# **Senior Moments**





A PUBLICATION OF SIERRA MADRE COMMUNITY & PERSONNEL SERVICES DEPARTMENT AND SENIOR COMMUNITY COMMISSION

September 2011

## <u>September is Senior Center Month</u>

NCOA's National Institute of Senior Centers has designated September as Senior Center Month

"It Happens at My Senior Center"

Even though the Hart Park House Senior Center is under renovation, things are still "happening" at the center's temporary home in the Community Recreation Center (611 E. Sierra Madre Blvd.) so please join us:

- September 2nd The Senior Lunch Café is serving a special menu
  of Cheese Burgers with all the fixings & apple pie for dessert in
  celebration of Labor Day; Noon . \$2 donation- advance
  reservations required by calling 355-0256.
  - September 7th Community meeting regarding the proposed assisted living facility being built in Sierra Madre. Come to the Recreation Center at 6:30 pm to hear more or to ask questions.
  - September 15th Senior Excursion to the Historic Graber Olive House (see next page for more details).
    - September 21th Lunch & Learn; 12:20 pm. Join us for this special presentation by Lending a Paw, Therapy Dogs & meet some of their certified dogs. A special dry dog food collection will take please so please bring a bag to donate to families facing financial difficulties (donation not required to attend).
    - September 24th Wellness in the Park; 9 am to 12 noon in Memorial Park. Free information including hearing & osteoporosis screenings and flu shots (Medicare participants - \$25 for others) plus the Senior Commission will be handing out the *File of Life* medical information packet to residents.

Come early and enjoy the Kiwanis Pancake Breakfast 7 am to 11 am at \$5 per person

 September 30th - The Final Scoop - come build your own ice cream treat as we end our month of activities; 12:30 pm

For more information about the activities listed, please call the Senior Desk at (626) 355-7394.

#### **DATES TO REMEMBER:**

- SEPTEMBER 5 CENTER
  CLOSED LABOR DAY
- SEPTEMBER 13 NO
   BLOOD PRESSURE CHECKS
   THIS MONTH
- SEPTEMBER 15 SENIOR EXCURSION
- SEPTEMBER 21 LUNCH & LEARN
- SEPTEMBER 24 WELLNESS
   IN THE PARK

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## Senior Moments - Monthly Excursions



#### SEPTEMBER EXCURSION

THURSDAY, SEPTEMBER 15th - Historic Graber Olive House in Ontario.

Participants will get a short tour & history of the Graber Olive as well as learn more about how they are harvested. After the tour you will venture to a local restaurant to have lunch before heading back to Sierra Madre.

The bus will leave the Community Recreation Center at 10 am and return around 2 pm.

Cost is \$8 per person (transportation & tour only) so please bring additional money for lunch.

#### SAVE THE DATE

SATURDAY, OCTOBER 22ND - Big Bear Oktoberfest; \$36 per person.

Registration begins September 7th online or in person.

\*THURSDAY, NOVEMBER 17TH - Historic Castle Tour & Lunch at the Mission Inn, Riverside.

\*THURSDAY, DECEMBER 15TH - Candlelight Pavilion Christmas Show in Claremont.

\*Reservation for this excursion will start on September 26th either by visiting the Recreation Center in person or going online at www.cityofsierramadre.com/onlineregistration

## **AARP Safe Driving Class**



Next class: October 25th & 26th - 9 am to 1 pm both days \$12 for AARP Members & \$14 for Non-members

Please call the Senior Desk at (626) 355-7394 to register in advance (10 person minimum for class to run) or for more information.

## September 2011 - Monthly Activities

\*All activities are taking place at the Sierra Madre Community Recreation Center, 611 E. Sierra Madre Blvd., during the renovation of the Hart Park House Sr. Center.

#### Monday: Closed September 5th

- 12 noon: Intervale Lunch Café: Come enjoy a hot meal with others. Donation for seniors (60+) of \$2.00; visitors \$3.75. Please call 355-0256 to make your daily reservation.
- 1:00 pm to 1:45 pm: Strength training with Lisa Brandley. FREE class of stretching with light hand weights while you sit.

#### Tuesday:

- No FREE blood pressure checks by Methodist Hospital this month; join us October 11th at 11 am
- 12 noon: Intervale Lunch Café; daily reservations needed 355-0256
- 1:30 pm to 3:30 pm: BINGO; cards are only 25 cents each so stop by & play
- 5:15 pm to 6:45 pm: Yoga; \$6.00 50 & over. Please call 355-5278 for more information

#### **Wednesday:**

- 11 -11:45 am: Balance Class with Teryl. FREE class designed to improve balance & refresh the joints
- 12 noon: Intervale Lunch Café; daily reservations needed 355-0256
- 2nd Wednesday of the month: FREE Legal Consultations: 10-11:30 am. Appointments call 355-7394
- Wii Wednesday 1:00 pm or call the senior desk at 355-7394 to arrange another time & day to learn how to play. No previous experience or skills required and it is great exercise.

#### Thursday:

- 12 noon: Intervale Lunch Café; daily reservations needed 355-0256
- 1:00 to 3:30 pm: Game Day. Join us for Poker with Bridge on the 2nd & 4th Thursdays; so please call
  for more information.

#### Friday: City Hall Closed on September 9th & 23rd

12 noon: Intervale Lunch Café; daily reservations needed 355-0256

<u>Saturday</u>: 11:30 am: Senior Club brown bag lunch and BINGO at 12:30 pm. <u>The Senior Club is meeting</u> at the Senior Apartments - 70 Esperanza Ave., Sierra Madre

### Pasadena Highlands & Accredited Sponsor Bingo Prize

Pasadena Highlands, an independent and assisted living community, is proud to provide a special gift basket on the first Tuesday of each month. Accredited In-Home nursing care will provide a special prize on the 4th Tuesday of each month. Bingo takes place every Tuesday at 1:30 pm in the Hart Park House / Senior Center in Memorial Park. The game begins at 1:30 pm but those wishing to play must arrive 10 minutes before to secure your Bingo cards.

Join us on the 1st & 4th Tuesday of each month for your chance to win these special prizes.



"Creating Community through People, Parks and Programs"

#### CITY OF SIERRA MADRE / SENIOR SERVICES

Community Recreation Center 611 E. Sierra Madre Blvd. Sierra Madre, CA 91024

Coordinator: Susan Clifton Phone: 626.355.7394

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#### **FALL WATER AEROBICS**

Tuesdays & Thursdays
September 13th to October 27th
\$20 per 4 class punch pass

The Sierra Madre Aquatics Center is continuing water aerobics through the fall season! The benefits of water exercise include low impact, resistance and cardiovascular training in a fun environment. This is a low impact workout and all swimming abilities welcome.

For more information, please call (626) 355-5278.

REMINDER: the Senior Lunch is being served at the Sierra Madre Community Recreation Center, 611 E. Sierra Madre Blvd., during the Senior Center Renovation Project.

Lunch Café — September Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
Lunch is served at 12 noon, please arrive by 11:45 am	Please call 355-0256 to make a lunch reservation		1 Chicken Soup & Salmon	2 Bean Soup & Cheeseburgers
5 Labor Day	6	7	8 Birthday Cake	9
Center is Closed	Lentil Soup & Teriyaki Pork	Tomato Soup & Fish or Chicken	Broccoli Soup & Roast Beef	Corn Soup & Tuna Salad Sandwich
12	13	14	15	16
Squash Soup & Oven Fried Chicken	Split Pea Soup & Salmon or Pork	Chicken Soup & Beef Lasagna	Soup & Chinese Chicken Salad	Potato Soup & Beef Fajitas
19	20	21	22	23
Bean Soup & Tur- key Ala King	Corn Soup & BBQ Pork Sandwich	Split Pea Soup & Chefs Salad	Broccoli Soup & Rosemary Chicken	Squash Soup & Sub Sandwich
26	27	28	29	30
Lentil Soup & Beef Macaroni Casserole	Tomato Soup & Teriyaki Chicken	Chicken Soup & Salmon	Lentil Soup & Pork Tostada Salad	Broccoli Soup & Roast Beef

<sup>\*</sup>All meals also include low fat milk, whole grain roll with margarine and dessert (fresh fruit or pie). Also, on the 2nd Thursday of the month the Café hosts a special "Birthdays of the Month" party with cake & ice cream.