

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



The volunteer program run by Renee Uriarte at the Center provides a way for people to contribute to daily operations by manning the Welcome Desk, serving up a cup at the Coffee Bar, or helping set up lunch every day. Some of our most dedicated volunteers are high school students looking to fulfill their school's 40-hour volunteer commitment.

I'm always curious about those teenagers who stay longer than their volunteer hour requirements, like Sam. When he first started his volunteer assignment, he was incredibly shy and could barely look people in the eye. That changed over time, and my staff and I marveled at Sam's growth and his increasing self-confidence. When asked recently about this, Sam said he found a sense of belonging at the Center. Even more, Sam expressed a sense of relief at escaping the hopelessness pervasive in his peer group, which some have dubbed the "doomer generation."

I hear this "doom and gloom" mentality from many young people I encounter. "I'll never be able to afford a house," "climate change is getting worse and there's no solution," "wars and conflicts are never-ending," "school shootings are happening all the time." These are the types of comments that can get anyone down.

But, at the Center, Sam said he looks around and finds hope expressed by older adults, and hears that things CAN get better, and that people CAN survive and even thrive despite serious problems that are real and that don't have an easy solution.

Getting to know people like Sam and our other teenage volunteers has made me realize that there is a parallel, a common thread, between the experience of today's teenagers and that of the older adults our Center serves. Teenagers are grappling with contemplating the real and serious problems of our society, which can lead to depression and loneliness. Older adults are grappling with the challenges of ageism and isolation, which can also lead to depression and loneliness.

At both ends of the human age spectrum, the feelings of depression and isolation can cause serious harm.

Creating opportunities for social interaction is where we truly shine. By being a place where the older adults who show up here regularly practice "intentional aging", it models vital living for younger people.

I wrote about this idea of "intentional aging" recently, and how we humans put so much effort into planning everything earlier in our life: where we go to college, who we marry, where we live. What we don't spend time planning is how we intend to age.

Planning for aging means making a daily commitment to taking care of ourselves: staying physically active, eating and sleeping well, and getting enough social interactions to increase our sense of well-being and belonging.

All of us older adults can provide a haven for young people like Sam and remind him and all of us of an important lesson: making regular, real-life connections with other humans is the best antidote to loneliness and despair. Things can, and do, get better.

Classes at
PSC



Photo by Peter Matus

Summer 2026

July 6 - September 12

35+ Classes for Adults

- | | |
|--------------------------------|----------------------------|
| Acting with Pasadena Playhouse | “Let Us Play” Improv |
| Art for All Eyes | Meditation |
| Art and Joy of Sewing | Oil Painting |
| Ballroom Dancing | Pep Up Your Life |
| Ballroom Line Dancing | Qigong and Tai Chi |
| Bridge Classes | Spanish |
| Chair Aerobics | Step to the Beat Aerobics |
| Chair Pilates | Strength Training |
| Creative Sketching | World of Shakespeare |
| For the Love of Poetry | Yoga |
| French | Yoga and Presence Practice |
| Funky Line Dancing | Zumba Gold |
| Intentional Mat Pilates | |

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

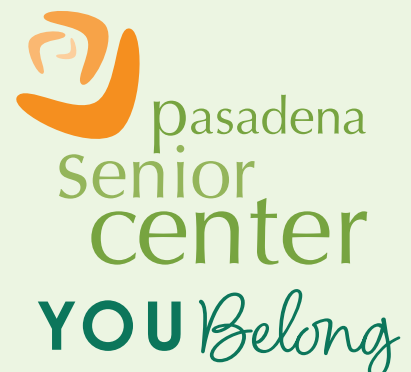
(626) 795-4331

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 Thursday, July 2 by Noon. For more information contact: Info@PasadenaSeniorCenter.org. Register online at tinyurl.com/ClassPSC.

Classes - Summer 2026

DANCE



BALLROOM DANCING (1 & 2)

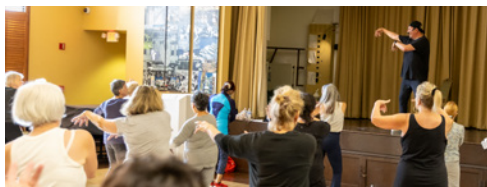
Students will learn the basic patterns and character of the most popular ballroom dances, as well as how to recognize the music. They will learn the basics of leading and following and develop timing and rhythm. At the end of this series of classes, students should feel comfortable dancing through an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



FUNKY LINE DANCING

A fun, energetic dance class designed for older adults who love to move, groove, and stay active! This class blends easy-to-follow line dance steps with funky rhythms, great music, and lots of positive energy. It's called funky because it adds style, flavor, and modern beats to traditional line dancing—making fitness feel like a party!

Instructor: Hector Ramirez

ZUMBA

This class is 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 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, strengthening core 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 bring 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 - Summer 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

ART FOR ALL EYES

Art for All Eyes is a series of three workshops open to all curious-minded people, regardless of visual acuity or background in art. Each workshop is based on the premise that art enriches lives because it draws upon thinking, listening and questioning, as much as it does upon seeing. Through class discussions of selected works of art, class members will offer their interpretations, discern what questions the works ask of them, and gain deep insights into themselves and humankind. It is not a course in art history per se, though dates, periods, styles, and artists' bios may come up, but only in furtherance of the class discussions. Come join the dialogue and bring art to life.

Instructor: Carol Jeffers

BRIDGE 4 - CONVENTIONS AND DOUBLES

This course is designed to expand the adventurous bridge player's use of conventions to include the following convention categories: essential, competitive, slam exploration, responder game forcing, and specialized techniques. Enhance your fun and knowledge by familiarizing yourself in these areas while challenging yourself in the ever-growing world of bridge. Make new friends and join us with old ones on this adventure.

Instructor: Melanie Moran



CREATIVE SKETCHING

In this class we will focus on imaginative sketchbook work where creativity takes the lead over traditional drawing techniques. While some drawing experience is helpful, it is not required as we will explore personal expression and cultivate curiosity through experimentation. Don't worry about "not being able to draw a straight line" ...here we will embrace imperfection!

Classes will include playful prompts, guided exercises and supportive feedback to spark inspiration and help tune into your creative

voice, overcome artistic blocks and build a joyful (and sometimes therapeutic) sketchbook habit. Expect to walk away with a sketchbook filled with artwork personal to each individual and the tools to keep your creative flame alight wherever it leads you.

Instructor: Sue Blanchard



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

Classes - Summer 2026

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.

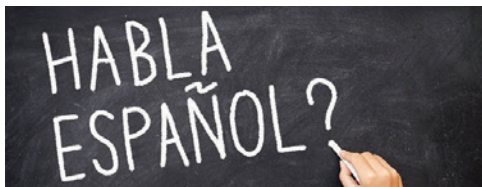
Instructor: *Mark and Ilona Jennings*



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*



WORLD OF SHAKESPEARE

Whether you've always loved The Bard and see as many of his plays as you can, or whether you just wish you'd paid more attention in English class, we'll have fun with some timelessly current literature. Combining reading, discussion, and video, we'll explore two great plays that share a common setting—and the powerfully relevant theme of intolerance—The Merchant of Venice and Othello.

Instructor: *Scott Myers*

Summer 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	Jul 8	\$60
Ballroom Dancing Level 2	Wed 2:00 - 3:00 p.m.	Plasil	10	Jul 8	\$60
Ballroom Line Dancing	Wed 3:00 - 4:00 p.m.	Plasil	10	Jul 8	\$60
Funky Line Dancing	Mon 1:30 - 2:30 p.m.	Ramirez	10	Jul 6	\$60
Zumba	Mon 12:30 - 1:30 p.m.	Ramirez	10	Jul 6	\$60
EXERCISE/FITNESS					
Chair Aerobics	Fri 9:00 - 10:00 a.m.	Ramirez	10	Jul 10	\$60
Chair Pilates	Fri 10:00 - 11:00 a.m.	Ramirez	10	Jul 10	\$60
Chair Pilates	Wed 12:00 - 1:00 p.m.	Ramirez	10	Jul 8	\$60
Intentional Mat Pilates	Tues 11:30 a.m. - 12:30 p.m.	Toricelli	8	Jul 7	\$80
Meditation	Mon 11:00 a.m. - 12:00 p.m.	Budka	10	Jul 6	\$55
Pep Up Your Life	Sat 9:45 - 10:45 a.m.	Millares	10	Jul 11	\$55
Qigong and Tai Chi, Beginner	Thurs 11:00 a.m. - 12:00 p.m.	Tucker	10	Jul 9	\$60
Qigong and Tai Chi, Intermediate	Thurs 12:00 - 1:00 p.m.	Tucker	10	Jul 9	\$60
Step to the Beat Aerobics	Mon 3:00 - 4:00 p.m.	Niesen	10	Jul 6	\$70
Strength Training	Tues 8:30 - 9:30 a.m.	Niesen	10	Jul 7	\$75
Strength Training	Thurs 8:30 - 9:30 a.m.	Niesen	10	Jul 9	\$75
Strength Training	Thurs 9:30 - 10:30 a.m.	Niesen	10	Jul 9	\$75
Yoga	Wed 9:00 - 10:30 a.m.	Rosenblum	10	Jul 8	\$60
Yoga and Presence Practice	Mon 9:30 - 10:45 a.m.	Budka	10	Jul 6	\$60
Yoga and Presence Practice	Sat 8:15 - 9:30 a.m.	Budka	10	Jul 11	\$60
HOBBIES & SPECIAL INTERESTS					
Introduction to Acting with Pasadena Playhouse	Sat 10:00 - 11:30 a.m.	Pellegrini	10	Jul 11	\$110
The Art and Joy of Sewing	Mon 10:30 a.m. - 1:30 p.m.	Shaffer- Shelby	10	Jul 6	\$125
Art for All Eyes	Mon 12:30 - 1:30 p.m.	Jeffers	8	Jul 6	\$35
Bridge 4 - Conventions and Doubles	Tues 2:00 - 4:00 p.m.	Moran	8	Jul 7	\$35
Creative Sketching	Fri 12:30 - 1:30 p.m.	Blanchard	10	Jul 10	\$70
For The Love of Poetry	Fri 11:00 a.m. - 12:00 p.m.	Abood	10	Jul 10	\$35
French 1	Mon 2:30 - 4:00 p.m.	Cortey	10	Jul 6	\$55
French 1B	Wed 2:30 - 4:00 p.m.	Cortey	10	Jul 8	\$55
French 2	Mon 9:30 - 11:00 a.m.	Cortey	10	Jul 6	\$55
French 3	Mon 11:00 a.m. - 12:30 p.m.	Cortey	10	Jul 6	\$55
French 4	Wed 11:00 a.m. - 12:30 p.m.	Cortey	10	Jul 8	\$55
French 5	Wed 9:30 - 11:00 a.m.	Cortey	10	Jul 8	\$55
"Let's Play" Improv	Wed 2:30 - 4:00 p.m.	Jennings	10	Jul 8	\$75
"Let's Play" Improv	Fri 2:30 - 4:00 p.m.	Jennings	10	Jul 10	\$75
Oil Painting	Fri 2:00 - 4:00 p.m.	Fathi	8	Jul 10	\$100

HOBBIES & SPECIAL INTERESTS CONT.

Spanish Level 1	Tues 9:00 - 10:00 a.m.	Ramirez	10	Jul 7	\$55
Spanish Level 2	Tues 10:00 - 11:00 a.m.	Ramirez	10	Jul 7	\$55
Spanish Level 3	Tues 11:00 a.m. - 12:00 p.m.	Ramirez	10	Jul 7	\$55
World of Shakespeare	Thurs 2:30 - 4:00 p.m.	Myers	10	Jul 9	\$55

TOTAL ENCLOSED:

MEMBERSHIP IS REQUIRED TO JOIN OUR CLASSES

Return Enrollment Form to Pasadena Senior Center, 85 East Holly Street, Pasadena, CA 91103

Name: _____ Phone: (____) _____ Email: _____

Address: _____ City/Zip: _____

Card Number: _____ Expiration Date: _____ V-Code: _____

www.PasadenaSeniorCenter.org • (626) 795-4331

REGISTRATION DEADLINE: THURSDAY, JULY 2, 2025 AT NOON

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

Class Registration Information

One Step to Register Online

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

Mail In Registration

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

Registration deadline is at Noon on Thursday, July 2.

Late registration will only be accepted if space permits.

Note:

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

Refunds

Refunds must be requested in writing and submitted by email. The form is available by calling the Welcome Desk at (626) 795-4331. 100% refund will be issued if the class is closed or cancelled by the Senior Center; Class Refund (minus \$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 any later than immediately after the first class meeting. Please allow 20 days for refunds to be processed.

I have read & agree (initials): _____

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

VITALITY AND MOTION

Thursdays, July 9 to September 3 at 4:30 p.m.

\$70.00 for 9 Weeks

Presented by Personal Trainer Carolyn Zorn

This is moderate circuit training for adults 50+. Build strength, mobility, cardio, and functional movement through timed stations and guided coaching. Designed for beginners to intermediate levels, helping you stay strong, steady, and energized. Registration is required. For registration and information, contact the Welcome Desk at [\(626\) 795 - 4331](tel:6267954331).

HEALTH ENRICHMENT PROGRAM

Thursdays, July 2 to July 30 from 9:30 - 10:45 a.m.

Presented by USC Occupational Students

Do you feel confident getting up from the floor, climbing stairs, sitting down and standing up? Enhance your 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. Space is limited and registration is required.

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).



2026 Summer Term

Tuesdays, June 30 - August 4
2:00 to 4:00 p.m.



ALAN CHAPMAN LIVE!

Presented by Alan Chapman



Alan Chapman shares his encyclopedic knowledge of music in six multimedia presentations filled with musical examples and vibrant visuals. He will kick off the series with a new installment of his Musical Alphabet, a potpourri of topics. Along the way he'll shine spotlights on Verdi and Debussy and take you on musical journeys to the North and to the South. Registration is recommended, walk-ins are welcome.

SERIES TUITION
\$90.00 Members
\$108.00 Nonmembers

INDIVIDUAL LECTURES
\$18.00 Members
\$20.00 Nonmembers

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

WHAT LEGACY WILL YOU LEAVE



A Bequest is a way to have a LASTING IMPACT on the people and organizations that mean the most to you.

A BEQUEST IS ONE OF THE EASIEST GIFTS TO MAKE

With the help of an advisor, you can include language in your will or trust specifying a gift to be made to family, friends or charity as part of your estate plan. A bequest may be made in several ways:

**A DOLLAR AMOUNT
A PERCENTAGE OF YOUR ASSETS
A SPECIFIC ASSET
THE REMAINDER OF YOUR ESTATE**

Please visit our website for more information.
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

9:00 a.m. Turning Pages, Finding Peace Book Club **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. Art for All Eyes
12:30 p.m. Zumba
1:30 p.m. Card Making Workshop
1:30 p.m. Funky Line Dancing
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

8:30 a.m. Strength Training **7**
9:00 a.m. Yakkini' and Yarnin'
9:00 a.m. Spanish 1
10:00 a.m. Virtual Writers Club
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
2:00 p.m. Bridge 4- Conventions and Doubles
2:00 p.m. Summer 2026 Masters Series: Alan Chapman Live!

9:00 a.m. Cornhole on the Patio! **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. Art for All Eyes
12:30 p.m. Zumba
1:30 p.m. Funky Line Dancing
2:00 p.m. Technology Lab
2:30 p.m. French 1
3:00 p.m. Step to the Beat Aerobics

8:30 a.m. Strength Training **14**
9:00 a.m. Yakkini' and Yarnin'
9:00 a.m. Spanish 1
9:00 a.m. Veterans Gathering: Coffee & Connection
10:00 a.m. HICAP: Health Insurance Counseling
10:00 a.m. Virtual Writers Club
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
2:00 p.m. Bridge 4- Conventions and Doubles
2:00 p.m. Summer 2026 Masters Series: Alan Chapman Live!

9:00 a.m. Cornhole on the Patio! **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. Art for All Eyes
12:30 p.m. Zumba
1:30 p.m. Funky Line Dancing
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

8:30 a.m. Strength Training **21**
9:00 a.m. Timeless Treasures Boutique: Chr Sale
9:00 a.m. Yakkini' and Yarnin'
9:00 a.m. Spanish 1
10:00 a.m. Virtual Writers Club
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
2:00 p.m. Bridge 4- Conventions and Doubles
2:00 p.m. Summer 2026 Masters Series: Alan Chapman Live!

9:00 a.m. Cornhole on the Patio! **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. Art for All Eyes
12:30 p.m. Zumba
1:30 p.m. Funky Line Dancing
2:00 p.m. Technology Lab
2:00 p.m. July Birthday Social
2:30 p.m. French 1
3:00 p.m. Step to the Beat Aerobics

8:30 a.m. Strength Training **28**
9:00 a.m. Timeless Treasures Boutique
9:00 a.m. Yakkini' and Yarnin'
9:00 a.m. Spanish 1
10:00 a.m. Virtual Writers Club
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
2:00 p.m. Technology Lab
2:00 p.m. Bridge 4- Conventions and Doubles
2:00 p.m. Summer 2026 Masters Series: Alan Chapman Live!

WEDNESDAY

9:00 a.m. Cornhole on the Patio! **1**
 9:00 a.m. Scenic Walks Club
 9:30 a.m. Diabetes Empowerment and Education Program
 11:30 a.m. Lunch Program
 1:00 p.m. Grocery Bingo
 2:00p.m. Technology Lab
 2:30 p.m. Bilingual Tech Help
 3 :00p.m. Music Club

9:00 a.m. Scenic Walks Club **8**
 9 :00 a.m. Yoga
 9:30 a.m. Diabetes Empowerment and Education Program
 9:30 a.m. French 5
 11:00 a.m. French 4
 12:00 p.m. Acknowledging Loss Discussion Support Group
 12:00 p.m. Chair Pilates
 1:00 p.m. Ballroom Dancing Level One
 1:00 p.m. Grocery Bingo
 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

9 :00 a.m. Scenic Walks Club **15**
 9 :30 a.m. Yoga
 9:30 a.m. Diabetes Empowerment and Education Program
 9:30 a.m. French 5
 11:00 a.m. French 4
 12:00 p.m. Chair Pilates
 1:00 p.m. Ballroom Dancing Level One
 1:00 p.m. Grocery Bingo
 2:00p.m. Finding Healing Through Grief
 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
 3:00p.m. Music Club
 3:00 p.m. Ballroom Line Dancing

9:00 a.m. Cornhole on the Patio! **22**
 9 :00 a.m. Scenic Walks Club
 9 :00am Yoga
 9:30 a.m. French 5
 11:00 a.m. French 4
 11:30 a.m. Lunch Program
 12:00 p.m. Chair Pilates
 1:00 p.m. Ballroom Dancing Level One
 1:00 p.m. Grocery Bingo
 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 - 4p.m. Ballroom Line Dancing

9:00 a.m. Scenic Walks Club **29**
 9:00 a.m. Yoga
 9:30 a.m. French 5
 11:00 a.m. French 4
 12:00 p.m. Chair Pilates
 1:00 p.m. Ballroom Dancing Level One
 1:00 p.m. Grocery Bingo
 2:00p.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

THURSDAY

9:00 a.m. Cornhole on the Patio! **2**
 9:00 a.m. Timeless Treasures Boutique
 9:00 a.m. Club de lectura: Encotrar la paz, al pasar las paginas
 9:30 a.m. Health Enrichment Program
 10:00 a.m. Legal Consultation
 10:00 a.m. Let's Talk via Zoom: Meet Anil Anora
 11:00 a.m. Three Pillars of Heath
 11:30 a.m. Lunch Program
 12:00 p.m. Latino Club
 1:00 p.m. The Complaint Cafe
 1:00 p.m. Three Pillars of Health
 2:00p.m. Technology Lab

8:30 a.m. Strength Training **9**
 9 :00 a.m. Timeless Treasures Boutique
 9:00 a.m. Club de lectura: Encotrar la paz, al pasar las paginas
 9:30 a.m. Health Enrichment Program
 9:30 a.m. Strength Training
 10 :00 a.m. Let's Talk via Zoom: Unfinished Business & It's Impact
 11:00 a.m. Qigong and Tai Chi, Beginner
 11:00 a.m. Three Pillars of Health
 12 :00 p.m. Latino Club
 12:00 p.m. Qigong and Tai Chi, Intermediate
 1:00 p.m. The Complaint Cafe
 1:00 p.m. Three Pillars of Health
 1:30 p.m. The Great American Songbook
 2:30 p.m. World of Shakespeare
 4:30 p.m. Vitality and Motion

8:30 a.m. Strength Training **16**
 9:00 a.m. A Matter of Balance
 9:00 a.m. Timeless Treasures Boutique
 9:30 a.m. Health Enrichment Program
 9:30 a.m. Strength Training
 10:00 a.m. Let's Talk via Zoom: Stress Management
 11:00 a.m. Qigong and Tai Chi, Beginner
 11:00 a.m. Three Pillars of Health
 12:00 p.m. Latino Club
 12:00 p.m. Qigong and Tai Chi, Intermediate
 1:00 p.m. The Complaint Cafe
 1:00 p.m. Manejo del estres
 1:00 p.m. Three Pillars of Health
 2:30 p.m. World of Shakespeare
 4:30 p.m. Vitality and Motion

8:30 a.m. Strength Training **23**
 9 :00 a.m. A Matter of Balance
 9 :00 a.m. Timeless Treasures Boutique: Christmas Sale
 9:30 a.m. Health Enrichment Program
 9:30 a.m. Strength Training
 10:00 a.m. Mediation, Conflict and Dispute Resolution
 10:00 a.m. Let's Talk via Zoom: Side Hustles in Retirement
 11:00 a.m. Qigong and Tai Chi, Beginner
 11:00 a.m. Three Pillars of Health
 12:00 p.m. Qigong and Tai Chi, Intermediate
 1:00 p.m. Jigsaw Puzzle Completion Challenge
 1:00p.m. Three Pillars of Health
 2:30 p.m. World of Shakespeare
 4:30 p.m. Vitality and Motion

8:30 a.m. Strength Training **30**
 9:00 a.m. A Matter of Balance
 9:00 a.m. Spanish Reading for Beginners
 9:30 a.m. Health Enrichment Program
 9:30 a.m. Strength Training
 10:00 a.m. Let's Talk via Zoom: Destinations and Sights for Summer Fun
 11:00 a.m. Qigong and Tai Chi, Beginner
 11:00 a.m. Three Pillars of Health
 12:00 p.m. Latino Club
 12:00 p.m. Qigong and Tai Chi, Intermediate
 1:00 p.m. The Complaint Cafe
 1:00 p.m. Three Pillars of Health
 2:30 p.m. World of Shakespeare
 3:00 p.m. MUSE/IQUE On the Road
 4:30 p.m. Vitality and Motion

FRIDAY

3:00 p.m. Delightfully Absurd Art Exhibition & Reception **3**

8:30 a.m. Food Distribution Program **10**
 9:00 a.m. Cornhole on the Patio!
 9:00 a.m. Chair Aerobics
 10 :00 a.m. Tap Club
 10:00 a.m. Chair Pilates
 11:00 a.m. For The Love of Poetry
 11:30 a.m. Lunch Program
 12:30 p.m. Creative Sketching
 1:00 p.m. Bridge
 1:00p.m. Movie Matinee: Geronimo An American Legend
 1:00 p.m. Scrabble
 2:00 p.m. Technology Lab
 2:00 p.m. Oil Painting
 2:00 p.m. Three Pillars of Health
 2:30 p.m. "Let's Play" Improv

9:00 a.m. Cornhole on the Patio! **17**
 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. For The Love of Poetry
 12:30 p.m. Creative Sketching
 1:00 p.m. Bridge
 1:00 p.m. Movie Matinee: The Elephant Man
 1:00 p.m. Scrabble
 1:10 p.m. Writing Club
 2:00 p.m. Oil Painting
 2:00 p.m. Three Pillars of Health
 2:30 p.m. "Let's Play" Improv

9:00 a.m. Cornhole on the Patio! **24**
 9:00 a.m. Chair Aerobics
 10:00 a.m. Tap Club
 10:00 a.m. Chair Pilates
 11:00 a.m. For The Love of Poetry
 11:30 a.m. Lunch Program
 12:30 p.m. Creative Sketching
 1:00 p.m. Bridge
 1:00 p.m. Virtual Book Club
 1:00 p.m. Movie Matinee: Love Me or Leave Me
 1 - 2p.m. Scrabble
 2:00p.m. Technology Lab
 2:00 p.m. Oil Painting
 2:00 p.m. Three Pillars of Health
 2:30 p.m. "Let's Play" Improv
 8:15 a.m. Yoga and Presence Practice

9:00 a.m. Cornhole on the Patio! **31**
 9:00 a.m. Chair Aerobics
 10:00 a.m. Tap Club
 10:00 a.m. Chair Pilates
 11:00 a.m. For The Love of Poetry
 11:30 a.m. Lunch Program
 12:30 p.m. Creative Sketching
 1:00 p.m. Bridge
 1:00 p.m. #Agewell Roundtable: What's on Your Mind? Let's Talk about It!
 1:00 p.m. Movie Matinee: The Chorus
 1:00 p.m. Scrabble
 2:00 p.m. Technology Lab
 2:00 p.m. Oil Painting
 2:00 p.m. Three Pillars of Health
 2:30 p.m. "Let's Play" Improv

SATURDAY

9:30 a.m. 4th of July Pancake Breakfast **4**

8:15 a.m. Yoga and Presence Practice **11**
 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

8:15 a.m. Yoga and Presence Practice **18**
 9:00 a.m. Running Club
 9:30 a.m. Help with Handheld Devices
 9:45 a.m. Pep Up Your Life

9:00 a.m. Running Club **25**
 9:30 a.m. Help with Handheld Devices
 9:45 a.m. Pep Up Your Life



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 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.



SUMMER 2026 MASTERS SERIES LIFELONG LEARNING

ALAN CHAPMAN LIVE!

Tuesdays June 30 – August 4 from 2:00 to 4:00 p.m.

Presented by Alan Chapman

\$90.00 – Members, \$108.00 – Nonmembers for the series, \$18.00– Members, \$20.00 – Nonmembers for individual lectures

Alan Chapman shares his encyclopedic knowledge of music in six multimedia presentations filled with musical examples and vibrant visuals. He will kick off the series with a new installment of his Musical Alphabet, a potpourri of topics. Along the way he'll shine spotlights on Verdi and Debussy and take you on musical journeys to the North and to the South. Registration is suggested. Walk-ins are welcome.

WORD SEARCH CHALLENGE & GIVE AWAY

Beginning Wednesday, July 1

Submission deadline: Friday, July 31 at 2:00 p.m.

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 into our give away. If you have any questions, please contact Social Services by calling (626) 685-6733.

THE COMPLAINT CAFÉ

Thursdays, July 2 to July 30 from 1:00 - 3:00 p.m.

Presented by USC Occupational Therapy Students

Come explain your cares away! Join us in this welcoming space where members can share everyday frustrations, laugh together, and feel heard in a relaxed and supportive environment. This engaging group encourages conversation, connection, and creative coping strategies that promote emotional well-being and community.



DELIGHTFULLY ABSURD ART EXHIBITION & RECEPTION

Friday, July 3 from 3:00 – 7:00 p.m.

Presented by Pasadena Senior Center Participants

Join us for as we showcase the imaginative creations of participants in the Project Ripples Intergenerational Art Exploration Program. This unique exhibition celebrates creativity, collaboration, and the joy of seeing the world through a different lens.

4TH OF JULY PANCAKE BREAKFAST

Saturday, July 4 from 9:30 - 11:30 a.m.

\$15.00 - Members, \$20.00 – Nonmembers, \$7.00 - Children under 12

Party like it's 1776! The founding fathers ate hotcakes, bacon, sausage, and eggs for breakfast – and so can we! Join us for a traditional breakfast celebrating our county's 250th birthday, with tasty food, fun music, and good fellowship.

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

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.

CARD MAKING WORKSHOP

Monday, July 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 a thing. We are only asking for a suggested \$5 donation to cover the costs. To secure your spot reach out to Amy Walden at kmac422@yahoo.com or simply give a ring to our friendly Welcome Desk at (626) 795-4331.

RECOVERY, RENEWAL AND RESILIENCE AFTER LOSS

First Tuesday of the month at 3:00 p.m., via Zoom

Second Wednesday of the month at Noon, via Zoom

Presented by Foundation for Senior Services

Join this uplifting and support group to reflect on the next phase of the journey after loss. Each week the Foundation for Senior Services specialists will guide seniors and families through real-life stories and meaningful activities that encourage healing, emotional resilience, and renewed connection. Through conversation, creativity, and self-discovery exercises, participants explore ways to move forward with greater strength and a deeper appreciation for the life that continues to unfold. Participants are welcome to attend either session.

THE GREAT AMERICAN SONGBOOK

Thursday, July 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. Registrations are suggested.

FOOD BANK DISTRIBUTION PROGRAM

Friday, July 10 from 8:30 - 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.

HELP WITH HANDHELD DEVICES

Saturdays from 9:30 - 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!



GEORGE WASHINGTON DANCED HERE: COLONIAL DANCE WORKSHOP

Sunday, July 12 from 2:00 - 3:30 p.m.

\$10.00 - Members, \$15.00 - Nonmembers

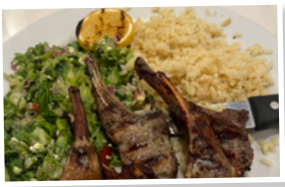
Presented by Events Director, Annie Laskey

Did you know that George Washington loved to dance? Join the members of the vintage dance community for a fun afternoon that is part presentation, part dance class. You'll find out about dances popular in colonial America, and have a chance to dance them, too. No dance experience or partners needed! Colonial-era treats included. Registration is recommended.

VETERANS GATHERING: COFFEE & CONNECTION

Tuesday, July 14 at 9:00 a.m.

Join fellow Veterans for coffee, conversation, and connection. This welcoming gathering is a chance to meet other Veterans, share experiences, and build new friendships in a relaxed and friendly setting. Whether you're looking to connect with others who have served or simply enjoy a morning on the Pasadena Senior Center patio, all are welcome. Feel free to bring other Veterans with you. Come enjoy fresh coffee, good company, and the opportunity to be part of our growing Veteran community.



DINE OUT TO BENEFIT PSC!

TWOHEYS RESTAURANT

424 Fair Oaks Ave, South Pasadena

Wednesday, July 15 from 9:00 a.m. – 9:00 p.m.

Take a break for lunch or leave the dinner preparation to Twoheys Restaurant on July 15 in support of the Pasadena Senior Center. Twoheys is giving back and will graciously donate 20% of its dining profits back to the Pasadena Senior Center. Pick up the Twohey flyer at PSC and leave it with your server. The Pasadena Senior Center thanks you!

FINDING HEALING THROUGH GRIEF

Wednesday, July 15 from 2:00 - 3:30 p.m., via Zoom

Presented by Foundation for Senior Services

Grief has no timeline, but there are recognizable markers along the way. This class focuses on how to engage in mourning practices that promote authentic healing and personal growth. Please note this class and discussion has a particular focus on 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.

A MATTER OF BALANCE

Thursdays, July 16 to September 3 from 9:00 - 11:00 a.m.

Presented by Partners in Care Foundation

98% of participants would recommend A Matter of Balance to other older adults who are concerned about falling—so why not give it a try? In this class, you'll learn how to reduce your risk of falls, stay safe and active, improve your strength, balance, and flexibility, and build confidence in your daily activities. You'll also have the opportunity to meet new people in a welcoming community setting. Get moving, worry less, and enjoy life with confidence! Reservations are required.

MANEJO DEL ESTRES

Jueves, Julio 16 a la 1:00 p.m.

Presentado por Los Angeles Departamento of Mental Health

Esta presentación define el estrés, describe diferentes formas de estrés y explica las formas en que el estrés puede afectar la vida. Se ofrecen propinas a ayudar a los adultos mayores a lidiar con el estrés de manera más efectiva para mejorar su calidad de vida.

HEALTH FAIR

Friday, July 17 from 9:00 - 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

Friday, July 17, from 9:00 - 10:30 a.m.

Provided by the Order of Malta Mobile Ministries

Fresh vegetables are provided to the community. Nutritious foods will be available to visitors at the Pasadena Senior Center. Please bring bags or a cart to take your produce home.

TIMELESS TREASURES CHRISTMAS SALE IN JULY

Tuesday & Thursday, July 21 & 23 from 9:00 - 11:00 a.m.

Get a head start on your Christmas shopping and discover unique gifts at exceptional prices of jewelry, house wares, Christmas decor and themed items. Whether you're searching for the perfect present or a special treat for yourself you'll find great bargains and hidden treasures.



JIGSAW PUZZLE COMPLETION CHALLENGE

Thursday, July 23 from 1:30 - 2:45 p.m.

Sponsored by Social Services

Join us for a fun and relaxed jigsaw puzzle challenge! We'll provide all the puzzles, just bring yourself and get ready to enjoy a good time. Teams of four are needed. If you already have a group register their names with Social Services. If not, no worries—we'll happily place you on a team. Everyone is welcome! Please call Social Services on (626) 685-6732 by July 13. We will have as many as six teams competing.

JULY BIRTHDAY SOCIAL

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

Complimentary to members with birthdays in July plus one guest, all others \$4.00

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



MUSE/IQUE ON THE ROAD

Thursday, July 30 at 3:00 p.m.

MUSE/IQUE On the Road is an informal hour of music and conversation highlighting the curation and music from MUSE/IQUE's 2026 season. This month's program features music and stories from MUSE/IQUE's July concert Defiantly Joni, celebrating Joni Mitchell. Registration is suggested.

AGE WELL ROUNDTABLE: WHAT'S ON YOUR MIND? LET'S TALK ABOUT IT!

Friday, July 31 from 1:00 - 2:30 p.m.

Facilitated by the specialists of the Foundation for Senior Services

Join in a supportive and confidential setting where participants are seen, heard and understood. Roundtables provide an environment to listen to and learn from one another, share experiences and insights, where all viewpoints, fears and feelings are valued by the group. This month we will explore the topic of summer wellness while staying active and healthy in the heat. Reservations are requested.



TRAVEL WITH PASADENA SENIOR CENTER: AN EVENING AT THE HOLLYWOOD BOWL

Friday, July 24 at 4:45 p.m. for check-in at

240 Ramona St Pasadena, CA 91107

\$79.00 per person

Presented by Monrovia Travel

Join us for an unforgettable summer evening at the Hollywood Bowl featuring two legendary icons of Motown and soul music — Smokey Robinson and Gladys Knight — performing live in Just the Two of Us. This special experience includes: Hollywood Bowl concert ticket, roundtrip shuttle transportation from Pasadena Senior Center, private Monrovia Travel tour leaders, and stress-free group experience with no parking or driving worries. Sit back, relax, and enjoy a wonderful evening of legendary music with friends. Space is limited! To reserve contact (626) 359-8331 or email info@monroviatravel.com. Advance registration is required. Note: The shuttle will depart promptly at 5:30pm to Hollywood Bowl.

Save the Date

SUMMER CONCERT SERIES

Tuesdays, August 18, 25, September 1, and Monday, September 7 From 5:00 - 7:00 p.m.

We're celebrating America's 250th Anniversary with a line up for American music from Broadway tunes to country, Roots music to Big Band. Each week features a different style of music – perfect for dancing and celebrating together.

Concert Schedule:

- August 18: Pam Kay's Tap Chicks with Franny McCartney
- August 25: The Silverados
- September 1: U.S. 99
- Labor Day September 7: The Great American Swing Band

Reservations are recommended, walk-ins welcomed, dancing encouraged! Invite your friends and family!

#AGEWELL DAY 2026

Saturday, September 19 from 9:00 a.m. - 2:00 p.m.

Join us for a day at the Pasadena Senior Center! This half-day conference celebrates all the ways older adults can be their best selves in mind, body, and spirit. We will host an assortment of lectures, classes, workshops, resources, and refreshments. The schedule and details will be announced in August. Reservations are suggested.



Richer Group Experiences

ART EXPLORATION CLUB

Saturday, July 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

Mondays, July 6 & 20, 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, July 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, July 10 at 11:00 a.m. and 1:00 p.m.

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

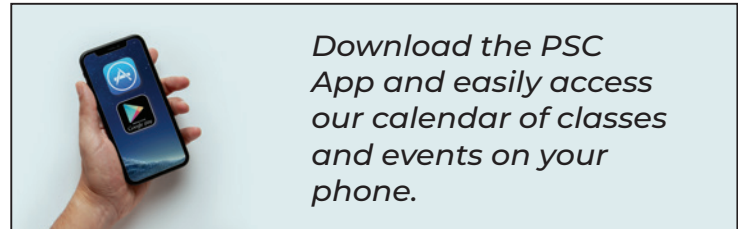
YAKKIN` AND YARNIN`

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.



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STAY CONNECTED



STAY UP TO DATE BY EMAIL

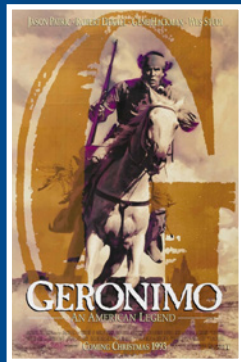
Go to our website and sign up for our Email Newsletter.

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. 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.



July 10
Geronimo: An American Legend
PG-13
1 hr 55 min
Genre: Drama

July 17
The Elephant Man
PG
2 hr 4 min
Genre: Period Drama

July 24
Love Me or Leave Me
NR
2 hr
Genre: Musical

July 31
The Chorus
PG-13
1 hr 37 min
Genre: Period, Coming-of-Age

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 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.

LEGAL CONSULTATIONS

Thursday, July 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.

MEDIATION, CONFLICT AND DISPUTE RESOLUTIONS

Thursday, July 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.

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.

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.



MEET ANIL ARORA

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

Presented by Anil Arora, Director of Social Services and Community Wellness

Join Anil as he shares his background, his passion for supporting older adults, and his vision for enhancing wellness, connection, and support services at the Center. Learn about upcoming programs, community partnerships, and discover what's ahead for social services at the Pasadena Senior Center. This event is a great opportunity to meet Anil, ask questions, and connect with staff and fellow participants in a friendly and welcoming setting. Whether you are a longtime member or new to the Pasadena Senior Center, we hope you'll join the conversation.

UNFINISHED BUSINESS: ITS IMPACT ON MIND, BODY, AND SPIRIT

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

Presented by Foundation for Senior Services

You are invited on a transformative journey—one that uncovers the hidden burdens we carry and the invisible forces that quietly hold us captive. We will begin to recognize how these unseen weights subtly shape our physical health and emotional well-being, often without our conscious awareness.

STRESS MANAGEMENT

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

Presented by L.A. Department of Mental Health

This presentation defines stress and describes its different forms and explains the ways in which stress can impact one's life. Tips are offered to assist older adults in dealing with stress more effectively to improve their quality of life.

SIDE HUSTLES IN RETIREMENT

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

Presented by Foundation for Senior Services

You had the big retirement party... but you still have life. Not to mention, life is expensive! Join us to gain some inspiration and to ignite your imagination on how to use your interest and expertise to supplement your retirement finances and have fun doing it!

DESTINATIONS AND SIGHTS FOR SUMMER FUN

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

Presented by Metro

On The Move Riders Program works to empower older adults with the information and confidence to travel on fixed-route transportation by providing one-on-one and/or group travel training, educational workshops and hosting regional transportation events. Come learn about senior discounts, safety riding tips, trip planning and more.


GUIDED TOURS WITH PSC AMBASSADORS

Monday - Friday
9:00 a.m. - 4:00 p.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
YOU *Belong*

Pasadena Senior Center
an independent nonprofit organization

July 2026, Volume 12, No. 7

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

Anil Arora, Director of Social Services

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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)



Three Pillars Of Health

JULY 2 TO AUGUST 20

Class Schedule:

Thursdays from 11:00 a.m - Noon

Thursdays from 1:00 - 2:00 p.m.

Fridays at 2:00 p.m.

Join us for a curated, multidisciplinary pilot program designed to support older adults in healthy aging and independent living.

This engaging series is built around the three pillars of health:

- **Fuel** – practical guidance on nutrition and cooking for two
- **Fitness** – functional exercises to support strength, balance, and mobility
- **Food for Thought** – meaningful conversations and activities that stimulate mental well-being

Participants will enjoy a supportive group environment while gaining tools to enhance daily life and maintain independence.

IMPORTANT: All participants are required to attend all 8 weeks, 3 classes a week.

Registration is required by visiting www.PasadenaSeniorCenter.org, click on lectures and classes, then workshops. Or call (626) 685-6732 to register.