Senior Moments





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

November 2011



DATES TO REMEMBER:

- NOVEMBER 3 SENIOR
 COMMISSION MTG; 3 PM
 AT CITY HALL
- NOVEMEBR 8 BLOOD
 PRESSURE CHECKS
- NOVEMBER 11 VETERANS
 DAY; CITY SERVICES
 CLOSED
- NOVEMBER 18 SENIOR
 EXCURSION
- NOVEMBER 24 & 25 -HAPPY THANKSGIVING;
 CITY SERVICES CLOSED

Inside this issue:

EXCURSIONS

LUNCH & LEARN

ACTIVITIES

LUNCH CAFÉ MENU



REMINDER: Sunday, November 6th - Daylight Savings Time ends so turn your clocks back one hour before bed on Saturday night.

Senior Moments - Monthly Excursions

NOVEMBER & DECEMBER EXCURSIONS

New date: FRIDAY, NOVEMBER 18TH - Historic Castillo Isabella Castle Tour &

Lunch at the Mission Inn, Riverside. You will travel by deluxe coach to Riverside to tour the medieval-Spanish style castle and then enjoy a buffet lunch at the Riverside Inn. Cost per person is \$34 for both the tour & lunch. The bus will leave at 9 am and return at 3 pm. SPACE IS STILL AVAILABLE FOR THIS EXCURSION

SOLD OUT

THURSDAY, DECEMBER 15TH - Candlelight Pavilion Christmas Show in Claremont. early. Departure time is 10:30 am and the bus will return around 4 pm.

Registration can be done either by coming to the Community Recreation

Office, 611 E. Sierra Madre Blvd. in person (M-TH 8:30 am to 6:30 pm) or online

at www.cityofsierramadre.com/onlineregistration

SPECIAL LUNCH & LEARN ARE YOU PREPARED?

Join us on

Wednesday, November 9th 12:20 pm

Community Recreation Center 611 E. Sierra Madre Blvd.

Presentation by *Earthquake Solutions* is FREE but if you wish to have lunch first, please call Darlene at (626) 355-0256 to make advance reservations - lunch is served at 12 noon.

November 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:

- 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: City Hall & Lunch Café Closed Nov. 24 - Happy Thanksgiving

- 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 Nov. 4, 11, 18 & 25 and Lunch Café closed on Nov. 11 & 25

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: 626.355.5278

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Seasonal Flu Shots

At this time the LA County Health Department is no longer hosting free flu shot clinics in Sierra Madre and if you missed the Wellness in the Park on you can still get a free shot at:

The Monrovia Health Center, 330 Maple Ave. Shots are available during the week. PLEASE CALL FIRST for available hours & days. (626) 256-1600

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 — November Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
Lunch is served at 12 noon, please arrive by 11:45 am	1 Mexican Soup & Beef Fajitas	Split Pea Soup & Salmon	3 Chicken Soup & Sub Sandwich	Tomato Soup and Sweet & Sour Pork
7	8	9	10 Birthday Cake	11 Veteran's Day
Lentil Soup and Beef Mac & Cheese	Squash Soup & Tostada Salad	Vegetable Soup & Baked Chicken	Bean Soup & Roast Beef	CENTER CLOSED
14	15	16	17	18
Potato Soup & Sloppy Joes	Split Pea Soup & Salmon or Pork	Soup & Chinese Chicken Salad	Lentil Soup & Teriyaki Pork	Tomato Soup & Tuna Salad
21	22	23	24	25
Vegetable Soup & Hot Beef Sandwich	Lentil Soup & Baked Ham	Squash Soup & Turkey w/ gravy	Happy Thanksgiving	CENTER CLOSED
28 Tomato Soup & Salisbury Steak	29 Soup & Rosemary Chicken	30 Corn Soup & Tuna Salad		Please call 355-0256 to make a lunch reservation

^{*}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.