

PICO RIVERA Senior Center

Calendar of activities and nutrition menu.



SENIOR NEWS

ATTENTION FACILITY HOURS
 Wednesday, July 3
 8:00 - 5:00 PM
FACILITY CLOSED THURSDAY, JULY 4



What's Happening

MUSIC MINES FREE

Thursdays, 6:30-8:30PM · Ages 50+ Concert Lineup

July 11 - CHICO July 25 - CONJUNTO OYE!

Resiliency FREE
Pre-registration required.
Wednesday, July 17 10:00 am
 Learn to cope with the stress of life events. Get tips on cultivating resiliency and how this can be a valuable skill.
 Presented by: LA County Department of Mental Health

HEALTH SCREENING FREE

Blood Pressure
Thursday, July 24
 9:30 - 11:00 a.m.

Residential Insurance: What You Need to Know FREE
Pre-registration required.
Wednesday, July 24 10:30 am
 Learn about getting the most for your insurance, dealing with brokers/agents, shopping for insurance, discounts, coverage for homeowners, your rights as a policy holder and more.
 Presented by: LA County Department of Insurance

SNAP ED FREE
Tuesdays 10:45 am
July 9, 16, 23, & 30
 Enjoy fun and lively activities with older adults! Talk about easy ways to make smart food choices and exercise more. Learn how you can Eat Healthy and Be Active

HOURS OF OPERATION

Monday - Thursday
 8:00 AM - 8:00 PM
 Friday
 8:00 AM - 5:00 PM
 Saturday & Sunday
 CLOSED

GET UP, GET OUT, and GET ACTIVE at the Pico Rivera Senior Center. The Senior Center offers a variety of recreational classes, activities and services throughout the year for adults 50 years of age and older. The following are a list of some programs and services available:

- Case Worker on site
- Recreational Classes
- Information & Referral
- Transportation
- Daily Nutrition Program
- Preventative Health Screenings
- Legal Assistance
- Fitness Room
- Billiard Room/Game Room
- Computer Lab
- Dance Studio
- Outdoor Ping Pong

9200 Mines Avenue
Pico Rivera, CA 90660
(562) 948-4844

pico-rivera.org

Sasifa Senior Services


Congregate Nutrition Site

July 2019

MONDAY	Tuesday	WEDNESDAY	THURSDAY	FRIDAY
1 Beef Stew w/ Potatoes Whole Grain Roll Garden Salad w/ Iceberg Cucumber & Tomatoes w/ Island Dressing Orange / Cake	2 Choice of Entrée: Unbreaded Blacken Fish or Pork Loin w/ Sauce Barley Pilaf Peas & Onions / Tricolor Slaw Banana	3 Cranberry Juice BBO Chicken Whole Grain Bread Baked Beans Corn on the Cob or Cut Corn Creamy Coleslaw Watermelon	Happy July 4th	5 Turkey Rice Soup Breaded Oven Baked Fish WG Penne Pasta Broccoli Marinated Beet Salad Peaches
8 Pork Chop Adobo WG Bread / Brown Rice Zucchini Medley Romaine Caesar Salad w/ Caesar Dressing Chocolate Ice Cream	9 BBO Hamburger Whole Grain Bun Macaroni Salad Mexicali Corn Broccoli Peach or Plum	10 Choice of Entrée: Turkey Chili or Vegetarian Chili WG Roll / Bake Potato Chopped Kale & Spinach w/ Italian Dressing Salad Watermelon	11 Tomato Bisque Lemon Dijon Baked Fish Rice Pilaf Banana Squash Coleslaw Banana	12 Chicken Noodle Soup Roast Beef w/ Gravy Whole Grain Roll Mashed Potatoes Green Beans w/ Herbs Ambrosia Salad
15 Cream of Corn Soup Tuna Sandwich Whole Grain Bread Coleslaw Garden Salad w/ Radish w/ Thousand Island Dressing Corn / Cantaloupe	16 Carrot Ginger Soup Chinese Chicken Salad Dinner Roll / Dry Noodles Green Beans Iceberg, Romaine w/ Asian Dressing Mandarin Orange	17 Spaghetti w/ Meatballs WG Spaghetti Sourdough Bread w/ Garlic Spread / Broccoli Mesclun Mixed Salad Baked Maple Pears	18 Orange Juice Chicken Enchilada w/ Red Sauce Chopped Salad w/ Tomato w/ Italian Dressing Pinto Beans Peaches	19 Cream of Broccoli Soup Herb Rubbed Pork Roast w/ Honey Mustard Sauce Whole Grain Bread Stuffing Sweet Potato Pear and Mango Vanilla Ice Cream
22 Choice of Entrée: Turkey A La King or Lentil Stew WG Roll / Peas & Carrots Spinach & Kale Salad w/ Balsamic Dressing Banana	23 Beef Lasagna Whole Grain Bread Broccoli & Cauliflower Romaine & Shredded Cabbage Salad	24 Split Pea Soup Tuna Salad Whole Grain Bread Creamy Cucumber Salad Mixed Salad Greens w/ Thousand Island Dressing Cantaloupe	25 Italian Wedding Soup BBO Pulled Pork Whole Grain Hamburger Bun Potato Salad Collard Greens Orange	26 Egg Drop Soup Beef Teriyaki WG Bread / Brown Rice Oriental Vegetables Chopped Kale Salad w/Asian Dressing Plums or Peaches
29 Pineapple Juice Oven Baked Chicken Whole Grain Dinner Roll Sautéed Cabbage Baked Sweet Potato Rainbow Sherbet	30 Minestrone Soup Stuffed Bell Pepper Cornbread Mashed Potatoes Cucumber Salad w/ Asian Dressing Peaches	31 Orange Juice Swiss Steak Patty w/ Mushroom Cream Sauce Barley w/ Herbs Chopped Kale Salad w/ Beets Zucchini Medley Pear	SUGGESTED DONATION FOR SENIOR MEALS (AGE 60 & OLDER) IS \$2.75/MEAL. Thank you for your support.	Daily reservations are required. Call (562) 801-4400 starting at 9:00 a.m.

*ALL MEALS SERVED WITH 1% LOW FAT MILK. + Item is high in sodium. MENU SUBJECT TO CHANGE WITHOUT NOTICE.
 This project is funded, in part by Los Angeles County Area Agency on Aging, through the Older American Act of 1965 as amended.

PICO RIVERA SENIOR CENTER JULY 2019

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 Sunrise Stretch 8:00 - 9:30 am Flowers, Fun, & Design 9:00 - 10:30 am Nutrition 12:00 - 1:00 pm Painting for the Adult Artist 12:30 - 2:30 pm Legal Counseling Sign Ups All Day	2 City Walkers 8:15 - 9:30 am Arts & Crafts 8:30 - 11:00 am Zumba Gold 9:00 - 9:55 am Life Story Writing 10:00 - 1:00 pm Nutrition 12:00 - 1:00 pm	3 Yoga 8:00 - 9:00 am Nutrition 12:00 - 1:00 pm T.O.P.S. 3:00 pm	4 FACILITY CLOSED 	5 Sunrise Stretch 8:00 - 9:30 am Quick & Easy Quilting by Machine 9:00 - 3:00 pm Nutrition 12:00 - 1:00 pm	6
7	8 Sunrise Stretch 8:00 - 9:30 am Flowers, Fun, & Design 9:00 - 10:30 am Nutrition 12:00 - 1:00 pm Painting for the Adult Artist 12:30 - 2:30 pm	9 City Walkers 8:15 - 9:30 am Arts & Crafts 8:30 - 11:00 am Zumba Gold 9:00 - 9:55 am Life Story Writing 10:00 - 1:00 pm SNAP ED 10:45 am Nutrition 12:00 - 1:00 pm	10 Yoga 8:00 - 9:00 am Nutrition 12:00 - 1:00 pm Jewelry Making 1:00 - 2:30 pm T.O.P.S. 3:00 pm	11 City Walkers 8:15 - 9:30 am Arts & Crafts 8:30 - 11:00 am Zumba Gold 9:00 - 9:55 am Nutrition 12:00 - 1:00 pm Music On Mines 6:30 - 8:30 pm	12 Sunrise Stretch 8:00 - 9:30 am Quick & Easy Quilting by Machine 9:00 - 3:00 pm Nutrition 12:00 - 1:00 pm	13
14	15 Sunrise Stretch 8:00 - 9:30 am Flowers, Fun, & Design 9:00 - 10:30 am Nutrition 12:00 - 1:00 pm Painting for the Adult Artist 12:30 - 2:30 pm	16 City Walkers 8:15 - 9:30 am Arts & Crafts 8:30 - 11:00 am Zumba Gold 9:00 - 9:55 am Life Story Writing 10:00 - 1:00 pm SNAP ED 10:45 am Nutrition 12:00 - 1:00 pm	17 Yoga 8:00 - 9:00 am Crafty Angels 9:00 - 12:00 pm Resiliency Presentation 10:00 am Legal Counseling 10:00 - 12:00 pm (by appointment only) Nutrition 12:00 - 1:00 pm Jewelry Making 1:00 - 2:30 pm T.O.P.S. 3:00 pm	18 City Walkers 8:15 - 9:30 am Arts & Crafts 8:30 - 11:00 am Zumba Gold 9:00 - 9:55 am Nutrition 12:00 - 1:00 pm	19 Sunrise Stretch 8:00 - 9:30 am Quick & Easy Quilting by Machine 9:00 - 3:00 pm Nutrition 12:00 - 1:00 pm	20
21	22 Sunrise Stretch 8:00 - 9:30 am Flowers, Fun, & Design 9:00 - 10:30 am Nutrition 12:00 - 1:00 pm Painting for the Adult Artist 12:30 - 2:30 pm AARP Driver Safety Course 1:00 - 5:00 pm	23 City Walkers 8:15 - 9:30 am Arts & Crafts 8:30 - 11:00 am Zumba Gold 9:00 - 9:55 am Life Story Writing 10:00 - 1:00 pm SNAP ED 10:45 am Nutrition 12:00 - 1:00 pm AARP Driver Safety Course 1:00 - 5:00 pm Patriotic Fireworks & Flag Craft 1:00 - 3:00 pm	24 Yoga 8:00 - 9:00 am Caregiver Support Group 10:00 - 12:00 pm Residential Insurance: What You Need to Know Presentation 10:30 am Nutrition 12:00 - 1:00 pm Jewelry Making 1:00 - 2:30 pm T.O.P.S. 3:00 pm	25 City Walkers 8:15 - 9:30 am Arts & Crafts 8:30 - 11:00 am Zumba Gold 9:00 - 9:55 am Blood Pressure Screening 9:30 - 11:00 am Nutrition 12:00 - 1:00 pm Music On Mines 6:30 - 8:30 pm	26 Sunrise Stretch 8:00 - 9:30 am Quick & Easy Quilting by Machine 9:00 - 3:00 pm Nutrition 12:00 - 1:00 pm	27
28	29 Sunrise Stretch 8:00 - 9:30 am Flowers, Fun, & Design 9:00 - 10:30 am Nutrition 12:00 - 1:00 pm Painting for the Adult Artist 12:30 - 2:30 pm	30 City Walkers 8:15 - 9:30 am Arts & Crafts 8:30 - 11:00 am Zumba Gold 9:00 - 9:55 am Life Story Writing 10:00 - 1:00 pm SNAP ED 10:45 am Nutrition 12:00 - 1:00 pm	31 Yoga 8:00 - 9:00 am Nutrition 12:00 - 1:00 pm Jewelry Making 1:00 - 2:30 pm T.O.P.S. 3:00 pm		NOTE: Some senior programming is held at other Recreation facilities.	



Mike Arguelles
 Orlando Cisneros
 4th
 Consuelo "Connie" V. Duran
 Ruben Perez
 11th
 Jack Freye
 20th
 Reynaldo Martinez
 22nd
 Alejandrina Rivadeneyra
 26th
 Cesaria Terriquez
 28th

Tell Us Your Birthday

Celebrate your birthday at the Senior Center!

Every second Wednesday of the month, at 12 noon in the auditorium, the senior center will recognize patrons who have a birthday that month. Please complete a form at the front desk to be included in the celebration.