

Senior Moments

OCT 2013

CITY OF SIERRA MADRE - COMMUNITY SERVICES DEPARTMENT

HART PARK HOUSE SENIOR CENTER

Phone: 626-355-7394

Physical Address 222 W. Sierra Madre Blvd. Sierra Madre, CA 91024 Mailing Address

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

HOURS OF OPERATION

Monday - Thursday 11:00 AM - 5:30 PM (closed Fridays)

CITY SERVICES CLOSED

Monday, October 14 Fridays: Oct. 4, 11, 18, 25

Senior Community Commission

Meets the 1st Thursday of the month at 3:00 pm in the City Hall Council Chambers.

> Next Meeting: October 3, 2013

File Of Life

Packets can be obtained at the Hart Park House Senior Center or Sierra Madre Fire Department. Instructions for completing the packet will be provided upon pick up. If you have any questions regarding the packet please call the Hart Park House Senior Center at 626.355.7394.

Lunch and Learn - Salt Therapy

Wednesday, Oct. 23rd • 12:00 to 1:00 pm • Hart Park House Senior Center

Listen to Reiki Master Kristen as she explains the benefits of Salt Therapy. Discover the all-natural, drug-free treatments that are offered at The Salt Studio such as salt therapy, massage therapy, and Reiki. These forms of treatment are helpful with many conditions that affect the body including: Arthritis, Chronic Obstructive Pulmonary Disease (COPD), Muscle Tension, Stress, Sinusitis, Sore Throat, Colds, cough and congestion. If you would like to have lunch during the talk, please make a lunch reservation with the Senior Lunch Cafe at 626.355.0256 or bring your own.

AARP Driver Safety Course

This 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 who complete this course.

Tuesday, October 22 and Wednesday, October 23 from 9am to 1pm

(Must attend both dates in order to complete course)

Cost: \$12.00 AARP members, \$14.00 non-members

(Payment due to instructor on the first day of class)

Registration is required, for more info or to register call 626.355.7394.

Free Class: Beautiful Landscaping that Saves Water using California Native Plants

On **Thursday, October 3** learn from Landscape Designer Andreas Hessing as he teaches the class "Design with California Native Plants" The workshop is provided in partnership with the San Gabriel Valley Municipal Water District and the Theodore Payne Foundation.

"Let the Brain Games Begin" on October 17th



This interactive workshop will focus on physical exercise for a healthy brain. Then, join in the Olympics of brain building, where teams compete at exercises that get those noggins joggin'. Bring your friends to enjoy these low-impact, upbeat, brain stimulating games. The interactive workshop is **Thursday, October 17** with the discussion portion from 11:00 to

11:45am and the activity portion from 12:45 to 1:30 PM. Enjoy lunch during the break; to make a reservation for lunch please contact Senior Lunch Cafe at 626.355.0256 or bring your own. This series will take place once a month, with a different emphasis at each seminar. Seminar facilitated by Jackie Stahl, Community Liaison for Comforcare Senior Services in Pasadena.

YWCA San Gabriel Valley • Intervale Senior Cafe

Seniors 60 years of age and up can participate in the YWCA Intervale daily lunch program held at the Hart Park House Senior Center. Meals are served Monday through Friday at 12:00 pm (participants are encouraged to arrive by 11:45 am). 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.

is limited. Please	reserve your lunch	by calling (626) 3	55-0256 at least 24	4 nours in advance
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Administered by YWCA San Gabriel Valley Intervale Senior Services and funded in part by the Los Angeles County Area Agency on Aging through the Older Americans Act of 1965 as amended.	POTATO & ONION SOUP ITALIAN MACARONI BEEF & CHEESE CASEROLE BAKED WINTER SQUASH GARDEN SALAD W/ GREEN PEPPERS & RADISHES RANCH DRESSING WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP	2 YOUR CHOICE CREAMY SQUASH SOUP HAWAIIAN CHICKEN W SAUCE OR SALMON W/ MUSTARD DILL SAUCE, lemon slice and tartar sauce FRESH SWEET POTATO GREEN BEANS MARINATED TOMATO, ONION & GREEN PEPPER SALAD WHOLE GRAIN BREAD FRESH BANANA	MINESTRONE SOUP SALISBURY STEAK W/ BROWN GRAVY MASHED POTATOES NORMANDY VEGETABLES GREEK SALAD W/ FETA CHEESE & DRESSING WHOLE GRAIN BRD W/ MARG FRESH APPLE CHOCOLATE BROWNIE	ALBONDIGAS SOUP TOSTADA CARNITAS SALAD W/ TORTILLA CHIPS & SALSA LIME-CILANTRO b/w rice BEANS, SHREDDED CHEESE, LETTUCE, TOMATO, BLACK OLIVES, CREAMY FRENCH DRESSING, SALSA, SOUR CREAM, TORTILLA CHIPS ORANGE SCTIONS
7 LENTIL SOUP ROAST TURKEY W/ GRAVY MASHED POTATOES BROCCOLI & CORN MARINATED BEET & ONION SALAD WHOLE GRAIN BREAD W/ MARGARINE SLICED PEACHES	8 SOUP N' SUB VEGETABLE SOUP SUB SANDWICH (ROAST BEEF, TURKEY & JACK CHEESE) MAYO & MUSTARD PKTS. DILL PICKLE, LETTUCE, TOM & ONION SLICES POTATO SALAD CARROT-BROCCOLI SLAW WHOLE GRAIN ROLL W/MAR FRESH BANANA	9 YOUR CHOICE SPLIT PEA SOUP CHIPOTLE ROAST PORK W/ SALSA OR FISH VERA CRUZ W/ SAUCE, LEMON SLICE & TARTAR SAUCE TEX-MEX BR & WHITE RICE GREEN BEANS & CARROTS LETTUCE & TOMATO SALAD RANCH DRESSING CORN TORTILLA W/ MARG ORANGE SECTIONS	10 SOUP & SALAD CREAMY TOMATO SOUP CHINESE CHICKEN SALAD CHINESE CRISPY NOODLES MARINATED ¼ CUP ORANGE SALAD SALAD VEGETABLES (1 c) PINEAPPLE CHUNKS WHOLE GRAIN BREAD W/ MARGARINE SLICED HONEYDEW (3/4 c)	NAVY BEAN SOUP BURGUNDY BEEF W/ SAUCE BUTTERED EGG NOODLES BROCCOLI & CARROTS APPLE SALAD (1/2 C FRUIT) WHOLE GRAIN BREAD W/ MARGARINE BUTTERSCOTCH PUDDING
14 COLUMBUS DAY MINESTRONE SOUP ITALIAN SAUSAGE W/ GREEN PEPPERS & SAUCE SPAGHETTI W/ SAUCE GREEN BEANS GARDEN SALAD W/ RED CABBAGE & RADISHES ITALIAN DRESSING WHOLE GRAIN BREAD ORANGE SECTIONS	15 YOUR CHOICE POTATO & ONION SOUP TERIYAKI ROAST PORK W/ SAUCE OR SALMON W/ MUSTARD DILL SAUCE, lemon slice and tartar sauce RICE PILAF (BROWN/WHITE) NORMANDY VEGETABLES GARDEN SALAD w/ ranch WHOLE GRAIN BREAD PINEAPPLE CHUNKS	16 SOUP & SALAD SPICY SWEET POTATO SOUP MEDITERRANEAN CHICKEN SALAD, ORZO PASTA BLACKBERRY SPINACH MIX SALAD W/ TOM CHUNKS & GR ONIONS BALSAMIC DRESSING ZUCCHINI CORN SALAD WHOLE GRAIN BREAD CITRUS FRUIT CUP	17 CHICKEN ALBONDIGAS SOUP BEEF FAJITAS (SHREDDED BEEF-30Z, GREEN PEPPERS, ONIONS, SAUCE) PICO DE GALLO SPANISH RICE (BR & WHITE) PINTO BEANS CARROT-RAISIN SALAD CORN TORTILLA W/ MARG. SLICED CANTALOUPE	18 CREAMY TOMATO SOUP BBQ PORK RIBBLET W/ SAUCE BAKED WINTER SQUASH GREEN PEAS & LIMA BEANS CARROT-BROCCOLI SLAW WHOLE GRAIN HAMBURGER BUN W/ MARGARINE FRESH BANANA
BROCCOLI & CHEESE SOUP HERB BAKED CHICKEN LEG & THIGH W/ GRAVY MASHED POTATOES CREAMED SPINACH CARROT-RAISIN SALAD WHOLE GRAIN BREAD W/ MARGARINE CITRUS FRUIT CUP	22 SOUP N' SANDWICH CREAMY CORN SOUP TUNA SALAD SANDWICH W/ LETTUCE, TOM & MAYO THREE BEAN SALAD CARROT-RAISIN SALAD CITRUS FRUIT CUP TWO SLICES WHOLE GRAIN BREAD W/ MARG. PEACH PIE	23 YOUR CHOICE LENTIL SOUP FISH VERA CRUZ W/ SAUCE, LEMON SLICE & TARTAR SAUCE OR CHIPOTLE ROAST PORK W/ SALSA BROWN & WHITE RICE CARROT-BROCCOLI SLAW GINGERED PEARS CORN TORTILLA W/ MARG CUSTARD	24 NAVY BEAN SOUP TURKEY ALA KING OVER BISCUIT CRANBERRY SAUCE (2 OZ.) MASHED POTATOES NORMANDY VEGETABLES CAESAR SALAD W/ CRUTONS & DRESSING BISCUIT W/ MARGARINE FRESH BANANA	25 AUTUMN PICNIC VEGETABLE SOUP HAMBURGER W/ CHEESE, LETTUCE, PICKLE, TOMATO & ONION ,KETCHUP, MUSTARD & RELISH BARBECUE BAKED BEANS SUNSET SALAD CREAMY COLESLAW-3/4 CUP WHOLE GRAIN BUN W/MARG MELON SLICE
CHICKEN NOODLE SOUP ROAST PORK LOIN W/ GRAVY FRESH SWEET POTATOES PICKLED BEETS CITRUS SALAD (1/2 C FRUIT) WHOLE GRAIN BREAD W/ MARGARINE TAPIOCA PUDDING	CREAMY SQUASH SOUP CHICKEN FAJITAS (CHICKEN STRIPS-3 OZ, GREEN PEPPERS, ONIONS, SAUCE) PICO DE GALLO SPANISH RICE, PINTO BEANS CARROT-RAISIN SALAD CORN TORTILLA W/ MARG SLICED CANTALOUPE	30 SOUP & SALAD VEGETABLE SOUP CHEFS SALAD W/ HAM, CHEESE, CRUTONS, EGG GARNISH, LETTUCE, TOMATO CHUNKS & SALAD VEGGIES 1000 ISLAND DRESSING POTATO SALAD ORANGE SECTIONS (1/2 C) WHOLE GRAIN BRD W/MARG	31 HALLOWEEN CREAMY TOMATO SOUP OVEN FRIED CHICKEN LEG & THIGH PARSLEY POTATOES BROCCOLI & CARROTS APPLE SALAD (1/2 C FRUIT) WHOLE GRAIN BREAD W/ MARGARINE PUMPKIN PIE	

SUBJECT TO CHANGE WITHOUT NOTICE * * * SUGGESTED DONATION \$2.00 * * * 1% LOW FAT MILK INCLUDED HOME DELIVERED MEALS / MEALS ON WHEELS CLIENTS MAY RECEIVE DIFFERENT ITEMS

Upcoming Excursions

Jeopardy Taping at Sony Studios (Sony Studios, Culver City, CA)

Date: Wednesday, November 13, 2013

Time: 9:30am to 3:30pm

Meeting Location: Hart Park House Senior Center

Cost: \$15.00 (does not include lunch)

Join us as we head to the Sony Studios in Culver City for the taping of Jeopardy!, America's favorite quiz show. The show is the winner of a 2012 Peabody award and 30 Emmy awards, including the 2012 Emmy for Outstanding Game/Audience Participation. Participants will have the opportunity to see the taping of three shows which takes approximately 2 hours. Following the tapings, at approximately 1:15 pm, participants will lunch together at the Overland Cafe just down the street from the studio. It is recommended to bring \$10-15 for lunch. Tickets are selling quickly so come in today and purchase yours. Last day to register is November 5th.

Level of Walking: Minimal

"Because It's Christmas" Show at Candlelight Pavilion (Claremont, CA)

Date: Friday, December 13, 2013

Time: 10:00am - 4:00pm

Meeting Location: Hart Park House Senior Center

Cost: \$67.00 (Lunch included)

Celebrate the holidays at the Candlelight Pavilion with lunch and "Because it's Christmas", a show with love, hope, and a little Santa magic. For the past 28 years the Candlelight Pavilion has presented 28 original, family-friendly Christmas stories with all the joy and magic you would expect of the holiday season. It is there that the true magic of Christmas is found, in the smiling faces and twinkling eyes of those who are wise enough to believe in the miracle of Christmas. Available lunch options are beef, chicken, and vegetarian. There are only 25 tickets for this show and tickets are expected to sell fast! Last day to register is November 14th. Level of Walking: Light

Proposed Trips for 2014

January – Los Angeles Times
February – The Cat House (Rosamund)
March – The Flowers Fields (Carlsbad)
April 11th – Palm Springs Follies (Palm Springs)
May – Reagan Library (Simi Valley)
June – Aquarium of the Pacific (Long Beach)
July – Pageant of the Masters (Laguna Beach)
August – Science Center or Bowers Museum
September – Julian and Camel Dairy (Julian)
October – Gondola Ride (Long Beach)
November – Roger's Gardens (Corona Del Mar)
December – Mission Inn (Riverside)

Registering for Excursions

Registration can be done in person at the Hart Park House Senior Center & Community Recreation Center or Online at www.cityofsierramadre.com. Cash, checks, and credit cards are accepted Make checks payable to "City of Sierra Madre". Payment must be made at time of reservation.

Senior Movie Program: 1st, 3rd, and 5th Wednesday

Shown in City Hall Council Chambers Water and snacks provided by Humana



October 2nd: Wizard of Oz (1939)

Dorothy Gale is swept away to a magical land in a tornado and embarks on a quest to see the Wizard who can help her return home. **Rated PG, Start time:** 1:00 pm (run time 101 mins)

October 16th: Hotel Translyvania (2012)

Dracula, who operates a high-end monster resort away from the human world, goes into overprotective mode when a human boy discovers the resort and falls for the count's teen-aged daughter. **Rated PG Start time:** 1:00 pm (run time 91 mins)

October 30th: Young Frankenstein (1976)
After years of living down the family reputation, Dr.
Frankenstein's grandson inherits granddad's castle
and repeats the experiments. Rated PG, Start time:
1:00 pm (run time 106 mins)



Daily Activities @ Hart Park House

Free Balance Class: Every 3rd Monday 11:00 to 11:45 am with Shannon Vandevelde. Next class is October 21st! A variety of balance exercises are practiced; all ability levels are encouraged and welcomed.

Bingo: Every Tuesday from 1:00pm to 3:30pm. Cards are only \$0.25 each! Everyone is welcome to join.

Free Blood Pressure Testing: Held Second Tuesday of the month from 11:00am to 12:00pm. No appointment is necessary.

Free Legal Consultation: 2nd Wednesday of the month from 10:00am to 11:00am. Attorney Geoffrey D. Chin is available to all seniors for legal consultation. Appointments are required, call 626-355-7394.

Free Chair Yoga: Every Wednesday morning from 11:00am to 11:45am. Join Paul Hagen for this free class that focuses on senior yoga techniques.

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 by the Sierra Madre Civic Club.

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

Free Strength Training Class: Every Friday from 12:45pm to 1:30pm with Lisa Brandley. The strength training class utilizes light weights for low impact resistance training. All materials for the class are provided.

Senior Club: Every Saturday at the Hart Park House Senior Center. Brown bag lunch at 11:30 am. Club meeting at noon. Bingo 12:30-3:30 pm.



Tech Talk: Learn to Use Your Technology



2:00 to 3:00 PM
Tech-savvy teens
from the YMCA Teen
Leadership Club
will be providing
their services. This
class is ideal for
individuals looking

for assistance with the operation of cell phones, tablets, computers and other electronic devices. Additionally, it can help with overcoming the fear of using these devices and aid in communicating with family, friends and business relationships. The next scheduled dates are Monday, October 14 and 28 at 2:00pm. Participant should bring the device with which they need assistance; 2 computers are available at the Senior Center for instruction. The class is free of charge, but registration is required and open until all spaces are filled. To register, or for questions regarding the program call 626-355-7394.