

# Passport Pages

Your monthly passport pages to #AgeWell



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 Resources Page for Eaton Fire Assistance Information.**

## DISASTER RECOVERY GRIEF & LOSS SUPPORT GROUP

**Tuesdays and Wednesdays until December 23, 2026**

**First and Third Tuesdays at 3:00 p.m. in Person**

**Second and Fourth Wednesdays at 11:00 a.m. on Zoom**

*Presented in partnership with Foundation for Senior Services*

The support group is for older adults, families, caregivers and survivors. Grief and loss groups provide a safe, compassionate, and confidential space to share experiences and receive support from others. Find comfort, connections, and practical guidance for your overall emotional health and well-being. For more information contact the Welcome Desk at [\(626\) 795-4331](tel:6267954331). To contact Foundation for Senior Services call [\(855\) 836-0807](tel:8558360807).



## SUMMER 2025 MASTERS SERIES

**ALAN CHAPMAN LIVE!**

**Thursdays, July 17 – August 21 from 2:00 to 4:00 p.m.**

*Series Tickets:*

**\$90.00 – Members, \$108.00 – Nonmembers**

*Individual Lectures:*

**\$18.00 – Members, \$20.00 – Nonmembers**

Alan Chapman shares his encyclopedic knowledge of music in six multimedia presentations filled with musical examples and vibrant visuals. The series kicks off with a new installment of Alan's own "Musical Alphabet," a potpourri of topics. Along the way he'll explore 19th-century concertos (with a special spotlight on Beethoven) and he'll take you on musical journeys to France and Spain. This series will be in-person and not recorded. Reservations are suggested.

## CARD MAKING WORKSHOP

**Monday, August 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](mailto:kmac422@yahoo.com) or simply give a ring to our friendly Welcome Desk at [\(626\) 795-4331](tel:6267954331).

## THE GREAT AMERICAN SONGBOOK

**Tuesday, August 5 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.

## CREATE & BLOOM: A FLORAL ARRANGEMENT WORKSHOP

**Wednesday, August 6 at 11:00 a.m.**

*Presented by Alignment Healthcare*

Join us for a hands-on experience where creativity blossoms! Get creative with fresh flowers in this lighthearted class! No experience needed just bring your love of blossoms and a smile. We'll snip, arrange, and laugh our way to beautiful bouquets and good company. Registration is required.

## GRIEF AND LOSS

**Thursday, August 7 at 10:00 a.m. on Zoom**

*Presented by Los Angeles Department of Mental Health*

Grief that comes with loss is a common stressor among older adults and can be a challenging experience. This presentation defines grief and

loss, explains the components of the grief process, and describes the symptoms of grief to prepare participants for what to expect from losses. Tips are imparted to improve our ability to cope with and move on from loss.

### SWING DANCE WORKSHOP

**Saturday, August 9 at 11:00 a.m.**

*Presented by Robin Winston*

**\$5.00 – Members, \$10.00 –**

**Nonmembers**



When you hear jazzy music, do you want to get up and dance? If so, this workshop is for you! Led by lifelong dancer Robin Winston, this workshop is guaranteed to have you dancing, whether you already love swing dancing or are convinced that you and your two left feet can't possibly move around a dance floor. All experience levels welcome, no partner needed. Reservations are suggested, walk-ins accepted if space is available.

### SMART HOME, SMARTER LIVING: CONNECTING & STAYING SAFE WITH AMAZON ALEXA

**Mondays, August 11 to 25 at 11:00 a.m.**

*Presented by Peter Matus*

This program is designed for older adults who do not have smart devices in their homes. We will show to how to use Apple HomePods for seamless communication and enhanced safety. Participants will learn how to make hands-free calls, send voice

messages, and use Siri to stay connected with loved ones effortlessly. We will also cover practical emergency features, including how to call for help using voice commands and set up essential alerts.

Through interactive demonstrations and guided practice, attendees will gain confidence in using smart technology to simplify daily life and increase independence. Whether to stay in touch with family or preparing for emergencies, this class will help participants harness the power of smart home devices to create a safer, more connected lifestyle. Participants must commit to all 3 workshops. Registration is required.

### TIPS TO MAKE YOUR BRAIN STRONG

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

*Presented by Foundation for Senior Services*

Join us for an engaging discussion on science-backed strategies to support cognitive function and maintain neural health. Learn how individual brain cells contribute to overall brain performance and discover ways to protect and strengthen them for long-term mental well-being.

### MUSE/IQUE OFFSTAGE ENCOUNTERS

**Monday, August 18 at 3:00 p.m.**

This 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.

### FALL PREVENTION

**Thursday, August 21 at 10:00 a.m., via Zoom**

*Presented by CSC PACE Center*

This informational presentation focuses on practical strategies to help older adults reduce the risk of falls and maintain independence. The presentation will cover key topics such as home safety modifications, balance and strength exercises, and proper footwear. The goal of this presentation is to empower older adults with knowledge and tools to stay safe and active.

### AUGUST BIRTHDAY SOCIAL

**Monday, August 25 at 2:00 p.m.**

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

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

## Monthly Programs

### LEGAL CONSULTATIONS

**Thursday, August 7 at 10:00 a.m.**

### FOOD BANK DISTRIBUTION PROGRAM

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

### HEALTH FAIR

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

### FREE PRODUCE DISTRIBUTION ON THE PATIO

**Friday, August 15 from 9:00 to 10:30 a.m. (while supplies last)**

*Provided by the Order of Malta Mobile Ministries*

### MEDIATION, CONFLICT AND DISPUTE RESOLUTIONS

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

*Presented by Loyola Center for Conflict Resolution*

### 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).

## Summer Concert Series

**Tuesdays, August 12, 19, 26 and Monday, September 1  
from 5:00 to 7:00 p.m.**

The Pasadena Senior Center Celebrates 65 years! Join us for a special Summer Concert Series honoring the music of the decades our community has cherished through the years. Each week features a different era of popular music — perfect for dancing, reminiscing, and celebrating together!

**Concert Schedule:**



**August 12** – 1980s Dance Party with the **Michael Haggins Band**



**August 19\*** – A Salute to Woodstock and the Vietnam War Era with **The Silverados**



**August 26** – The Early Days of Rock & Roll with the **Atomic Roots Orchestra**



**September 1 (Labor Day)** – Music of the 1930s & 1940s with **The Great American Swing Band**

Reservations are suggested.

**\*Pre-Concert Reception for Veterans  
Tuesday, August 19 from 3:30 to 4:45 p.m.**

Veterans and active-duty service members are invited to bring a guest to a special pre-concert reception prior to our Summer Concert featuring The Silverados who will be playing music of the Vietnam War era. The reception is sponsored by the Pipia/Ma Welcome Home Fund, supporting the self-care and well-being of veterans and military members. Reservations are required.

## The Fitness Center

Fitness Center Membership is now \$120 per year.

### After PHYSICAL THERAPY

AT THE PASADENA SENIOR CENTER

#### AFTER PHYSICAL THERAPY

**Monday thru Friday from 8:00 a.m. to 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 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.

## MOVIE MATINEE AT 1:00 P.M.

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



**August 1**  
**A Man Named Pearl**  
1h 18m  
Documentary  
Rated G



**August 8**  
**Where the Boys Are**  
1h 39m  
Comedy  
Rated NR



**August 15**  
**Monsieur Lazhar**  
1h 34m  
Drama  
Rated PG-13



**August 22**  
**Imitation of Life**  
1h 46m  
Drama  
Rated PG-13



**August 29**  
**Young at Heart**  
1h 50m  
Documentary  
Rated PG

*engage*

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*enrich*

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*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](mailto:info@PasadenaSeniorCenter.org)  
[www.PasadenaSeniorCenter.org](http://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](mailto:AkilaG@PasadenaSeniorCenter.org)

### Alan Barasorda, Director of Finance

(626) 685-6723 / [AlanB@PasadenaSeniorCenter.org](mailto:AlanB@PasadenaSeniorCenter.org)

### Annie Laskey, Director of Events

(626) 685-6702 / [AnnieL@PasadenaSeniorCenter.org](mailto:AnnieL@PasadenaSeniorCenter.org)

### Charmaine Nelson, Director of Marketing and Communications

(626) 685-6759 / [CharmaineN@PasadenaSeniorCenter.org](mailto:CharmaineN@PasadenaSeniorCenter.org)

### Dion Ferguson, Director of Programs, Classes & Rentals

(626) 685-6706 / [DionF@PasadenaSeniorCenter.org](mailto:DionF@PasadenaSeniorCenter.org)

### Mary Merino-Avila / Director of Development

(626) 685-6728 / [MaryA@PasadenaSeniorCenter.org](mailto:MaryA@PasadenaSeniorCenter.org)

### Pam Kaye, Senior Associate Director of Development

(626) 685-6756 / [PamK@PasadenaSeniorCenter.org](mailto:PamK@PasadenaSeniorCenter.org)



Directory of local  
resources available  
upon request.