angeles began, when 44 people traveled months through desert, heat, and near-death to found one of the world’s great cities, bringing with them the Spanish colonial adobe architecture that defines Los Angeles. This presentation will be in-person and will not be recorded.

*Continued on page 17*

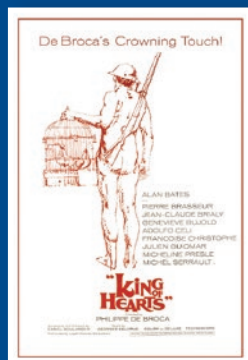


# Friday Movie Matinee at 1:00 p.m.

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](mailto: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](http://www.PasadenaSeniorCenter.org) or call the Welcome Desk at (626) 795-4331.



**October 3**  
**The Oxbow Incident**  
NR  
1 hr 15 min  
Genre: Western



**October 10**  
**King of Hearts**  
PG  
1 hr 42 min  
Genre: Comedy



**October 17**  
**Yesterday, Today and Tomorrow**  
NR  
1 hr 59 min  
Genre: Comedy



**October 24**  
**Shine**  
PG-13  
1 hr 45 min  
Genre: Biography, Drama



**October 31**  
**Spirited Away**  
PG-13  
2 hr 5 min  
Genre: Biography, Drama

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

## Save the Date

### THANKSGIVING LUNCHEON

**Thursday, November 27 from 1:00 to 3:00 p.m.**

**\$15.00 – Members, \$20.00 – Nonmembers**

Join your friends for a traditional dinner with all the trimmings! Tasty food, seasonal decorations, and music continues our long-standing tradition of hosting luncheon on Thanksgiving Day. Reservations will close on Friday, November 21. Tickets will not be available at the door. This event does sell out, so get your tickets early! Vegetarian meals available upon request at registration.

### CHRISTMAS LUNCHEON

**Thursday, December 25 from 1:00 to 3:00 p.m.**

**\$15.00 – Members, \$20.00 – Nonmembers**

Spend Christmas Day with us! A merry meal will be served, Santa Claus will be on hand, and pianist Steve Ormond will be playing holiday favorites. Reservations will close on Friday, December 19. Tickets will not be available at the door. This event does sell out, so get your tickets early! Vegetarian meals available upon request at registration.

### PRE-NEW YEAR'S EVE CELEBRATION!

**Sunday, December 28 from 3:00 to 4:30 p.m.**

**\$12.00 – Members, \$16.00 – Nonmembers**

Get a jump on waving 2025 goodbye with a festive concert and dance party featuring the Great American Swing Band. Party hats, noisemakers, and light snacks will be provided, as well as champagne for everyone to make a toast for the new year. Festive attire is encouraged. Advanced reservations are suggested.





# Richer Group Experiences

## ART EXPLORATION CLUB

**Saturday, October 4 and 11 at 9:00 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**.

## 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**.

## 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**.

## 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 Thursdays 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 at **(626) 795-4331**.

## MUSIC CLUB

**Wednesdays from 3:00 to 4:30 p.m.**

We are a group who shares the love of music, whether listening or playing. Come and play with us. Join Mark Boykin on upright Bass, Eric Forsen on Violin and Deborah Hall Kinley on the Piano. We play a variety of music and are learning to play music with each other. Club Captain: Mark Boykin

## 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** or **[pwinieck@sbcglobal.net](mailto: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**.

## SOCIAL HOUR

**First and Third Wednesdays of each month at 4:00 p.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.**



## 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](http://www.PasadenaSeniorCenter.org)** Rest on "About Us" and click on "Sign Up For Our Newsletter."



## 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](mailto:alancolville30@gmail.com).

## SCREENING MIMIS FILM DISCUSSION GROUP

**Tuesday, October 7 and 21 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](mailto:mmeovary@aol.com).

## VIRTUAL WRITERS CLUB

**Tuesdays at 10:00 a.m.**

Join a group of people who like to write about experiences, real and imagined, and enjoy sharing them with others. Lead by Sally Currie. To get the weekly Zoom link contact the Welcome Desk.

## WRITING CLUB

**Friday, October 3 and 17 at 11:00 a.m. and 1:00 p.m.**

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

## YAKKIN` AND YARNIN`

**Tuesdays at 9:00 a.m.**

Participants come to socialize while working on meaningful projects for a worthy causes. The club has worked on projects such as 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. The yarn, looms, instructions, and the opportunity to meet new friends will be provided. *Club Captain: Vicki Grootegoed*

## A CULTURAL THURSDAY EVENT!

BARBARA WONG, STORYTELLER

**Thursday, October 30 at 2:00 p.m.**

*Presented by Barbara Wong*

*Free – Members,*

*\$5.00 - Nonmembers*

Story hour is not just for kids; we all love a good story. Join us for a memorable afternoon as master storyteller Barbara Wong returns to share ancient and modern tales, personal and supernatural, in a way that will stay with you long after the story is over. Reservations are suggested.



[facebook.com/PasadenaSeniorCenter](https://facebook.com/PasadenaSeniorCenter)



[pinterest.com/PasadenaSeniorCenter](https://pinterest.com/PasadenaSeniorCenter)



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

**STAY CONNECTED**



## ACKNOWLEDGING LOSS DISCUSSION SUPPORT GROUP AND PROGRAM SERIES

HEALING BEGINS WHEN WE HONOR WHAT IS GONE

**Tuesday, October 7 at 3:00 p.m., in person**

**Wednesday, October 8 at Noon, via Zoom**

*Presented in partnership with  
Foundation for Senior Services*

For more information contact  
(626) 795-4331 or call (855) 836-0807.  
Email at [Info@TheFSS.org](mailto:Info@TheFSS.org)

# ROAD TO RECOVERY PROGRAM WORKSHOP INVENTORY COMPLETION

**Friday, October 3 from 9:00 a.m. to Noon for Older Adults**

**Saturday, October 4 from 9:00 a.m. to Noon for All**

This workshop will focus on helping wildfire survivors navigate the often-overwhelming process of completing their contents claim inventories. Attendees will receive practical guidance and tools to organize their claims more effectively and will also learn about options for negotiating insurance settlements, particularly the possibility of reaching a fair payout without having to fully itemize every lost item. The goal is to reduce stress, save time, and empower participants to make informed decisions as they work toward financial recovery. Sponsored by the Assistance League of Pasadena.



## Care of Others and You

### 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](tel:6266856732) and leave a message. We will return your call as soon as possible.

### HOME TEA PROGRAM

Available to seniors 50 years and older. Tea and an inspirational card are sent home each month. If you would like to be in this program, call [\(626\) 685-6732](tel:6266856732).

### LEGAL CONSULTATIONS

**Thursday, October 2 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 [\(626\) 795-4331](tel:6267954331).

### MEDIATION, CONFLICT AND DISPUTE RESOLUTIONS

**Thursday, October 23 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](tel:6267954331).

### LUNCH PROGRAM

**Monday Thru Friday at 11:30 a.m.**

Donations are accepted but not mandatory. You must be 60 years of age. Call [\(626\) 685-6732](tel:6266856732).



# 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](http://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.

## PRESERVING YOUR MEMORY

**Thursday, October 2 at 10:00 a.m., via Zoom**

*Presented by the L.A. Department of Mental Health*

As we age, we all have moments of forgetfulness. This presentation will provide useful tips, and brain exercises to sharpen your thinking and help keep moments of forgetfulness to a minimum.

## KEEPING OLDER PETS HAPPY AND HEALTHY

**Thursday, October 9 at 10:00 a.m., via Zoom**

*Presented by Foundation for Senior Services*

Just like people, senior cats and dogs need extra care as they grow older. As a pet parent, it’s important to be mindful of all the ways you can help to maximize your pet’s quality of life during their golden years.

## SCAM AND FRAUD SELF-DEFENSE WORKSHOP

**Thursday, October 16 at 10:00 a.m., via Zoom**

*Presented by Wise and Healthy Living*

This is an interactive discussion on scams and fraud. We will help participants identify the latest scams, learn how to report instances of fraud to law enforcement, and develop tools to help combat scammers. This discussion will include a live question and answer session to address participant’s concerns.

## MEDICARE UPDATES FOR 2025

**Thursday, October 23 at 10:00 a.m. via zoom**

*Presented by Foundation for Senior Services*

Confused about Medicare, Medigap plans, Medicare Advantage, PPOs, or HMOs? You’re not alone—and we’re here to help! We’ll break down your options and explain the latest changes in Medicare policies and the marketplace. With open enrollment just around the corner, now’s the perfect time to get informed and feel confident about making the best decision for your health coverage.

## HOW TO AVOID COMMON ESTATE PLANNING MISTAKES

**Thursday, October 30 at 10:00 a.m., via Zoom**

*Presented by Joe Engle, Esq.*

Estate planning is a critical process that ensures your assets are distributed according to your wishes and that your loved ones are protected. The presentation will include common mistakes made and how to avoid them.



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](http://pasadenaseniorcenter.org/give).



**65**  
*Years*  
GETTING BETTER  
WITH AGE

## **Pasadena Senior Center** an independent nonprofit organization

October 2025, Volume 11, No. 10

85 East Holly Street, Pasadena CA 91103

Phone: (626) 795-4331 / Fax: (626) 577-4235

Travel (626) 685-6754

Email: [info@PasadenaSeniorCenter.org](mailto:info@PasadenaSeniorCenter.org)

[www.PasadenaSeniorCenter.org](http://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](mailto:AkilaG@PasadenaSeniorCenter.org)

### **Alan Barasorda, Director of Finance**

(626) 685-6723 / [AlanB@PasadenaSeniorCenter.org](mailto:AlanB@PasadenaSeniorCenter.org)

### **Annie Laskey, Director of Events**

(626) 685-6702 / [AnnieL@PasadenaSeniorCenter.org](mailto:AnnieL@PasadenaSeniorCenter.org)

### **Dion Ferguson, Director of Operations and Classes**

(626) 685-6706 / [DionF@PasadenaSeniorCenter.org](mailto:DionF@PasadenaSeniorCenter.org)

### **Charmaine Nelson, Director of Marketing and Communications**

(626) 685-6759 / [CharmaineN@PasadenaSeniorCenter.org](mailto:CharmaineN@PasadenaSeniorCenter.org)

### **Mary Merino-Avila, Director of Development**

(626) 685 - 6728 / [MaryA@PasadenaSeniorCenter.org](mailto:MaryA@PasadenaSeniorCenter.org)

### **Pam Kaye, Senior Associate Director of Development**

(626) 685 - 6756 / [PamK@PasadenaSeniorCenter.org](mailto: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)

# Medicare Resource Fair

**Wednesday, October 15**

**9:00 a.m. to 1:00 p.m.**

**Medicare Open Enrollment:**

**October 15 to December 7, 2025**

During "Open Enrollment" individuals will be able to make changes to their medical insurance for 2026. Reassessing health care needs each year and comparing programs can help keep costs down and maximize benefits. Checking your current Medicare and Prescription drug plans with other programs and making any necessary changes ensures that you receive the best possible health care.

We will have over 20 vendors to give you all the information needed to help you make your best choices. No reservations are needed.

