

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.



CONTENTS WORKSHOP FOR EATON FIRE SURVIVORS

Saturday, December 6 from Noon to 3:00 p.m.

Presented by United Policyholders

At this hands-on workshop will help you with your contents insurance claim and home inventory. The goal is to help you make progress, reduce stress, save time, and empower participants to make informed decisions as they work towards financial recovery.

We will cover the following:

- California Claim Regulations and Laws: how they impact your contents claim
- Strategies: preparing your inventory, pricing, and valuing your items
- Sources of Help: where to go when things get overwhelming
- Next Steps: how to push back, fix mistakes, add items, re-submit, etc.

If you have a laptop please bring it! We will work in groups to help you establish inventory pricing and help you value your items.

CARD MAKING WORKSHOP

Monday, December 1 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:6267954331).

TIMELESS TREASURES BOUTIQUE

Tuesday & Thursday, December 2 & 4 from 9:00 to 11:30 a.m.

Please join us for a special sale event highlighting luxury items such as spa packages, gift baskets, jewelry, watches, fine china and more!



FALL 2025 MASTERS SERIES - IN PERSON

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. Please note that this program will be in-person and will not be available online.



ACKNOWLEDGING LOSS AFTER DISASTER

HEALING BEGINS WHEN YOU HONOR WHAT IS GONE

First Tuesday of the month at 3:00 P.M. at the Pasadena Senior Center

Second Wednesday of the month at Noon via Zoom

Presented in partnership with Foundation for Senior Services until December of 2026

Loss isn't just about what's missing, it's about what mattered. In a culture that rushes to "move on," we often bypass the most essential parts of true healing and personal growth—to actively engage in the full range of our emotions and begin to honor the experience of grief and loss. This is not about fixing or forgetting—it's about integrating memories in a way that brings peace,

meaning, and wholeness to our lives. Join these discussion groups to share experiences and 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. Groups are specifically focused on those affected by the Eaton Wildfire.

SENIOR SCAM STOPPER PROGRAM

Thursday, December 4 at 10:00 a.m. In Person and via Zoom
Presented by Contractors State Licensing Board and The Assistance League of Pasadena

The seminar educates older adults on how to prevent construction fraud and home-improvement scams. The presentation will provide tips and resources on what to know before hiring a contractor and how to be an informed consumer. The program will conclude with a question-and-answer session. Registration is required to receive the Zoom link.

HOLIDAY BLUES

Thursday, December 4 at 10:00 a.m., via Zoom
Presented by L.A. Department of Mental Health

Holidays can be a challenging time for older adults who have suffered losses or who are feeling alone and without family or social support. This seasonal presentation discusses strategies to combat feelings of sadness or "the blues" during the holidays.

A CULTURAL THURSDAY EVENT!

Thursday, December 4 at 2:00 p.m.
Presented by Dance Now Ballroom Dance Team
Free – Members, \$5.00 - Nonmembers

The team, led by Keiko Isshiki returns with their entertaining performance featuring a variety of ballroom dances. Dance Now was formed in 2005 by some retired but young-



at-heart amateur ballroom dancers to promote a healthy, active, and fulfilling lifestyle for older adults through ballroom dancing. Reservations are suggested.

FILM SCREENING: TOO GOOD TO BE FORGOTTEN

Sunday, December 7 from 1:30 to 3:30 p.m.
Presented by filmmaker CAPT Andy Bystrom, U.S. Navy (retired)



In remembrance of Pearl Harbor, this film honors and recognizes WWII Patrol Crafts and her sailors, known as The Forgotten Fleet. While serving on two Patrol Craft in the Pacific, U.S. Naval Officer John Bystrom filmed the largest and most extensive collections of home silent film footage and photographs of World War II. This fast-paced Navy folk art documentary is a real-life WWII live action film that is "Too Good to be Forgotten." All Aboard! The screening will be followed by a Q & A with the film's director, CAPT Andy Bystrom, U.S. Navy (retired). Reservations are suggested.

CAREGIVING IN THE HOLIDAYS

Thursday, December 11 at 10:00 a.m., via Zoom
Presented by Foundation for Senior Services

Memory loss that disrupts daily life may be a symptom of Alzheimer's or another dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. If you notice any of them, don't ignore them. We will explain and explore each one.

THE GREAT AMERICAN SONGBOOK

Thursday, December 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 suggested.

DECEMBER BIRTHDAY SOCIAL

Monday, December 15 at 2:00 p.m.
Free to members with birthdays in December plus one guest, all others \$4.00

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

MOVIE MATINEE AT 1:00 P.M.

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



December 5
The Intouchables
 1h 52m
 Drama
 Rated R



December 12
The Sure Thing
 1h 34m
 Romance, Comedy
 Rated PG-13



December 19
A Date with Judy
 1h 53m
 Musical, Comedy
 Rated G

NAVIGATING DIFFICULT FAMILY CONVERSATIONS AND CHALLENGES

A FAMILY GUIDE TO WELL-BEING

Wednesday, November 17 from 2:00 to 3:30 p.m. in the Library Conference Room

Presented by Foundation for Senior Services

Family dynamics can be complex and emotionally charged. This guide offers compassionate communication techniques to foster understanding, reduce conflict, and support family healing. Please note: this class and discussion are specifically focused on those affected by the Eaton Wildfire.

A CULTURAL THURSDAY EVENT!

IN BLOOM: FLOWERS IN CONTEMPORARY ART

Thursday, December 18 at 2:00 p.m., via Zoom

Presented by James Fishburne, Director Forest Lawn Museum

Free – Members, \$5.00 – Nonmembers



While artists have been depicting flowers for thousands of years, “In Bloom: Flowers in Contemporary Art,” currently on view at Forest Lawn Museum, explores a range of contemporary artistic approaches to the subject. Museum Director James Fishburne will take us on a virtual tour of the paintings, sculptures, installations, and video that are part of this unusual exhibition. Registration is required to receive the Zoom link.

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.

TRISTEZA NAVIDEÑA

Jueves, diciembre 18 a la 1:00 p.m.

Presentando por Los Ángeles Departamento of Mental Health

Las fiestas pueden ser una época difícil para los adultos mayores que han sufrido pérdidas o que se sienten solos y sin apoyo familiar ni social. Esta presentación navideña aborda estrategias para combatir la tristeza o el desánimo durante las fiestas.

ORAL ENGLISH CLUB

Friday December 19 at 2:30 p.m.

Presented by Club Captain David Chase

This club designed for English speakers who want to improve pronunciation, fluency, and confidence—especially in everyday conversation. Whether you struggle with sounds like beginning “r’s,” word endings, or contractions unfamiliar in Spanish, we’ll work through it together using informal, fun methods like chanting, singing, and repetition. We focus on verb tenses, enunciation, inflection, and even accent refinement, including techniques used by professional broadcasters. If you’ve got strong academic English but feel hesitant to speak up, this is a safe space to build your voice.

Monthly Programs

FOOD PANTRY

Weekdays, from 8:30 a.m. to 4:30 p.m.

If you need food, we can help. We have volunteers who can deliver food and other supplies.

LEGAL CONSULTATIONS

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

FOOD BANK DISTRIBUTION PROGRAM

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

MEDIATION, CONFLICT AND DISPUTE RESOLUTIONS

Thursday, December 18 from 10:00 a.m. to Noon

Presented by Loyola Center for Conflict Resolution

HEALTH FAIR

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

FREE PRODUCE DISTRIBUTION ON THE PATIO

Friday, December 19 from 9:00 to 10:30 a.m.

(while supplies last)

Provided by the Order of Malta Mobile Ministries

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).

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Pasadena Senior Center

a donor-supported nonprofit organization

Be Smart and Strategic with Your Giving

Giving cash isn't the only way to help sustain the Pasadena Senior Center.

- Transfer from your IRA directly, and optimize your taxable income.
- Gift stocks, potentially avoid capital gains, and magnify your impact.
- Donate through your Donor Advised Funds.

Giving a non-cash asset (stocks, IRA contributions, and more) makes your impact go even further by providing support to us and financial savings to you. Make your gift before December 15th to ensure your gift is processed and your tax receipt is sent before the end of the year!

Contact Mary Avila at (626) 685-6728

or

Pam Kaye at (626) 685-6756



Food and Emergency Provisions

Call Carmen Macias, Manager of Social Services
(626) 685-6732

Fitness Center

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

Main Center Number

(626) 795-4331

Center Hours

Monday - Friday

Saturday

Sunday

8:00 a.m. to 4:30 p.m.

8:30 a.m. to Noon

Closed