

# Passport Pages

Your monthly passport pages to #AgeWell

Welcome to the 2026 Passport Pages, the monthly addition to our quarterly Passport Magazine. We invite you to take advantage of the many offers from physical fitness to events and social services. The Pasadena Senior Center's vision is to engage, enrich and empower older adults and provide a place to belong.

**Spring class registration will open online on February 27, 2026**

## HELP WITH HANDHELD DEVICES

**Saturdays from 9:30 to 11:30 a.m.**

Join us in our state-of-the-art Technology Lab on Saturdays where we will provide one-on-one assistance for those who need assistance with cell phones, iPads, and laptops. Get help with everyday technology questions in a friendly, supportive environment. No need to make a reservation. Just stop by!

## SCREENING MIMIS FILM DISCUSSION GROUP

**Tuesday, March 3 and 17 at 1:00 p.m.**

Only edgy, provocative and thought-provoking films are shown, not unlike what you'd find at your local arthouse. A lively discussion follows each movie and no prior film expertise is required. Dramas, foreign films, animated classics and documentaries are what you can expect—plus dazzling commentary, some film history and trivia, lots of fun and a new way of examining some really interesting films—by seeing them through others' eyes. Come join us to nurture the movie lover in you. This club is open to Pasadena Senior Center members only and limited to 20 people. For more information, contact Connie at [mmeovary@aol.com](mailto:mmeovary@aol.com).

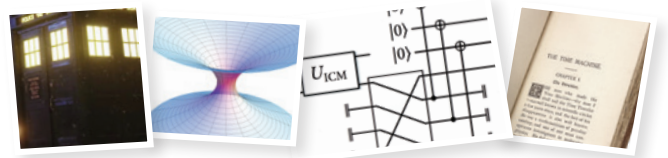


## 2026 WINTER MASTERS SERIES

**THE SCIENCE AND FICTION OF TIME TRAVEL**

**Tuesday, March 3 - 10 from 2:00 to 4:00 p.m.**

*Presented by Associate Professor of Electrical Engineering, USC, Todd Brun*



**\$15.00 – Members, \$18.00 - Nonmembers**

Stories of time travel have long fascinated audiences, but does science actually allow such trips in time? We will see how physics, surprisingly, does seem to allow such “closed timelike curves” to exist, and how they are similar--and different--to the time machines of folk tales and modern science fiction. Join Professor Todd Brun from USC for a deep dive into one of his favorite subjects: the theory of time travel.

PASADENA  
SENIOR GAMES

HOSTED BY  
Pasadena Senior Center



## Pasadena Senior Games Registration opens March 23

This Olympic-style multi-sport event for adults 50+ draws athletes from across California. Events take place April 26 – June 28, primarily in the Pasadena area. Gold, Silver, and Bronze medals will be awarded in 5-year age categories for each event. This is only a \$45 athlete fee plus events fees to enter. To register and for information visit [www.PasadenaSeniorCenter.org](http://www.PasadenaSeniorCenter.org).



## CONECTATE Y APRENDE

**Miércoles, del 4 al 25 de marzo, a las 11:30 a. m.**

*Presentado por Evelin Barba, estudiante de Servicios Sociales*

Esta serie de talleres de cuatro semanas, impartida en español, ayuda a los participantes a desarrollar habilidades básicas de inglés y a aprender herramientas de comunicación esenciales. Los participantes practicarán vocabulario en inglés mediante lectura y juegos interactivos de memorización, aprenderán a enviar mensajes, guardar contactos de emergencia y comunicarse con sus seres queridos, y recibirán instrucciones paso a paso para realizar llamadas de FaceTime y videollamadas. La serie concluye con la continuación del aprendizaje de inglés mediante aplicaciones, incluyendo un repaso de vocabulario y una breve sesión de preguntas y respuestas para reforzar lo aprendido. Se requiere inscripción previa.

## FOOD FOR THOUGHT CHANGING MY DIET TO MANAGE MY HEALTH

**Thursday, March 5 at 10:00 a.m., via Zoom**

*Presented by Independence at Home A Scan Health Plan*

There is an old saying “we are what we eat” Is that true? Sometimes certain foods can improve or help prevent medical conditions and sometimes the wrong food can make medical condition worse. We will discuss how food affects certain medical conditions and how you may be able to improve your health.

## A CULTURAL THURSDAY EVENT! LUNAR NEW YEAR CELEBRATION

**Thursday, March 5 at 2:00 p.m.**

*Presented by the Northern Shaolim Kung Fu Association*  
**Free – Members, \$5.00 – Nonmembers**

Each year in the Chinese calendar is associated with an animal and an element. 2026 ushers in the Year of the Fire Horse, an energetic sign associated strength, swiftness, and freedom. We will celebrate with the traditional Lion Dance and Martial Arts demonstrations overseen by master Ken Hui of the Northern Shaolim Kung Fu Association. Reservations are suggested.



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

## JOURNEY THROUGH GRIEF

**Fridays, March 6 to April 10 from 1:00 to 2:30 p.m.**

*Presented by Vitas Healthcare*

A death changes those left behind. The grief that follows such a loss is natural and normal but many of us find our own reactions are unexpected. This is a 6-week Grief Group series. Reservations are required and can be made by calling [\(626\) 206-4549](tel:6262064549).

## ARTHRITIS FOUNDATION EXERCISE PROGRAM

**Tuesdays and Thursdays at 1:30 p.m., Starting March 10**

*Sponsored by Partners in Care*

Take control with exercise! This evidence-based program uses gentle, physical therapist–designed movements to reduce pain, fatigue, and stiffness while improving strength, flexibility, and range of motion. Exercises are suitable for all fitness levels and can be done sitting or standing. Benefits of the program include reduced pain, improved overall health and energy, increased flexibility and mobility, and better sleep and mood. Anyone with arthritis or ongoing joint pain, stiffness, or limited mobility can sign up by calling [\(626\) 795-4331](tel:6267954331).



## 2026 WINTER MASTERS SERIES

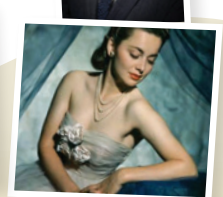
**WOMEN'S HISTORY MONTH**

**Tuesdays, March 10, 17 & 31 from 2:00 to 4:00 p.m.**

*Presented by Experts in their field*

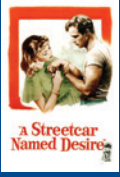
*Each Lecture: \$15.00 – Members, \$18.00 - Nonmembers*

- **3/10 - When Baseball Players Wore Skirts** – presented by Dr. Andi Stein, professor emerita in the Department of Communications at California State University, Fullerton;
- **3/17 American Women in the Vietnam War: One Story** – presented by Sandi Rhoten – one of 657 “Donut Dollies” serving in the Vietnam War;
- **3/31 - Olivia de Havilland: The Woman Who Changed Hollywood** – presented by author and filmmaker Steven C. Smith.



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

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



**March 6**  
**A Streetcar Named Desire**  
2h 2m  
Drama  
Rated PG



**March 13**  
**Rudy**  
1h 53m  
Drama  
Rated PG



**March 20**  
**Greenfingers**  
1h 31m  
Comedy, Drama,  
Romance  
Rated R



**March 27**  
**Tortilla Soup**  
1h 42m  
Romance  
Rated PG-13

## SMART HEALTH FOR STRONG WOMEN

**Wednesday, March 11 at 9:30 a.m.**

*Presented by Huntington Health*

The saying, "Men are from Mars and Women are from Venus" is especially true when it comes to health. This fun, educational talk focuses on women's unique health needs, with simple tips for staying mentally and physically strong as we age. Perfect for women and anyone who loves them!

## PROTECT YOURSELF AGAINST SCAMS AND FRAUD

**Thursday, March 12 at 10:00 a.m., via Zoom**

*Presented by Foundation for Senior Services*

Each year, older adults in the U.S. lose an estimated \$2-\$4 billion to scams and fraud. As technology advances, these scams are becoming harder to recognize. Join us to learn about the most common fraud tactics, how technology is used to make them more convincing, and what you can do to protect yourself.

## THE GREAT AMERICAN SONGBOOK

**Thursday, March 12 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.

## CELEBRATE ST. PATRICK'S DAY WITH THE HOLIDAY UKULELE ORCHESTRA

**Saturday, March 14 at 1:30 p.m.**

*Free – Members, \$5.00 - Nonmembers*

You don't have to be Irish to love a good Irish melody. The Holiday Ukulele Orchestra is back with a program of Irish tunes, and you can bet it will be festive. Wearing green is optional, singing along is encouraged, and limeade is included. Erin go brag! Reservations are suggested.



## 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, March 5 at 10:00 a.m.**

### FOOD BANK DISTRIBUTION PROGRAM

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

### MEDIATION, CONFLICT AND DISPUTE RESOLUTIONS

**Thursday, March 26 from 10:00 a.m. to Noon**

*Presented by Loyola Center for Conflict Resolution*

### HEALTH FAIR

**Friday, March 20 from 9:00 to 11:00 a.m.**

### FREE PRODUCE DISTRIBUTION ON THE PATIO

**Friday, March 20 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).

### WORD SEARCH CHALLENGE!

**BEGINNING Monday March 2**

**DEADLINE: FRIDAY, March 27th**

*Sponsored by Social Services*

Questions, please call [\(626\) 685-6733](tel:(626)685-6733).

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

## MUSE/IQUE ON THE ROAD

**Monday, March 16 at 1:00 p.m.**

An informal hour of music and conversation highlighting the curation and music from MUSE/IQUE's 2026 season. This month's program features music and stories from MUSE/IQUE's March concert Quincy's World: The New Founding Father of American Music.

## A CULTURAL THURSDAY EVENT!

**SENIOR GAMES: WINNING NEVER GROWS OLD**

**Monday, March 16 at 2:00 p.m., via Zoom**

*Presented by the California Senior Games Association*

Participating in competitive sports doesn't have an age limit. Olympic-style sports competitions for adults 50+, known as Senior Games, encourage adults to stay fit, make friends, and sometimes even set world records through competitive sports. Join host Anne Warner Cribbs, Olympian (1960) with 3-time Olympic Track & Field legend Willie Banks, who along with a panel of athletes will share tips and challenges for staying competitive in mind and body through sports. Registration is required to receive the Zoom link.

## NAVIGATING LOSS WITH GRACE AND WISDOM

**Wednesday, March 18 from 2:00 to 3:30 p.m.**

*Presented by Foundation for Senior Services*

Grief is not something to "get over" but a path to walk through with intention and care. This session offers a compassionate roadmap for navigating the terrain of loss with dignity and inner strength. This lecture will have a particular focus on those affected by the Eaton Wildfire however, all are welcome to participate.

## COGNITIVE AND BEHAVIORAL CHANGES ACROSS DISEASE STAGES

**Thursday, March 19 at 10:00 a.m., via Zoom**

*Presented by Vivid Life Home Care*

This session helps caregivers understand how cognitive, behavioral, and functional changes present across early, middle, and later stages of dementia and other age-related conditions. Participants learn to distinguish normal aging from concerning changes, recognize shifts in memory, communication, mood, judgment, and daily functioning, and identify changes from a person's baseline. The focus is on observation, documentation, and appropriate communication rather than diagnosis or treatment.

## TRAVEL PRESENTATION

**ALASKA CRUISE WITH PRINCESS CRUISES**

*August 18–25, Vancouver to Vancouver, starting at \$903 per person, double occupancy*

**Monday, March 2 at 11:30 a.m.**

*Presented by Monrovia Travel*

A special travel presentation featuring our August Alaska cruise sailing roundtrip from Vancouver. Discover Alaska's Inside Passage with its dramatic glaciers, scenic fjords, charming coastal towns, and unforgettable wildlife — all from the comfort of one spectacular cruise. We'll walk through the itinerary, ship experience, cabin options, and what makes Alaska one of the most breathtaking destinations to explore by sea. Refreshments will be served. No obligation — just inspiration.

## A CULTURAL THURSDAY EVENT!

**PPL ANYWHERE! E-RESOURCES**

**Thursday, March 19 at 2:00 p.m.**

*Presented by Shauna Redmond, Pasadena Public Library (PPL) Virtual Services Manager*

*Free – Members, \$5.00 – Nonmembers*



Learn about all the ways the library is available to you in your home, or wherever you go! Find out how you can research and learn with your library card and a phone, tablet or laptop. Reservations are suggested.

## THE METRO MOBILE TAP CARD CUSTOMER CENTER

**Friday, March 20 from 9:00 to 11:00 a.m.**

*Sponsored by LA Metro*

Get a TAP card to load and use for Metro transportation services. Please bring your current form of ID, California driver's license or passport.

## MARCH BIRTHDAY SOCIAL

**Monday, March 23 at 2:00 p.m.**

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

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

## TAKE THE SUSTAINED ATHLETE FITNESS EXAM (SAFE)

**Tuesday, March 24 from 8:30 to 10:30 a.m.**

*Conducted by Students and Staff of CSUN  
Department of Physical Therapy*



The SAFE exam assesses athlete fitness in four areas: cardiovascular, muscular, flexibility, and balance, and leaves you with tips and ideas to increase your fitness. The screening is provided by graduate students and staff from California State University Northridge (CSUN) Department of Physical Therapy. Registration is required and space is limited. Call the Welcome Desk for an appointment.

## JIGSAW PUZZLE COMPLETION CHALLENGE

**Tuesday, March 24 at 1:30 p.m.**

*Sponsored by Social Services*

Join us for a fun and friendly jigsaw puzzle challenge! All puzzles will be provided, just bring yourself and enjoy the fun. Teams of four are needed. If you have a group already, just register with Social Services. If not, we'll match you with a team. All are welcome! Register by March 20 by calling [\(626\) 685-6732](tel:626-685-6732).

## STANDING STRONG: SMART STRATEGIES FOR FALL PREVENTION

**Thursday, March 26 at 10:00 a.m., via Zoom**

*Presented by Foundation for Senior Services*

Join us for an engaging discussion on how to prevent slips, trips, and falls. Learn simple, everyday tips to stay safe and steady so you can remain active, confident, and independent at home and in your community.

## DINE OUT AND BENEFIT PSC!

**HAWG HEAVEN RESTAURANT**

**119 E Colorado Blvd, Pasadena, CA 91105**

**Wednesday, March 25, All Day**

Supporting local businesses giving back to the Pasadena Senior Center is a great way to make a positive impact. Join your fellow members and staff for lunch or dinner. Hawg Heaven will graciously donate 20% of its dining profits back to the Pasadena Senior Center. It is a chance to connect with others while contributing to a meaningful cause: Supporting the Pasadena Senior Center. Don't forget to bring your flyer and leave it with your server to ensure your visit will benefit PSC.

## DUELO Y PÉRDIDA

**Jueves, 26 de marzo a la 1:00 p.m.**

*Presentado por Los Angeles Department of Mental Health*

El duelo que viene con la pérdida es un factor estresante común que enfrentan los adultos mayores y puede ser una experiencia desafiante. Esta presentación define el duelo y la pérdida, explica los componentes del proceso de duelo y describe los síntomas del duelo para preparar a los participantes sobre qué esperar de las pérdidas. Se imparten consejos para mejorar nuestra capacidad de afrontar la pérdida y superarla.

## 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](tel:626-795-4331).

### PERSONAL TRAINING FOR FITNESS CENTER MEMBERS

**Monday thru Friday from 8:00 a.m. to 4:00 p.m.**

**\$35.00 per session with a minimum of 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](tel:626-795-4331).

*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)

### **Dion Ferguson, Deputy Director**

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

### **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.