

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.



SUMMER 2026 MASTERS SERIES LIFELONG LEARNING

ALAN CHAPMAN LIVE!

August 4 from 2:00 to 4:00 p.m. in Person

Presented by Alan Chapman

\$15.00 – Members, \$20.00 – Nonmembers

Alan Chapman shares his vast knowledge of music in this multimedia presentation filled with musical examples and vibrant visuals. Registration is suggested. Walk-ins are welcome.

MANAGING YOUR MEDICATION

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

Presented by Los Angeles Department of Mental Health

Taking your medications correctly is one of the most important steps you can take to stay healthy. Learn what medication adherence means, why it matters, and how following your prescribed treatment plan can improve your health, reduce the risk of medication errors, and help you get the best results from your medications. Join us for practical tips to help you take your medications safely and with confidence.

TURNING PAGES, FINDING PEACE BOOK CLUB

Mondays beginning August 10 at 9:00 a.m. in English

Join us for a welcoming book club that explores stories centered on healing, resilience, and mental wellness through meaningful discussion. Each book selection will be read and discussed over 6–10 weeks, with the schedule determined by the group based on the length of the book. Our first book, which focused on trauma, has recently concluded. The next selection will continue the series with another book that explores mental health and well-being. Whether you're a returning participant or joining for the first time, we invite you to read, reflect, and connect in a supportive group setting.

EN FORMA Y PLENO

Martes, Agosto 11 a las 9:00 a.m. en el cuarto de Tecnología

Presentado por Los Angeles Departamento de Mental Health

Descubre cómo mantenerte en forma, tanto física como emocionalmente, puede ayudarte a estar sano y a mantener una actitud positiva. Descubre cómo crear redes de apoyo social y cómo esto puede beneficiarte a ti, a tus amigos, a tu familia y a la comunidad en la que vives.



CLUB DE LECTURA «PASANDO PÁGINAS, ENCONTRANDO PAZ»

Jueves a partir del 13 de agosto a las 10:00 a. m. (en español)

Únase a nuestro acogedor club de lectura, donde exploramos historias centradas en la sanación, la resiliencia y el bienestar mental a través de conversaciones significativas. Cada libro seleccionado se lee y comenta a lo largo de 6 a 10 semanas; el calendario exacto lo define el grupo según la extensión de la obra. Ya hemos concluido la lectura de nuestro primer libro, centrado en el tema del trauma. La próxima elección dará continuidad a la serie con otro libro que aborda la salud y el bienestar mental. Tanto si ya ha participado anteriormente como si se une por primera vez, le invitamos a leer, reflexionar y conectar con los demás en un entorno de apoyo mutuo.

SMART LONG-TERM CARE PLANNING

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

Presented by Foundation for Senior Services

Long-term care insurance helps protect your income, assets, and loved ones from the high costs of extended care not covered by health insurance or Medicare. This session explains how these policies work and why planning now is essential for financial security and reducing the emotional burden on your family.

THE GREAT AMERICAN SONGBOOK

Thursday, August 13 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 talented friends bring classic standards and Broadway tunes to vibrant life, while also sharing stories about this unforgettable music. Registration is suggested.

VITALITY AND MOTION

Mondays, August 17 through October 12 at 7:00 a.m.

Wednesdays, August 19 through October 14 at 7:00 a.m.

Cost: \$70.00 for 9 weeks

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.

EMOTIONAL SELF-CARE FOR THE COMPASSIONATE CAREGIVER

Wednesday, August 19 from 2:00 to 3:30 p.m., via Zoom

Presented by Foundation for Senior Services

As a caregiver, taking care of yourself is just as important as caring for others. Join us to explore the essential elements of self-care—including physical, emotional, professional, social, and financial well-being. You'll leave with practical, everyday strategies



SUMMER CONCERT SERIES

Tuesdays, August 18, 25, September 1, and Monday, September 7 from 5:00 - 7:00 p.m.

We're celebrating America's 250th Anniversary with a line up for American music from Broadway tunes to country, Roots music to Big Band. Each week features a different style of music – perfect for dancing and celebrating together.

Concert Schedule:

- August 18: Pam Kay's Tap Chicks with Franny McCartney
- August 25: The Silverados
- September 1: U.S. 99
- Labor Day September 7: The Great American Swing Band

Reservations are recommended, walk-ins welcomed, dancing encouraged! Invite your friends and family!

MOVIE MATINEE AT 1:00 P.M.

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



August 7
Parenthood
2h 4m
Comedy
Rated PG-13



August 14
Race
2h 14m
Biography
Rated PG-13



August 21
The Straight Story
1h 52m
Drama
Rated G



August 28
The Legend of Pancho Barnes
1h 5m
History
Rating: NR

to help you build a self-care routine that supports your health, resilience, and overall well-being. Registration is required to receive the Zoom link.

SPOT IT, STOP IT: ELDER ABUSE, FRAUD & SCAMS

Thursday August 20 at 10:00 a.m., via Zoom

Presented by National Center on Elder Abuse

Older people are mistreated more often than we think, and most cases of elder abuse go undetected. This session will cover the types of abuse (including fraud and scams), how to spot the warning signs, and what you can do to protect yourself and your community.

MAKING THE MOST OF YOUR LIFE INSURANCE

Thursday, August 27 at 10:00 a.m., via Zoom

Presented by Foundation for Senior Services

Before canceling or allowing your life insurance policy to lapse, learn about the options that may be available to you. This informative session will explain how to understand your policy's value, review your coverage, and explore whether a life insurance settlement could be a beneficial financial option for your needs.



A CULTURAL THURSDAY EVENT!

A BEGINNER'S GUIDE TO READING CHARLES DICKENS

Thursday, August 27 at 2:00 p.m., via Zoom

Presented by Annie Laskey

Complimentary to Members, \$5.00 - Nonmembers

Laugh-out-loud humor, ghost stories, love stories, ripped-from-the-headlines political and social commentary, unforgettable characters, and even a talking raven – Charles Dickens novels have it all. Join long-time Dickens fan Annie Laskey, who along with special guests will provide tips for reading and enjoying the extraordinary work of this literary giant. Registration is required to receive the Zoom link.

BUILT TO LAST: MEN'S HEALTH ESSENTIALS

Friday, August 28 at 9:30 a.m. in the East Conference Room

Presented by Huntington Health

From managing heart disease to prostate health, learn about common men's health concerns, important screenings, and easy simple steps you can take to live a healthier life. This lecture is open to all community members interested in learning more about men's health and supporting the well-being of the men in their lives.

CRIME & MYSTERY BOOK CLUB

Once a Month on Saturdays at 10:00 a.m., August 29, September 19, October 24, November 14, & December 12

Do you enjoy suspense, intrigue, and unraveling a good mystery? Join our crime and mystery book club, where avid readers come together to explore captivating whodunits, thrilling detective stories, and bestselling suspense novels. Each month, members read a selected mystery or crime novel and gather for lively discussions about plot twists, memorable characters, clues, suspects, and surprising endings. Registration is required.

MUSE/IQUE ON THE ROAD

Monday, August 31 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 August concert Looking West, exploring how art and music shaped our perspective of the American Frontier. Registration is requested.

TRAVEL THE WORLD WITH YOUR PASADENA SENIOR CENTER FRIENDS IN 2027!

We are excited to present five unforgettable group travel experiences. Travel with familiar faces, enjoy the support of experienced tour leaders, and create lasting memories with your friends from the Pasadena Senior Center.

- **March 14-21- Classic California Coast Cruise**
- **May 17-28 - The Art of Italy**
- **July 18-24 - First Passage to the West**
- **October 3-11 - Classic Fall Foliage**
- **December 14-21 - Rhine Castles & Swiss Alps Christmas Markets**

Let's explore the world together in 2027. Watch for upcoming travel presentations and information sessions. To learn more: Monrovia Travel at [\(626\) 359-8331](tel:6263598331) or info@monroviatravel.com.

#AGEWELL DAY 2026

Saturday, September 19 from 9:00 a.m. - 2:00 p.m.

Join us for a day at the Pasadena Senior Center! This half-day conference celebrates all the ways older adults can be their best selves in mind, body, and spirit. We will host an assortment of lectures, classes, workshops, resources, and refreshments. The schedule and details will be announced this month on our website. Reservations are suggested.



LET'S TALK THURSDAY VIRTUAL SESSIONS

Join us every Thursday from 10:00 to 11:00 a.m. in the Lounge to watch the live-streamed *Let's Talk* lecture, learn something new, and connect with others in the community.

Monthly Programs

FOOD BANK DISTRIBUTION PROGRAM

Friday, August 7 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, August 21 from 9:00 to 11:00 a.m.

LEGAL CONSULTATIONS

Thursday, August 6 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, August 27 from 10:00 a.m. to Noon

Presented by Loyola Center for Conflict Resolution

PRODUCE DISTRIBUTION ON THE PATIO

Friday, August 21 from 9:00 to 10:30 a.m.

(while supplies last)

Provided by the Order of Malta Mobile Ministries

WORD SEARCH CHALLENGE! AND GIVEAWAY

Starts Monday, August 3; Deadline: Friday, August 28

Questions, please contact (626) 685-6733.



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Pasadena CA 91103

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Pasadena Senior Center

a donor-supported nonprofit organization

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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

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Anil Arora, LCSW, Director of Social Services and Community Wellness

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



Directory of local
resources available
upon request.