

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 Resources Page for Eaton Fire Assistance Information.

ACKNOWLEDGING LOSS DISCUSSION SUPPORT GROUP AND PROGRAM SERIES: HEALING BEGINS WHEN WE HONOR WHAT IS GONE

1st Tuesday of the month at 3:00 p.m., in person

2nd Wednesday of the month at Noon, via Zoom

Presented in partnership with Foundation for Senior Services

Loss isn't just about what's missing—it's about what mattered. This group is about integrating memories in a way that brings peace, meaning, and wholeness to our lives. Join these discussion groups to receive support from others in a compassionate, safe, and confidential space as we work through the healing journey. 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) or via email at Info@TheFSS.org.



FALL 2025 MASTERS SERIES

BEHIND THE SCENES: THE FILMS AND FILMMAKERS THAT CHANGED HOLLYWOOD

Tuesdays, September 23 to October 7 from 2:00 to 4:00 p.m., via Zoom

Presented by Steven C. Smith

\$45.00 – Members, \$54.00 – Nonmembers

In this online three-part series, Emmy-nominated documentarian and author Steven C. Smith will treat us to a lively look at some of Hollywood's greatest behind-the-scenes stories. Registration required to receive the Zoom link. Interested in coming to PSC to watch a livestream of the zoom? Contact us for arrangements.



BILINGUAL TECH HELP PROGRAM

Mondays from 10:00 to 11:00 a.m.

Bilingual Instructor: Mariana Porras

Whether you need assistance with your smartphone, tablet, or computer, this is a valuable chance to get those questions about your device answered. Let us help you make the most of your devices.

Ya sea que necesite ayuda con su teléfono inteligente, tableta o computadora, esta es una valiosa oportunidad para obtener respuestas a esas preguntas sobre su dispositivo. Permítanos ayudarlo a aprovechar al máximo sus dispositivos.

EAT SMART, LIVE STRONG

Tuesday, September 2 at 10:00 a.m.

Presented by CalFresh

In this workshop learn about balanced eating patterns, view a food demonstration and a brief chair-exercise segment.

LATE-LIFE TRANSITIONS

Thursday, September 4 at 10:00 a.m., via Zoom

Presented by Los Angeles Department of Mental Health

This presentation identifies late-life transitions which can affect the way we function and offers tips on maintaining a positive self-view and making the most of life in the face of these changes. Registration is required to receive the Zoom link.



For 65 years, we've been here for our community. We're getting better with age and you're the one who makes it all possible! Help us continue to engage, enrich, and empower older adults by making

PSC one of your top three contributions this year. You can make your gift today under the "Give" menu on www.PasadenaSeniorCenter.org, scan the QR code to the left, or mail or drop off a check at the Center during your next visit.

A CULTURAL THURSDAY EVENT!

A POETRY TALK

Thursday, September 4 at 2:00 p.m.

Presented by Patricia Maillard

Free – Members, \$5.00 – Nonmembers



Patricia Maillard is a spontaneous writer of poetry stemming from the education system that existed in Trinidad and Tobago, the land of her birth. Her most recent collection, *Galaventing: Poetry, Prose & Ponderings* is about life on the edge of emotions. Join the author for an inspiring talk as she reads and discusses her poetry and publication journey. Reservations are suggested.

DEMYSTIFYING BRAIN FOG

Thursday, September 11 at 10:00 a.m. via Zoom

Presented by Foundation for Senior Services

We will dive into a synopsis of the underlying causes of brain fog and the controllable and uncontrollable ways to mitigate it. Let's "put our heads together" and learn how to make the most of our attention and our lives! Registration is required to receive the Zoom link.

TRANSICIONES EN LA VEJEZ

Jueves, Septiembre 11 a la 1:00 p.m.

Presentado por Los Angeles Department of Mental Health

Duarnte la vejez, muchos nos enfrentamos a cambios sociales, físicos y psicológicos. Esta presentación identifica las transiciones que pueden afectar la vejez y ofrece consejos para mantener una visión positiva de nosotros mismos, sentirnos bien con nuestro pasado y aprovechar al máximo la vida ante estos cambios.

THE GREAT AMERICAN SONGBOOK

Thursday, September 11 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.



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

TRAVEL WITH THE PASADENA SENIOR CENTER

A TASTE OF TEMECULA

Thursday, November 6

\$149 per person includes round trip transportation, all tastings, lunch, admission fees, taxes, and gratuities.

Enjoy guided tours, wine tasting, and a delicious lunch at beautiful Frangipani Estate Winery with views of rolling hills and vineyards, as well as free time to explore charming Old Town Temecula. To sign up, contact Monrovia Travel: [\(626\) 359-8331](tel:6263598331) or email info@monroviatravel.com.

FROM ISOLATION TO CONNECTION: NURTURING MEANINGFUL RELATIONSHIPS

Wednesday, September 17 from 2:00-3:30 p.m.

Presented in Partnership with Foundation for Senior Services

Loneliness can have profound emotional and physical effects. This session explores ways to build and nurture authentic relationships that create a sense of belonging and support. We present this as part of the Acknowledging Loss Discussion Support Group and Program Series: Healing Begins When We Honor What is Gone.

TEN WARNING SIGNS OF DEMENTIA

Thursday, September 18 at 10:00 a.m. via Zoom

Presented by Geriatric Specialist, Dr. Theresa Wong

This presentation is designed to help you recognize early symptoms and understand how they differ from normal aging. Whether you're a caregiver, family member, or concerned about your own memory changes, this talk offers valuable insight into cognitive health. Registration is required to receive the Zoom link.

A CULTURAL THURSDAY EVENT!

HULA WITH ALOHA

Thursday, September 18 at 2:00 p.m.

Presented by Na Kupuna Hula O Joslyn

Free – Members, \$5.00 – Nonmembers

Delight in the beautiful, graceful art of Hula with Na Kupuna Hula O Joslyn, the Hula group from the Joslyn Adult Center of Burbank. The program includes some lively dances; slow, romantic dances; and rhythmic dances using Hawaiian implements. Reservations are recommended.

SEPTEMBER BIRTHDAY SOCIAL

Monday, September 22 at 2:00 p.m.

Free to members with birthdays in September plus one guest, all others \$4.

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

MUSE/IQUE OFFSTAGE ENCOUNTERS

Monday, September 22 at 3:30 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.

SOLO AGING PART 2

Thursday, September 25 at 10:00 a.m., via Zoom

Presented by Foundation for Senior Services

Back by popular demand, we will continue the topic from July looking into the challenges of again solo. Come with your questions, as well as open ears to learn from one another, as we seek inspiration on how to thrive in this unique season of life. Registration is required to receive the Zoom link.

TAKE THE SUSTAINING ATHLETE FITNESS EXAM

Tuesday, September 30 from 8:30 a.m. to 10:30 a.m.

Presented by California State University Northridge (CSUN) Department of Physical Therapy

The Sustaining Athlete Fitness Exam (SAFE) assesses athlete fitness in four areas: cardiovascular, muscular, flexibility, and balance, and leaves you with tips and ideas to increase your fitness. Sign up for a free SAFE screening at PSC provided by graduate students and staff of the Physical Therapy department. Registration is required and space is limited.

Monthly Programs

LEGAL CONSULTATIONS

Thursday, September 4 at 10:00 a.m.

FOOD BANK DISTRIBUTION PROGRAM

Friday, September 5 from 8:30 to 10:30 a.m.

HEALTH FAIR

Friday, September 19 from 9:00 to 11:00 a.m.

FREE PRODUCE DISTRIBUTION ON THE PATIO

Friday, September 19 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, September 25 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.

#AGEWELL DAY 2025

Saturday, September 27 from 9:00 a.m. to 2:00 p.m.

Enjoy a day of lectures, workshops, fitness classes, fun and inspiration to promote healthy aging. The day will kick off with a keynote presentation by our own Executive Director, Akila Gibbs: "Getting Better With Age – 65 Years of PSC at the Forefront of Healthy Aging." A complimentary continental breakfast will be included. Reservations are requested.

- Sample Classes! Tai Chi, Chair Aerobics, Creative Sketching, Mindfulness, and more.
- Wellness Lectures include presentations on physical and financial health from professionals, and a personal trainer to answer your fitness questions.
- See What PSC Has to Offer and explore our Social Services, clubs, and sports groups, from knitting to running!

MOVIE MATINEE AT 1:00 P.M.

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



September 5
Great Expectations
1h 58m
Drama
Rated NR



September 12
My Dog Skip
1h 35m
Kids & Family,
Drama
Rated PG



September 19
A Song for Martin
1h 57m
Drama,
Romance
Rated PG-13



September 26
An Inconvenient Truth
1h 36m
Drama
Rated PG

DINE OUT AND BENEFIT PSC

EDWIN MILLS BY EQUATOR

Wednesday, September 17

from 4:00 p.m. to 9:00 p.m.

22 Mills Place

Pasadena, CA 91105

(626) 564-8656

www.edwinmills.com



Take a break and leave the cooking to Edwin Mills by Equator. Edwin Mills is giving back to the community and will graciously donate a portion of its dining profits back to the Pasadena Senior Center, and as a bonus, you get to enjoy half-price wine and champagne and live music all evening. Pick up the Edwin Mills flyer at the Center and leave it with your server. The Pasadena Senior Center thanks you! Your meal will help us continue supporting vital programs for older adults in our community. Thank you for dining with heart!



85 East Holly Street
Pasadena CA 91103

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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
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.