

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



I've been thinking a lot recently about this concept: what does it mean to belong? What does belonging give you? What is your contribution to belonging?

A friend asked me recently "Where do you feel like you belong?" I instantly teared up and was taken aback by my emotional response.

Having been raised as, what I call, "a military brat," we moved around so much that I never felt welcome at most of my schools, or that I belonged. My family and I lived in eight different cities, with the last few years of my father's Navy duty being in Monterey, California. Since our time in Monterey, I've lived in three different places.

After spending a few minutes collecting myself, I answered my friend's question: "I feel like I belong in Monterey." It's the place where I feel welcome, where people are kind, where people go out of their way to greet me. I have family living there, and I visit the city three or four times each year.

As soon as I get to that city, I feel my tension and anxiety lessen. I take a deep breath, and I can be still and hear myself think.

I look around the Pasadena Senior Center and see longtime members and staff and volunteers welcoming warmly the newest faces: the several hundred members of the Altadena Senior Center who lost their Center in the 2025 fires. These are the comments I heard recently from some of these members after one of our jazz concerts:

"This place is saving my life."

"I didn't think I could make new friends."

"I don't know what I would do if I didn't come here."

What I am seeing is this: a sense of belonging cures loneliness. Our Center gives seniors a place to gather, to celebrate holidays and birthdays, and to feel welcome and celebrated.

Around 80% of our members come to the Center at least twice a week. Jesse, for example, who is 100 years young, comes every day to work out. Unlike traditional gyms, our Center's fitness center is a place to exercise AND hang out afterwards.

That's why we are embarking this year on a fundraising campaign to expand the fitness center into a larger space near the Center, it will offer state-of-the-art equipment and classes that promote healthy aging, while facilitating the conviviality we cultivate.

To all those reading these words: at the Center, you are always welcome, and you always belong.

Classes at
PSC



Photo by Peter Matus

Spring 2026

April 6 - June 13

40 Classes for Adults

- Acting with Pasadena Playhouse
- Art and Joy of Sewing
- Ballroom Dancing
- Ballroom Line Dancing
- Bridge Classes
- Chair Aerobics
- Chair Pilates
- Crafting Your Life's Stories
- For the Love of Poetry
- French
- Getting to know your iPad and iPhone
- Intentional Mat Pilates
- "Let Us Play" Improv
- Meditation
- Oil Painting
- Pep Up Your Life
- Qigong and Tai Chi
- Spanish
- Spanish Reading for Beginners
- Step to the Beat Aerobics
- Strength Training
- Watercolor
- Yoga
- Yoga and Presence Practice
- Zumba Gold

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

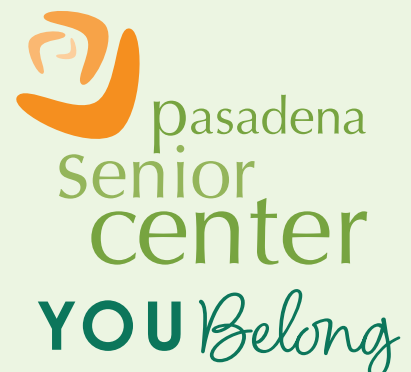
(626) 795-4331

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

Classes - Spring 2026

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. 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/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 workout. All exercise is performed in a seated position and is perfect for older adults and beginners. This class focuses on improving posture, core strengthening and stretching.

Instructor: Hector Ramirez

INTENTIONAL MAT PILATES

Experience a holistic journey merging intentional presence and Pilates for enhanced core strength, flexibility, and vitality. Dynamic exercises lead to a deeply integrative Savasana, solidifying physical and mental benefits. Whether new or seasoned, this transformative class leaves you centered, rejuvenated, and connected to your inner and outer self. Please remember your mat and your full presence as we strengthen together.

Instructor: Cara Torricelli



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

Classes - Spring 2026



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

INTRODUCTION TO ACTING WITH PASADENA PLAYHOUSE

Dream of being an actor or miss 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



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 we will teach all levels of sewing in this class. You will learn the basic techniques of sewing, ranging from taking proper measurements, understanding fabrics, working with

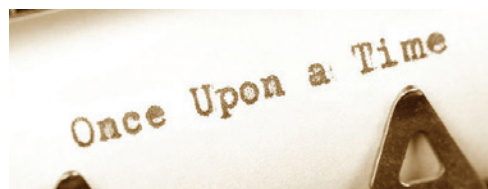
patterns, cutting the garment/project, threading & operating a sewing machine and basic garment construction techniques. For those without sewing machines, we have several machines and other sewing tools available for use when in the class. Students are responsible for supplying their own fabrics & sewing notions/supplies.

Instructor: Cate Shaffer-Shelby

BRIDGE 4 - DEFENSE - YOUR BEST GAME

This class will consolidate a bridge player's understanding of defense in this, most loved, game of strategy and finesse. Learning some of the top expert methods to defeat your opponents can be an exhilarating experience. A good defender is a good player. Close to half of your opponents' contracts can be defeated, but almost 80% are made. We will cover fundamentals and more advanced elements of defensive play including: knowing the suit and the card; knowing signals and when to use them; understanding an attacking defense (taking your tricks as quickly as possible) vs. a passive defense (waiting for your tricks); and figuring out what Declarer is trying to do based on his manner of play. Join us to sharpen your challenging skills.

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: 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 us 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

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

Classes - Spring 2026

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

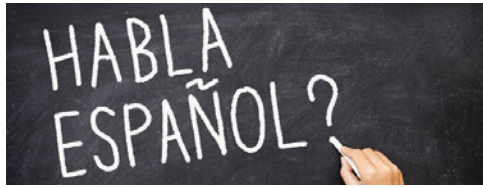
Join us for a playful, participatory class of theater and improv games designed to unlock creativity, free the imagination, ignite spontaneity, increase mental focus, build confidence, and nurture group connection. Tap into the wells of creativity and spontaneity that reside within us all in a safe,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

Instructor: Mark and Ilona Jennings

OIL PAINTING

Ignite your artistic passion with vibrant oil painting and drawing classes for adults. Discover the timeless art of oil painting in this immersive course designed for beginners and intermediate artists alike. Learn essential techniques, including color mixing, brushwork, layering, and composition, while exploring the rich, vibrant qualities of oil paints. Through hands-on projects and guided instruction, you'll create your own artworks, from still life to landscapes. Develop your unique style, gain confidence in your skills, and unlock your creative potential in a supportive, inspiring environment. No prior experience required, all levels are welcome. Just bring your passion for painting!

Instructor: Gilda Fathi



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. 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.

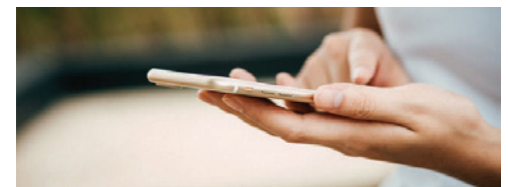
Instructor: Barbara Medford

WATERCOLOR, BEGINNER II

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

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

Spring 2026 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 8	\$60
Ballroom Dancing Level 2	Wed. 2:00 - 3:00 p.m.	Plasil	10	Apr 8	\$60
Ballroom Line Dancing	Wed. 3:00 - 4:00 p.m.	Plasil	10	Apr 8	\$60
Zumba Gold/ Funky Line Dancing	Mon. 12:30 - 1:30 p.m.	Ramirez	10	Apr 6	\$60
EXERCISE/FITNESS					
Chair Aerobics	Fri. 9:00 - 10:00 a.m.	Ramirez	10	Apr 10	\$60
Chair Pilates	Fri. 10:00 - 11:00 a.m.	Ramirez	10	Apr 10	\$60
Intentional Mat Pilates	Tues. 11:30 a.m. - 12:30 p.m.	Torricelli	10	Apr 7	\$80
Meditation	Mon. 11:00 a.m. - 12:00 p.m.	Budka	10	Apr 6	\$55
Pep Up Your Life	Sat. 9:45 - 10:45 a.m.	Millares	10	Apr 11	\$55
Qigong and Tai Chi, Beginner	Thurs. 11:00 a.m. - 12:00 p.m.	Tucker	10	Apr 9	\$60
Qigong and Tai Chi, Intermediate	Thurs. 12:00 - 1:00 p.m.	Tucker	10	Apr 9	\$60
Step to the Beat Aerobics	Mon. 3:00 - 4:00 p.m.	Niesen	10	Apr 6	\$70
Strength Training	Thurs. 8:30 - 9:30 a.m.	Niesen	10	Apr 9	\$75
Strength Training	Thurs. 9:30 - 10:30 a.m.	Niesen	10	Apr 9	\$75
Yoga	Wed. 9:00 - 10:30 a.m.	Rosenblum	10	Apr 8	\$60
Yoga and Presence Practice	Mon. 9:30 - 10:45 a.m.	Budka	10	Apr 6	\$60
Yoga and Presence Practice	Sat. 8:15 - 9:30 a.m.	Budka	10	Apr 11	\$60
HOBBIES & SPECIAL INTERESTS					
Introduction to Acting with Pasadena Playhouse	Sat. 10:00 - 11:30 a.m.	Pellegrini	10	Apr 11	\$110
The Art and Joy of Sewing	Mon. 10:30 a.m. - 1:30 p.m.	Shaffer- Shelby	10	Apr 6	\$125
Bridge 4 - Defense, Your Best Game	Tues. 2:00 - 4:00 p.m.	Moran	8	Apr 7	\$30
Crafting Your Life's Stories	Fri. 11:00 a.m. - 12:00 p.m.	Hawthorne	10	Apr 10	\$30
For The Love of Poetry	Fri. 11:00 a.m. - 12:00 p.m.	Abood	10	Apr 10	\$30
French 1	Mon. 2:30 - 4:00 p.m.	Cortey	10	Apr 6	\$55
French 1B	Wed. 2:30 - 4:00 p.m.	Cortey	10	Apr 8	\$55
French 2	Mon. 9:30 - 11:00 a.m.	Cortey	10	Apr 6	\$55
French 3	Mon. 11:00 a.m. - 12:30 p.m.	Cortey	10	Apr 6	\$55
French 4	Wed. 11:00 a.m. - 12:30 p.m.	Cortey	10	Apr 8	\$55
French 5	Wed. 9:30 - 11:00 a.m.	Cortey	10	Apr 8	\$55
"Let's Play" Improv	Wed. 2:30 - 4:00 p.m.	Jennings	10	Apr 8	\$75
"Let's Play" Improv	Fri. 2:30 - 4:00 p.m.	Jennings	10	Apr 10	\$75
Oil Painting, Introduction	Fri. 12:30 - 2:30 p.m.	Fathi	10	Apr 10	\$100
Oil Painting, Intermediate	Fri. 2:30 - 4:30 p.m.	Fathi	10	Apr 10	\$100
Spanish Level 1	Tues. 9:00 - 10:00 a.m.	Ramirez	10	Apr 7	\$55
Spanish Level 2	Tues. 10:00 - 11:00 a.m.	Ramirez	10	Apr 7	\$55
Spanish Level 3	Tues. 11:00 a.m. - 12:00 p.m.	Ramirez	10	Apr 7	\$55

Spanish Reading for Beginners	Thurs. 9:00 - 10:30 p.m.	Peck	10	Apr 9	\$55
Watercolor, Advanced	Thurs. 9:00 - 11:00 a.m.	Medford	8	Apr 9	\$95
Watercolor, Advanced (ZOOM)	Tues. 1:00 - 3:00 p.m.	Medford	8	Apr 7	\$95
Watercolor, Beginner II	Thurs. 11:30 a.m - 1:30 p.m	Medford	8	Apr 9	\$95

TECHNOLOGY

Getting to Know your iPhone	Tues. 10:00 - 11:00 a.m.	Matus	8	Apr 7	\$60
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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 3, 2026 AT NOON

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 (Note: Class may be full upon receipt at PSC.)

- 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, April 3.

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 \$10.00 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

One Degree of Separation to One of America's Greatest Playwrights

Enjoying lunch at the Pasadena Senior Center provides an opportunity to strike up conversations with people you may never have met before. This is the story of one such encounter that provided some really interesting food for thought.

As Horace Williams, 93 years young, began chatting with Christianne Arreola, he revealed his one-degree-of-separation connection to Pulitzer Prize-winning playwright August Wilson and shared how he may very well have influenced Wilson's penchant for exploring strong male characters and diverse musicality in his works.

Mr. Williams' memories are vivid as he recounts how the two became acquainted.

Act 1 took place in Pittsburgh in the early 1960s at the home of a young lady-friend whom Williams was picking up for their first date. There, her 19-year-old brother, August, introduced himself, and the two men began to converse over their shared interest in literature and poetry. Williams, who'd graduated from the University of Pittsburgh with a Master's of Science degree after earning his Bachelor's of Science degree from Xavier University in New Orleans, said he'd be moving to Los Angeles to further his education and reunite with his siblings. August Wilson, who didn't have his driver's license, asked to come along for the ride.

Act II put Williams behind the steering wheel and, with his passenger, August Wilson, traversing the country. Williams found him to be very kind and an excellent listener.

By Act III, their destination reached, they moved into William's brother's apartment, where they shared a bunk bed in the spare bedroom and took jobs at Thrifty Drug Store as pharmacy clerks. Williams did all the cooking and grocery shopping, serving as a strong role model to the young man, who later gained notoriety for integrating the African-American male experience in his plays.



He also introduced Wilson to several live opera productions. This exposure to the musical stage, he feels, left another lasting impression, as Wilson is also famous for intricately weaving jazz and blues motifs into his productions.

After one year, Wilson moved back to Pittsburgh, where he went on to write 10 plays known as the American Century Cycle. Two of these works, *Fences* in 1987 and *The Piano Lesson* in 1990, earned him the Pulitzer Prize, while *Fences* and *Ma' Rainey's Black Bottom* were also developed into movies.

Of current interest to theater-goers, a revival of Joe Turner's *Come and Gone*, starring Cedric the Entertainer and Taraji P. Henson and directed by Debbie Allen, is coming to Broadway

starting March 30.

As for Mr. Williams, he has lived through many more acts, including enrolling in a Health Policy class at the University of Southern California in 1965, where he met the woman who would be his wife of 33 years and the mother of his three children. He then obtained a Master's Degree in Public Administration in 1981 and was awarded a Ph.D. in Health Care Administration in 1986.

From 1963 until his retirement in 1997, he served as Chief Pharmacist of Methodist Hospital of Southern California.

Unwelcome drama struck during the 2025 Los Angeles fires when Williams was evacuated from The Terraces of Park Marino, a senior facility, with only his medications and his walker, leaving all his other belongings behind. His daughter rushed to his aid, and he's since resettled at the Pasadena Highlands.

While the story of this one encounter may be ending, the curtain doesn't close on striking up conversations, meeting new friends, and sharing more of life's stories over meals at the Pasadena Senior Center.



PASADENA SENIOR GAMES

HOSTED BY
pasadena Senior Center

2026 Pasadena Senior Games Start April 26

We begin with Archery, continuing in May with 5K/10K Road Race, Power Walk, Race Walk, Basketball Shooting, Women's 3-on-3 Basketball, Pickleball, Swimming, and Track & Field. Competitions continue through June with Coed Softball, Disc Golf, Powerlifting and Fitness Challenge and Table Tennis. This Olympic-style multi-sport event for adults 50+ draws both recreational and elite athletes.

For information and to register, visit <https://www.pasadenaseniorcenter.org/senior-games>



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

- 6
- 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. Poetry Club: The Pleasure of Poetry
 - 2:30 p.m. French 1
 - 3:00 p.m. Step to the Beat Aerobics

- 7
- 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
 - 11:00 a.m. Spanish 3
 - 11:30 a.m. Intentional Mat Pilates
 - 12:45 p.m. Left Center Right Club
 - 1:00 p.m. American Mahjong Club
 - 1:00 p.m. Screening Mimis Film Discussion
 - 1:30 p.m. Watercolor, Advanced via Zoom
 - 1:30 p.m. Arthritis Exercise Program
 - 2:00 p.m. Bridge 4- Defense, Your Best Game
 - 2:00 p.m. Spring 2026 Masters Series: Return to Reel Justice: Courtrooms in the Movies
 - 3:00 p.m. Acknowledging Loss Discussion Support Group

- 13
- 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

- 14
- 9:00 a.m. Yakin' and Yarnin'
 - 9:00 a.m. Spanish 1
 - 10:00 a.m. HICAP: Health Insurance Counseling
 - 10:00 a.m. Virtual Writers Club
 - 10:00 a.m. Getting to Know Your iPad and iPhone
 - 10:00 a.m. Spanish 2
 - 11:00 a.m. Spanish 3
 - 11:30 a.m. Intentional Mat Pilates
 - 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
 - 1:30 p.m. Arthritis Exercise Program
 - 2:00 p.m. Bridge 4- Defense, Your Best Game
 - 2:00 p.m. Spring 2026 Masters Series: Return to Reel Justice: Courtrooms in the Movies

- 20
- 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

- 21
- 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. Intentional Mat Pilates
 - 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 4- Defense, Your Best Game
 - 2:00 p.m. How to Spot the Scammer in Your Life

- 27
- 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. April Birthday Social
 - 2:30 p.m. French 1
 - 3:00 p.m. Step to the Beat Aerobics

- 28
- 9:00 a.m. Timeless Treasures Boutique
 - 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. Intentional Mat Pilates
 - 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. Technology Lab
 - 2:00 p.m. Bridge 4- Defense, Your Best Game

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
2:30 p.m. Bilingual Tech Help
3:00 p.m. Music Club

1

THURSDAY

9:00 a.m. Timeless Treasures Boutique
10:00 a.m. Legal Consultation
10:00 a.m. Guided Tours
10:00 a.m. Let's Talk via Zoom: The Importance of Estate Planning
11:30 a.m. Lunch Program
12:00 p.m. Latino Club
1:30 p.m. Arthritis Exercise Program
2:00 p.m. Technology Lab

2

FRIDAY

8:30 a.m. Food Distribution Program
9:00 a.m. Chair Aerobics
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. Journey Through Grief
1:00 p.m. Movie Matinee: The Court Jester
1:00 p.m. Scrabble
1:10 p.m. Writing Club via Zoom
2:00 p.m. Technology Lab

3

SATURDAY

9:00 a.m. Billiards Tournament
9:00 a.m. Art Exploration Club
9:00 a.m. Running Club
9:30 a.m. Help with Handheld Devices
11:00 a.m. **Our Stories in Art: Diversity and Symbiosis Reception**

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
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
2:30 p.m. Bilingual Tech Help
3:00 p.m. Music Club
3:00 p.m. Ballroom Line Dancing

8

8:30 p.m. Strength Training
9:00 a.m. Timeless Treasures Boutique
9:00 a.m. Watercolor Advanced
9:00 a.m. Spanish Reading for Beginners
9:30 a.m. Strength Training
10:00 a.m. Guided Tours
10:00 a.m. Let's Talk via Zoom: The Art of Conscious Living
11:00 a.m. Qigong and Tai Chi, Beginner
11:30 a.m. Watercolor Beginner II
11:30 a.m. Lunch Program
12:00 p.m. Latino Club
12:00 p.m. Qigong and Tai Chi, Intermediate
1:30 p.m. Arthritis Exercise Program
1:30 p.m. The Great American Songbook
2:00 p.m. Technology Lab

9

9:00 a.m. Chair Aerobics
10:00 a.m. Tap Club
10:00 a.m. Chair Pilates
11:00 a.m. Crafting Your Life's Stories
11:00 a.m. For The Love of Poetry
11:30 a.m. Lunch Program
12:30 p.m. Oil Painting
1:00 p.m. Bridge
1:00 p.m. Journey Through Grief
1:00 p.m. Movie Matinee: The Sea Inside
1:00 p.m. Scrabble
2:00 p.m. Technology Lab
2:30 p.m. Oil Painting Intermediate
2:30 p.m. "Let's Play" Improv

10

8:15 a.m. Yoga and Presence Practice
9:00 a.m. Art Exploration Club
9:00 a.m. Running Club
9:30 a.m. Help with Handheld Devices
9:45 a.m. Pep Up Your Life
10:00 a.m. Introduction to Acting with Pasadena Playhouse

11

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. Post-Disaster Recovery Rediscover Safety, Security, and Risk Awareness
2:00 p.m. Ballroom Dancing Level 2
2:30 p.m. "Let's Play" Improv
2:30 p.m. French 1B
2:30 p.m. Bilingual Tech Help
3:00 p.m. Music Club
3:00 p.m. Ballroom Line Dancing

15

8:30 a.m. Strength Training
9:00 a.m. Timeless Treasures Boutique
9:00 a.m. Watercolor Advanced
9:00 a.m. Spanish Reading for Beginners
9:30 a.m. Strength Training
10:00 a.m. Guided Tours
10:00 a.m. Let's Talk via Zoom: Home Safety, Fall Prevention & Emergency Planning
11:00 a.m. Qigong and Tai Chi, Beginner
11:30 a.m. Watercolor Beginner II
11:30 a.m. Lunch Program
12:00 p.m. Latino Club
12:00 p.m. Qigong and Tai Chi, Intermediate
1:30 p.m. Arthritis Exercise Program
2:00 p.m. Technology Lab

16

9:00 a.m. Health Fair
9:00 a.m. Free Produce Distribution
9:00 a.m. Chair Aerobics
10:00 a.m. Tap Club
10:00 a.m. Chair Pilates
11:00 a.m. Writing Club
11:00 a.m. Crafting Your Life's Stories
11:00 a.m. For The Love of Poetry
12:30 p.m. Oil Painting
1:00 p.m. Bridge
1:00 p.m. Movie Matinee: A Midsummer Night's Dream
1:00 p.m. Scrabble
1:10 p.m. Writing Club
2:30 p.m. Oil Painting Intermediate
2:30 p.m. "Let's Play" Improv

17

8:15 a.m. Yoga and Presence Practice
9:00 a.m. Running Club
9:30 a.m. Help with Handheld Devices
9:45 a.m. Pep Up Your Life
10:00 a.m. Introduction to Acting with Pasadena Playhouse

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
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
2:30 p.m. Bilingual Tech Help
3:00 p.m. Music Club
3:00 p.m. Ballroom Line Dancing

22

8:30 a.m. Strength Training
9:00 a.m. Timeless Treasures Boutique
9:00 a.m. Watercolor Advanced
9:00 a.m. Spanish Reading for Beginners
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: Nutrition Truths for Thriving After 60
11:00 a.m. Qigong and Tai Chi, Beginner
11:30 a.m. Watercolor Beginner II
12:00 p.m. Latino Club
12:00 p.m. Qigong and Tai Chi, Intermediate
1:00 p.m. Sueño y bienestar para adultos mayores
2:00 p.m. Technology Lab
2:00 p.m. A Cultural Thursday Event! Chiao Family Singers

23

9:00 a.m. Chair Aerobics
10:00 a.m. Tap Club
10:00 a.m. Chair Pilates
11:00 a.m. Crafting Your Life's Stories
11:00 a.m. For The Love of Poetry
11:30 a.m. Lunch Program
12:30 p.m. Oil Painting
1:00 p.m. Bridge
1:00 p.m. Virtual Book Club
1:00 p.m. Movie Matinee: Whale Rider
1:00 p.m. Scrabble
2:00 p.m. Technology Lab
2:30 p.m. Oil Painting Intermediate
2:30 p.m. "Let's Play" Improv

24

8:15 a.m. Yoga and Presence Practice
9:00 a.m. Running Club
9:30 a.m. Help with Handheld Devices
9:45 a.m. Pep Up Your Life
10:00 a.m. Introduction to Acting with Pasadena Playhouse

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
2:30 p.m. Bilingual Tech Help
3:00 p.m. Music Club
3:00 p.m. Ballroom Line Dancing

29

**Travel with the Pasadena Senior Center
Carlsbad Flower Fields Day Trip**
8:30 a.m. Strength Training
9:00 a.m. Watercolor Advanced
9:00 a.m. Spanish Reading for Beginners
9:30 a.m. Strength Training
10:00 a.m. Let's Talk via Zoom: Health, Wellness, and Wholeness
11:00 a.m. Qigong and Tai Chi, Beginner
11:30 a.m. Watercolor Beginner II
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! The Machinery of the Mind: The Science of Cognition and Emotion Across the Lifespan**

30



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).

OUR STORIES IN ART: DIVERSITY AND SYMBIOSIS RECEPTION

Saturday, April 4 from 11:00 a.m. to 1:00 p.m.

Presented by Shanguo (Sam) Jia

Join us for the opening reception featuring a series of abstract paintings by internationally respected conceptual artist Shanguo (Sam) Jia inspired by stories of lives of our members. You'll have an opportunity to view the exhibit as well as meet the artist and members who participated in the project. Refreshments will be provided. Registration is requested.



PERSONAL TRAINING FOR FITNESS CENTER MEMBERS

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

\$35.00 per session with a minimum of 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).

WORD SEARCH CHALLENGE! & GIVE AWAY

Beginning Wednesday, April 1 Submission deadline: Thursday, April 30

Sponsored by Social Services

Start the month with a fun, brain-boosting activity! Pick up your word search at the Welcome Desk, complete it, and return it by the deadline to be entered in our give away. Please join us in the Lounge on Friday, May 1 at 2:00 p.m. to select the winners for the April word search challenge. Questions? Contact Social Services at [\(626\) 685-6733](tel:6266856733).

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)

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



For information and registration for each lecture or event on Zoom, visit 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.



BILINGUAL TECH HELP PROGRAM

Mondays from 10:00 to 11:00 a.m. & Wednesdays 2:30 to 3:30 p.m.

Presented by 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 ayudarle a aprovechar al máximo sus dispositivos y explorar las posibilidades del mundo digital. Nos vemos allí.

ACKNOWLEDGING LOSS AFTER DISASTER HEALING BEGINS WHEN YOU HONOR WHAT IS GONE

First Tuesday of the month at 3:00 P.M. at the Pasadena Senior Center

Second Wednesday of the month at Noon via Zoom

Presented in partnership with Foundation for Senior Services until December of 2026

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. Groups have a particular focus on those affected by the Eaton Wildfire. Registration is required to receive the Zoom link for the Wednesday Group.

FOOD BANK DISTRIBUTION PROGRAM

Friday, April 3, from 8:30 to 10:30 a.m.

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).

HELP WITH HANDHELD DEVICES

Saturdays from 9:30 to 11:30 a.m.

Join us in our state-of-the-art Technology Lab on Saturdays where we will provide one-on-one assistance for those who need assistance with cell phones, iPads, and laptops. Get help with everyday technology questions in a friendly, supportive environment. No need to make a reservation. Just stop by!



SPRING 2026 MASTERS SERIES

RETURN TO REEL JUSTICE: COURTROOMS IN THE MOVIES



Tuesdays, April 7 & 14 from 2:00 to 4:00 p.m.

Presented by Paul Bergman, Professor of Law Emeritus at UCLA Law School

Each lecture \$15.00 - Members, \$18.00 - Nonmembers

Real trials and courtroom movies are made for each other. Paul Bergman will share entertaining movie clips that tell stories about our society's cultural beliefs and attitudes towards law, lawyers and justice. **Buy ahead and save:** pre-sale two session series tickets: **\$25.00 - Members, \$35.00 - Non-members.**

TIMELESS TREASURES BOUTIQUE

Tuesdays and Thursdays from 9:00 to 11:00 a.m.

Discover hidden gems and unbeatable deals! From elegant jewelry and stylish housewares to must-have kitchen essentials, there's something for every shopper. Swing by and treat yourself—or find the perfect gift at a price you'll love. Donations are welcome! To contribute gently used items, please contact Christine Williams, Timeless Treasure Manager at cwilliams5892@gmail.com.

THE GREAT AMERICAN SONGBOOK

Thursday, April 9 at 1:30 p.m.

Complimentary to 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.

POST-DISASTER RECOVERY

REDISCOVER SAFETY, SECURITY, AND RISK AWARENESS

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

Presented by Foundation for Senior Services

After disaster, we crave safety and predictability. This session explores how to rebuild a sense of stability while becoming more aware of practical and emotional risk management strategies. Please note this class and discussion has a particular focus to those affected by the Eaton Wildfire. To create a safe and focused space for all participants, the session will begin promptly at 2:00 p.m., and we are unable to admit participants after the meeting has started. We appreciate your understanding.

HEALTH FAIR

Friday, April 17 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.

FRESH PRODUCE DISTRIBUTION

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

Presented by the Order of Malta Mobile Ministries

The Order of Malta Mobile Ministries provides vegetables and fruit for older adults. We recommend that you bring bags or a cart to take your produce home.

HOW TO SPOT THE SCAMMER IN YOUR LIFE

Tuesday, April 21 from 2:00 to 3:30 p.m.

Presented by Author Johnathan Walton

Con artists are everywhere - hiding in plain sight; costing people billions of dollars a year. Once a victim of a con artist himself, Johnathan Walton has investigated hundreds of cases and wrote a seminal book about these charismatic charlatans: *Anatomy of a Con Artist: The 14 Red Flags to Spot Scammers, Grifters and Thieves*. In his gripping, humorous and highly entertaining multimedia presentation, Johnathan Walton will give you practical tools you can use to protect yourself.



SUEÑO Y BIENESTAR PARA ADULTOS MAYORES

JUEVES, Abril 23 a la 1:00 p.m.

Presentado por Los Angeles Department of Mental Health

Dormir bien por la noche es clave para el bienestar emocional. Conozca la importancia del sueño y obtenga consejos útiles sobre hábitos saludables de sueño.

A CULTURAL THURSDAY EVENT! CHIAO FAMILY SINGERS

Thursday, April 23 at 2:00 p.m.

Presented by The Chiao Family Singers

Complimentary to members, \$5.00 – Nonmembers

From opera to showtunes to popular songs, the Chiao Family Singers will sing it! James Chiao and his brother Ping are joined by their wives Lily Chiao and Jia Fang Su (both sopranos) for a heartwarming musical afternoon filled with affection, artistry, and humor. Inspired by how music brought joy and energy into their own lives, they'll share that warmth with us. Reservations are requested.



APRIL BIRTHDAY SOCIAL

Monday, April 27 at 2:00 p.m.

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

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.

Cultural Thursdays

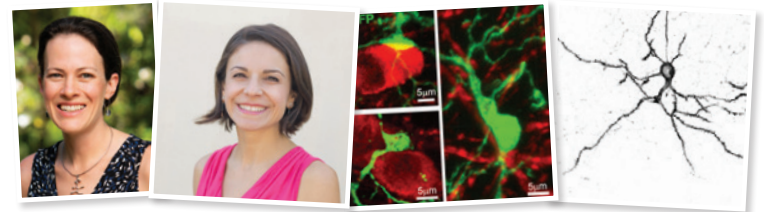
A CULTURAL THURSDAY EVENT!

THE MACHINERY OF THE MIND: THE SCIENCE OF COGNITION AND EMOTION ACROSS THE LIFESPAN

Thursday, April 30 at 2:00 p.m.

Presented by Lindsay De Biase, PhD. and Laura DeNardo, PhD., Departments of Physiology and Neurobiology, UCLA

Complimentary to members, \$5.00 – Nonmembers



Join us for an inside look at the sophisticated biological systems that underlie our thoughts and emotions. This is a “peek under the hood” at the cutting-edge science of how our brains manage a lifetime of information. Reservations are requested.



TRAVEL WITH THE PASADENA SENIOR CENTER CARLSBAD FLOWER FIELDS DAY TRIP

Thursday, April 30

\$74.00 per person (Includes admission, round-trip transportation & tour leaders)

Join us for a spring getaway to the world-famous Carlsbad Flower Fields! Travel by private van to explore 50 acres of vibrant ranunculus blooms overlooking the Pacific. Stroll the colorful paths, take photos, and enjoy one of Southern California's most spectacular seasonal displays. Ben and Denise will be with you all day to assist, so you can simply relax and enjoy. Afterward, we'll visit charming Carlsbad Village for lunch and free time to shop and explore. (Lunch not included.) Optional add-ons: Tractor Wagon Ride (\$8) and Butterfly Encounter (\$8), available on-site by card only. To reserve your seat, contact Monrovia Travel at [\(626\) 359-8331](tel:626-359-8331). Space is limited; advance registration required. All sales final.



Introducing **Anil Arora**,
Pasadena Senior Center's Social Worker

Anil Arora is a licensed clinical social worker dedicated to supporting older adults, caregivers, and families. Using a compassionate, culturally responsive, and strengths-based approach, he plans to provide individual therapy, case management, and facilitate caregiver and grief support groups. Outside of his professional life, Anil is embracing new adventures as a first-time parent. He is excited to join the Pasadena Senior Center team and looks forward to connecting with the PSC community.

Save the Date

MEMORIAL DAY SWING BAND CONCERT AND DANCE

Monday, May 25 from 2:00 to 4:00 p.m.

Sponsored by the Pipia/Ma Welcome Home Fund, supporting the self-care and well-being of veterans and military members

Bring your neighbors and friends to enjoy a Memorial Day concert and dance with the Great American Swing Band's 14-piece Big Band. It's a throwback to the vintage USO with popular dance tunes of the 1940s & 50s. It'll red, white, and blue all the way as we observe this national holiday and pay tribute to our veterans. Light snacks will be available. Advance registration is suggested.

2026 SPRING MASTERS SERIES

THE INTERSECTION OF ART AND SCIENCE: A JOURNEY OF DISCOVERY

Tuesdays, May 5 - 19 from 2:00 to 4:00 p.m., via Zoom

Presented by Marc and Beverly Olevin

Series Tuition: \$40.00 - Members, \$50.00 - Non-members

Are art and science truly separate disciplines, or are they two sides of the same fundamental human impulse to observe, understand, and create? This entertaining 3-part course explores the convergence when imagination fuels inquiry. Salvador Dali's melting clocks were inspired by Einstein's new description of time; Leonardo da Vinci was a master who knew no divide between art and science; and the science fiction of Verne, Wells, Asimov and others have become science-fact. Join us as we celebrate mankind's endless inquiry to reveal hidden truths of the universe. Registration is required to receive the Zoom link.



Richer Group Experiences

ART EXPLORATION CLUB

Saturday, April 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](tel:6267954331).

AMERICAN MAHJONG CLUB

Tuesdays at 1:00 p.m.

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

BILLIARDS ROOM

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

Our Billiards Room is available to our members and their guest five days a week! Must be a member of the Pasadena Senior Center.

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:6267954331).

CORNHOLE ON THE PATIO

Monday thru Friday

Calling all cornhole players — and anyone who wants to give it a try! Cornhole is now available on the patio for your enjoyment. Gather some friends, enjoy the fresh air, and join the fun. Bean bags can be checked out at the Welcome desk.

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](tel:6267954331).

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](tel:5624589472) 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:6269930370).

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 PLEASURE OF POETRY AND HOW IT CAN MOVE YOU

Monday, January 5 at 2:00 p.m.

We'll explore poetry from major poets across time and place, engaging both mind and emotion through

language. All forms are welcome—from traditional lyric poems to contemporary song lyrics. Our sessions will include a variety of approaches, including listening to recordings of poets and other performers reading their work. Participants are also invited to share a poem by one of their favorite writers.

Club Leader: Steve Dyer

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 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.

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, April 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*

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.



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

 facebook.com/PasadenaSeniorCenter

 pinterest.com/PasadenaSeniorCenter

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

STAY CONNECTED



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."

Friday Movie Matinee at 7:00 p.m.

We all enjoy the experience of watching movies and love the pleasures they bring. They captivate us with their imaginary worlds brought to life. Once again we are showing some of the movies that have been recommended by our members. Suggestions are always welcome. Contact Dion at DionF@PasadenaSeniorCenter.org or [\(626\) 685-6706](tel: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](tel:626-795-4331).



April 3

The Court Jester

NR

1 hr 41 min

Genre: Musical, Comedy



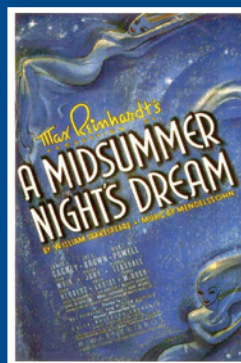
April 10

The Sea Inside

PG-13

2 hr 5 min

Genre: Biography, Drama



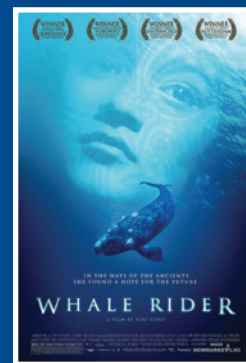
April 17

A Midsummer Night's Dream

NR

2 hr 12 min

Genre: Comedy



April 24

Whale Rider

PG-13

1 hr 41 min

Genre: Comedy

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

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:626-685-6732) 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:626-685-6732).

LEGAL CONSULTATIONS

Thursday, April 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:626-795-4331).

MEDIATION, CONFLICT AND DISPUTE RESOLUTIONS

Thursday, April 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:626-795-4331).

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:626-685-6732).

Dive Deep with Experts at "Let's Talk"

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



THE IMPORTANCE OF ESTATE PLANNING

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

Presented by Joe Engle, Esq.

Estate plans are essential in protecting your loved ones, preserving wealth, ensuring asset protection, avoiding the process of probate, and ensuring that your wishes are carried out. Registration is required to receive the Zoom link.

THE ART OF CONSCIOUS LIVING

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

Presented by Author Wayne Lehrer

Join us for an inspiring presentation by world-renowned yogi, author, and speaker Wayne Lehrer. He will share thoughtful guidance on approaching life's "third act" with renewed purpose, vibrant health, and lasting happiness. Registration is required to receive the Zoom link.

HOME SAFETY, FALL PREVENTION & EMERGENCY PLANNING

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

Presented by Vivid Life Homecare

Create a safer home environment for older adults, especially those living with cognitive impairment. This informative session will help caregivers identify common household hazards, reduce fall risks, and

support safe mobility. The program will also address wandering—why it occurs, early warning signs, and practical prevention strategies—along with essential emergency preparedness tips, including evacuation planning, maintaining updated medication lists, and ways to minimize confusion during a crisis. Home safety, fall prevention, and wandering/emergency planning. Registration is required to receive the Zoom link.

NUTRITION TRUTHS FOR THRIVING AFTER 60

Thursday, April 23 at 10:00 a.m., via Zoom

Presented by CNC Life Healing Nutrition

Discover how simple, effective diet and lifestyle changes can boost energy, support long-term health, and help you thrive throughout retirement and beyond. Learn practical tips to feel your best today while setting the foundation for a vibrant future. Registration is required to receive the Zoom link.

HEALTH, WELLNESS, AND WHOLENESS

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

Presented by Los Angeles Mental Health

Discover how staying emotionally and physically fit can keep you healthy and give you a positive attitude. Learn how to establish social networks and support that can benefit you, your friends, your family and the community in which you live. Registration is required to receive the Zoom link.

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

Pasadena Senior Center
an independent nonprofit organization

April 2026, Volume 12, 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

Dion Ferguson, Deputy Director

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

Alan Barasorda, Director of Finance

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

Annie Laskey, Director of Events

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

Charmaine Nelson, Director of Marketing and Communications

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

Mary Merino-Avila, Director of Development

(626) 685 - 6728 / MaryA@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)

**RETURN TO REEL JUSTICE:
COURTROOMS IN THE MOVIES**

Presented by Paul Bergman, Professor of Law Emeritus at UCLA Law School

Real trials and courtroom movies are made for each other. Lawyers are storytellers, courtrooms are theaters and trials can provide drama, surprise, suspense, laughs - and sometimes truth. Anthropologists use cultural residue like pottery and cave drawings to tell stories about how past societies functioned and what people believed. In these two sessions, Paul Bergman, Professor of Law Emeritus at UCLA Law School, shares entertaining movie clips that tell stories about our society's cultural beliefs and attitudes towards law, lawyers and justice. This program is in-person and will not be recorded. Reservations suggested, tickets will be available at the door.



April 7: Lawyers vs. Clients (Ethical Dilemmas and Strategic Struggles in Attorney-Client Relationships) and Expertise (Expert Witnesses - Rules and Roles)

April 14: Your Honor? (Judges in Courtroom Movies) and Out of the Question (Hearsay and Other Evidence Rules)



Paul Bergman is a Professor of Law Emeritus at the UCLA Law School. He received his J.D. from UC Berkeley and clerked for a federal court of appeals judge and worked at a law firm before joining the UCLA law faculty and pioneering one of the earliest and finest clinical law programs in the country. As a law school retiree, Paul continues to publish books and articles, teach Evidence and give courtroom film clip-based presentations regularly to judges, lawyers and community groups. He has authored or co-authored 16 books, including Real to Reel - Truth and Trickery in Courtroom Movies and its predecessor, Reel Justice - The Courtroom Goes to the Movies.

TUITION

Tuition per lecture \$15.00 - Members, \$18.00 - Nonmembers

Buy Ahead and Save

Pre-sale two session series tickets: \$25.00 - Members, \$35.00 - Non-members.

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