

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

A CULTURAL THURSDAY EVENT!

HIDDEN TREASURES: THE BEAUTY AND ECOLOGY OF CALIFORNIA'S NATIVE BULBS AND IRISES

Thursday, May 1 at 2:00 p.m.

Presented by Tim Becker, Theodore Payne Foundation

Free – Members, \$5.00 – Nonmembers

California is home to a stunning array of native flowering bulbs and irises. Join us on a journey from the deserts to the seashore—and everywhere in between—as we explore their beauty, ecological roles, and diverse uses in the garden. Reservations are suggested.



CARD MAKING WORKSHOP

Monday, May 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 anything. 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:6267954331).

MUSE/IQUE OFFSTAGE ENCOUNTERS

Monday, May 5 at 3:00 p.m.

MUSE/IQUE Offstage Encounters is an informal hour featuring guest artists from MUSE/IQUE's 2025 concert season Make Some Noise: Music and Stories of American Defiance and Hope. Don't miss this special opportunity to get to know some very talented people. Reservations are suggested.

MUSIC CLUB

Wednesdays from 3:00 to 4:30 p.m.

This is a group who share the love of music, whether listening or playing. We invite you to come, bring your instruments and play with us. Join Mark Boykin on upright bass, Eric Forsen on violin, and Deborah Hall Kinley on the piano. The Music Club meets in the Fireside Lounge. We play a variety of music and are learning to play music with each other. *Club Captain: Mark Boykin*

TECHNOLOGY INFORMATION SESSIONS

Thursdays, May 08 thru May 22 at 10:00 a.m.

Presented by Mariana Porras

On May 8 we will present "Email Made Easy." Learn how to Stay in touch with family, friends, and important contacts by mastering the basics of email! On May 15, "Grocery Shopping Made Easy." Discover how to simplify your grocery shopping experience with easy-to-use phone apps! On May 22, "Getting Around Made Simple." Learn how to get where you need to go with ease using popular transportation apps like Uber and Lyft! Registration is required for each session. Space is limited.

DEPRESIÓN Y ANSIEDAD

Jueves, Mayo 8 a la 1:00 p.m.

Presentado Por L.A. Department of Mental Health

Aprenda a reconocer los síntomas de depresión y ansiedad en las personas mayores. Descubra que contribuye a estos problemas y que se debe hacer cuando usted o un ser querido sufre de depresión o ansiedad. Se recomienda registrarse.

THE GREAT AMERICAN SONGBOOK

Thursday, May 8 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.

MAY FEST

Friday, May 09 from 1:00 to 3:00 p.m.

\$5.00 Suggested donation

Join us for a celebration with lively music, delicious food, and great company. Don't miss the fun! Registration is required.

FIESTA DE MAYO

Viernes, May 09 de 13:00 a 15:00 horas.

\$5.00 Donación sugerida

Únase a nosotros para una celebración con música, deliciosa comida y buena compañía. ¡No se pierda la diversión! Es necesario registrarse.

#AGEWELL ROUND TABLE

Thursday, May 15 from 1:00 to 2:30 p.m.

Presentation by Foundation for Senior Services

What's On Your Mind? Let's Talk About It! This will be 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.

TECH LAB LOLLAPALOOZA

Monday thru Friday, May 19 to 23 from 8:30 a.m. to 2:30 p.m.

Hosted by Mayfield Senior School, Seniors

Workshops are open to all! Get assistance and instruction on Android & Apple Smartphones; iPads & Laptops; Microsoft Office Suite; Social Media Applications. Appointments are recommended. To make an appointment call the Welcome Desk at [\(626\) 795-4331](tel:6267954331). Walk-ins are also welcome!

A CULTURAL THURSDAY EVENT!

HISTORY OF WINE MAKING IN LOS ANGELES

Thursday, May 22 from 2:00 to 3:30 p.m.

Presented by Tom Sanchez

Free - Members, \$5.00 - Nonmembers

Wine gets better with age, and so does the Pasadena Senior Center! On PSC's 65th Anniversary Day, food and culture historian Tom Sanchez shares the history of winemaking in Los Angeles. Did you know that Los Angeles birthed the American wine industry, was America's first wine capital, and has 100-year old wineries still creating great memories? Cheers! Reservations are suggested.



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MEMORIAL DAY SWING BAND CONCERT AND DANCE

Monday, May 26 from 2:00 to 4:00 p.m.

\$10.00 - Members, \$15.00 - Nonmembers

Join us for a celebratory Memorial Day concert and dance with the Great American Swing Band. It's a throwback to the USO with popular dance tunes of the 1940s, decorations, and a guest appearance by Pam Kay's Tap Chicks! It's red, white, and blue all the way as we observe this national holiday. Light snacks will be available. Advance registration is suggested.



A CULTURAL THURSDAY EVENT!

A VISIT WITH TEADA PRODUCTIONS

Thursday, May 29 at 2:00 p.m.

Presented by Associate Artistic Director, Ova Saopeng

Free - Members, \$5.00 - Nonmembers

Celebrate Asian American Pacific Islander heritage month with us as we meet with Ova Saopeng of TeAda Productions. TeAda's newest play, Nothing Micro about Micronesia is a coming-of-age story about two Micronesian boys. The play personalizes stories connected to migration, climate change, decolonization, justice, and more. Learn about this unique project and the community-based process of TeAda Productions. Reservations are suggested.



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



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



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.

DEPRESSION AND ANXIETY

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

Presented by the L.A. Department of Mental Health

Learn to recognize the symptoms of depression and anxiety in older adults. Discover what contributes to these problems and what to do when you or a loved one is experiencing depression or anxiety.

HOW PETS ENHANCE HEALTH AND LIFE

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

Presented by Foundation for Senior Services

How improved and different is our life with pets vs. without? And can you have the benefits of animals and pets, without the accompanying mess? We will learn the answers!

SCAM AND FRAUD SELF-DEFENSE

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

Presented By Miles McNeeley, LCSW, Director of Elder Abuse Prevention

Miles McNeeley is also a member of the Los Angeles Stop Scams Workgroup. This will be an interactive discussion on scam and fraud prevention. Participants will learn to identify scams, report instances of fraud to law enforcement, and tools to help combat scammers. This discussion will include a live question and answer session to address the participants' concerns.

AGING AND THE 5 SENSES

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

Presented by Foundation for Senior Services

Ageing brings many changes to the body, but none affect our life as much as our senses. See how to prepare for changes to your "gateways to the world," and how anticipating changes helps you prepare for the future.

After PHYSICAL THERAPY

AT THE PASADENA SENIOR CENTER

"AFTER PHYSICAL THERAPY"

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

Presented by Chrystal Yen, Community based Physical Therapist

Our "After Physical Therapy" program is designed for guests who need additional physical training following their initial physical therapy. This program provides a seamless transition from physical therapy to continued rehabilitation, ensuring ongoing support and progress beginning with an individual evaluation by our licensed Community-based physical therapist, Chrystal Yen. Join us to meet Chrystal and learn more about this new program provided by PSC.

MOVIE MATINEE AT 1:00 P.M.

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



May 2
A Better Life
1h 38m
Drama
Rated PG-13



May 9
Corrina, Corrina
1h 54m
Comedy, Drama
Rated PG



May 16
Kundun
2h 14m
Drama
Rated PG-13



May 23
Green Zone
1h 55m
Action, Mystery & Thriller, War
Rated R



May 30
Breaking Away
1h 40m
Comedy, Drama
Rated PG

Monthly Programs

LEGAL CONSULTATIONS

Thursday, May 1 at 10:00 a.m.

FOOD BANK DISTRIBUTION PROGRAM

Friday, May 2 from 8:30 to 10:30 a.m.

HEALTH FAIR

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

FREE PRODUCE DISTRIBUTION ON THE PATIO

Friday, May 16 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, May 22 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. You must be 60 years of age. Call [\(626\) 685-6732](tel:626-685-6732).

PASADENA SENIOR GAMES

HOSTED BY
Pasadena Senior Center



The games begin in May and registration is now open. Individual events in May include Basketball Shooting (Men and Women) on May 17. Then Pickleball, May 23-25. Power Walk, Race Walk, and Track & Field are on May 31. Twelve more sports will compete in June. For information and registration visit www.PasadenaSeniorCenter.org.



Pasadena Senior Center

85 East Holly Street
Pasadena CA 91103

Non-profit Org
U.S. Postage
PAID
Pasadena, CA
Permit No. 1454

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.