

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.

MUSE/IQUE ON THE ROAD

Monday, November 2 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 final program of 2026 features music and stories from MUSE/IQUE's October concert American Music Takes Flight. Reservations are suggested.

¿QUÉ SON LOS BAJONES EMOCIONALES DURANTE LAS FIESTAS?

Martes, 3 de Noviembre a la 1:00 p.m.

Presented by LA County Department of Mental Health

Las fiestas pueden ser una época maravillosa del año, llena de familia, tradiciones y recuerdos especiales. Pero también pueden traer sentimientos de soledad, tristeza, estrés o nostalgia por las personas que ya no están con nosotros. Acompáñenos en una conversación reflexiva y de apoyo sobre las emociones que a veces surgen durante la temporada de fiestas. Hablaremos sobre cómo reconocer algunas señales comunes de la "tristeza durante las fiestas", incluyendo cambios en el estado de ánimo, el sueño, el apetito y los niveles de energía, así como sentimientos de soledad o estrés.



2026 FALL MASTERS SERIES

NATIVE AMERICAN INDIGENOUS HISTORY, TRADITIONS, AND FUTURISM

Tuesdays, November 3, 10, & 17 at 2:00 p.m. to 4:00 p.m. in Person

Presented by Members of the Gabrieleno-Tongva Nation

Series \$45.00 - Members, \$50.00 - Nonmembers

Individual tickets \$18.00 - Members, \$20.00 - Nonmembers

We will look at the Native American indigenous experience, focusing on California. Members of the Gabrieleno-Tongva Nation will share history,

traditional practices, and understanding of contemporary issues facing Indigenous people locally and on the national level. The series will explore how the natural world continues to guide cultural practices, responsibilities, and ways of living in harmony with Mother Earth. These programs are in-person and will not be recorded. Reservations are suggested.



JIGSAW PUZZLE COMPLETION CHALLENGE

Wednesday, November 4 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 on [\(626\) 685-6732](tel:6266856732).

HEALTH ENRICHMENT PROGRAM

Thursdays, November 5 to December 3 at 9:00 a.m.

Presented by USC Occupational Therapy Students

Do you feel confident getting up from the floor, climbing stairs, sitting down and standing up? Enhance your well-being with practices designed to advance and improve daily function through physical, cognitive, emotional, and social health. Participants receive instruction in and practice movements to gain strength, power, and mobility to complete successful strength training workouts as well as achieve improvement in daily tasks. Space is limited and registration is required.

WHAT ARE THE "HOLIDAY BLUES"?

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

Presented by LA County Department of Mental Health

The holidays can be a wonderful time of year, filled with family, traditions, and special memories. But they can also bring feelings of loneliness, sadness,

stress, or missing those who are no longer with us. Join us for a thoughtful and supportive conversation about the emotions that sometimes accompany the holiday season. We will talk about recognizing common signs of the "Holiday Blues," including changes in mood, sleep, appetite, energy, and feelings of loneliness or stress.

LIVING ROOM CONVERSATIONS

Every Thursday beginning November 5 at 1:30 p.m.

Presented by USC Social Work Intern & Occupational Therapy Students

Come explain your cares away! Join us in this welcoming space where members can share everyday frustrations, laugh together, and feel heard in a relaxed and supportive environment. This engaging group encourages conversation, connection, and creative coping strategies that promote emotional well-being and community.



A CULTURAL THURSDAY EVENT!

GABRIELENO-TONGVA CULTURE

Thursday, November 5 at 2:00 p.m.

Presented by Samantha M Johnson Yang, Tribal Ecologist, Gabrieleno Tongva San Gabriel Band of Mission Indians

Explore the cultural traditions of the Gabrieleno-Tongva people, with a focus on traditional food systems, maritime culture, and the relationship between people, land, and ocean. Tribal Ecologist Samantha J. Yang examines how Mother Earth provided the food, water, plants, animals, and natural resources needed to sustain life in Southern California for countless generations prior to the arrival of European settlers. Reservations are requested.

GARDENING CLUB: NO YARD? NO PROBLEM!

Fridays at 9:00 a.m.

Join others in growing fresh veggies & herbs – with no yard required. Discover the joy of Gardening on Patios, balconies, and community spaces. We offer expert tips, shared tools and space. Each month we will help you cultivate fresh home grown produce. Whether you're new to gardening or have a green thumb everyone is welcome! Club Captain: Richard Tushemereuwe, aclenet2019@gmail.com.

FICTION WORKSHOP

Saturdays, November 7 & 21 at 10:00 a.m.

Presented by High School Student, Phoebe Fan

Have a story to tell? Bring it to life! Join us for a welcoming, low-pressure fiction workshop where you can turn memories, experiences, and ideas into creative stories. Explore new perspectives, share ideas, and connect with others through friendly, encouraging discussion. No writing experience is necessary—just bring your imagination and a story to tell!

MOVIE MATINEE AT 1:00 P.M.

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



November 6
One Flew Over the Cuckoo's Nest
Runtime: 2h 13m
Genre: Drama
Rating: R



November 13
Man on Wire
Runtime: 1h 56m
Genre: Drama, History
Rating: R



November 20
Big Night
Runtime: 1h 47m
Genre: Comedy, Drama
Rating: R

Dine Out and Benefit PSC!

TWOHEYS RESTAURANT

424 Fair Oaks Ave, South Pasadena

Wednesday, November 4 from 9:00 a.m. – 9:00 p.m.

Take a break for lunch or leave the dinner preparation to Twoheys Restaurant on November 4 in support of the Pasadena Senior Center. Twoheys is giving back and will graciously donate 20% of its dining profits back to the Pasadena Senior Center. Pick up the Twohey flyer at PSC and leave it with your server. The Pasadena Senior Center thanks you!

MEDICARE ADVANTAGE: WHAT'S COVERED—AND WHAT'S NOT

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

Presented by Foundation for Senior Services

Join us for an informative webinar that will explain what's included in Medicare Advantage. We'll also review provider networks, prior authorization, copayments, and services that may not be covered.

THE GREAT AMERICAN SONGBOOK CELEBRATES VETERANS

Thursday, November 12 at 1:30 p.m.

Complimentary to Members, \$5.00 - Nonmembers

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. This special show in honor of Veterans Day highlights music for, by, and saluting members of the Armed Forces. Registration is suggested.

10 ACTION STEPS TO TAKE AGAINST ALZHEIMER'S

Friday November 13 at 1:30 p.m.

Organized by the rising Juniors at Westridge School in Pasadena

Sometimes just hearing about Alzheimer's disease can feel overwhelming. However, there are many meaningful steps everyone can take today to reduce their risk and delay their onset of Alzheimer's. Join us to explore 10 practical ways you can act against Alzheimer's, from nutritious reforms in your diet to clinical research trials that you can join.

CREATING NEW HOLIDAY TRADITIONS & MEMORIES

Wednesday, November 18 at 2:00 p.m., via Zoom

Presented by Foundation for Senior Services

The holidays can bring a mix of emotions, especially after a disaster has changed familiar places, traditions, and routines. Join us for a supportive conversation about honoring the

traditions and memories that matter while finding meaningful ways to create new ones. Together, we'll explore simple ideas for bringing comfort, connection, and hope to the holiday season.

KEY PILLARS TO BRAIN HEALTH

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

Presented by Pacific Neuroscience Institute Foundation

This interactive presentation will explore the evidence-informed lifestyle behaviors that support brain health, cognitive wellness and quality longevity. Participants will learn about the importance of restorative sleep, stress management, social engagement, physical activity, cognitive stimulation, and brain-healthy nutrition. We will explore examples of cognitive training and how to incorporate these techniques into everyday life to improve attention and short-term memory and cover resources available to address personal cognitive concerns and brain health goals.

Holidays at PSC

THANKSGIVING LUNCHEON

Thursday, November 26 from 1:00 to 3:00 p.m.

\$20.00 - Members, \$25.00 - Nonmembers

Join us for a traditional Thanksgiving meal with all the trimmings! Tasty food, seasonal decorations, and music are all part of our long-standing tradition of hosting a luncheon on Thanksgiving Day. Reservations will close on Friday, November 20. Tickets will not be available at the door. This event sells out. Buy your tickets early! Vegetarian meals available upon request at registration.

CHRISTMAS LUNCHEON

Friday, December 25 from 1:00 to 3:00 p.m.

\$20.00 - Members, \$25.00 - Nonmembers

Spend Christmas Day with us! A merry meal will be served, Santa Claus will be on hand, and pianist Steve Ormond will be playing holiday favorites. Reservations will close on Sunday, December 20. Tickets will not be available at the door. This event also sells out. Buy your tickets early! Vegetarian meals available upon request at registration.

PRE-NEW YEAR'S EVE CELEBRATION!

Tuesday, December 29 from 3:00 to 4:30 p.m.

\$15.00 - Members, \$20.00 - Nonmembers

Get a jump on welcoming 2027 with a festive concert and dance party featuring the Great American Swing Band. Party hats, noisemakers, and snacks will be provided, as well as champagne for everyone to toast to the New Year! Festive attire is encouraged; advanced reservations are suggested.

engage

enrich

empower

Pasadena Senior Center

a donor-supported nonprofit organization

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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

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Directory of local
resources available
upon request.