

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 CONCERT SERIES

Tuesday, 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:

- **September 1: U.S. 99**
- **September 7: The Great American Swing Band**

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

BASIC BOOK WRITING WORKSHOP

Wednesdays, September 2 to 23 from 9:30 to 11:30 a.m.

Presented by Bozana Belokosa

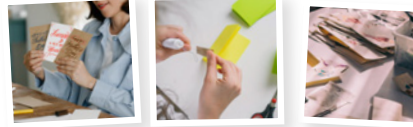
All are welcome to enjoy an informative and supportive class experience, gaining helpful insights and sharing feedback with peers to move their writing projects forward. Bring your book or manuscript and a pencil as you continue working toward your future literary masterpiece. For more information contact bozanabelokosa@yahoo.com. Registration is suggested.

SUPPORTING EMOTIONAL WELL-BEING OF CAREGIVERS

Thursday, September 3 at 10:00 a.m., via Zoom

Presented by Vidid Life Home Care

This session addresses the emotional and mental health needs of caregivers. Participants explore common stressors such as burnout, compassion fatigue, and role strain, and learn practical strategies to build resilience, set healthy boundaries, and practice self-care. The session highlights communication skills, peer support, and recognizing when additional support is needed, reinforcing that caregiver well-being is essential to sustaining high-quality care. Registration is required to receive the Zoom link.



CARD MAKING WORKSHOP

Monday, September 14 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.

THE PLEASURE OF POETRY AND HOW IT CAN MOVE YOU

Monday, September 21 at 2:00 p.m.

We'll explore poetry from major poets across time and place, engaging both mind and emotion through language. All forms are welcome—from traditional lyric poems to contemporary song lyrics. Our sessions will include a variety of approaches, including listening to recordings of poets and other performers reading their work. Participants are also invited to share a poem by one of their favorite writers. Club Leader: Steve Dyer

THE IMPORTANCE OF PAPER ORGANIZATION

Thursday, September 10 at 10:00 a.m. via Zoom

Presented by Foundation for Senior Services

Learn to organize vital documents before a crisis occurs. This talk covers which documents families need and how to ensure loved ones can locate them during a hospitalization or emergency. Registration is required to receive the Zoom link.

CREATING SAFE SPACES FOR CREATIVITY

Wednesday, September 16 from 2:00 to 3:30 p.m., via Zoom

Presented by Foundation for Senior Services

Discover how creative expression can support healing, reduce stress, and inspire self-discovery. Learn how to create welcoming environments that encourage honest expression through art, writing, and storytelling. Whether you're nurturing your own creativity or supporting others, you'll leave with practical ideas for fostering connection and personal growth. Registration is required to receive the Zoom link.

STRESS MANAGEMENT

Thursday, September 17 at 10:00 a.m., via Zoom

Presented by L.A. Department of Mental Health

This presentation defines stress and describes its different forms and explains the ways in which stress can impact one's life. Tips are offered to assist older adults in dealing with stress more effectively to improve their quality of life.



A CONVERSATION WITH T.C. CLEMONS

SPORTS, SERVICE, RESILIENCE

Thursday, September 17 at 2:00 p.m.

Complimentary to Members, \$5.00 - Nonmembers

Tony "TC" Clemons will tell you that he's just an ordinary guy; an ordinary guy who happens to be an elite athlete, Veteran, entrepreneur, and civil servant. He also sustained a major injury eight years ago from which he has come back stronger and more competitive than ever. TC will engage and inspire you. Reservations are suggested.

TRAVEL WITH PSC! RILEY'S FARM APPLE HARVEST DAY TRIP

Thursday, October 8, 2026

Celebrate the beauty of fall with a delightful day in the scenic apple orchards of Oak Glen!

Your Day Includes:

- Round-trip deluxe motorcoach transportation
- Colonial Tavern lunch
- Hayride
- The Stamp Act interactive presentation
- Free time to explore Riley's Farm
- Monrovia Travel tour hosts

To learn more: Scan QR code, or contact Monrovia Travel at (626) 359-8331 or info@monroviatravel.com.



MOVIE MATINEE AT 1:00 P.M.

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



September 4
Matewan
2h 12m
Drama, History
Rated PG-13



September 11
Man on Wire
1h 34m
Documentary
Rated PG-13



September 18
Sweet Bean
1h 53m
Drama
NR



September 25
Pennies from Heaven
1h 48m
Musical, Drama
Rated R

#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. Reservations are suggested.

BUILDING BRAIN-HEALTHY HABITS

Monday September 21 at 1:30 p.m.

Presented by The STEP Initiative (Support, Treatment, Education, and Prevention), a student-led community organization at West Ridge School

Healthy lifestyle habits can help support brain health and reduce the risk of cognitive decline. Whether you're interested in maintaining your own cognitive health or helping a loved one, this informative presentation will provide practical tips and valuable resources. Learn everyday steps to support cognitive health. Registration is required.

LEAVING PEACE, NOT PROBLEMS FOR YOUR FAMILY

Thursday, September 24 at 10:00 a.m., via Zoom

Presented by Foundation for Senior Services

This educational workshop for seniors and families addresses the stress and conflict that arises when families are unprepared for a loved one's passing, focusing on funeral wishes, paperwork, and finances. Registration is required to receive the Zoom link.

JIGSAW PUZZLE COMPLETION CHALLENGE

Thursday, September 24 from 1:30 to 2:45 p.m.

Sponsored by Social Services

Put your teamwork to the test! Complete in teams of four to complete a 200-piece jigsaw puzzle. All groups will work on the same design, puzzles are provided. To register, contact Social Services with your group or we will match you with a team. All are Welcome to participate. Any questions call Carmen at (626) 685-6732.

A CULTURAL THURSDAY EVENT!

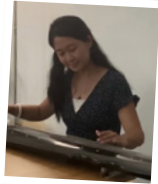
MID-AUTUMN MOON FESTIVAL CONCERT

Thursday, September 24 at 2:00 p.m.

Presented by the Chiao Family Singers and Maile Plan

Complimentary to Members, \$5.00 - Nonmembers

The Chinese have marked the season of harvest with a celebration known as the Mid-Autumn or Moon Festival. We will celebrate with a performance by the Chiao Family Singers featuring classic American songs about the moon along with traditional Chinese songs. Also on the program is Maile Plan, playing the traditional Chinese stringed instrument known as the Guqin. Reservations are suggested.



EXPRESSIVE ARTS GROUP

Saturdays, September 26 to November 14 from 9:00 to 10:30 a.m.

Presented by PSC's own Jessica Lui, LCSW

\$50.00 per person for the 8 week class

Art has the ability to help us express ourselves, reflect, and connect with others in a way that words often cannot. Whether you've been wanting to try something creative or are looking for a new artistic outlet, come and learn to create an eclectic mix of enjoyable and stimulating multimedia art projects (please note that some projects require fine motor skills). The group will conclude with an art show that will be open to all family and friends.

FLU SHOT VACCINE CLINIC

Thursday, October 1 from 9:00 a.m. - 12:30 p.m.

Presented by Pasadena Health Department

Appointments are recommended, but walk-ins are welcome.

VETERANS CONNECT AT PASADENA SENIOR CENTER

VETERAN MONTHLY COFFEE & CHAT

Tuesday, September 8 at 9:00 a.m.

Enjoy fresh coffee, warm conversation, and meaningful connections with fellow Veterans on the patio. Bring a friend or another service member—we'd love to welcome them!

VETERAN MONTHLY POWER HOUR

Tuesday, September 15 at 2:00 p.m.

Stay active and support your health with an hour designed for Veterans. Take a walk, lift weights, receive guidance on proper exercise form from a trainer, or simply spend time in the Fitness Center with fellow Veterans.



The Fitness Center

VITALITY AND MOTION

Thursdays, September 10 through November 5 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 and functional movement through guided fitness coaching. Designed for beginners to intermediate levels. 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

Our dedicated trainers are here to empower you, helping you reach your specific fitness goals in a supportive and welcoming 1-on-1 environment. For more information, contact the Welcome Desk.

Monthly Programs

FOOD BANK DISTRIBUTION PROGRAM

Friday, September 14 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, September 18 from 9:00 to 11:00 a.m.

LEGAL CONSULTATIONS

Thursday, September 3 at 10:00 a.m.

LUNCH PROGRAM

Monday Thru Friday at 11:30 a.m. at a first come first served basis. The Center is closed on Labor Day, September 7.

Donations are accepted but not mandatory. You must be 60 years of age.

MEDIATION, CONFLICT AND DISPUTE RESOLUTIONS

Thursday, September 24 from 10:00 a.m. to Noon

Presented by Loyola Center for Conflict Resolution

PRODUCE DISTRIBUTION ON THE PATIO

Friday, September 18 from 9:00 to 10:30 a.m.

Provided by the Order of Malta Mobile Ministries

WORD SEARCH CHALLENGE! AND GIVEAWAY

Starts Tuesday, September 1; Deadline: Friday, September 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

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

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, Director of Social Services and Community Wellness

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



Directory of local
resources available
upon request.