

Passport Pages

Your monthly passport pages to #AgeWell

The Pasadena Senior Center met daunting challenges. We are more committed than ever to helping older adults age well. The Fitness Center is open to Fitness Center members and our Clubs are meeting regularly. You can find a full list of clubs at www.PasadenaSeniorCenter.org or call the Welcome Desk at [\(626\) 795-4331](tel:626-795-4331).

At the Center

CELEBRATE! AT THE COFFEE BAR

Hanukkah, Winter Solstice, Christmas, Kwanzaa. There's lots to celebrate in December. You never know when special treats and decorations will appear. Be sure to stop by the Coffee Bar and be part of the celebrations.

WATERCOLOR CLASS WINE & CHEESE RECEPTION

Saturday, December 2 from 3:00 to 5:00 p.m.

Join us for a fantastic exhibit of students' artwork in the PSC Lounge. We're proud to present an impressive selection of watercolors and mixed-media painting, with students' skill levels ranging from beginner to professional. Many of the paintings will be for sale, and awards will be given for recognition of excellence. Hand-painted original greeting cards will also be offered for a donation to PSC. For more information, please contact instructor Barbara Medford at [\(502\) 417-7248](tel:502-417-7248).

CARD MAKING WORKSHOP

Monday, December 4 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](tel:626-795-4331).



A CULTURAL THURSDAY EVENT! TALKING PICTURES OF THE SILENT ERA

Thursday, December 7 at 2:00 p.m.

Presented by Film Historian Galen Wilkes

Everyone knows The Jazz Singer was the first "talkie." Or was it? Dozens of companies set out to make sound films throughout the silent era to break the sound barrier, determined to have sound films by any means possible. Discs, cylinder records, and sound-on-film were all used to capture the soundtracks of pioneering talkies. Let us guide you through this ear-opening show where actors spoke decades before Jolson. Reservations are suggested.

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

Friday, December 8 from 1:00 to 3:00 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 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.

THE GREAT AMERICAN SONGBOOK WITH BOB, DON & DAVE

Thursday, December 14 at 1:30 p.m.

Pianist Bob Lipson and singer Don Snyder are joined by bassist David Young for an informal hour of memorable music featuring your favorite standards and show tunes. Reservations are encouraged.

engage

enrich

empower

Pasadena Senior Center

a donor-supported nonprofit organization

The new year is rapidly approaching and **now more than ever, your gift can make a difference for older adults in Pasadena.**

Many of our donors are making the most of their end-of-year gifts this year by giving non-cash assets instead of just cash. The coming weeks are crucial to both meeting our goals, and also helping you meet your financial goals for the upcoming tax season, so we want to share a few ways to give back:

- **Make a grant from a Donor-Advised Fund:** Use funds you've already set aside to give today.
- **Transfer appreciated assets:** Save on two types of taxes and get a full deduction for the value of your gift.
- **Give directly from an IRA:** Donors 70 ½ or older can reduce their taxable income (and if you need to meet a Required Minimum Distribution, IRA gifts can count towards those as well!)

You can also make a gift online anytime at pasadenaseniorcenter.org or mail or drop off a check on your next visit to the Center. Thank you in advance for your support, which makes an immediate, tangible difference to our members and our mission.

Questions? Email christal@pasadenaseniorcenter.org

Food and Emergency Provisions

Call Marmen Macias, Manager of Social Services
(626) 685-6732

Fitness Center

Open Monday through Saturday to all Members of the Fitness Center. No appointment necessary.

Main Center Number

(626) 795-4331

Center Hours

Monday - Friday	8:00 a.m. to 4:30 p.m.
Saturday	8:30 a.m. to Noon
Sunday	Closed

CONGRESSWOMAN JUDY CHU HOSTS HEALTH FAIR
Friday, December 15 from 9:00 to 11:00 a.m.
Congresswoman Chu will speak on Social Security and Medicare at 10:30 a.m.

Non-profit organizations and local hospitals will be on hand to provide support and information on a variety of important health topics, including healthy blood pressure and glucose levels, hearing screenings, and signing up for the right Medicare Health Plans.

DECEMBER BIRTHDAY SOCIAL

Monday, December 18 at 1:00 p.m.

Free to members with birthdays in December plus one guest, all others \$2.



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

CHRISTMAS LUNCHEON

Monday, December 25 at Noon (doors open at 11:45 a.m.)

\$15.00 – Members, \$20.00 - Non-Members

Get ready to jingle and mingle with Santa Claus and pianist Steve Ormond at our exclusive Christmas celebration! This is the perfect opportunity to enjoy lively holiday music and indulge in a delicious indoor dining experience at the Scott Pavilion. Reserve your tickets now as space is limited and reservations close on December 20th. If you're a vegetarian, we've got you covered with our special request option. Reservations close Monday, December 20. Tickets will not be available at the door.

PLEASE REMEMBER THE PASADENA SENIOR CENTER IN YOUR WILL AND TRUSTS. CONTACT CHRISTA LORENZ IN THE DEVELOPMENT OFFICE.



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

Social Services & Center Holiday Hours

During the week of December 26 to 30 the Center will be closed. We are getting new carpeting!

Clubs, Classes and Events will NOT take place the last week of December 2023.

We will be serving lunch and providing Social Services to those in need.

For all inquiries during this time please contact the Welcome Desk at (626) 795-4331 or email info@PasadenaSeniorCenter.org

Online Events

For the following online events registration is required at www.PasadenaSeniorCenter.org. You can also register by calling the Welcome Desk at (626) 795-4331 to receive the Zoom link.

HOW TO REACH EXERCISE GOALS

Thursday, December 7 at 10:00 a.m. via Zoom

Presented by Scan Independence at Home

Deciding to be more physically active can be one of the best things you can do for your health. Physical activity and exercise are not only great for your mental and physical health, but they can help keep you independent as you age. Let's talk about setting exercise goals and getting started today! Registration is required to receive the Zoom link.

CERVICAL CANCER

Thursday, December 14 at 10:00 a.m. via Zoom

Presented by City of Hope

City of Hope is relentless in its drive to offer more positive outcomes to patients everywhere. Our research innovations become advances in clinical care without delay, because people fighting to conquer cancer, diabetes and other life-threatening diseases, need better options. Registration is required to receive the Zoom link.

COMPLETING CYCLES OF ACTION

Thursday, December 21 at 10:00 a.m. via zoom

Presented by Foundation for Senior Services

What are cycles of action and what do we do to complete them so we can be more present in life in the now? Perhaps some of the reasons are obvious to you but others aren't. Join us as we explain. We will have an interactive discussion on how this applies to you personally. Registration is required to receive the Zoom link.

WHAT ARE YOUR GOALS?

Thursday, December 28 at 10:00 a.m. via Zoom

Presented by Foundation for Senior Services

We will be reviewing this year's Thursday "Let's Talk" lecture topics and make an "Action Plan" for 2024. We've had the privilege of having many great educators in 2023. Which one has made an impact on you? We will discuss enhancements or next step you want to make in your life. Registration is required to receive the Zoom link.



A CULTURAL THURSDAY EVENT! THE CONVIVIAL PUNCH BOWL

Thursday, December 28 at 2:00 p.m. via Zoom

Presented by Annie Laskey

Gather 'round the virtual punch bowl for a tribute to the nearly lost art of mixing the perfect punch. We will explore the centuries-old tradition of sharing beverage out of a bowl. Whether you take your punch hot or cold, made with rum topped with nutmeg or lemon-lime soda topped with pink sherbet; whether made from an 18th Century recipe or one you got out of a magazine last week, it's the conviviality that counts! Reservations are required to receive zoom link.

Christmas LUNCHEON



Monday Decembr 25 at Noon

(doors open at 11:45 a.m.)

\$15 for Members, \$20 for Non-Members

Reservations close Monday, December 20.

Tickets will not be available at the door.

MOVIE MATINEE AT 1:00 P.M.

We will have limited seating. Members can reserve seats for themselves and a guest.



December 1	December 8	December 15	December 22
Mistletoe and Menorahs	Big	Scrooged	Candy Cane Lane
1h 30m	1h 44m	1h 41m	1h 41m
Holiday, Romance	Kids & Family, Holiday, Comedy	Holiday, Comedy, Fantasy	Holiday, Comedy, Fantasy
Rated TVPG	Rated PG	Rated PG-13	Rated PG

Monthly Programs

LEGAL CONSULTATIONS

Thursday, December 7 at 10:00 a.m.

Appointments are required. Call (626) 795-4331.

FOOD BANK DISTRIBUTION PROGRAM

Friday, December 1 from 8:30 to 10:30 a.m.

PRODUCE DISTRIBUTION ON THE PATIO

Friday, December 15 from 9:00 to 11:00 a.m.

(while supplies last)

Provided by the Order of Malta Mobile Ministries

MEDIATION, CONFLICT AND DISPUTE RESOLUTIONS

Thursday, December 28 from 10:00 a.m. to Noon

(need appointment)