

Holiday Craft Boutique



Saturday, November 2 🌲 9:00 AM - 2:00 PM



Get an early start on holiday shopping with unique gifts from local artists! Free gift wrapping available.

Get your face painted and dance along to the DJ music.



PICO RIVERA SENIOR CENTER
 9200 MINES AVENUE
 PICO RIVERA, CA 90660
 (562) 948-4844

Parks & Recreation
 CITY OF PICO RIVERA, CA
 PICO-RIVERA.ORG RECREATION@PICO-RIVERA.ORG



PICO RIVERA **R** Pico Rivera Senior Center

Calendar of activities and nutrition menu.



HOURS OF OPERATION

Monday - 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

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pico-rivera.org

SENIOR NEWS

ATTENTION

Monday, October 14, the Nutrition Program will be closed in observance of Columbus Day.



FREE

FLU SHOT CLINIC

Wednesday, November 6
 9:00 - 11:00 am

The Los Angeles County Department of Public Health is offering influenza vaccines at no charge. Flu vaccines are for everyone 6 months of age and older, including healthy adults. Vaccines will be administered by the Whittier Health Center. Participants will be seen on a first come, first serve basis.

California Telephone Access Program

Wednesday, October 23 10:00 am

Learn about the various phones offered by this state program. Speak to a representative to see if you qualify for a free specialized phone.

Rethink Your Drink

Wednesday, October 16
 10:00 am

Learn to make healthy choices.

Presented by: LA County Department of Public Health



Grand Park Rangers Expedition Excursion
 Tuesday, October 22
 7:30 am - 12:00 pm

Explore the Park's world gardens. Learn about Healthy Living and Environmental Stewardship.
FREE BUS! FREE LUNCH! DRAWSTRING BAG

Pre-registration required. Each participant, whether adult or minor is required to submit a completed enrollment and waiver form.

FRIGHTFULLY DELIGHTFUL Senior Center HALLOWEEN DANCE

Ages: 50 & up

Tickets NOW on sale!

Wednesday, Oct 30
 2:00 - 5:00 PM
 Tickets only \$5



PICO RIVERA SENIOR CENTER OCTOBER 2019



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1 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 Legal Counseling Sign Ups All Day	2 Yoga 8:00 - 9:00 am Nutrition 12:00 - 1:00 pm Jewelry Making 1:00 - 2:30 pm	3 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	4 Sunrise Stretch 8:00 - 9:30 am Quick & Easy Quilting by Machine 9:00 - 3:00 pm Nutrition 12:00 - 1:00 pm	5
6	7 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	8 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	9 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	10 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	11 Sunrise Stretch 8:00 - 9:30 am Quick & Easy Quilting by Machine 9:00 - 3:00 pm Nutrition 12:00 - 1:00 pm	12
13	14 Sunrise Stretch 8:00 - 9:30 am Flowers, Fun, & Design 9:00 - 10:30 am NUTRITION CLOSED FOR HOLIDAY Painting for the Adult Artist 12:30 - 2:30 pm	15 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	16 Yoga 8:00 - 9:00 am Crafty Angels 9:00 - 12:00 pm Rethink Your Drink 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	17 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	18 Sunrise Stretch 8:00 - 9:30 am Quick & Easy Quilting by Machine 9:00 - 3:00 pm Nutrition 12:00 - 1:00 pm	19
20	21 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 Smart Driver Tek 1:30 - 3:00 pm	22 Grand Park Rangers Expedition Excursion 7:30 - 12:30 pm 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	23 Yoga 8:00 - 9:00 am California Telephone Access Program 10:00 am 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	24 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	25 Sunrise Stretch 8:00 - 9:30 am Quick & Easy Quilting by Machine 9:00 - 3:00 pm Nutrition 12:00 - 1:00 pm	26
27	28 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	29 City Walkers 8:15 - 9:30 am Arts & Crafts 8:30 - 11:00 am Flu Prevention Tips/Cal MediConnect Info Presentation 9:00 am Zumba Gold 9:00 - 9:55 am Life Story Writing 10:00 - 1:00 pm Nutrition 12:00 - 1:00 pm	30 Yoga 8:00 - 9:00 am Nutrition 12:00 - 1:00 pm Jewelry Making 1:00 - 2:30 pm Frightfully Delightful Senior Center Halloween Dance 2:00 - 5:00 pm T.O.P.S. 3:00 pm	31 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	NOTE: Some senior programming is held at other Recreation facilities.	

Francis Angulo
Francisca Diaz
4th

Willie Harris
9th

William Cendejas
11th

Jim Marrup
16th

Aurora Camarena
18th

Nora Morales
30th

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.