

# Pico Rivera Senior Center Tribune

April - May 2022

"The Place for  
Friends to Meet"

Adults 50+

## Operating Hours

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

[pico-rivera.org](http://pico-rivera.org)



## Holiday Closure

Monday, May 30

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.

# Events

**OLDER  
AMERICANS  
MONTH**

AGE MY WAY: MAY 2022



## MAY IS OLDER AMERICANS MONTH.

An opportunity to recognize and celebrate the contributions of older adults in the community. We are celebrating Older Americans Month with the following events in the month of May!

- **Cinco De Mayo  
Loteria**

**Thursday, May 5**

Session 1: 10:00 am - 12:00 pm

Session 2: 1:30 pm - 3:30 pm

**Free registration begins Monday, April 25th**

Let's Play! Wear red, white and green clothing for a fun filled session.



- **Mother's Day ParTea**

**Thursday, May 12**

11:00 am - 2:00 pm

**Free registration begins Monday, May 2nd**

Wear your prettiest dress, finest pearls and hat.  
Games / Food / Hat Contest / Prizes / Fun



- **Viva El Mariachi! Lunch**

**Thursday, May 26**

12:00 pm - 2:00 pm

**Free registration begins Monday, May 16th**

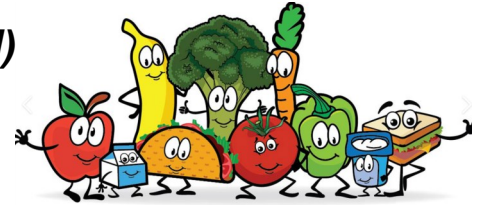
Live Mariachi / Food / Dancing / Fun



# Social Services

- ***SASSFA Lunch Program***  
*(Due to Covid-19, program is a delivered meal)*

Adults, age 60 and older can register to participate in the Southeast Area Social Service Funding Authority (SASSFA) meal delivery program. For program information and to register call (562) 699-3231 ext 252.



- ***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.

- ***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.

# 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 11:00 am
- ◆ Senior Center Lobby
- ◆ 4/27/22 - Blood Pressure
- ◆ 5/25/22 - Glucose



- ***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.

- ***PR Senior Center City Walkers***

Tuesdays & Thursdays  
Starts May 3  
8:00 am – 9:30 am  
Free



# Classes

- ***Life Story Writing***

Do you enjoy writing or do you want to preserve your recollections about life's experiences and adventures.

Tuesdays

10:00 am – 3:00 pm

Free



- ***Craft Corner***

Welcome Spring with this beautiful garden hose wreath! Step by Step instruction is provided by friendly Senior Center staff who are eager to teach you a new skill. All supplies provided, register at [picorivera.myrec.com](http://picorivera.myrec.com) or at the Senior Center.

Wednesday, April 27

Fee \$10

1:00 pm – 3:00 pm



# Facility Amenities

- ***Computer Lab***

Looking for a place to browse the web, check your email and or read the latest news? Participants must complete a registration form and then receive login information, prior to accessing the lab.

- ***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.

