

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.

CARD MAKING WORKSHOP

Monday, June 1 at 1:30 p.m.

Join us for a fun-filled afternoon of card making. This workshop is open to all members and their guests. All the supplies you need will be provided, with 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).

GUIDED AUTOBIOGRAPHY I

Tuesdays, June 2 to June 30, from 10:00 a.m. to 12:00 p.m.

Presented by the Brirren Center for Autobiographical Studies

Are you looking for a way to make a record of your life story? This 5-week class includes a process that helps you recall and record the significant moments of your life. Each week new life story topics are assigned. Call [\(626\) 685-6732](tel:6266856732) to reserve your spot.

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

First Tuesday of the month at 3:00 p.m., via zoom

Second Wednesday of the month at Noon, via Zoom

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

In a culture that urges us to "move on," true healing asks us to engage our emotions and honor grief. This support group is about remembering in ways that bring peace, meaning, and wholeness.

For more information, contact the Welcome Desk at [\(626\) 795-4331](tel:6267954331) or Foundation for Senior Services at [\(855\) 836-0807](tel:8558360807) or Info@TheFSS.org. Registration is required to receive the Zoom link.

RECOGNIZING EARLY SIGNS

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

Presented by L.A. Department of Mental Health

This session trains caregivers to learn to recognize early red flags such as behavioral changes, appetite shifts, mobility decline, or medication-related concerns. Emphasis is placed

on accurate documentation, timely reporting, and understanding caregiver role boundaries to help prevent emergencies and escalation.

HELP WITH HANDHELD DEVICES

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

Get help with everyday technology questions in a friendly, supportive environment. No need to make a reservation. Just bring your smart phone or tablet and stop by!

DIABETES EMPOWERMENT AND EDUCATION PROGRAM

Wednesdays, June 10 thru July 15 from 9:30 to 11:30 a.m.

This program encourages lifestyle changes while learning about the condition diabetes and how it affects your health. Join us for this free self-management course offered in a relaxed and supportive environment. To register call [\(626\) 397-3376](tel:6263973376) and ask for Fatima Rojas. Attendees can arrive at 9:00 a.m. to check BP's and blood sugars before the class.

STRATEGIES FOR CAREGIVERS

FINDING BALANCE AND MANAGING EMOTIONAL FATIGUE

Wednesday, June 17 from 2:00 to 3:30 p.m., via Zoom

Presented by Foundation for Senior Services

Caring for others often comes at a personal cost. Learn how to identify signs of burnout, restore your reserves and implement sustainable practices to support both yourself and those in your care, practical and emotional risk management strategies. Please note this class and discussion has a particular focus on those affected by the Eaton Wildfire.

MUSE/IQUE ON THE ROAD

Monday, June 15 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 June concert The Sun Rises in Harlem. Registration is suggested.

GOOD SLEEP FOR EMOTIONAL WELLBEING FOR OLDER ADULTS

Wednesday, June 17 at 10:00 a.m., via Zoom

Presented by L.A. Department of Mental Health

Getting a good night's sleep is key for emotional well-being. Learn about the importance of sleep and get helpful tips on healthy sleep habits.

AGING WELL WHILE AGING SOLO: A GUIDED ROAD MAP

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

Presented by Foundation for Senior Services

View a step-by-step "road map" for aging well, covering housing transitions, social isolation prevention, and the importance of proactive planning.

THE GREAT AMERICAN SONGBOOK

Thursday, June 11 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 their friends bring classic standards and Broadway tunes to life, while also sharing stories about this unforgettable music. Registration is suggested.

2026 PASADENA SENIOR GAMES

Go for the gold! The 2026 Pasadena Senior Games wraps up with Coed Softball (June 12-13), Disc Golf (June 13), Powerlifting (June 14), Cycling (June 17), Fitness Challenge (June 20), and Table Tennis (June 27). Locations, fees, and deadlines to register vary. Elite, recreational, and novice competitors are all welcome. For information and to register call (626) 685-6755 or visit <https://www.pasadenaseniorcenter.org/activities-events/senior-games>.

THERAPY AND CASE MANAGEMENT IN SPANISH AND ENGLISH

Are you interested in talking or connecting? Are you looking for resources? At the Pasadena Senior Center we provide therapy and case management in English and Spanish for those impacted by the Eaton and Palisades fire. We are also providing ongoing care to all others. Please reach out to the Social Services team by calling (626) 685-6732.

DEPRESIÓN Y ANSIEDAD

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

Presentado por Los Ángeles Departamento de Mental Health

Aprenda a reconocer los síntomas de depresión y ansiedad en las personas mayores. Descubra que contribuye a estos problemas y qué se debe hacer cuando usted o un ser querido sufre de depresión o ansiedad.

A CULTURAL THURSDAY EVENT! CONVERGENCE: CONTEMPORARY ARTISTS OF ARMENIAN DESCENT

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

Presented by James Fishburne, Director Forest Lawn Museum

Complimentary to members, \$5.00 - Nonmembers

Convergence features the work of more than twenty artists of Armenian descent who push the boundaries of traditional mediums and challenge conventions with their daring visions. Museum Director James Fishburne gives us a personal guided tour via Zoom of this unique exhibit. Registration is required to receive the Zoom link.

The Fitness Center

VITALITY AND MOTION

**Mondays, June 1 to July 27 at 7:00 a.m.
or Wednesdays June 3 to July 29 at 7:00 a.m.**

\$70.00 for 9 weeks

Presented by Personal Trainer Carolyn Zorn

This is moderate circuit training for adults 50+. Build strength, mobility, cardio, and functional movement through timed stations and guided coaching. Designed for beginners to intermediate levels, helping you stay strong, steady, and energized. Registration is required.

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.



METRO MOBILE TAP CARD CUSTOMER CENTER

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

Sponsored by LA Metro

The Metro Mobile Customer Center will be here at the Health Fair to give Tap cards. Participants need to have a current form of ID CA driver's license or Passport to register.

E-WASTE DAY

Thursday, June 25 from 9:00 a.m. to 4:00 p.m.

This is an opportunity to responsibly dispose of obsolete computers and other electronic items such as televisions, monitors, medical equipment, smart phones, laptops etc. All items will be handled in an environmentally friendly manner. Please drop off your items in the patio area. Volunteers will be there to assist you. For more information call the Welcome Desk at [\(626\) 795-4331](tel:6267954331).

SENIOR LIVING OPTIONS: BE BETTER PREPARED

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

Presented by Foundation for Senior Services

We will discuss key factors older adults and their families should consider when contemplating a move, including understanding the differences in care options to meet physical, emotional, and financial needs.

SUMMER 2026 MASTERS SERIES LIFELONG LEARNING: ALAN CHAPMAN LIVE!

Tuesdays, June 30 – August 4 from 2:00 to 4:00 p.m.

Presented by Alan Chapman

\$90.00 – Members, \$108.00 – Nonmembers for the series

\$18.00 – Members, \$20.00 – Nonmembers for individual lectures

Alan Chapman shares his vast knowledge of music in six multimedia presentations. He will kick off the series with a new installment of his Musical Alphabet. Along the way he'll shine spotlights on Verdi and Debussy and take you on musical journeys to the North and to the South. Registration is suggested, walk-ins accepted.



A CULTURAL THURSDAY EVENT! AN INTRODUCTION TO CARE AND USE OF ROSES IN FLORAL WORK

Thursday, June 25 at 2:00 p.m.

Presented by Jaime Yamashita, Landscape Architect
Complimentary to members, \$5.00 - Nonmembers

Who doesn't love roses? Landscape architect Jaime Yamashita gives an introduction to roses, covering their history, main types, and practical care techniques tailored to Southern California conditions. There will also be tips and guidance for cutting and using roses in floral arrangements. Registration is suggested.

Monthly Programs

FOOD BANK DISTRIBUTION PROGRAM

Friday, June 5 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, June 19 from 9:00 to 11:00 a.m.

LEGAL CONSULTATIONS

Thursday, June 4 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, June 25 from 10:00 a.m. to Noon

Presented by Loyola Center for Conflict Resolution

PRODUCE DISTRIBUTION ON THE PATIO

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

(while supplies last)

Provided by the Order of Malta Mobile Ministries

WORD SEARCH CHALLENGE! AND GIVEAWAY

Beginning Monday, June 1; Deadline: Tuesday, June 30

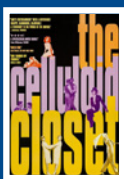
Questions, please contact (626) 685-6733.

MOVIE MATINEE AT 1:00 P.M.

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



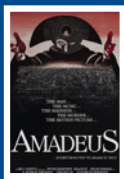
June 5
Muriel's Wedding
1h 45m
Romance,
Comedy
Rated R



June 12
The Celluloid Closet
1h 42m
Documentary
Rated R



June 19
The King of Masks
1h 41m
Drama
Rating: NR



June 26
Amadeus
2h 40m
Period Drama
Rated PG

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

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(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.