

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.

CARD MAKING WORKSHOP

Monday, November 3 at 1:30 p.m.

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:6267954331).

COMMUNITY DIA DE LOS MUERTOS OFRENDA

Monday thru Friday, November 3 thru 7

Join us in honoring the memories of loved ones. All are invited to contribute to the ofrenda by bringing photos or small token of remembrance of those they wish to commemorate. To conclude the celebration, we will gather for light refreshments on Wednesday, November 5 at 10:00 a.m. All are welcome to share in this meaningful tradition of remembrance and community.

OFRENDA COMUNITARIA DEL DÍA DE LOS MUERTOS

Del lunes 3 al viernes 7 de noviembre

Acompáñenos a honrar la memoria de sus seres queridos. Todos están invitados a contribuir a la ofrenda trayendo fotos o un pequeño recuerdo de aquellos a quienes desean conmemorar. Para concluir la celebración, nos reuniremos para disfrutar de un refrigerio ligero el miércoles 5 de noviembre a las 10:00 a. m. Todos están invitados a compartir esta significativa tradición de conmemoración y comunidad.

FLU SHOT CLINIC

Wednesday, November 5 from 9:00 a.m. to 12:30 p.m.

Presented by Pasadena Health Department

The U.S. Centers for Disease Control and Prevention (CDC) recommend the flu vaccine as the best way to protect people against the flu and prevent its spread. Appointments are recommended, but walk-ins will be accepted. Please call the Welcome Desk at [\(626\) 795-4331](tel:6267954331) to make an appointment.

APRENDE A USAR TU SMARTPHONE

Presentado por Evelin Barba, Estudiante de Servicios Sociales

Miércoles, noviembre 5, 12, y 19 a las 2:30 p.m.

Semana 1: Aprende a Ser Llamadas Usando tu Smartphone. Semana 2: Aprende a Comunicarse por Mensajes de Texto. Semana 3: Aprende Usar WhatsApp. Se requiere registración. Limitado a 12 personas. Clases serán en Español.

KNOW THE SCAMS, DON'T BE A VICTIM

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

Presented by Los Angeles Department of Mental Health

As technology improves and as the older adult population increases, financial abuse of older adults is becoming more frequent. We will define financial exploitation, identify common scam techniques, teach you how to identify a scam, and present tips on preventing scams and how to deal with them.



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.

WHAT DOES YOUR MEDICARE ADVANTAGE PLAN COVER AND NOT COVER?

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

Presented by Foundation for Senior Services

Sometimes, people move into retirement years with an incorrect assumption on what Medicare does or doesn't cover. Come get the facts!

THE GREAT AMERICAN SONGBOOK

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

Free – Members, \$5.00 - Nonmembers

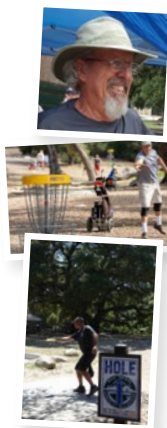
You'll have a song in your heart as pianist Bob, vocalist Don and their talented friends bring classic standards and Broadway tunes to vibrant life, while also sharing stories about this unforgettable music. Reservations are suggested.

WHERE IT ALL STARTED: DISC GOLF AT OAK GROVE IN PASADENA

Tuesday, November 18 at 2:00 p.m.

Presented by Mark Horn, Founding Member of the Professional Disc Golf Association

This December marks the 50th anniversary of the Oak Grove Disc Golf Course at Hahamongna Watershed Park — the world's first publicly accessible disc golf course, established in 1975. Join Disc Golf Tournament Director Mark Horn, who was there from the very beginning. Mark will share the fascinating story of how a simple idea — throwing a Frisbee at a pole — evolved into an international sport, and the unique role Pasadena played in shaping its legacy.



ALIGN YOUR LIGHT THROUGH INTENTION & BREATH

Wednesday, November 19 at 11:00 a.m.

Presented by Cara Torricelli

Join us to learn to dive deeper into yourself through breath, movement, visualization, and energy clearing practices. Discover techniques to access your inner light, removing debris to clear the path towards your highest good. Please bring your journals, personal intentions, and a curious mind as you embrace new methods of clearing & centering. Registration is required.

HARVEST & BLOOM: A FALL FLORAL ARRANGEMENT WORKSHOP

Wednesday, November 19 from 11:00 to 12:30 p.m.

Presented by Alignment Healthcare

Celebrate the beauty of the season with a hands-on floral arranging class! Using rich autumn colors, seasonal blooms, and festive accents, you'll create a stunning arrangement perfect for your Thanksgiving table or brighten your home. No experience needed, just bring your love of fall and a smile. Together, we'll snip, arrange, and enjoy the cozy spirit of the season. Registration is required. Space is limited to 20 participants.

#AGEWELL ROUND TABLE

Thursday November 20 from 1:00 to 2:30 p.m.

Presentation by Foundation for Senior Services

This will be a supportive and confidential setting where participants are seen, heard, and understood. Roundtables provide an environment to listen to 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.

A CULTURAL THURSDAY EVENT!

ULTRAVIOLET SUSPECTS: USING GALAXIES TO SHED LIGHT ON THE EARLY UNIVERSE

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

Presented by Dr. Anthony Pahl, Carnegie Fellow, Carnegie Science Observatories

Free – Members, 5.00 – Nonmembers

One of the most intriguing topics in astronomy today is understanding the crucial events in the very early Universe that shaped our present-day cosmos. Astronomers can use the ultraviolet signals from distant galaxies to investigate this critical period. Dr. Anthony Pahl will share with us his Carnegie Science research, using a remarkable combination of findings from the James Webb Space Telescope, the Keck telescopes in Hawaii, and Carnegie Science's own twin Magellan telescopes in Chile. Reservations are suggested.

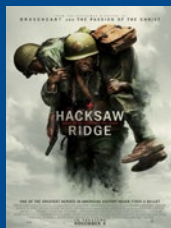


MOVIE MATINEE AT 1:00 P.M.

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



November 7
The Ides of March
1h 40m
Drama
Rated R



November 14
Hacksaw Ridge
2h 19m
War, History, Drama, Biography
Rated R



November 21
Babette's Feast
1h 42m
Comedy, Drama
Rated G

THANKSGIVING LUNCHEON

Thursday, November 27 from 1:00 to 3:00 p.m.

\$15.00 – Members, \$20.00 – Nonmembers

Join your friends for a traditional dinner with all the trimmings! Tasty food, seasonal decorations, and music continues our long-standing tradition of hosting luncheon on Thanksgiving Day. Reservations will close on Friday, November 21. Tickets will not be available at the door. This event does sell out, so get your tickets early! Vegetarian meals available upon request at registration.



FALL 2025 MASTERS SERIES

WONDERFUL CURIOSITIES: EXPLORING HOUSE MUSEUMS

Tuesdays, December 2, 9 and 16 from 2:00 to 4:00 p.m.

Presented by Art Historian, Katherine Zoraster

Series: \$45.00 – Members, \$54.00 – Nonmembers

Individual tickets at the door: \$18.00 for Members & \$20.00 for Nonmembers

Art enthusiasts and explorers, wealthy socialites and eccentric recluses are just some of the interesting personalities that amassed collections of art and objects that are open to the public in their original homes. We will highlight some of these unusual and often eccentric collections in this 3-part series in-person at PSC. Registration is required.

Monthly Programs

LEGAL CONSULTATIONS

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

FOOD BANK DISTRIBUTION PROGRAM

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

HEALTH FAIR

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

FREE PRODUCE DISTRIBUTION ON THE PATIO

Friday, November 21 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, November 20 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).

CHRISTMAS LUNCHEON

Thursday, December 25 from 1:00 to 3:00 p.m.

\$15.00 – Members, \$20.00 – Nonmembers

Spend Christmas Day with us! A merry meal will be served, Santa Claus will be on hand, and pianist Steve Ormond will be playing holiday favorites. Reservations will close on Friday, December 19. Tickets will not be available at the door. This event does sell out, so get your tickets early! Vegetarian meals available upon request at registration.

PRE-NEW YEAR'S EVE CELEBRATION!

Sunday, December 28 from 3:00 to 4:30 p.m.

\$12.00 – Members, \$16.00 – Nonmembers

Get a jump on waving 2025 goodbye with a festive concert and dance party featuring the Great American Swing Band. Party hats, noisemakers, and light snacks will be provided, as well as champagne for everyone to make a toast for the new year. Festive attire is encouraged. Advanced reservations are suggested.

The Fitness Center

Fitness Center Membership is now \$120 per year.

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.

engage

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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.