


The Pico Rivera Senior Center presents
Moonlight Movie Night
 featuring



Friday, September 6 / 6:00 PM / All ages

Celebrate Grandparents Day with a fun-filled evening the entire family will enjoy! Come dressed in movie theme attire! Free activities include face painting and art activities. Bring your blankets and chairs to sit in the outdoor patio. Movie begins at dusk.

Optional: Enjoy a meal with the movie.



Visit the Senior Center to purchase your Meal tickets by August 26 or until sold out.
 Meal tickets will NOT be sold on the day of event.
 * \$5 meal - burger, chips & drink *
 Movie participation is FREE

Pre-registration required for Movie Night.

Pico Rivera Senior Center | 9200 Mines Avenue | (562) 948-4844

PICO RIVERA **R** *Pico Rivera Senior Center*

Calendar of activities and nutrition menu.



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

SENIOR NEWS

ATTENTION FACILITY HOURS
 Fridays
 August 16, 23, & 30
 8:00 AM - 3:00 PM



What's Happening


Bullying
Pre-registration required.
Wednesday, August 21 10:00 am
 Bullying can occur at any time throughout our lives. Learn how to recognize it and tips on what to do if you feel it's happening to you.
 Presented by: LA County Department of Mental Health

HEALTH SCREENING
 Glucose Screening
Thursday, August 22
 9:30 - 11:00 a.m.

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PICO RIVERA SENIOR CENTER AUGUST 2019



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	Please click on an activity for more information or to register.	NOTE: Some senior programming is held at other Recreation facilities.		1 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 Legal Counseling Sign Ups All Day	2 Sunrise Stretch 8:00 - 9:30 am Quick & Easy Quilting by Machine 9:00 - 3:00 pm Nutrition 12:00 - 1:00 pm	3
4	5 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	6 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	7 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	8 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	9 Sunrise Stretch 8:00 - 9:30 am Quick & Easy Quilting by Machine 9:00 - 3:00 pm Nutrition 12:00 - 1:00 pm	10
11	12 Sunrise Stretch 8:00 - 9:30 am Flowers, Fun, & Design 9:00 - 10:30 am Nutrition 12:00 - 1:00 pm	13 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	14 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	15 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	16 Sunrise Stretch 8:00 - 9:30 am Congresswoman Linda Sanchez Senior Fair 9:00 - 12:00 pm Quick & Easy Quilting by Machine 9:00 - 3:00 pm Nutrition 12:00 - 1:00 pm	17
18	19 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	20 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	21 Crafty Angels 9:00 - 12:00 pm Bullying 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	22 City Walkers 8:15 - 9:30 am Arts & Crafts 8:30 - 11:00 am Zumba Gold 9:00 - 9:55 am Glucose Screening 9:30 - 11:00 am Nutrition 12:00 - 1:00 pm	23 Sunrise Stretch 8:00 - 9:30 am Quick & Easy Quilting by Machine 9:00 - 3:00 pm Nutrition 12:00 - 1:00 pm	24
25	26 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	27 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	28 Caregiver Support Group 10:00 - 12:00 pm Nutrition 12:00 - 1:00 pm Jewelry Making 1:00 - 2:30 pm T.O.P.S. 3:00 pm	29 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	30 Sunrise Stretch 8:00 - 9:30 am AARP Driver Safety Course 9:00 - 1:00 pm Nutrition 12:00 - 1:00 pm	31

Benjamin Estrella
3rd

Susana Sanchez
11th

Gloria Murillo
19th

Clemons Rardin
23rd

Peter Wain
28th

Gilberto F. Pastor
29th

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.