

DIAL-A-RIDE WORKSHOP

Monday, November 25 * 10:30 AM



We invite you to a workshop on the City of Pico Rivera's Dial-A-Ride Program (Dial-A-Van and Dial-A-Cab). We will review the program and rules, helpful tips, and answer any questions or concerns. We will also sign-up any new riders for a \$5 processing fee.



Pico Rivera Senior Center | 9200 Mines Ave. | (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


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

pico-rivera.org



SENIOR NEWS

Facility Closed

Veteran's Day 
Monday, Nov 11
Thanksgiving 
Thursday, Nov 28
Friday, Nov 29



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.



Craft Boutique 
Saturday, Nov 2
9:00 AM - 2:00 PM

Harvest Hop 
Entertainment by Ruben Cantu
Thursday, November 14
10:00 AM - 1:00 PM
Enjoy a Fall filled afternoon of dancing and fun! Music provided by Ruben Cantu, a talented saxophone player playing the best of the classics and today's hits.
Outside snacks permitted.

Workshops 
Pre-registration required.
iPhone Basics
Wednesday, November 6 • 10:00 am
Android Cellphone Basics
Wednesday, November 13 • 10:00 am
Depression & Anxiety
Wednesday, November 20 • 10:00 am
Dial-A-Ride Workshop
Monday, November 25 • 10:00 am
Diabetes Workshop
Wednesday, November 27 • 10:00 am

Craft Corner 
Ornament Wall
Decor Craft
Tue. Nov 19
1:00 - 3:00 p.m.
Registration
Deadline: Wed. Nov 13 

PICO RIVERA SENIOR CENTER NOVEMBER 2019

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		NOTE: Some senior programming is held at other Recreation facilities.			1 Sunrise Stretch 8:00 - 9:30 am Quick & Easy Quilting by Machine 9:00 - 3:00 pm Nutrition 12:00 - 1:00 pm Legal Counseling Sign Ups All Day	2 Craft Boutique 9:00 am - 2:00 pm
3	4 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	5 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	6 Yoga 8:00 - 9:00 am Crafty Angels 9:00 - 12:00 pm Flu Shot Clinic 9:00 - 11:00 am iPhone Basics 10:00 am Nutrition 12:00 - 1:00 pm Jewelry Making 1:00 - 2:30 pm T.O.P.S. 3:00 pm	7 City Walkers 8:15 - 9:30 am Arts & Crafts 8:30 - 11:00 am Christmas Baskets Registration 9:00 - 12:00 pm Zumba Gold 9:00 - 9:55 am Nutrition 12:00 - 1:00 pm	8 Sunrise Stretch 8:00 - 9:30 am Quick & Easy Quilting by Machine 9:00 - 3:00 pm Nutrition 12:00 - 1:00 pm	9
10	FACILITY CLOSED 	12 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	13 Yoga 8:00 - 9:00 am Android Cellphone Basics 10:00 am Nutrition 12:00 - 1:00 pm Jewelry Making 1:00 - 2:30 pm T.O.P.S. 3:00 pm	14 City Walkers 8:15 - 9:30 am Arts & Crafts 8:30 - 11:00 am Zumba Gold 9:00 - 9:55 am Harvest Hop 10:00 am Nutrition 12:00 - 1:00 pm	15 Sunrise Stretch 8:00 - 9:30 am Christmas Baskets Registration 9:00 - 12:00 pm Quick & Easy Quilting by Machine 9:00 - 3:00 pm Nutrition 12:00 - 1:00 pm	16
17	18 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 Class 1:00 - 5:00 pm	19 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 AARP Driver Safety Class 1:00 - 5:00 pm Craft Corner 1:00 - 3:00 pm	20 Yoga 8:00 - 9:00 am Caregiver Support Group 10:00 - 12:00 pm Depression & Anxiety 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	21 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	22 Sunrise Stretch 8:00 - 9:30 am Quick & Easy Quilting by Machine 9:00 - 3:00 pm Nutrition 12:00 - 1:00 pm	23
24	25 Sunrise Stretch 8:00 - 9:30 am Flowers, Fun, & Design 9:00 - 10:30 am Dial-A-Ride Workshop 10:00 am Nutrition 12:00 - 1:00 pm Painting for the Adult Artist 12:30 - 2:30 pm	26 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	27 Yoga 8:00 - 9:00 am Diabetes Workshop 10:00 am Nutrition 12:00 - 1:00 pm Jewelry Making 1:00 - 2:30 pm T.O.P.S. 3:00 pm	FACILITY CLOSED 		30



Victoria Merlano
5th

Ernestina Kessler
7th

Carlos Valdez
9th

Leo Insuasti
15th

Diane Pacheco
16th

Lupe Elias
17th

Victoria Heredia
23rd

Celia Gutierrez
27th

Maria Martinez
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.