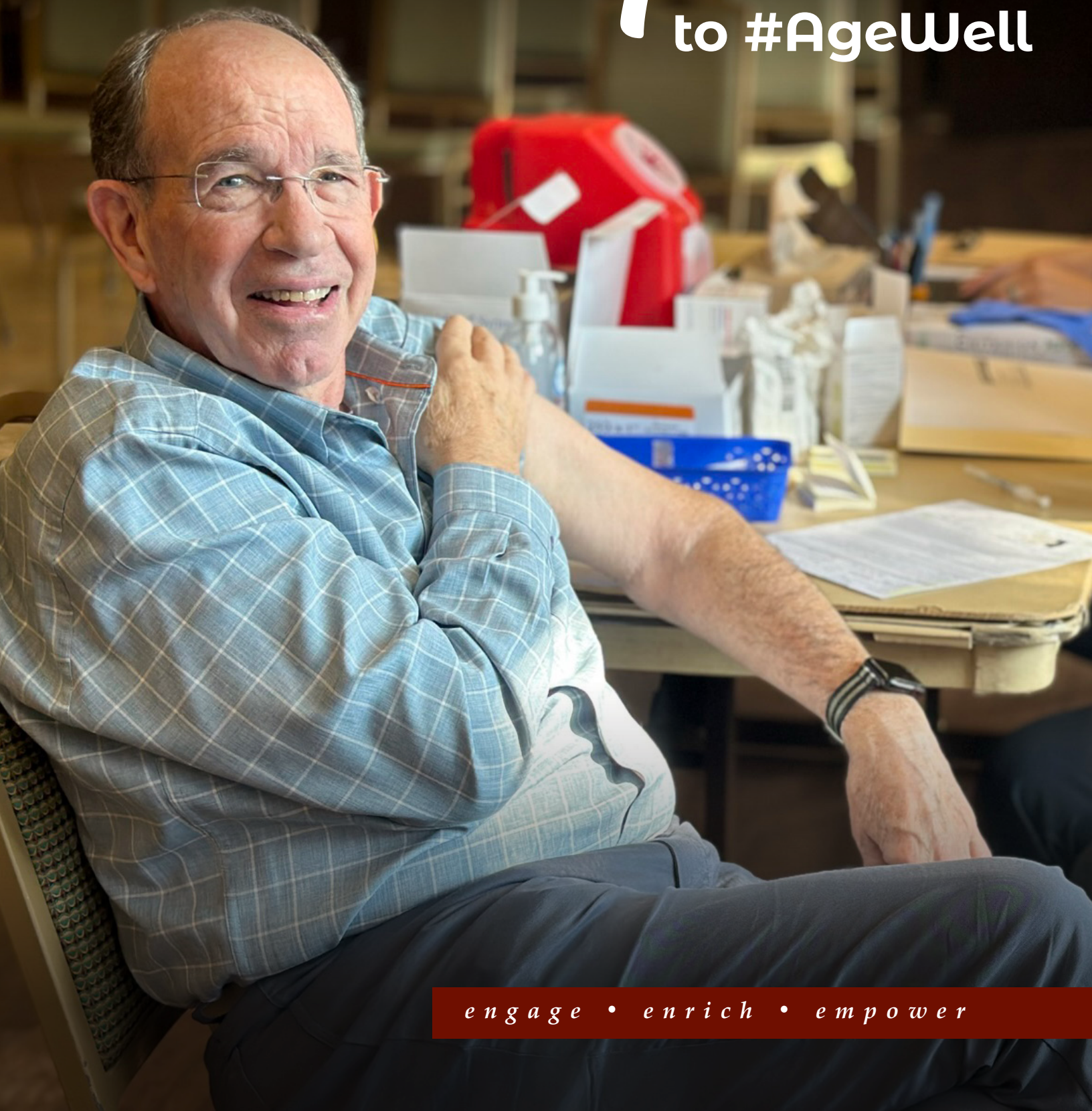


Your *Passport*
to #AgeWell



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



something quietly electric. Her passing earlier this year left a profound absence, but her spirit continues to illuminate the world she shaped.

I have admired Betye's work for as long as I can remember. She was a collector of stories, finding meaning in flea markets, thrift stores, antique shops, and the forgotten corners of daily life. She called herself a recycler, but what she really did was resurrect memory. She found beauty in things most people overlooked, and she trusted her instincts enough to follow wherever they led. That sense of play, curiosity, wonder, delight, never left her.

Three years ago, my dear friend Mei Lee Ney invited me to a private showing of Betye's final major installation, *Drifting Toward Twilight*, now part of The Huntington's permanent collection. Only ten of us were in the room. Betye had chosen the paint color, designed the lighting, and mounted a great canoe that seemed to float on a river of branches she gathered from the grounds herself.

She told me she had purchased that canoe many years earlier, long before she knew what it would become. She simply felt drawn to it. She kept it tucked away until the moment arrived when its purpose revealed itself. When it did, she filled it with found objects, small treasures, bits of memory, and an empty birdcage that suggested both confinement and release. The canoe became a vessel of imagination, carrying pieces of her life, her curiosity, and her courage.

When I asked her about the branches, how they rippled like waves, she didn't explain. She simply asked, "What does it represent to you?" That was Betye. She didn't hand you meaning; she invited you to discover your own.

Betye lived life on her own terms. She didn't let age, expectation, or anyone else's opinion define her. She believed deeply in imagination. She trusted her instincts. She took risks. And she kept creating because, her words, "I like doing it."

Her life offers a lesson for all of us at the Pasadena Senior Center:

Aging is not decline. It is expansion. Creativity deepens. Joy grows more honest.

And I see that same spirit here every day. Not in rows of easels, but in circles of people gathered around tables, sharing supplies, swapping ideas, encouraging one another. Our art community is built on camaraderie, curiosity, and the simple joy of making something with your hands.

Every year, our lounge walls come alive with the Annual Art Show, a collection of paintings, sketches, collages, and mixed media pieces created by members who come here for inspiration, instruction, and fellowship. Those walls tell a story: creativity thrives at every age.

If reading this stirs something in you, a memory, an idea, a spark, we have a place for that. Whether it's Art for All Eyes, Creative Sketching, Oil Painting, or the Art Exploration Club, creativity lives here.

So, I'll leave you with the question Betye left me:

What do you like to do, just because you like doing it?



Classes at **PSC**



Photo by Peter Matus

Fall 2026

October 5 - December 18

45+ Classes for Adults

Acting with Pasadena Playhouse
Affordable Gourmet Cooking Class
Art and Joy of Sewing
Ballroom Dancing
Ballroom Line Dancing
Bridge 3 - Play of the Hand
Chair Aerobics
Chair Pilates
Computer Basics
Crafting Your Life's Story
For the Love of Poetry
French
Funky Line Dancing
Getting to Know Your iPhone

Intentional Mat Pilates
Intentional Mat Pilates Strength
"Let Us Play" Improv
Meditation
Pep Up Your Life
Qigong and Tai Chi
Spanish
Step to the Beat Aerobics
Strength Training
Watercolor, Advanced
Yoga
Yoga and Presence Practice
Zumba

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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Deep Dive With The Experts	19

 **pasadena
senior
center**
YOU *Belong*

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

Registration deadline is on Thursday, October 2 by Noon.

For more information contact: Info@PasadenaSeniorCenter.org.

Register online at tinyurl.com/ClassPSC.

Classes - Fall 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. Students will learn the basic steps of many ballroom dances in a line dance format, and the most popular line dances such as "New York New York," "Mambo 5," "Electric Slide," and others. 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 seniors 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*

INTENTIONAL MAT PILATES STRENGTH

Experience a more strength focused holistic journey merging intentional presence and Pilates for enhanced core strength, flexibility, and vitality. This class will be more strength oriented as opposed to the normal Intentional Mat Pilates counterpart class. Please bring your mat and your full presence as we strengthen together. *Instructor: Cara Torricelli*

MEDITATION

We will gain skills in many different meditation techniques from various lineages as together we train our minds for better focus to meet each moment of life in greater awareness, peace and presence. Open to all levels of meditators, from first timers to practiced sitters, because we can all use more tools to learn to rebalance our minds, hearts and lives! Bring an open mind, your natural curiosity and a smile! *Instructor: Avry Budka*

PEP UP YOUR LIFE

Designed to improve strength, balance and flexibility, this introductory level class will improve the way you feel about your health and body, while increasing muscle mass and bone density. Participants work at their own pace and within their own comfort range. *Instructor: Donald Millares*



QIGONG AND TAI CHI

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

STEP TO THE BEAT AEROBICS

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

STRENGTH TRAINING

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

YOGA

Any age is a good time to start yoga. I have been a certified Iyengar yoga practitioner for 40 years and it is a joy in my life. KS Iyengar is considered the foremost teacher and authority of Hatha Yoga in the world. He practiced intensely and developed a system of yoga for 80 years. I teach asanas and pranayama, two of the eight limbs of yoga, which impart health, contentment and satisfaction. You can also develop strength, flexibility, balance, confidence and self-awareness. Bring an empty stomach, bare feet and an open mind. Props such as blocks, blankets, bolsters and belts are utilized so that asanas are adapted to you. *Instructor: Margie Rosenblum*

YOGA AND PRESENCE PRACTICE

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

HOBBIES & SPECIAL INTERESTS

ACTING WITH PASADENA PLAYHOUSE, INTRODUCTION

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

Instructor: Will Pellegrinni

AFFORDABLE GOURMET COOKING CLASS

Discover how to shop smarter, cook healthier, and create delicious meals that are easy on your budget. In this interactive class, you'll learn simple chef-inspired techniques, budget-friendly recipes, meal-planning strategies, and creative presentation

ideas that make everyday meals feel special. Come hungry for ideas and leave with recipes, practical money-saving tips, and the confidence to prepare beautiful, nutritious meals that you'll be proud to serve without overspending. You will also leave with the wonderful food we create to enjoy later or at home. Class costs cover the use of equipment and food. *Instructor: Wendy Blasdel*



THE ART AND JOY OF SEWING

Learn to sew or enhance your existing sewing skills! Both beginning and advanced students are welcome. 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 3 - PLAY OF HAND

This class is vital to beginning and advancing players to develop good skills and habits of card play. The class will use examples to- Interpret Leads, Identify the Dangerous Opponent, Develop Extra Winners, When and How to Finesse, and find the best solutions for difficult hands including End Play. All levels of bridge experience will benefit from a supervised approach to play. *Instructor: Melanie Moran*

CRAFTING YOUR LIFE STORIES

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

Classes - Fall 2026

in-depth study of more elementary grammar. Naturally, as language and culture are inseparable, the class will have wider than a linguistic focus. Individual presentations suggested, but not required, will be encouraged, and some introduction to literature provided. Songs will be studied for their linguistic value as well as their potential for musical appreciation. *Instructor: Teresa Cortey*

FRENCH 3

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

FRENCH 4

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

FRENCH 5

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

"LET US PLAY": IMPROV

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

warm-hearted atmosphere as we embrace the joy of playing together. *Instructor: Mark and Ilona Jennings.*

SPANISH, LEVEL 1

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

SPANISH, LEVEL 2

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

SPANISH, LEVEL 3

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

SPANISH, LEVEL 4

This class is designed for students who already know Spanish well and are ready to practice, strengthen, and challenge their speaking skills. Through engaging conversations, debates, and real-life topics, you'll build confidence, improve fluency, and communicate more naturally in Spanish. *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. 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*

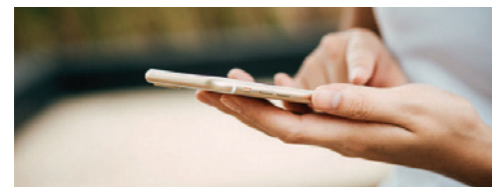
WATERCOLOR, ADVANCED

This class is designed for those experienced in painting watercolors. This class is for artists interested in learning new techniques, strengthening your composition and challenging your creativity. Teaching is done by demonstration, video and one-on-one advice. You will be surrounded by other artists in a friendly and supportive atmosphere. *Instructor: Barbara Medford*

TECHNOLOGY

COMPUTER BASICS

We will cover common computer abilities, including how to: use email, stay safe online, and use Google effectively. By the end of the class, you'll have more confidence when using the computer. This is a hands-on learning experience, so you'll follow along with the instructor. All students will use a Windows Surface Pro tablet (provided for in-class use only). *Instructor: F.D.*



GETTING TO KNOW YOUR IPHONE, BEGINNERS

Whether you are new to your 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.

GETTING TO KNOW YOUR IPHONE, ADVANCED

Ready to take your iPhone skills to the next level? If you're already comfortable with the basics, this advanced class will explore more technical features, hidden tools, and advanced settings to help you get the most out of your device. Learn tips, tricks, and customization options that can make your iPhone even more powerful and easier to use. *Instructor: Peter Matus*

Fall 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	Oct 7	\$60
Ballroom Dancing Level 2	Wed. 2:00 - 3:00 p.m.	Plasil	10	Oct 7	\$60
Ballroom Line Dancing	Wed. 3:00 - 4:00 p.m.	Plasil	10	Oct 7	\$60
Funky Line Dancing	Mon. 1:30 - 2:30 p.m.	Ramirez	10	Oct 5	\$60
Zumba	Mon. 12:30 - 1:30 p.m.	Ramirez	10	Oct 5	\$60
EXERCISE/FITNESS					
Chair Aerobics	Fri. 9:00 - 10:00 a.m.	Ramirez	10	Oct 9	\$60
Chair Pilates	Fri. 10:00 - 11:00 a.m.	Ramirez	10	Oct 9	\$60
Chair Pilates	Wed. 12:00 - 1:00 p.m.	Ramirez	10	Oct 7	\$60
Intentional Mat Pilates	Tues. 11:30 a.m. - 12:30 p.m.	Torricelli	8	Oct 6	\$80
Intentional Mat Pilates Strength	Thurs. 2:00 - 3:00 p.m.	Torricelli	8	Oct 8	\$80
Meditation	Mon. 11:00 a.m. - 12:00 p.m.	Budka	10	Oct 5	\$55
Pep Up Your Life	Sat. 9:45 - 10:45 a.m.	Millares	10	Oct 10	\$55
Qigong and Tai Chi	Thurs. 11:00 a.m. - 12:00 p.m.	Tucker	10	Oct 8	\$60
Qigong and Tai Chi	Thurs. 12:00 - 1:00 p.m.	Tucker	10	Oct 8	\$60
Step to the Beat Aerobics	Mon. 3:00 - 4:00 p.m.	Niesen	10	Oct 5	\$70
Strength Training	Tues. 8:30 - 9:30 a.m.	Niesen	10	Oct 6	\$75
Strength Training	Thurs. 8:30 - 9:30 a.m.	Niesen	10	Oct 8	\$75
Strength Training	Thurs. 9:30 - 10:30 a.m.	Niesen	10	Oct 8	\$75
Yoga	Wed. 9:00 - 10:30 a.m.	Rosenblum	10	Oct 7	\$60
Yoga and Presence Practice	Mon. 9:30 - 10:45 a.m.	Budka	10	Oct 5	\$60
Yoga and Presence Practice	Sat. 8:15 - 9:30 a.m.	Budka	10	Oct 10	\$60
HOBBIES & SPECIAL INTERESTS					
Acting with Pasadena Playhouse, Introduction	Sat. 10:00 - 11:30 a.m.	Pellegrini	10	Oct 9	\$110
Affordable Gourmet Cooking Class	Thurs 1:00 - 2:30 p.m.	Blasdel	8	Oct 9	\$120
The Art and Joy of Sewing	Mon. 10:30 - 1:30 p.m.	Shaffer- Shelby	10	Oct 10	\$125
Bridge 3 - Play of the Hand	Tues. 2:00 - 4:00 p.m.	Moran	8	Oct 12	\$35
Crafting Your Life's Story	Fri. 11:00 a.m. - 12:00 p.m.	Hawthorne	10	Oct 6	\$35
For The Love of Poetry	Fri. 11:00 a.m. - 12:00 p.m.	Abood	10	Oct 9	\$35
French 1	Mon. 2:30 - 4:00 p.m.	Cortey	10	Oct 9	\$60
French 1B	Wed. 2:30 - 4:00 p.m.	Cortey	10	Oct 5	\$60
French 2	Mon. 9:30 - 11:00 a.m.	Cortey	10	Oct 7	\$60
French 3	Mon. 11:00 a.m. - 12:30 p.m.	Cortey	10	Oct 5	\$60
French 4	Wed. 11:00 a.m. - 12:30 p.m.	Cortey	10	Oct 5	\$60
French 5	Wed. 9:30 - 11:00 a.m.	Cortey	10	Oct 7	\$60
"Let's Play" Improv	Wed. 2:30 - 4:00 p.m.	Jennings	10	Oct 7	\$80
"Let's Play" Improv	Fri. 2:30 - 4:00 p.m.	Jennings	10	Oct 7	\$80
Spanish Level 1	Tues. 9:00 - 10:00 a.m.	Ramirez	10	Oct 9	\$60

HOBBIES & SPECIAL INTERESTS CONT.

Spanish Level 2	Tues. 10:00 - 11:00 a.m.	Ramirez	10	Oct 6	\$60
Spanish Level 3	Tues. 11:00 a.m. - 12:00 p.m.	Ramirez	10	Oct 6	\$60
Spanish Level 4	Fri. 12:15 - 1:15 p.m.	Ramirez	10	Oct 9	\$60
Spanish Reading for Beginners	Thurs. 9:00 - 10:30 a.m.	Peck	10	Oct 8	\$60
Watercolor Advanced	Thurs. 9:00 - 11:00 a.m.	Medford	8	Oct 8	\$95
Watercolor Advanced	Thurs. 11:30 - 1:30 a.m.	Medford	8	Oct 8	\$95
Watercolor, Advanced via Zoom	Tues. 1:00 - 3:00 p.m.	Medford	8	Oct 6	\$95

TECHNOLOGY

Computer Basics	Mon. 3:30 - 4:30 p.m.	F.D.	8	Oct 5	\$60
Getting to Know Your iPhone, Beginners	Tues. 10:00 - 11:00 a.m.	Matus	8	Oct 6	\$60
Getting to Know Your iPhone, Advanced	Wed. 10:00 - 11:00 a.m.	Matus	8	Oct 7	\$60

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, OCTOBER 2, 2026 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

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

Mail In Registration

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

Registration deadline is at Noon on Friday, October 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.

Adventure Awaits

All those who agree with travel writer Tim Cahill that “a journey is best measured in friends, rather than miles” will definitely want to check out—and take advantage of—the Pasadena Senior Center’s upcoming fun-filled, action-packed schedule of day trips, overnight excursions, and cruises.

Harriet Guttman is all in. The active travel club member says bonding with others is just as pleasurable as exploring new places. Since joining what she calls the Pasadena “Young at Heart” Center two-and-a-half years ago, she and her newfound “buddies,” including bestie Guadalupe (Lupe) Archila, have hopped on the bus to Dodger’s Stadium to catch a game, taken a charter to Carlsbad to stroll through a wildflower garden, cruised to Catalina and Baja Mexico, and spent two nights and three days in Palm Springs, including a tour of the Hollywood stars’ homes and other fun side trips. Now they’re looking forward to upcoming events: seeing Smoky Robinson and Gladys Knight in concert at the Hollywood Bowl, attending Laguna Beach’s Pageant Exposition, trekking to Riley’s Apple Farm, and spending eight days cruising in Alaska, with a special land excursion to a dog-sledding puppy park.

Monrovia Travel of Pasadena is the tour organizer, with an emphasis on organizing, and is responsible for planning the itineraries. “Basically, you just have to pack your bags and have a great time,” Harriet says.

Anna Carpenter also praises the Center’s travel offerings in partnership with Monrovia. After her husband of 41 years passed away, she pledged to “step out of the box” and jump into whatever opportunities came her way. A flyer



for a weeklong trip to the City of Lights caught her eye and proved, literally, to be just the ticket to fuel her adventurous spirit.

“Going to Paris had always been my dream,” she says. After attending the initial presentation, she was convinced. “Anna, you are going to do this!”

A local guide led the Paris entourage to the Louvre, the Arc de Triomphe, Notre Dame, Givenchy Gardens, a Seine River boat cruise, and the Eiffel Tower, where they dined at one of the restaurants.

“There were lots of surprises, but everything was organized and arranged. I can’t say what my favorite was because everything was my favorite,” Anna says, with a special shout-out to Monrovia’s owner, Denise Harvey, and her son, Ben Sellick, whom she says made all the difference in ensuring the trip went on without a hitch.

Both agree that having travel experiences originate at the most convenient drop-off spot, the Pasadena Senior Center, is an asset. They also appreciate the all-inclusive price tag, which means no surprise charges tacked onto the initial costs. Another positive is how mindful the trip planners are in meeting the needs of active older adults, from attending to dietary needs to disclosing how many steps they’ll be walking to providing packing lists.

One more bonus: the friends factor. “Socialization is really important for us,” says Harriet. “Sharing stories, being with people, and just having a good time rings true about traveling at any age.”

To get on board, check out the Pasadena Senior Center travel club calendar for 2026 and beyond.



Travel WITH Pasadena Senior Center

Overnight Trips

IN 2027

We are excited to present five unforgettable group travel experiences. Travel with familiar faces, enjoy the support of experienced tour leaders, and create lasting memories with your friends from the Pasadena Senior Center.

MARCH 14-21

CLASSIC CALIFORNIA COAST CRUISE

MAY 17-28

THE ART OF ITALY

JULY 18-24

FIRST PASSAGE TO THE WEST: EXPLORING THE CANADIAN ROCKIES

OCTOBER 3-11

A CLASSIC FALL FOLIAGE TOUR OF NEW ENGLAND

DECEMBER 14-21

RHINE CASTLES & SWISS ALPS

For more information or to register contact Monrovia Travel:

(626)359-8331 | info@monroviatravel.com

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

7:00 9:00 9:30 9:30 10:00 10:30 11:00 11:00 11:30 12:30 1:30 1:30 2:00 2:30 3:00 3:30	Vitality and Motion Turning Pages, Finding Peace Book Club French 2 Yoga and Presence Practice Technology Lab The Art and Joy of Sewing French 3 Meditation Lunch Program Zumba Card Making Workshop Funky Line Dancing Poetry Club: The Pleasure of Poetry French 1 Step to the Beat Aerobics Computer Basics	5	7:00 9:00 9:00 9:00 9:30 9:30 10:00 10:30 11:00 11:00 11:30 12:30 1:30 1:30 2:00 2:30 3:00 3:30	Strength Training Spanish 1 Virtual Writers Club Getting to Know Your iPhone for Beginners Spanish 2 Tap Club Spanish 3 Intentional Mat Pilates Left Center Right Club American Mahjong Club Screening Mimis Film Discussion Watercolor Advanced via Zoom Bridge 3 - Play of the Hand Fall 2024 Masters Series: Looking Back, Looking Forward Acknowledging Loss Discussion Support Group	6
7:00 9:00 9:00 9:00 9:30 9:30 10:00 10:30 11:00 11:00 11:30 12:30 1:30 2:00 3:00	Vitality and Motion Cornhole on the Patio! Guided Tours Turning Pages, Finding Peace Book Club French 2 Yoga and Presence Practice Technology Lab The Art and Joy of Sewing French 3 Meditation Lunch Program Zumba Funky Line Dancing French 1 Step to the Beat Aerobics	12	7:00 9:00 9:00 9:00 9:30 9:30 10:00 10:30 11:00 11:00 11:30 12:30 1:30 2:00 3:00	Computer Basics Strength Training Spanish 1 Veteran's Monthly Coffee and Chat HICAP: Health Insurance Counseling Virtual Writers Club Getting to Know Your iPhone for Beginners Spanish 2 Spanish 3 Intentional Mat Pilates Left Center Right Club American Mahjong Club Watercolor Advanced via Zoom Bridge 3 - Play of the Hand Fall 2024 Masters Series: Looking Back, Looking Forward	13
9:00 9:00 9:30 9:30 10:00 10:30 11:00 11:00 11:30 12:30 1:30 2:00 2:00 2:30 3:00 3:30	Cornhole on the Patio! Guided Tours French 2 Yoga and Presence Practice Technology Lab The Art and Joy of Sewing French 3 Meditation Lunch Program Zumba Funky Line Dancing Technology Lab Poetry Club: The Pleasure of Poetry French 1 Step to the Beat Aerobics Computer Basics	19	8:30 9:00 9:00 9:00 10:00 10:00 10:00 10:30 11:00 11:00 11:30 12:30 1:00 1:00 2:00 2:00	Strength Training Spanish 1 Virtual Writers Club Getting to Know Your iPhone for Beginners Spanish 2 Spanish 3 Intentional Mat Pilates Left Center Right Club American Mahjong Club Screening Mimis Film Discussion Watercolor Advanced via Zoom Bridge 3 - Play of the Hand Fall 2024 Masters Series: Looking Back, Looking Forward Veteran Monthly Power Hour	20
9:00 9:00 9:30 9:30 10:00 10:30 11:00 11:00 11:30 12:30 1:30 2:00 2:00 2:30 3:00 3:30	Cornhole on the Patio! Guided Tours French 2 Yoga and Presence Practice Technology Lab The Art and Joy of Sewing French 3 Meditation Lunch Program Zumba Funky Line Dancing Technology Lab October Birthday Social French 1 Step to the Beat Aerobics Computer Basics	26	8:30 9:00 9:00 9:00 10:00 10:00 10:00 10:30 11:00 11:00 11:30 12:00 12:45 1:00 1:00 2:00	Strength Training Yakkin' and Yarnin' Spanish 1 Virtual Writers Club Getting to Know Your iPhone for Beginners Spanish 2 Tap Club Spanish 3 Intentional Mat Pilates Lunch Program Latino Club Left Center Right Club American Mahjong Club Watercolor Advanced via Zoom Bridge 3 - Play of the Hand	27

WEDNESDAY



THURSDAY

FRIDAY

SATURDAY

7:00	Vitality and Motion	7
9:00	Scenic Walks Club	
9:00	Yoga	
9:30	French 5	
10:00	Getting to Know Your iPhone Advanced	
11:00	French 4	
11:30	Lunch Program	
12:00	Chair Pilates	
1:00	Ballroom Dancing Level One	
1:00	Grocery Bingo	
2:00	Ballroom Dancing Level 2	
2:30	"Let's Play" Improv	
2:30	French 1B	
3:00	Music Club	
3:00	Ballroom Line Dancing	

7:00	Vitality and Motion	14
9:00	Scenic Walks Club	
9:00	Yoga	
9:30	French 5	
10:00	Getting to Know Your iPhone Advanced	
11:00	French 4	
12:00	Acknowledging Loss Discussion Support Group	
12:00	Chair Pilates	
1:00	Ballroom Dancing Level One	
1:00	Grocery Bingo	
2:00	Ballroom Dancing Level 2	
2:30	"Let's Play" Improv	
2:30	French 1B	
3:00	Music Club	
3:00	Ballroom Line Dancing	

9:00	Medicare Fair & Noon Presentation	21
9:00	Scenic Walks Club	
9:00	Yoga	
9:30	French 5	
10:00	Getting to Know Your iPhone Advanced	
11:00	French 4	
12:00	Chair Pilates	
1:00	Ballroom Dancing Level One	
1:00	Grocery Bingo	
2:00	Emergency Preparedness, via Zoom	
2:00	Ballroom Dancing Level 2	
2:30	"Let's Play" Improv	
2:30	French 1B	
3:00	Music Club	
3:00	Ballroom Line Dancing	

9:00	Cornhole on the Patio!	28
9:00	Guided Tours	
9:00	Scenic Walks Club	
9:00	Yoga	
9:30	French 5	
10:00	Getting to Know Your iPhone Advanced	
11:00	French 4	
12:00	Chair Pilates	
1:00	Ballroom Dancing Level One	
1:00	Grocery Bingo	
2:00	Ballroom Dancing Level 2	
2:30	"Let's Play" Improv	
2:30	French 1B	
3:00	Music Club	
3:00	Ballroom Line Dancing	

7:00	Vitality and Motion	1
9:00	Cornhole on the Patio!	
9:00	Guided Tours	
9:00	Flu Shot Clinic	
9:00	Timeless Treasures Boutique	
10:00	Legal Consultation	
10:00	Let's Talk via Zoom: Table Tennis and Brain Health	
11:30	Lunch Program	
12:00	Latino Club	
2:00	Technology Lab	

7:00	Vitality and Motion	8
8:30	Strength Training	
9:00	Timeless Treasures Boutique	
9:00	Watercolor Advanced	
9:00	Spanish Reading for Beginners	
9:30	Strength Training	
10:00	Let's Talk via Zoom: Medicare's New Benefits for Those with Dementia	
11:00	Qigong and Tai Chi	
11:30	Watercolor Advanced	
12:00	Latino Club	
12:00	Qigong and Tai Chi, Intermediate	
1:00	Affordable Gourmet Cooking Class	
1:30	The Great American Songbook	
2:00	Intentional Mat Pilates Strength	
4:30	Vitality and Motion	

7:00	Vitality and Motion	15
8:30	Strength Training	
9:00	Timeless Treasures Boutique	
9:00	Watercolor Advanced	
9:00	Spanish Reading for Beginners	
9:30	Strength Training	
10:00	Let's Talk via Zoom: Preserving Your Memory	
11:00	Qigong and Tai Chi	
11:30	Watercolor Advanced	
12:00	Qigong and Tai Chi, Intermediate	
1:00	Affordable Gourmet Cooking Class	
2:00	A Cultural Thursday Event! A Recital of Opera Favorites	
2:00	Intentional Mat Pilates Strength	
3:30	The Step Initiative	
4:30	Vitality and Motion	

7:00	Vitality and Motion	22
8:30	Strength Training	
9:00	Watercolor Advanced	
9:00	Spanish Reading for Beginners	
9:30	Strength Training	
10:00	Mediation, Conflict and Dispute Resolution	
10:00	Let's Talk via Zoom: Medicare in 2027	
11:00	What You Need to Know	
11:00	Qigong and Tai Chi	
11:30	Watercolor Advanced	
12:00	Qigong and Tai Chi, Intermediate	
1:00	Affordable Gourmet Cooking Class	
2:00	A Cultural Thursday Event! Legends and Lore of Haunted Architecture	
2:00	Intentional Mat Pilates Strength	
4:30	Vitality and Motion	

7:00	Vitality and Motion	29
8:30	Strength Training	
9:00	Cornhole on the Patio!	
9:00	Timeless Treasures Boutique	
9:00	Watercolor Advanced	
9:00	Spanish Reading for Beginners	
9:30	Strength Training	
10:00	Let's Talk via Zoom: Joint Replacement	
11:00	Qigong and Tai Chi	
11:30	Watercolor Advanced	
12:00	Latino Club	
12:00	Qigong and Tai Chi, Intermediate	
1:00	Affordable Gourmet Cooking Class	
2:00	Intentional Mat Pilates Strength	
4:30	Vitality and Motion	

8:30	Food Distribution Program	2
9:00	Cornhole on the Patio!	
9:00	Guided Tours	
10:00	Tap Club	
11:00	Writing Club via Zoom	
11:30	Lunch Program	
1:00	Bridge	
1:00	Movie Matinee - Gandhi	
1:00	Scrabble	
1:10	Writing Club via Zoom	
2:00	Technology Lab	
2:00	Help with Handheld Devices	

9:00	Cornhole on the Patio!	9
9:00	Guided Tours	
9:00	Chair Aerobics	
9:30	Sound Healing	
10:00	Tap Club	
10:00	Chair Pilates	
11:00	Crafting Your Life's Story	
11:00	For The Love of Poetry	
11:30	Lunch Program	
12:15	Spanish Level 4	
1:00	Bridge	
1:00	Movie Matinee: Bellissima	
1:00	Scrabble	
2:00	Technology Lab	
2:00	Help with Handheld Devices	
2:30	"Let's Play" Improv	

9:00	Health Fair	16
9:00	Free Produce Distribution	
9:00	Chair Aerobics	
9:30	Sound Healing & Guided Meditation	
10:00	Chair Pilates	
11:00	Writing Club	
11:00	Crafting Your Life's Story	
11:00	For The Love of Poetry	
12:15	Spanish Level 4	
1:00	Bridge	
1:00	Movie Matinee: Trading Places	
1:00	Scrabble	
2:00	#AgeWell Round Table	
2:00	Technology Lab	
2:00	Help with Handheld Devices	
2:30	"Let's Play" Improv	

9:00	Cornhole on the Patio!	23
9:00	Guided Tours	
9:00	Chair Aerobics	
9:30	Sound Healing	
10:00	Tap Club	
10:00	Chair Pilates	
11:00	Crafting Your Life's Story	
11:00	For The Love of Poetry	
11:30	Spanish Level 4	
1:00	Bridge	
1:00	Virtual Book Club	
1:00	Movie Matinee: Triumph of the Will	
1:00	Scrabble	
2:00	Technology Lab	
2:00	Help with Handheld Devices	
2:30	"Let's Play" Improv	

9:00	Cornhole on the Patio!	30
9:00	Guided Tours	
9:00	Chair Aerobics	
9:30	Sound Healing & Guided Meditation	
10:00	Tap Club	
10:00	Chair Pilates	
11:00	Crafting Your Life's Story	
11:00	For The Love of Poetry	
11:30	Lunch Program	
12:15	Spanish Level 4	
1:00	Bridge	
1:00	Movie Matinee: I Walk With a Zombie	
1:00	Scrabble	
2:00	Technology Lab	
2:00	Help with Handheld Devices	
2:30	"Let's Play" Improv	

9:00	Billiards Tournament	3
9:00	Art Exploration Club	
9:00	Expressive Arts Group	
9:00	Running Club	
9:30	Help with Handheld Devices	

8:15	Yoga and Presence Practice	10
9:00	Art Exploration Club	
9:00	Expressive Arts Group	
9:00	Running Club	
9:30	Help with Handheld Devices	
9:45	Pep Up Your Life	
10:00	Acting with Pasadena Playhouse, Introduction	

8:15	Yoga and Presence Practice	17
9:00	Expressive Arts Group	
9:00	Art Exploration Club	
9:00	Running Club	
9:30	Help with Handheld Devices	
9:45	Pep Up Your Life	
10:00	Acting with Pasadena Playhouse, Introduction	
3:00	Susie Hansen Latin Band Concert	

8:15	Yoga and Presence Practice	24
9:00	Expressive Arts Group	
9:00	Running Club	
9:30	Help with Handheld Devices	
9:45	Pep Up Your Life	
10:00	Acting with Pasadena Playhouse, Introduction	
1:30	The Scottish Fiddlers of Los Angeles	

8:15	Yoga and Presence Practice	31
9:00	Expressive Arts Group	
9:00	Running Club	
9:30	Help with Handheld Devices	
9:45	Pep Up Your Life	
10:00	Acting with Pasadena Playhouse, Introduction	

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.

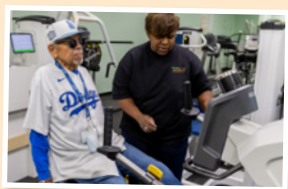
For information and registration, visit www.PasadenaSeniorCenter.org, or call [\(626\) 795-4331](tel:6267954331).

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.



EXPRESSIVE ARTS GROUP

Saturdays, September 26 to November 14 from 9:00 to 10:30 a.m.

Presented by PSC's own Jessica Lui, LCSW

\$50.00 per person

Art has the ability to help us express ourselves, reflect, and connect with others in a way that words often cannot. Whether you've been wanting to try something creative or are looking for a new artistic outlet, come and learn to create an eclectic mix of enjoyable and stimulating multimedia art projects (please note that some projects require fine motor skills). The group will conclude with an art show that will be open to all family and friends.

TIMELESS TREASURE PSC BOUTIQUE

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

Discover hidden gems and unbeatable deals at the Timeless Treasure Boutique! 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 welcome! To contribute gently used items, please contact Christine Williams Timeless Treasure Manager at ciwilliams5892@gmail.com.

FLU SHOT CLINIC

Thursday, October 1 from 9:00 a.m. to 12:30 p.m.

Presented by Pasadena Health Department

The U.S. Centers for Disease Control and Prevention (CDC) recommends the flu vaccine as the best way to protect people against the flu and prevent its spread. Appointments are recommended, but walk-ins will be accepted. Please call the Welcome Desk at (626) 795-4331 to make an appointment.

FOOD BANK DISTRIBUTION PROGRAM

Friday, October 2 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.

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.



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

HELP WITH HANDHELD DEVICES

Fridays at 2:00 p.m. and 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!

MONTHLY WORD SEARCH CHALLENGE & GIVE AWAY

Beginning Tuesday, October 5 | Deadline: Thursday, October 29

Sponsored by Social Services

Start the month with a fun, brain-boosting activity! Pick up your word search at the Welcome Desk, complete it by the deadline above to be in a prize drawing. If you have any questions, please contact Social Services by calling (626) 685-6732.

CARD MAKING WORKSHOP

Monday, October 5 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.



2026 FALL MASTERS SERIES

Looking Back, Looking Forward

Tuesdays, October 6, 13, & 20 at 2:00 p.m. to 4:00 p.m. in Person

Series \$45.00 - Members, \$50.00 - Nonmembers

Individual tickets \$18.00 - Members, \$20.00 - Nonmembers

Three individual presentations focus on history and legacy of cultural icons that are 100 or more years old but still are important parts of local and national culture. Historian Galen Wilkes and special guests give us a history of Ragtime Music, including new compositions of his own (October 6), Professor Andi Stein tours us through the legends of Route 66 in its centennial year (Oct 13), and the Los Angeles Public Library's photo curator Christina Rice shares the history of the Los Angeles Public Library and its iconic 1926 Central Library building. Reservations are available online or sold at the door. These programs are in-person and will not be recorded.

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, October 8 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. Registration is suggested.

VITALITY AND MOTION

Thursdays, October 8 through December 10 at 4:30 p.m.

Presented by Personal Trainer Carolyn Zorn and Coach Will

\$70.00 for 9 weeks

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.



SOUND HEALING

Friday, October 9 and 23 at 9:30 a.m.

Presented by David Geathers

Settle into the resonant tones of crystal singing bowls, chimes and steel tongue drum in this deeply restorative sound bath. As the vibrations move through the room, the nervous system begins to slow, tension releases from the body, and the mind becomes grounded. No experience, flexibility, or physical exertion required, you may sit in a chair or lie down, whichever is most comfortable. Simply arrive ready to receive. Bring a mat, blanket, or pillow if you'd like extra comfort, and leave feeling calmer, lighter, and more at ease. Registration is required.

THE STEP INITIATIVE

NEW FRONTIERS: ADVANCES IN ALZHEIMER'S RESEARCH AND NAVIGATING CARE TODAY

Thursday, October 15 at 3:30 p.m.

Presented by rising juniors at Westridge School in Pasadena

Alzheimer's research and treatment options are evolving quickly, and so are the resources available to patients and families. Join this student-run community organization, to explore the latest developments in Alzheimer's research and treatment. Learn what recent changes mean for insurance and access to care and where to find up-to-date support resources. Explore how you can get involved in clinical trials shaping the future of Alzheimer's care.

A CULTURAL THURSDAY EVENT! A RECITAL OF OPERA FAVORITES

Thursday, October 15 at 4:00 p.m.

Presented by The Vineyard Touring Opera Company

Experience the drama, beauty and passion of opera—no prior knowledge required! Join us for an enchanting afternoon of beloved opera favorites performed by professional singers from throughout Los Angeles. This family-friendly recital offers the chance to enjoy powerful voices, memorable music and captivating performances in an intimate setting. Bring a friend, discover the joy of opera and experience why opera truly is for everyone! Registration is suggested.



SOUND HEALING & GUIDED MEDITATION

Friday, October 16 and 30 at 9:30 a.m.

Presented by Mayana Geathers, LMFT & David Geathers

This class pairs immersive sound healing with guided meditation for a full restorative experience. We open the room with resonant crystal bowls, and the steel tongue drum to guide the body into deep relaxation, then the group will be led into a gentle guided meditation to bring the mind into greater peace and presence. Together, sound and stillness offer a nurturing space to unwind body and mind alike. All levels welcome, no experience needed, come as you are and get comfortable in a chair or lying down. Registration is required.

HEALTH FAIR

Friday, October 16 from 9:00 to 11:00 a.m.

Manisha Rea, R.N. 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.

AGE WELL ROUNDTABLE

WHAT'S ON YOUR MIND? LET'S TALK ABOUT IT!

Friday, October 16 from 2:00 to 3:30 p.m.

Presented by Foundation for Senior Services

Join us for 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. Based on participant needs and requests, specialists will address specific topics of interest in the on-going roundtable sessions.



SUSIE HANSEN LATIN BAND CONCERT!

Sunday, October 18 from 3:00 to 5:00 p.m.

It's always a fiesta when Susie Hansen's Latin Band is in the house! Bring your friends and family for a joyful and lively afternoon of music with plenty of room for dancing. Everyone's invited. Reservations are suggested.

EMERGENCY PREPAREDNESS

Wednesday, October 21 from 2:00 to 3:30 p.m., via Zoom

Presented by Foundation for Senior Services

After experiencing a disaster, being prepared can help restore confidence and empowerment. We'll explore simple practical ways to prepare for future emergencies while learning how to stay aware and ready without living in fear. Registration is required to receive the Zoom link.

A CULTURAL THURSDAY EVENT!

LEGENDS AND LORE OF HAUNTED ARCHITECTURE

Thursday, October 22 at 2:00 p.m., via Zoom

*Presented by Architectural Historian Eleanor Schrader
Complimentary to Members, \$5.00 – Nonmembers*

In honor of Halloween, let's go on a virtual haunted architectural journey through some of America's most infamous haunted sites. We will share how architectural styles and history intertwine to create spaces filled with mystery and supernatural lore. Registration is required to receive the Zoom link.



THE SCOTTISH FIDDLERS OF LOS ANGELES

Saturday, October 24 from 1:30 to 2:45 p.m.

\$5.00 - Members, \$10.00 - Nonmembers

The Scottish Fiddlers of Los Angeles delight audiences the lively, energetic and irresistibly uplifting music of Scotland, the Shetland Islands, Cape Breton Island and Ireland. Their playing is characterized by hard-driving reels and strathspeys, hauntingly beautiful airs and sweet waltzes. Reservations are suggested. Tickets will be available at the door

OCTOBER BIRTHDAY SOCIAL

Tuesday, October 27 at 2:00 p.m.

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

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



Veterans Connect at Pasadena Senior Center

VETERAN MONTHLY COFFEE & CHAT

Tuesday, October 13 at 9:00 a.m.

Enjoy fresh coffee, warm conversation, and meaningful connections with fellow Veterans on the patio. Bring a friend or another service member—we'd love to welcome them!

VETERAN MONTHLY POWER HOUR

Tuesday, October 20 at 2:00 p.m.

Stay active and support your health with an hour designed for Veterans. Take a walk, lift weights, receive guidance on proper exercise form from a trainer, or simply spend time in the Fitness Center with fellow Veterans

Save the Date

THANKSGIVING LUNCHEON

Thursday, November 26 from 1:00 to 3:00 p.m.

\$20.00 - Members, \$25.00 - Nonmembers

Join us for a traditional Thanksgiving meal with all the trimmings! Tasty food, seasonal decorations, and music are all part of our long-standing tradition of hosting a luncheon on Thanksgiving Day. Reservations will close on Friday, November 20. Tickets will not be available at the door. This event sells out. Buy your tickets early! Vegetarian meals available upon request at registration.

CHRISTMAS LUNCHEON

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

\$20.00 - Members, \$25.00 - Nonmembers

Spend Christmas Day with us! A merry meal will be served, Santa Claus will be on hand, and pianist Steve Ormond will be playing holiday favorites. Reservations will close on Sunday, December 20. Tickets will not be available at the door. This event also sells out. Buy your tickets early! Vegetarian meals available upon request at registration.

PRE-NEW YEAR'S EVE CELEBRATION!

Tuesday, December 29 from 3:00 to 4:30 p.m.

\$15.00 - Members, \$20.00 - Nonmembers

Get a jump on welcoming 2027 with a festive concert and dance party featuring the Great American Swing Band. Party hats, noisemakers, and snacks will be provided, as well as champagne for everyone to toast to the New Year! Festive attire is encouraged; advanced reservations are suggested.



Richer Group Experiences

ART EXPLORATION CLUB

Saturday, October 3 and 10 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, October 6 and 20 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, October 2 and 16 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



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

STAY CONNECTED



STAY UP TO DATE BY EMAIL

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

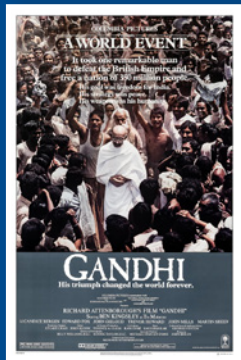
Add Weekly Email to your subscription.

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 1:00 p.m.

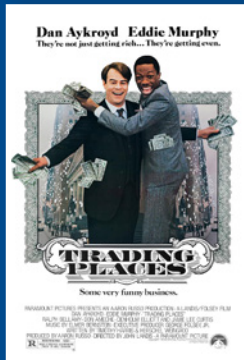
We all enjoy the experience of watching movies and love the pleasures they bring. They captivate us with their imaginary worlds brought to life. Once again we are showing some of the movies that have been recommended by our members. Suggestions are always welcome. Contact Dion at DionF@PasadenaSeniorCenter.org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



October 2
Gandhi
PG
3 h 11 min
Genre: Biography



October 9
Bellissima
NR
1 hr 48 min
Genre: Drama



October 16
Trading Places
R
1 hr 56 min
Genre: Comedy



October 23
Triumph of the Will
PG-13
1 hr 54 min
Genre: Historical,
Propaganda



October 30
**I Walked with a
Zombie**
NR
1 hr 9 min
Genre: Horror

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, October 1 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, October 22 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.



TABLE TENNIS AND BRAIN HEALTH

The Neuro Pong Program

Thursday, October 1 at 10:00 a.m., via Zoom

Presented by CEO and Founder, Dr. Antonio Barbera

Learn how table tennis can be used as an engaging and innovative approach to neurorehabilitation for people living with neurological conditions such as multiple sclerosis, Parkinson's disease, dementia, and others. We will explore the connection between movement and brain health, highlighting how physical activities that challenge both the body and mind can support mobility, cognitive function, coordination, and overall well-being. Participants will discover how incorporating enjoyable, purposeful movement into daily life may contribute to healthier aging and improved quality of life.

MEDICARE'S NEW BENEFITS FOR THOSE WITH DEMENTIA

Thursday October 8 at 10:00 a.m., via Zoom

Presented by Foundation for Senior Services

Learn about Medicare's pilot program called GUIDE, which provides care management, family member resources, and even a modest amount of home care hours for families navigating the challenges of Dementia. Make sure you or a friend don't miss out, before this program sunsets in 2032!

PRESERVING YOUR MEMORY

Thursday, October 15 at 10:00 a.m., via Zoom

Presented by L.A. Department of Mental Health

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

MEDICARE IN 2027: WHAT YOU NEED TO KNOW

Thursday, October 22 at 10:00 a.m., via Zoom

Presented by Foundation for Senior Services

Medicare plans, costs, coverage, and benefits can change from year to year. Join us for an informative overview of what to expect in 2027 and how these changes may affect your healthcare coverage and out-of-pocket expenses. Learn about important updates to Medicare, what to review during the annual enrollment period, and how to make informed choices about your coverage for the coming year.

JOINT REPLACEMENT

Thursday, October 29 at 10:00 a.m., via Zoom

Presented by Huntington Hospital

Considering a hip or knee replacement? Join us for an informative presentation from a leading provider of joint replacement care in our community. Learn what to expect before, during, and after surgery, including how to prepare for your procedure and what recovery may look like. With more than 1,200 total hip and knee replacements performed each year, Huntington Hospital brings extensive experience and expertise to helping patients return to the activities they enjoy.

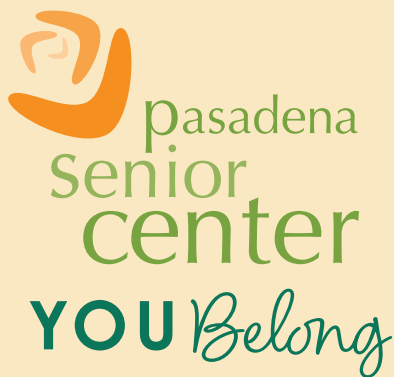
GUIDED TOURS WITH PSC AMBASSADORS

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

October 2026, Volume 12, No. 10
85 East Holly Street, Pasadena CA 91103
Phone: (626) 795-4331 / Fax: (626) 577-4235
Travel (626) 685-6754
Email: info@PasadenaSeniorCenter.org
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

Anil Arora, Director of Social Services

(626) 685-6760 / AnilA@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 / MariaA@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

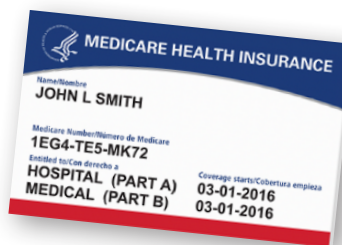
Open Monday to Saturday to all Members of the
Fitness Center

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)

Medicare RESOURCE FAIR

Wednesday, October 21
9:00 A.M. TO 1:00 P.M.
HICAP LECTURE AT NOON



Medicare Open Enrollment: October 15, 2026 to December 7, 2027

Individuals will be able to make changes for 2027. Checking your current Medicare and Prescription drug plans with other programs, and making any necessary changes ensures that you receive the best possible health care.

Reassessing health care needs each year and comparing programs can also help to keep costs down and maximize benefits. We will have over 15 vendors to help give you all the information needed. To inform every one of the new changes for 2026, HICAP (Health Care Rights) will be speaking and taking questions at noon.

No reservations are needed.