

# Pico Rivera Senior Center Tribune

“The Place for  
Friends to Meet”

October - December 2022

Adults 50+

## Operating Hours

Monday - Thursday  
8:00 am - 5:00 pm  
(562) 948-4844

## Holiday Closures

Monday, November 14  
Wednesday, November 23  
Thursday, November 24  
Monday, December 26  
Monday, January 2

9200 Mines Avenue, Pico Rivera, CA 90660

## Senior Center Free Membership

*A membership is not required to visit the Pico Rivera Senior Center.  
The benefits of completing a membership application include:*

- Advance notification of Senior Center events and programs.
- Ensure your contact information is accurate and up-to-date.
- Special surprises throughout the year.



# Facility / Programming Updates

## **Winter Holiday / City Closures**

City Hall will be closed from December 23rd through January 2nd and will reopen on Tuesday, January 3, 2023.

During the City Hall holiday closure, the Pico Rivera Senior Center will remain open specifically to provide the SASSFA meal program. Days and times TBD. Please inquire at the front counter in early December.

## ***Classes, Activities and Presentations are subject to change or cancellation due to Covid-19 City or County guidelines.***

Current Pico Rivera Senior Center guidelines:

Health: If you are not feeling well, have a fever, body aches or cough please visit on another day.

Masks: Masks are highly recommended when visiting the Senior Center.

## **Update: Senior Center Parking Lot**

The Senior Center Parking Lot on the East Side of the Facility remains closed until the improvement project is completed.

The Senior Center remains open during construction.

The Parking Lot on the West Side of the Facility (Smith Park side) and the parking stalls on Mines Avenue are available for parking.

The Dial-A-Ride passenger loading and unloading area will be located on Mines Avenue.

# Newsletter Update

Starting with the next newsletter, members with an email on file will receive the Pico Rivera Senior Center Tribune via email. If you do not want to receive it by email, please notify the Pico Rivera Senior Center by **Wednesday, November 30th** to continue receiving it by mail.



# Events

## • *Breast Cancer Awareness Month (October)*

Pick up a pink ribbon lapel pin at the front counter to wear and show your support for Breast Cancer Awareness. Join staff in wearing pink every Wednesday in October. Must be present to receive pin.

- ◆ **Wednesdays in October**
- ◆ **One pin per person**



## • *Movember: Men's Health Issues Awareness Month (November)*

Pick up a blue ribbon pin at the front counter to show your support for men's health issues. Men, can also grow a mustache for the month of November as another way to show support. Must be present to receive pin.

- ◆ **Wednesdays in November**
- ◆ **One pin per person**



## • *Let's Play Bingo*

Join us for a fun afternoon of Bingo Play and the chance to win prizes.

- ◆ **Tuesday, October 18**
- ◆ **Check-in: 1:30 pm**
- ◆ **Game play: 2 pm - 4 pm**
- ◆ Bingo cards will be provided
- ◆ Free to participate
- ◆ Registration required by Monday, October 17



## • *Thanksgiving Luncheon*

We are thankful for you!  
Enjoy a traditional tasty Thanksgiving meal.



- ◆ **Wednesday, November 16**
- ◆ **2 pm - 4 pm**
- ◆ Registration Fee: \$10
- ◆ Registration begins: Monday, October 17

Registration Deadline:  
Wednesday, November 2 or until Sold Out.

## • *Frightfully Delightful Halloween Party*

Dress up in your favorite costume to enjoy an afternoon of wicked DJ music.



- ◆ **Monday, October 31**
- ◆ **2 pm - 4 pm**
- ◆ Registration Fee: \$10
- ◆ Costume contest categories: Cutest / Scariest / Best Couple / Original
- ◆ Refreshments will be served from 2 pm - 3 pm
- ◆ Registration Deadline: Wednesday, October 26 or until Sold Out.

## • *Jolly Holidays Luncheon*

Celebrate the season with some Holiday cheer! Enjoy a delicious traditional holiday meal.



- ◆ **Wednesday, December 7**
- ◆ **2 pm - 4 pm**
- ◆ Registration Fee: \$10
- ◆ Registration begins: Monday, November 7

Registration Deadline:  
Monday, November 28 or until Sold Out.

# Intergenerational Activity

- **Grandparent's Day Halloween Celebration**

Celebrate Grandparent's Day with your grandchild. Spend the afternoon at Cinépolis Luxury Cinemas attending a private screening of Lyle, Lyle, Crocodile starring Javier Bardem, Constance Wu and Shawn Mendes as the voice of Lyle.

*Wear your favorite costume to celebrate Halloween.*

*Facemasks covering entire face not allowed.*

- ◆ **Wednesday, October 26**

- ◆ **3 pm - 6 pm**

Registration Fee: \$10 per Grandparent (age 50 & up)

\$10 per Grandchild (Age 17 & under)

*Open to Grandparents with an accompanying grandchild only.*

**Register now**

Registration Deadline: Wednesday, October 12 or until Sold Out.

**Transportation is on your own.**

Location: Cinépolis Luxury Cinemas  
8540 Whittier Blvd  
Pico Rivera, CA 90660

Registration includes:

- ◆ Admission to the theater
- ◆ A private screening of Lyle, Lyle, Crocodile
- ◆ 1 small soda & 1 small popcorn



## Activities

- **What Are You Thankful For?**

Share what you are thankful for - Ask for a leaf at the front counter, write down what you are thankful for and your leaf will be displayed in the facility.



- ◆ **Leaves will be available from Monday, October 10 - Thursday, November 3.**
- ◆ **Leaves need to be submitted by Thursday, November 3 by 5 pm.**



# Activities Con't



## **PRSC Cinema Movie Afternoon**

Enjoy an indoor movie.

- ◆ Free registration required by indicated date.
- ◆ Free popcorn & beverage for registrants.
- ◆ Doors open: 2:00 PM
- ◆ Showtime: 2:30 PM
- ◆ Day of walk-ins welcomed - free popcorn if supplies remain.

### **“Bewitched” - Starring Nicole Kidman & Will Ferrell**

Thinking he can overshadow an unknown actress in the part, an egocentric actor unknowingly gets a witch cast in an upcoming television remake of the classic sitcom Bewitched

**Thursday, October 27**

**Register now**

*Registration Deadline: Thursday, October 20*



### **“Top Gun: Maverick” - Starring Tom Cruise**

After thirty years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads TOP GUN's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it.

**Tuesday, November 29**

**Registration starts Wednesday, October 19.**

*Registration Deadline: Tuesday, November 22*



### **“Meet Me in St. Louis” - Starring Judy Garland**

Young love and childish fears highlight a year in the life of a turn-of-the-century family.

**Wednesday, December 21**

**Registration starts Thursday, November 17.**

*Registration Deadline: Tuesday, December 13*



# Activities Con't

- **Life Story Writing**

All writers, poets and authors are welcomed to join if you love to write your thoughts or preserve your recollections as you share stories about life's experiences and adventures.

**Tuesdays**

**10 am – 1 pm**

Free



- **Learn How To Work Your iPhone or Android Smartphone**

- ◆ Registration required
- ◆ Make your smartphone louder and easier to hear
- ◆ Send & receive text messages
- ◆ Connect Bluetooth devices
- ◆ Operate the basic functions of your smartphone and much more!

*Space is limited, register now!*

**ANDROID**

**Thursday, October 20**

**1 pm - 3 pm**

**IPHONE**

**Thursday, October 27**

**1 pm - 3 pm**

- **Day of the Dead Senior Center Altar/Dia de los Muertos Senior Center Altar**

- ◆ Photo submission
  - ◇ 4x6 copy of photo in horizontal or vertical orientation. Submitted photo will not be returned. (No frames will be accepted)
  - ◇ Only one (1) photo can be submitted per person
  - ◇ With the photo submission - include the following:
    - \* Your name
    - \* Relationship to individual depicted in the photo
    - \* Name of individual depicted in the photo and their birthdate
  - ◇ Deadline to submit photo is **Monday, October 24** to staff at the Pico Rivera Senior Center
- ◆ Photo Submission Display dates:  
Monday, October 31 - Thursday, November 10



# Activities Con't

- **National M&M Day**

Which M&M character do you connect with the most?

On National M&M day, celebrate by visiting the Senior Center front counter to receive an M&M sweet treat!



- ◆ **Thursday, October 13**

- ◆ **10 am - 12 pm**

***Activity Guidelines Required to receive M&M sweet treat:***

- ◇ Wear the M&M color of the character you connect with most: Orange, Red, Yellow, Blue, Green or Brown.
- ◇ Stop by the Senior Center front counter to share your M&M character color with staff.
- ◇ If you don't know anything about the M&M characters, stop by the front counter to pick-up an "M&M character description sheet" prior to October 13. Or research the information online.

- **Halloween No-Carve Pumpkin Decorating**

- ◆ Pumpkins and decorating supplies will be provided.

- ◆ **Tuesday, October 25**

- ◆ **2 pm - 3 pm**

- ◆ Registration Fee: \$10

- ◆ Space is limited, register now.

Registration Deadline:

Tuesday, October 18 or until Sold Out.

***Attendance required to receive free class supplies.***



# Health & Wellness

- **Free Health Screenings**

Preventative monitoring and treatment is one of the most important things you can do for your health. Screenings are sponsored by Beverly Hospital.

- ◆ **9:30 am to 11 am**
- ◆ Wednesday, October 26 - Blood Pressure
- ◆ Wednesday, November 16 - Glucose
- ◆ Wednesday, December 14 - Blood Pressure



- **Senior Center Fitness Room**

Looking to get fit and stay active? Register for a free membership to the center's Fitness Room. The Fitness room is equipped with treadmills, bicycles, stair climbers and single and multi-stacked weight machines. Interested individuals must complete a Participation and Hold Harmless agreement and attend a fitness orientation.



- **Flu Shot and Covid Clinic**

- ◆ **Tuesday, November 1**
- ◆ **10 am - 3 pm**
- ◆ **Free**
- ◆ **Age: 6 months & Up**
- ◆ **No appointment required.**



*Provided by the Los Angeles County Department of Public Health*

# Health & Wellness Presentation

- **Getting Ready for Medicare Open Enrollment**

Medicare open enrollment is every year from October 15-December 7. Learn about plan changes, new Medicare plans, and other important topics during the Open Enrollment period presented by Center for Health Care Rights. Registration required, call the Senior Center.

**Wednesday, October 12**  
**1 pm - 2 pm**

- **Men's Matters: Dealing with an Enlarged Prostate**

Is your urine flow behaving like a leaky faucet? Are you visiting the restroom too many times at night? Do you have difficulty emptying your bladder? There is help. Come learn about nonsurgical options available for prostate issues with Urologist Jonathan Perley. Sponsored by Beverly Hospital Registration required, call (323) 725-5032 or [contactUS@beverly.org](mailto:contactUS@beverly.org).

**Tuesday, October 25**  
**3 pm - 4 pm**



# Classes

Pre-register at [picoriveraca.myrec.com](http://picoriveraca.myrec.com) or at the Senior Center.

- **Arts & Crafts**

Make beautiful decorative items for every holiday with needlepoint and beading techniques.

*Register now*

Tuesdays and Thursdays

10/11 - 12/8

8:30 am – 11:30 am

\$40

*Registration starts Tuesday, Dec 6*

Tuesdays and Thursdays

12/13 - 12/22

8:30 am – 11:30 am

\$20



- **Sunrise Stretch**

Eliminate soreness and increase your strength and flexibility. Exercises consist of standing and sitting poses. This class moves at a moderate pace.

*Register now*

Mondays and Wednesdays

8:00 am - 9:30 am

Free

10/3 - 12/21



- **Craft Corner**

Step by Step instruction is provided by friendly Senior Center staff who are eager to teach you a new skill. All supplies provided.

*Register now*

## Halloween Deco Mesh Wreath

This class will require heavy hand work from participants. Participants will be required to cut, roll and tie all mesh and ribbon.

**Thursday  
October 20  
Fee: \$15  
1 - 3 pm**



Registration deadline: Thu. Oct 13

## Christmas Ornament Wreath

Decorate for the holiday season with a Christmas Ornament Wreath.

**Wednesday  
November 30  
Fee: \$15  
1 - 3 pm**



Registration deadline: Tue. Nov 22

***Attendance required to receive free class supplies.***

# Social Services

***The in-person Pico Rivera Lunch Program will resume at the completion of the Senior Center Parking Lot Improvement Project.***

***During this timeframe, the following local sites are offering the program.***

- **Southeast Area Social Service Funding Authority (SASSFA) In-Person Lunch Program - Nutritious meal for adults, age 60 and older.**

***Reservations must be made the day before.***

## **Gus Velasco Neighborhood Center**

9255 S. Pioneer Blvd, Santa Fe Springs

- Nutrition phone Hours: 9am-11am.
- Call (562) 699-3231 to register.
- Call (562) 692-0261 for reservations.
- Nutrition served at 11:45am.

## **La Mirada Activity Center**

13810 La Mirada Blvd., La Mirada

- Nutrition phone Hours: 9am-12pm.
- Nutrition phone number (562) 947-8787
- Register in-person or by phone.
- Nutrition served at 11:30am.

## **Mayberry Park**

13201 Meyer Rd., Whittier

- Nutrition phone Hours: 10am-1pm.
- Nutrition phone number (562) 318-8126
- Register in-person.
- Reservations in-person or by phone.
- Nutrition served at 11:30am.

- ***SASSFA Home Delivered Meal program***

To be eligible, adults 60 and older must be homebound due to illness, surgery or otherwise isolated. For more information call (562) 699-3231 ext 252.

- ***Pico Rivera Dial-A-Ride***

Curb-to-curb transportation service within the City for Pico Rivera residents 55 years of age and older and to disabled residents of any age. All interested residents must complete a registration application, processing fee of \$5. Please bring a current identification card and a utility bill as proof of residency.

***Current Dial-A-Ride registrants, please renew your account by Tuesday, December 22.***

- ***Case Worker***

A bilingual Case Worker is available to provide information and referral services for seniors 50+. For more information or to make an appointment with the Case Worker, call (562) 948-4844.

# Senior Clubs

There are three senior clubs that meet regularly at a City operated facility. The senior clubs provide a great opportunity to get together with friends to socialize and have lots of fun.

If you are interested in joining one of the clubs, stop by one of the facilities listed below during the groups meeting time to get additional information. All guests are welcomed. Call the senior center to verify the senior club meeting dates.

- ***Forever Young Senior Club***

Meeting Day: 2nd & 4th Monday

Meeting Location: Smith Park - 6016 Rosemead Blvd

Meeting Time: 10 am

Membership Fee: \$5 annually / 3 free visits

- ***Friendly Senior Club***

Meeting Day: Wednesdays

Meeting Location: Smith Park - 6016 Rosemead Blvd

Meeting Time: 10 am

Membership Fee: \$10 annually / 3 free visits

- ***Shade Lane Senior Club***

Meeting Day: Thursdays

Meeting Location: Rivera Park - 9530 Shade Lane

Meeting Time: 11 am

Membership Fee: \$10 annually - 3 free visits

# Friends of the Pico Rivera Libraries

- ***Calling All Book Lovers***

- ◆ The Pico Rivera Friends of the Library will be onsite showcasing their stock of used books and magazines that will be available for sale.
- ◆ Money raised helps support library programs.
- ◆ 9:00 am - 1:00 pm
- ◆ Thursday, November 3
- ◆ Thursday, December 1
- ◆ Thursday, January 19

# Facility Amenities

- **Billiards Room**

Open Play. Four billiard tables and billiard accessories available.



- **Outdoor Ping Pong**

No reservation required. Paddles and balls available at the front counter.



- **Indoor Ping Pong**

Reservation required. Please call for availability.

## Senior Center Event Photos / Stay Connected

Photos can be viewed on the Pico Rivera Parks and Recreation Facebook Page - [Facebook.com/picoriveraparksandrec](https://www.facebook.com/picoriveraparksandrec)

Find out what's happening in the city on social media.



Also, visit the new city website at [pico-rivera.org](http://pico-rivera.org).

