# **Senior Moments**



#### **OCTOBER 2012**



2012 Community Yard Sale

## Fall Community Yard Sale

Due to the success of the 2012 Community Yard Sale this past June, the City of Sierra Madre Senior Community Commission is hosting a Fall Community Yard Sale on Saturday, November 10, 2012 from 8:00 a.m. to 12:00 p.m. located in the Sierra Vista Park Parking Lot (611 E. Sierra Madre Blvd.).

Participants have the opportunity to clean out their garages, attics, storage sheds and closets. Any items after the event may be donated to the Sierra Madre Woman's Club Wistaria Thrift Shop.

Fee for a booth space is \$25.00; proceeds will benefit senior programs and activities. Registration for the Fall Community Yard Sale is available online at <a href="https://www.cityofsierramadre.com/onlineregistration">www.cityofsierramadre.com/onlineregistration</a> or in person at the Community Recreation Office 611 E. Sierra Madre Blvd.

Participants must provide their own tables, chairs, canopies (10'x10' maximum) and cash boxes. No electricity will be provided. Live animals, large canopies, and selling of food or drinks are prohibited. All business must be conducted within your space. Event may be canceled due to inclement weather. A limited number of spaces are available. For more information please call the Hart Park House at (626) 355-7394.

# Arboretum and Huntington Free Days

The Arboretum (Arcadia, CA)

Admission to the Arboretum is free on the third Tuesday of each month. The Arboretum is a unique botanical garden and historic site. It is home to plant collections from all over the world including many rare and endangered species. It is the mission of the Arboretum to cultivate natural, horticultural and historic resources for learning, enjoyment and inspiration. More info can be found at <a href="https://www.arboretum.org">www.arboretum.org</a>.

#### The Huntington (San Marino, CA)

Admission is free on the first Thursday of the month by calling 1-800-838-3006. The three distinct facets of The Huntington are linked by a devotion to research, education and beauty. The Huntington features a library collection, art galleries and a botanical garden. The current exhibition at The Huntington focuses on the American Civil War. More info can be found at <a href="https://www.huntington.org">www.huntington.org</a>.

### Senior Movie Program



City Council Chambers @ 1:00pm (FREE)

5 time 2012 Academy Award Winner. Outside a movie premiere, enthusiastic fan Peppy Miller literally bumps into the swashbuckling hero of the silent film, George Valentin. The star reacts graciously and Peppy plants a kiss on his cheek as they are surrounded by photographers. The headlines demand: "Who's That Girl?" and Peppy is inspired to audition for a dancing bit-part at the studio. However as Peppy slowly rises through the industry, the introduction of talking-pictures turns Valentin's world upside-down.



#### City Council Chambers @ 1:00pm (FREE)

Detective Mark McPherson investigates the killing of Laura, found dead on her apartment floor before the movie starts. McPherson builds a mental picture of the dead girl from the suspects whom he interviews. He is helped by the striking painting of the late lamented Laura hanging on her apartment wall. But who would have wanted to kill a girl with whom every man she met seemed to fall in love? To make matters worse, McPherson finds himself falling under her spell too. Then one night, halfway through his investigations, something seriously bizarre happens to make him re-think the whole case.

# **Upcoming Excursions**

Graber Olive House Tour (Ontario, CA)

Date: Friday, October 26, 2012

**Departure:** 9:30am from the Hart Park House

Lunch and Activities: 10:30am-2:00pm

Arrival: In Sierra Madre at approximately 3:30pm

**Cost:** \$10 (does not include lunch)

More Info: Call the Hart Park House at 626-355-7394



The Graber Olive House tour highlights the tradition of grading, curing and canning of Graber Olives! For more information on the Graber Olive House

please visit <u>www.graberolives.com</u>. After the tour lunch will be eaten as a group at Molly's Souper, a fantastic brunch restaurant in Upland. All participants are required to eat at the same restaurant. Space is still available so be sure to register as sonn as possible. The registration deadline is Monday, October 22, 2012.

Columbia Memorial Space Center (Downey, CA)

Date: Wednesday, November 7, 2012

**Departure:** 9:15am from the Hart Park House

Lunch and Activities: 10:00am-1:45pm

**Arrival:** In Sierra Madre at approximately 2:15pm

Cost: \$15 (does not include lunch)



The Columbia Memorial Space Center is a hands-on learning facility that is dedicated to bringing the wonder and excitement of space to the public. Exhibits include: NASA Live, flight simulator, rocket launcher,

Challenger Learning Center and memorial for the Colombia crew. The 20,000 square foot visitor center is equipped with amazing technology and visual teaching exhibits with friendly and knowledgeable staff. After the tour the group will eat together at a local restaurant. For more info please visit <u>www.columbiaspacescience.org.</u>

### YWCA San Gabriel Valley Expanded Meals! Intervale Senior Cafe - October Menu

All seniors 60 years of age and up can take part in the YWCA Intervale daily lunch program held at the Hart Park House Senior Center. Meals are served Monday through Friday at 12:00pm (participants are encouraged to arrive no later than 11:45am). Meals are a suggested donation of \$2.00 for seniors 60 and over or \$3.75 for non-senior guests. Daily reservations are necessary, as space is limited. Please reserve your lunch by calling 626-355-0256 at least 24 hours in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 LENTIL SOUP ROAST TURKEY W/ GRAVY MASHED POTATOES GREEN BEANS & CORN MARINATED TOMATO, ONION & GREEN PEPPER SALAD WHOLE GRAIN BREAD W/ MARGARINE BUTTERSCOTCH PUDDING	2 Soup & Sandwich VEGETABLE SOUP TUNA SALAD SANDWICH W/LETTUCE, TOMATO & MAYO POTATO SALAD THREE BEAN SALAD CARROT-RAISIN SALAD TWO SLICES WHOLE GRAIN BREAD W/ MARG. SLICED CANTALOUPE	3 POTATO & ONION SOUP TERIYAKI BONELESS CHICKEN W/ SAUCE BROWN & WHITE RICE NORMANDY VEGETABLES CAESAR SALAD W/ CROUTONS & DRESSING WHOLE GRAIN BREAD W/ MARGARINE PEACH COBBLER W/ OATMEAL TOPPING	4 NAVY BEAN SOUP SWEDISH MEATBALLS W/ SOUR CREAM SPIRAL PASTA BROCCOLI & CORN SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH APPLE	5 SOUP & SALAD CREAMY SQUASH SOUP TOSTADA CARNITAS SALAD (SHREDDED PORK) W/ TORTILLA CHIPS LIME-CILANTRO BROWN & WHITE RICE REFRIED BEANS SHREDDED CHEESE, LETTUCE, TOMATO CHUNKS BLACK OLIVES, CREAMY FRENCH DRESSING, SALSA, SOUR CREAM, TORTILLA CHIPS CITRUS FRUIT CUP
SPLIT PEA SOUP ROAST PORK LOIN W/ GRAVY FRESH SWEET POTATOES BUTTER BEANS MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE AMBROSIA	BEEF BARLEY VEGETABLE SOUP TURKEY ALA KING OVER BISCUIT BAKED WINTER SQUASH GREEN BEANS W/ RED PEPPERS CAESAR SALAD W/ CROUTONS & DRESSING BISCUIT W/ MARGARINE ORANGE SECTIONS	NAVY BEAN SOUP SUBMARINE SANDWICH (ROAST BEEF, TURKEY & JACK CHEESE) MAYO & MUSTARD PKTS. DILL PICKLE SLICES LETTUCE, TOMATO & ONION SLICES POTATO SALAD PINEAPPLE COLESLAW (¾ C) SANDWICH ROLL W/ MARG. SLICED HONEYDEW	POTATO & ONION SOUP SALMON W/ MUSTARD DILL SAUCE, LEMON SLICE & TARTAR SAUCE OR MARINATED GREEK CHICKEN RICE PILAF BROWN/WHITE GREEN PEAS & CORN CARROT-BROCCOLI SLAW WHOLE GRAIN BREAD W/ MARGARINE RED GELATIN W/ MANDARIN ORANGES	BROCCOLI CHEESE SOUP BURGUNDY BEEF WI SAUCE BUTTERED EGG NOODLES MIXED VEGETABLES MARINATED TOMATO, GREEN PEPPER & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA
15 BLACK BEAN SOUP STEAK PICADA PICO DE GALLO SPANISH RICE BROWN/WHITE NORMANDY VEGETABLES GREEK SALAD W/ FETA CHEESE & DRESSING CORN TORTILLA W/ MARGARINE LEMON PUDDING	POTATO ONION SOUP CHINESE CHICKEN SALAD CHINESE CRISPY NOODLES MARINATED % CUP ORANGE SALAD SALAD VEGETABLES (1 c) WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS SLICED CANTALOUPE	17 YOUR CHOICE  LENTIL SOUP FISH VERA CRUZ W/ SAUCE, LEMON SLICE & TARTAR SAUCE OR ROAST BEEF W/ GRAVY AU GRATIN POTATOES CORN NIBBLETS MARINATED TOMATO, GREEN PEPPER & ONION SALAD CORN TORTILLA OR WHOLE GRAIN BREAD W/ MARG. GINGERED PEARS	18 OKTOBERFEST  VEGETABLE SOUP ALL-BEEF KNOCKWURST W/ MUSTARD & KETCHUP MASHED POTATOES (Vit. C Fortified) SAUERKRAUT SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING WHOLE GRAIN HOTDOG BUN W/ MARGARINE CHOCOLATE CAKE W/ CHOCOLATE ICING	Soup & Sandwich CHICKEN NOODLE SOUP BARBECUE PORK RIBBLET PARSLEY POTATOES BOSTON BAKED BEANS CARROT-BROCCOLI SLAW WHOLE GRAIN HAMBURGER BUN W/ MARGARINE FRESH APPLE
22 CREAMY TOMATO SOUP HERB BAKED CHICKEN W/ GRAVY SCALLOPED POTATOES CORN & GREEN PEAS WALDORF SALAD WHOLE GRAIN BREAD W/ MARGARINE SLICED HONEYDEW	PATE COBBLER W/ OATMEAL TOPPING	24 SPLIT PEA SOUP TERIYAKI PORK W/ SAUCE FRESH SWEET POTATOES MIXED CHINESE VEGETABLES CAESAR SALAD W/ CROUTONS & DRESSING WHOLE GRAIN BREAD W/ MARGARINE FRESH BANANA	25 SOUP & SALAD  VEGETABLE SOUP CHEFS SALAD WI HAM, CHEESE, CRUTONS, EGG GARNISH, LETTUCE, TOMATO CHUNKS & SALAD VEGETABLES 1000 ISLAND DRESSING WHOLE GRAIN BREAD/MARG POTATO SALAD ORANGE SECTIONS CHOCOLATE BROWNIE (TRANS FAT FREE)	26 MINESTRONE SOUP BEEF & CHEESE LASGANA NORMANDY VEGETABLES LETTUCE SALAD W/ ORANGE CHUNKS RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE PINEAPPLE CHUNKS
29 NAVY BEAN SOUP ROAST TURKEY W/ GRAVY MASHED POTATOES GREEN BEANS W/ RED PEPPERS & CORN SPINACH SALAD W/ MUSHROOMS CREAMY ITALIAN DRESSING WHOLE GRAIN BREAD W/ MARGARINE ORANGE SECTIONS	CREAMY SQUASH SOUP BEEF PICADILLO W/ PEAS, CARROTS & POTATO PICO DE GALLO SPANISH RICE (BROWN & WHITE) PINTO BEANS SLICED HONEYDEW (3/4 cup) FLOUR TORTILLA W/ MARGARINE CUSTARD	31 HALLOWEEN  LENTIL SOUP OVEN FRIED CHICKEN W/ GRAVY PARSLEY POTATOES BROCCOLI & CARROTS LETTUCE & TOMATO SALAD RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE PUMPKIN PIE	YWCA San Gabriel Valley and funded in part by t Area Agency on A Older Americans Act YWCA San Gabriel Valley 943 North Grand Aver Phone - Director: 626-214 email: intervale facebook.cc	stered by - Intervale Senior Services the Los Angeles County Aging through the tof 1965 as amended. Intervale Senior Services true, Covina, CA 91724 -9466 Fax: 626-814-0447 te@ywcasgv.org tom/ywcasgv YYWCA_SGV

#### City of Sierra Madre Compost Giveaway

Athens Services and the City of Sierra Madre are hosting the Compost Giveaway event on Saturday, October 13 at Sierra Vista Park. From 9:00am-12:00pm all Sierra Madre residents can obtain free compost for their gardens and flower beds! Be sure to bring a sturdy container to hold the compost. The event is located next to the basketball court in Sierra Vista Park. For more information contact the Community Services Office at 626-355-5278.

#### October Lunch and Learn

Join Human Health Services for a special Lunch and Learn Program at the Hart Park House on Wednesday, October 17 at 12:45pm. The special presentation will focus on Medicare benefits, prescription drug coverage, enrollment periods and a Q & A session. This program provides seniors with valuable health care information. Desserts will be served during the presentation. No advanced reservation is needed.

#### Daily Activities @ Hart Park House

Bingo: Every Tuesday afternoon from 1:00pm to 3:00pm. Cards are only \$0.25 each! Everyone is welcome to join.

Free Blood Pressure Testing: Tuesday, September 11 from 11:00am-12:00pm. No appointment is necessary.

Free Chair Yoga: Every Wednesday morning from 11:00am-11:45am. Join Teryl Willis for this free class that focuses on senior yoga techniques. No reservation is necessary!

Free Legal Consultation: Wednesday, September 12 from 10:00am-11:30am. Attorney Geoffrey D. Chin is available to all Sierra Madre seniors for legal consultation. Appointments are required by calling 626-355-7394.

Game Day: Every Thursday starting at 1:00pm. A regular group of seniors play poker games every Thursday.

by the Sierra Madre Civic Club. Free Strength Training Class: Every Friday from 1:00pm-1:45pm with Lisa Brandley. The strength training class utilizes light weights for low impact resistance training. All

materials for the class are provided.

Birthday Celebrations: Every second Thursday of the

month the Hart Park House Senior Center celebrates birthdays of our patrons. The free birthday cake is provided

All activities take place at the Hart Park House Senior Center. For additional information contact Recreation Supervisor Adam Matsumoto at 626-355-7394 or by email at amatsumoto@cityofsierramadre.com.

### **AARP Driver Safety Course**

The AARP Driver Safety class focuses on learning current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll also learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time. Many states including California offer discounts on auto insurance rates for those complete the Driver Safety Course. The

class meets October 23 and 24 from 9:00am-1:00pm. Participants must attend both dates in order to complete the course. The course costs \$12 for AARP members and \$14 for non-members to be paid to the instructor on the first day of the class. Registration is required and is available at the Community Services Office or online at www.cityofsierramadre.com/onlineregistration. For more information call the Hart Park House at 626-355-7394.



City of Sierra Madre 232 W. Sierra Madre Blvd. Sierra Madre, CA 91024