

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.

CYCLING FOR HEALTH AND COMMUNITY

Saturday, May 2 at 1:30 p.m.

Presented by Dorothy Wong

Dorothy Wong is a cycling advocate, competitive cycling official, and member of the Altadena Town Council. Come hear stories, tips, and resources for fun and safe cycling that she's learned from her decades of involvement in the community. Registration is suggested.



TURNING PAGES, FINDING PEACE BOOK CLUB

Mondays, May 4 to July 6 at 9:00 a.m.

Presented by the Social Services Team

Traumatic experiences are not just emotional or mental experiences; they are physical, too. If you are interested in understanding this biological progression, process your own experiences, or see how your body is holding the stress this book group is for you! Registration is required. Please call Anil at [\(626\) 685-6785](tel:626-685-6785) or Mariana at [\(626\) 685-6733](tel:626-685-6733).

ENCOTRAR LA PAZ, AL PASAR LAS PAGINAS

Jueves, del 7 de mayo al 9 de julio, a las 9:00 a. m.

Presentado por el Equipo de Servicios Sociales

Las experiencias traumáticas no son solo experiencias emocionales o mentales; también son físicas. Si le interesa comprender esta progresión biológica, procesar sus propias experiencias o ver de qué manera su cuerpo está reteniendo el estrés, ¡este grupo de lectura es para usted! Es necesario inscribirse. Por favor, llame a Anil al [\(626\) 685-6785](tel:626-685-6785) o a Mariana al [\(626\) 685-6733](tel:626-685-6733).

MUSE/IQUE ON THE ROAD

Monday, May 4 at 1:00 p.m.

MUSE/IQUE On The Road is 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 concert The Wonderful Wizard,

highlighting how the journey to Oz and its band of characters have been reimagined time and time again, representing the underdog and radical hope in the face of fear. Registration is suggested.

TIMELESS TREASURES MOTHER'S DAY SALE!

Tuesday and Thursday, May 5 & 7, from 9:00 to 11:00 a.m.

Discover beautiful jewelry, stylish handbags, and unique finds—perfect for that special someone in your life. Whether you're searching for a thoughtful gift or a little something for yourself, you're sure to find a treasure you'll love. Enjoy a relaxed, boutique-style shopping experience while supporting our Senior Center. We look forward to seeing you there!



2026 SPRING MASTERS SERIES

THE INTERSECTION OF ART AND SCIENCE: A JOURNEY OF DISCOVERY.

Tuesdays, May 5 to 19 from 2:00 to 4:00 p.m., via Zoom

Presented by Marc and Beverly Olevin
Series Tuition: \$40.00 – Members, \$50.00 - Non-members

Are art and science truly separate disciplines, or are they two sides of the same fundamental human impulse to observe, understand, and create? This entertaining 3-part course explores the convergence when imagination fuels inquiry. Salvador Dali's melting clocks were inspired by Einstein's new description of time; Leonardo da Vinci was a master who knew no divide between art and science; and the science fiction of Verne, Wells, Asimov and others have become science-fact. Join us as we celebrate mankind's endless inquiry to reveal hidden truths of the universe. Registration is required to receive the Zoom link.



DEPRESSION AND ANXIETY

Thursday, May 7 at 10:00 a.m., via Zoom

Presented by Los Angeles Department of Mental Health

Learn to recognize the symptoms of depression and anxiety in older adults. Find out what contributes to these problems and what needs to be done when you or someone you love suffers from depression or anxiety.

ACKNOWLEDGING LOSS AFTER DISASTER: HEALING BEGINS WHEN YOU HONOR WHAT IS GONE

First Tuesday of the month at 3:00 p.m. in person

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. Join these discussion groups to share experiences and receive support from others as we work through the healing journey. For more information contact The Welcome Desk at (626) 795-4331. To contact Foundation for Senior Services call (855) 836-0807 or via email at Info@TheFSS.org. Groups have a particular focus on those affected by the Eaton Wildfire. Registration is required to receive the Zoom link for Wednesdays. Please register to receive the link.

CAREGIVER WELLNESS: STRATEGIES FOR PREVENTING BURNOUT

Wednesday, May 20 from 2:00 to 3:30 p.m., via Zoom

Presented by Foundation for Senior Services

Learn how to identify signs of burnout, restore your reserves, and implement sustainable practices to support both yourself and those in your care. This class and discussion focus on those affected by the Eaton Wildfire. The session will begin promptly at 2:00 p.m., and we are unable to admit participants after the meeting has started. Please register to receive the zoom link.

MOVIE MATINEE AT 1:00 P.M.

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



May 1
Double Happiness
1h 27m
Drama
Rated PG-13



May 8
Antonia's Line
1h 42m
Drama,
Comedy
Rated R



May 15
Hold Back the Dawn
1h 56m
Romance
NR



May 22
Crooklyn
1h 55m
Drama
Rated PG-13



May 29
So Proudly We Hail
2h 6m
War
NR

DINE OUT AND BENEFIT PSC!

EL PORTAL

695 E Green St, Pasadena, CA 91101

Wednesday, May 27, Lunch and Dinner

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. El Portal 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.

2026 PASADENA SENIOR GAMES

At multiple venues around LA County

April 26 - June 27

Enjoy competition and camaraderie at the 31st Annual Pasadena Senior Games, Olympic-style competitions for adults 50+. Fifteen sports are offered. Elite to novice competitors are all welcome. For information and to register visit www.pasadenaseniorcenter.org/senior-games.

CONOZCA LAS ESTAFAS, NO SEA UNA VICTIMA

Jueves, May 14 a la 1:00 p.m.

Presentado por: Los Angeles Departamento of Mental Health

A medida que la tecnología mejora y la población de adultos mayores aumenta, el abuso financiero de los adultos mayores se vuelve más frecuente. Esta presentación define la explotación financiera, identifica técnicas de estafa comunes, como identificar una estafa y presenta consejos para prevenirlas y lidiar con ellas.

LET'S DE-STRESS

Friday, May 15, 22 & 29 at 9:00 a.m., 1:00 p.m. and 2:00 p.m.

Presented by Independence at Home

In this welcoming and supportive series, you'll connect with others and learn practical techniques to reduce stress, build healthier habits, and boost your mood. Each session offers a unique experience—from stress management tips and goal-setting for a healthier lifestyle to the uplifting practice of Bollywood Laughter Yoga.

THE GREAT AMERICAN SONGBOOK

Thursday, May 14 at 1:30 p.m.

Complimentary to members, \$5.00 - Nonmembers

You'll have a song in your heart as pianist Bob, vocalist Don and friends bring classic standards and Broadway tunes to life. Registration is suggested.

MAKING YOUR MONEY GROW IN RETIREMENT

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

Presented by Foundation for Senior Services

Learn the ins and outs of retirement accounts as we break down the pros, cons, and common pitfalls to help you make informed decisions. This session will also explore how low-cost annuities can be used to create a reliable income stream in retirement.

TECH LAB LALAPALOOZA

Monday - Friday, May 18 to 29 from 8:30 a.m. to 2:30 p.m.

Hosted by Mayfield Senior School, Seniors

Workshops are open to all! Get assistance and instruction on Android & Apple Smartphones; iPads & Laptops; Microsoft Office Suite; Social Media Applications. Appointments are recommended. To make an appointment call the Welcome Desk at [\(626\) 795-4331](tel:6267954331). Walk-ins are also welcome!

MEDIATION

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

Presented by Loyola Center for Conflict Resolution (LCCR)

We will discuss the types of conflicts that LCCR supports, including disputes between landlords and tenants, family members, neighbors, debt conflicts, and workplace disputes. LCCR creates a safe environment, enabling participants to reach durable agreements by evaluating their options—both legal and non-legal—and determining what solutions best suit their needs.

ASIAN AMERICAN PACIFIC ISLANDER HERITAGE MONTH CELEBRATION

Saturday, May 23 from 1:30 to 3:00 p.m.

*Presented by The Youth and Wisdom Alliance
Complimentary to members, \$5.00 - Nonmembers*

The South Pasadena High School Youth and Wisdom Alliance present an event in celebration of Asian culture and intergenerational connection, featuring music and other performing arts by high school students. These performances will be followed by a reception with light Asian snacks and refreshments. Space is limited, so early reservations are recommended!

MEMORIAL DAY SWING BAND CONCERT AND DANCE

Monday, May 25 from 2:00 to 4:00 p.m.

Sponsored by the Pipia/Ma Welcome Home Fund, supporting the self-care and well-being of veterans and military members.

Bring your neighbors and friends to enjoy a Memorial Day concert and dance with the Great American Swing Band's 14-piece Big Band. It's a

throwback to the vintage USO with popular tunes of the 1940s & 50s as we observe this national holiday and pay tribute to our veterans. Light snacks will be available. Advance registration is suggested.

HOW TO SPOT AND RESPOND TO ELDER ABUSE

Thursday, May 28 at 10:00 a.m., via Zoom

Presented by Foundation for Senior Services

This talk will help you recognize the signs of elder abuse, understand reporting laws, and explore available community and protective service resources. We'll also discuss current gaps in services and how you can play a role in supporting and protecting older adults.

Monthly Programs

FOOD BANK DISTRIBUTION PROGRAM

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

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.

HEALTH FAIR

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

JIGSAW PUZZLE COMPLETION CHALLENGE

Tuesday, May 26 at 1:30 p.m.

Sponsored by Social Services

Register a team or join a team by calling (626) 685-6733 by May 15.

LEGAL CONSULTATIONS

Thursday, May 7 at 10:00 a.m.

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.

MEDIATION, CONFLICT AND DISPUTE RESOLUTIONS

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

Presented by Loyola Center for Conflict Resolution

PRODUCE DISTRIBUTION ON THE PATIO

Friday, May 15 from 9:00 to 10:30 a.m.

(while supplies last)

Provided by the Order of Malta Mobile Ministries

WORD SEARCH CHALLENGE!

Beginning Monday, May 1; Deadline: Friday, May 29

Questions, please contact (626) 685-6733.

engage

enrich

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

Dion Ferguson, Deputy Director

(626) 685-6706 / DionF@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

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

Anil Arora, LCSW, Social Worker

(626) 685-6760 / AnilA@PasadenaSeniorCenter.org



Directory of local
resources available
upon request.