

Passport Pages

Your monthly passport pages to #AgeWell

65
Years
GETTING BETTER
WITH AGE

2025 is our year to celebrate 65 years of service. However, 2025 has started with a catastrophe for our community. It is our passion to create an environment where you can age well. We are here to provide information and relief during this time of disaster.

Please visit our Home Page for Eaton Fire Assistance.

At the Center

DIABETES EDUCATION EMPOWERMENT PROGRAM (DEEP)

Wednesdays starting January 29 to March 5, 9:30 a.m. to 11:30 a.m.

Need help managing pre-diabetes or diabetes? This program encourages lifestyle changes while learning about how the condition affects health. Join us for this free self-management course offered in a relaxed and supportive environment. Registration is required for this 6-week series. Contact Fatima Rojas at [\(626\) 397-3376](tel:626-397-3376).

DISCOVER YOUR SPIRITUAL AUTOBIOGRAPHY

Saturday, February 1 at 9:00 a.m.

Presented by Kristan Swan

Fee: \$15.00

Have you ever or recently reflected on your spiritual journey? Do you wonder why is it important that I am here? Who do I want to become? How does my spirituality inform my life? Taking the time to reflect on big questions in a small group is a wonderful tool to gain clarity, inspiration, and community. Learn about yourself as you share thoughts and stories with others. Join us for an 8 week journey, culminating in writing and sharing your Spiritual Autobiography alongside fellow seekers. For more information contact Kristan Swan at kristanbswan@gmail.com. Registration is required.

CARD MAKING WORKSHOP

Monday, February 3 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! AFRICAN AMERICANS IN CLASSICAL MUSIC

Thursday, February 6 at 2:00 p.m.

Presented by Marlaina Owens

Free – Members, \$5.00 – Nonmembers

Soprano and Fulbright scholar Marlaina Owens loves opera, and has a special passion for African American classical compositions. Driven by a desire to champion these works, Marlaina strives to bring to light African American classical compositions, which have historically garnered less praise than their classical contemporaries have. Join us for this special presentation. Reservations are suggested.

THE GREAT AMERICAN SONGBOOK

Thursday, February 13 at 1:30 p.m.

Free - Members, \$5.00 - Nonmembers

You'll have a song in your heart as pianist Bob, vocalist Don and their talented friends bring classic standards and Broadway tunes to vibrant life, while also sharing stories about this unforgettable music. Reservations are requested.

A CULTURAL THURSDAY EVENT! LUNAR NEW YEAR CELEBRATION

Thursday, February 20 at 2:00 p.m.

Presented by the Northern Shaolim Kung Fu Association

Free – Members, \$5.00 – Nonmembers

Each year in the Chinese calendar is associated with an animal and an element. 2025 ushers in the Year of the Wood Snake, associated with relationships, growth, and creative problem-solving. We will celebrate with the traditional Lion Dance and Martial Arts demonstrations overseen by master Ken Hui of the Northern Shaolim Kung Fu Association. Reservations are suggested.

MOVIE MATINEE AT 1:00 P.M.

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



February 7
The Six Triple Eight
2h 7m
Drama, War
Rated NR



February 14
It Ends With Us
2h 10m
Romance, Drama
Rated NR



February 21
Ray
1h 36m
Biography, History, Drama
Rated PG-13



February 28
Emancipation
2h 12m
History, Drama, Mystery & Thriller
Rated R



A CULTURAL THURSDAY EVENT! BLACK HISTORY MONTH: ROBYN GARDENHIRE

Thursday, February 27 at 2:00 p.m.

Presented by Robyn Gardenhire, Artistic Director City Ballet of Los Angeles

Free – Members, \$5.00 – Nonmembers

Robyn Gardenhire is the Founder and Artistic Director of City Ballet of Los Angeles. She is a talented and successful dancer, choreographer, and teacher. She is also African-American. The inspiring story of her career includes the Joffrey II, Cleveland Ballet, and American Ballet Theatre, as well as her own company; and through it all runs her ceaseless commitment to increasing diversity in the arts. Join us for a visit with this remarkable woman. Reservation are suggested.

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](tel:626-795-4331) to receive the Zoom link.



WINTER 2025 MASTERS SERIES

HISTORY AND MYSTERY OF COLOR IN ART

Tuesdays February 4 – March 11 from 2:00 to 4:00 p.m. via Zoom

\$80.00 – Members, \$95.00 – Nonmembers

Presented by Art Historian Eleanor Schrader

Artists have always used color to portray light, depth, and point of view in their art, and also to convey mood, symbolism, and socio-political meanings. Focusing on a different color each week, Art Historian Eleanor Schrader will delve into how color is used by artists, histories of color and their meanings in different societies, and materials and processes used to make pigments. Registration required to receive the Zoom link or to view the livestream at the Center.

AARP SMART DRIVER COURSE

Thursday and Friday, February 20 and 21 from 12:30 to 4:30 p.m.

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

Sharpen your driving skills through the AARP-created “Smart Driver” program. This course was developed to help drivers 50 years or older adjust to age-related changes in vision, hearing, and reaction time. Medication and its effects on driving will also be addressed. At the end of this course, a certificate of completion, which may save you money on auto insurance, will be given. The 8 hour course is split between two days and is for those who have never taken the class before or have not taken the 4½ hour refresher course in the last three years. You must attend both classes to get a certificate. Pre-registration with payment (check or money order) is required. For more information, please call [\(626\) 795-4331](tel:626-795-4331)

FEBRUARY BIRTHDAY SOCIAL

Monday, February 24 at 2:00 p.m.

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

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



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

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

HISTORY OF THE LGBT+ COMMUNITY

Thursday, February 6 at 10:00 a.m., via Zoom

Presented by Pallas Care

Learn more about the history of the Lesbian, Gay, Bisexual, and Transgender communities. We will discuss important events, victories, setbacks of the last century as well as significant figures in the Southern California LGBT rights movement.

ADU IN THE NEWS

Thursday, February 13 at 10:00 a.m., via Zoom

Presented by Foundation for Senior Services

Learn about how Accessory Dwelling Units have become all the rage in California the past few years, and how they could be a strategic benefit for seniors by creating a potential new stream of retirement income or providing multi-generational dwelling opportunities.

LEARN ABOUT LOYOLA CENTER FOR CONFLICT RESOLUTION (LCCR)

Thursday, February 20 at 10:00 a.m., via Zoom

Presented by LCCR

During this lecture you will learn about Loyola Center for Conflict Resolution, a community-based mediation program that has served over 55,000 Los Angeles County residents since 1993. They provide bilingual (English/Spanish) conflict resolution training and mediation services, including telephone conciliation and large group facilitation services. Professional mediators alongside Loyola Law School students provide these services.

EVERYTHING YOU WANT TO KNOW ABOUT SOCIAL SECURITY BENEFITS

Thursday, February 27 at 10:00 a.m., via Zoom

Presented by Foundation for Senior Services

We will explore the three different types of Social Security: Social Security Old Age Survivors Benefits, Social Security Disability Insurance, and Supplemental Security Income (SSI). We will guide you through how to qualify for and explain the benefits each program offers.

The Fitness Center

Fitness Center Membership is now \$120 per year.



AFTER PHYSICAL THERAPY

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

\$35.00 per session with a minimum of 4 sessions

This four week program is designed for anyone who would like additional physical training following their prescribed physical therapy. It will provide a seamless transition from therapy to curated physical training to ensure ongoing support and progress. We will do a comprehensive evaluation with a licensed Physical Therapist, create a personalized exercise routine, and provide personalized care with flexible scheduling. This safe and effective exercise program will be tailored to your progress with the goals of enhancing strength, improved mobility and flexibility. For registration and information, contact the Welcome Desk at (626) 795-4331.

PERSONAL TRAINING FOR FITNESS CENTER MEMBERS

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

\$80.00 for 4 sessions

We offers 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. Each individual'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.

Monthly Programs

LEGAL CONSULTATIONS

Thursday, February 6 at 10:00 a.m.

FOOD BANK DISTRIBUTION PROGRAM

Friday, February 7 from 8:30 to 10:30 a.m.

HEALTH FAIR

Friday, February 21 from 9:00 to 11:00 a.m.

FREE PRODUCE DISTRIBUTION ON THE PATIO

Friday, February 21 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, February 27 from 10:00 a.m. to Noon

LUNCH PROGRAM

Monday Thru Friday at 11:30 a.m. at a first come first served basis.

Donations are accepted but not mandatory.

engage

enrich

empower

Pasadena Senior Center a donor-supported nonprofit organization

85 East Holly Street, Pasadena CA 91103
Phone: (626) 795-4331 / Fax: (626) 577-4235
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 is a local leader in programs, activities, and services for life after 50. As a donor-supported organization, not a City or government-funded program, it relies on the generosity of donors to continue to improve the lives of older adults.

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. to Noon
Sunday	Closed

Fitness Center

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

Akila Gibbs, Executive Director

(626) 685-6703 / AkilaG@PasadenaSeniorCenter.org

Alan Barasorda, Director of Finance

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

Annie Laskey, Director of Events

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

Charmaine Nelson, Director of Marketing and Communications

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

Dion Ferguson, Director of Programs, Classes & Rentals

(626) 685-6706 / DionF@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



Directory of local resources available upon request.