

JINGLE BELL ROCK Senior Center HOLIDAY DANCE

Ages: 50 & up

Wednesday, December 4

2:00 - 5:00 PM

Admission: \$5

Join us to celebrate the holiday season with good cheer by spending an afternoon with friends Rockin' Around the Christmas Tree. Enjoy live music by Grupo Ornelas and socializing with friends. Refreshments will be available for purchase.

Event will sell out, advance ticket purchase highly recommended. There are a limited amount of tickets available on event day.

Outside snacks are permitted.



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.

December 2019

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 Closes Early
Thursday, Dec 12 at 2:30PM
Friday, Dec 27 at 3PM

Facility Closed
Christmas Day
Wednesday, Dec 25



**JINGLE BELL ROCK
Senior Center
HOLIDAY DANCE**

Tickets NOW on sale! **Ages: 50 & up**
Wednesday, December 4
2:00 - 5:00 PM
Tickets only \$5

FREE HEALTH SCREENING

Blood Pressure
Thursday, December 5
9:30 - 11:00 a.m.
in the Lobby

Holiday Blues Presentation **FREE**
Pre-registration required.
Wednesday, December 11
10:00 AM

Holidays can be a challenging time for those who have suffered losses or are feeling alone. This seasonal presentation discusses strategies to prevent feelings of sadness during the holidays.

Presented by: LA County Department of Mental Health

Jinglebell Jam **FREE**
Entertainment by Eric Torres
Wednesday, December 18
10:00 AM - 1:00 PM

The air is getting colder and the holidays are near, celebrate an afternoon with those you hold dear! Entertainment provided by the smooth stylings of Eric Torres, singing the best of the greats from Frank Sinatra to Vicente Fernandez.



Outside snacks permitted.

EAT HEALTHY, BE ACTIVE
Free Classes
Mondays 10:45 - 11:45 AM
Dec. 2, 9, 16, & 23

Enjoy fun and lively activities with your friends. Talk about easy ways to make smart food choices and exercise more. Learn how you can Eat Healthy and Be Active.

PICO RIVERA SENIOR CENTER DECEMBER 2019



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2 Sunrise Stretch 8:00 - 9:30 am Flowers, Fun, & Design 9:00 - 10:30 am Eat Healthy, Be Active Class 10:45 - 11:45 am Nutrition 12:00 - 1:00 pm Painting for the Adult Artist 12:30 - 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 Life Story Writing 10:00 - 1:00 pm Nutrition 12:00 - 1:00 pm	4 Yoga 8:00 - 9:00 am Nutrition 12:00 - 1:00 pm Jewelry Making 1:00 - 2:30 pm Jingle Bell Rock Senior Center Holiday Dance 2:00 - 5:00 pm T.O.P.S. 3:00 pm	5 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	6 Sunrise Stretch 8:00 - 9:30 am Quick & Easy Quilting by Machine 9:00 - 3:00 pm Nutrition 12:00 - 1:00 pm	7
8	9 Sunrise Stretch 8:00 - 9:30 am Flowers, Fun, & Design 9:00 - 10:30 am Eat Healthy, Be Active Class 10:45 - 11:45 am Nutrition 12:00 - 1:00 pm	10 City Walkers 8:15 - 9:30 am Arts & Crafts 8:30 - 11:00 am Zumba Gold 9:00 - 9:55 am AARP Helping the Helper Presentation 10:00 am Life Story Writing 10:00 - 1:00 pm Nutrition 12:00 - 1:00 pm	11 Yoga 8:00 - 9:00 am Holiday Blues Presentation 10:00 am Nutrition 12:00 - 1:00 pm Jewelry Making 1:00 - 2:30 pm T.O.P.S. 3:00 pm	12 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 FACILITY CLOSSES AT 2:30 PM	13 Sunrise Stretch 8:00 - 9:30 am Quick & Easy Quilting by Machine 9:00 - 3:00 pm Nutrition 12:00 - 1:00 pm	14
15	16 Sunrise Stretch Potluck 8:00 - 9:30 am Flowers, Fun, & Design 9:00 - 10:30 am Eat Healthy, Be Active Class 10:45 - 11:45 am Nutrition 12:00 - 1:00 pm	17 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	18 Yoga 8:00 - 9:00 am Jinglebell Jam 10:00 - 1:00 pm Nutrition 12:00 - 1:00 pm Jewelry Making 1:00 - 2:30 pm T.O.P.S. 3:00 pm	19 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	20 Sunrise Stretch 8:00 - 9:30 am Quick & Easy Quilting by Machine 9:00 - 3:00 pm Nutrition 12:00 - 1:00 pm	21
22	23 Eat Healthy, Be Active Class 10:45 - 11:45 am Nutrition 12:00 - 1:00 pm	24 City Walkers 8:15 - 9:30 am Arts & Crafts 8:30 - 11:00 am Nutrition 12:00 - 1:00 pm	25 FACILITY CLOSED 	26 City Walkers 8:15 - 9:30 am Arts & Crafts 8:30 - 11:00 am Nutrition 12:00 - 1:00 pm	27 Nutrition 12:00 - 1:00 pm FACILITY CLOSSES AT 3:00 PM	28 Coordinating Council New Year's Dance 1:00 - 6:00 pm
29	30 Nutrition 12:00 - 1:00 pm	31 City Walkers 8:15 - 9:30 am Arts & Crafts 8:30 - 11:00 am Nutrition 12:00 - 1:00 pm			NOTE: Some senior programming is held at other Recreation facilities.	

Al Aresti
 4th
Hilda Juarez
 8th
Carmen Centeno
 12th
Guadalupe Diaz
 12th
Helen Molina
 15th
Lupe Rodriguez
 21st

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.