

Pico Rivera Senior Center Tribune

"The Place for
Friends to Meet"

August - September 2022

Adults 50+

Operating Hours

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

pico-rivera.org



Holiday Closure

Monday, September 5

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

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.

The Senior Center Parking Lot on the East Side of the Facility will be closed from Monday, August 1st through Friday, September 30th (or until the project is completed) for parking lot improvements.

Due to the contractor's use of the entire parking lot and for safety reasons, there will be no public access to the parking lot throughout the duration of the project.

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

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

The Senior Center will remain open during construction.

Volunteers Needed!

Donate your time at the Senior Center! Your help is needed with the Senior Lunch Program. Multiple volunteers needed to assist with:

- ◆ Check-in
- ◆ Phone registrations
- ◆ Food Distribution

How To Get Started:

- 1) Request a volunteer application by calling or stopping by the Senior Center.
- 2) Submit your completed application to the Senior Center or jpacheco@pico-rivera.org.
- 3) Volunteers must pass a finger print process.

Events

• **Senior Appreciation Day**

In honor of National Senior Citizen's Day, stop by the Senior Center to pick up a sweet treat.

- ◆ **Tuesday, August 16**
- ◆ **Anytime between 10 am - 12 pm**
- ◆ Free
- ◆ Registration required.
- ◆ **Register now**

*Registration Deadline:
Thursday, August 11.*



• **National Banana Split Day**

Enjoy a scoop of ice cream with all the toppings.

- ◆ **Thursday, August 25**
- ◆ **2 pm - 4 pm**
- ◆ Free
- ◆ Registration required.
- ◆ **Register now**

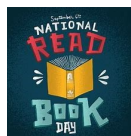
*Registration Deadline:
Thursday, August 11.*

• **Calling All Book Lovers!**

The Pico Rivera Friends of the library will be onsite showcasing their stock of books that are available for sale.

* Money raised helps support library programs.

- ◆ **Tuesday, September 6**
- ◆ **9:00 am - 3:00 pm**



In honor of National Read A Book Day, take time to sit and enjoy your book at the Senior Center.

• **National Live Creative Day**

- ◆ **Wednesday, September 14**

- ◆ **1:00 pm**

- ◆ Registration Fee: \$10

- ◆ Make a beautiful summer arrangement to brighten your space!



- ◆ Learn how to make and care for your arrangement. Instructions will be provided.

- ◆ Succulent planter, saucer, soil and decorative rocks will be provided.

- ◆ Different plants to choose for your arrangement.

- ◆ **Pre-register now at picoriveraca.myrec.com or at the Senior Center.**

**Attendance is required to receive Plant Kit.*

*Registration Deadline:
Monday, August 29 or until Sold Out.*

• **National Taco Day**

Meal includes a beverage and dessert. Event will be indoors.

- ◆ **Tuesday, October 4**

- ◆ **2 pm - 4 pm**

- ◆ Registration Fee: \$15

- ◆ **Registration begins:
Monday, August 29.**



*Registration Deadline:
Thursday, September 15 or until Sold Out.*

Trips

- ***Medieval Times Dinner & Tournament***

Celebrate National Senior Citizens Day with a spectacular display of equestrian skills, and knights jousting and competing in games on horseback.

Sunday, August 21

11:30 am - 6:30 pm

Fee: \$25

Register now at the Senior Center.

Registration Deadline: Monday, August 15 or until Sold Out.

Bus Departure / Arrival Location: Pico Park Parking Lot, 9528 Beverly Blvd,
Pico Rivera, CA 90660

Registration includes:

- ◆ Bus Transportation to and from the venue
- ◆ Admission to Medieval Times Dinner & Tournament in Buena Park
- ◆ Show - 2:30 pm / approximately 1.5 - 2 hours long
- ◆ 4-Course feast
- ◆ Special Gift

- ***Pico Rivera Senior Center Tour at ARC***

Facility Tour of the Water Replenishment District – Albert Robles Center for Water Recycling and Environmental Learning (ARC). The ARC facility encompasses an advanced water treatment facility, a fully digital learning and water-efficient demonstration gardens. This is a walking trip, wear comfortable shoes.

Tuesday, September 27

9:30 am to 11:30 am

Free

Lunch will be provided.

Registration starts on Thursday, September 1.

Registration Deadline: Tuesday, September 13.

All ARC visitors must comply with the following:

As a public health precaution to help prevent the spread of COVID-19, all of our on-site public tours will require a negative Covid-19 test (within 72 hours) or proof of vaccination.

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
- ◆ Wednesday, August 24 - Blood Pressure
- ◆ Wednesday, September 28 - 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
8:00 am – 9:30 am
Free

Meet twice a week at the Senior Center for warm-up exercises followed by an outdoor walk guided by a Senior Center Staff member at Smith Park.



Health & Wellness Presentation

- ***Low-Income Assistance Programs to Lower Medicare Costs***

Medicare Savings Programs may help you pay for your Medicare Premiums. Center for Health Care Rights will discuss qualifications and income guidelines to see if you are eligible for Medicare Costs Assistance. Registration required, call the Senior Center.

Wednesday, August 17

1 pm - 2 pm

- ***Putting Your Best Foot Forward***

Having good foot health doesn't have to be complex. With the basics, you can prevent serious foot wound even with conditions like diabetes or obesity. Allow Ara Kelekian DPM, to show you how you can continue putting your best foot forward. Sponsored by Beverly Hospital.

Tuesday, August 30

2 pm - 3 pm

Registration required, call (323) 725-5032 or ContactUs@beverly.org

- ***Housing Rights Center Workshop***

Topics Include:

- ◆ Who is protected by fair housing laws?
- ◆ What accommodations must be made for tenants with disabilities?
- ◆ Covid-19 tenant protection updates.

Tuesday, September 6

10 am

Registration required, call the Senior Center.

- ***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

Activities

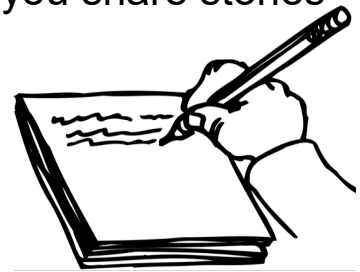
- **Life Story Writing**

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

10:00 am – 3:00 pm

Free



- **AARP Driver Safety Workshop**

Brush up on defensive techniques, safely operating a vehicle, and new traffic laws. Attendance at both sessions is required for a certificate that can be presented to most insurance companies for a discount on your auto insurance.

Call now to reserve your spot in the class!

Age: 55+

Fee: \$25 - Non-Members

\$20 - AARP Members

(Fee paid to the instructor. Cash or check to "AARP Driver Safety" accepted)

12:30 pm - 4:30 pm

◆ Monday, August 22 & Wednesday, August 24

OR

◆ Monday, October 10 & Wednesday, October 12

- **Senior Center Game Day**

Have fun with your friends playing indoor games like ping pong, dominoes, puzzles, and many more entertaining games.

Mondays

August 1 - September 26

2:00 - 4:00pm

Free

Pre-registration required by each Thursday by 3 PM.



Activities Con't



Cinema Movie Afternoon

Enjoy an indoor movie at the Pico Rivera Senior Center:

- ◆ Free popcorn while supplies last.
- ◆ Seating is limited.
- ◆ Free registration required by indicated date.
- ◆ Doors open: 1:00 PM
- ◆ Showtime: 1:30 PM

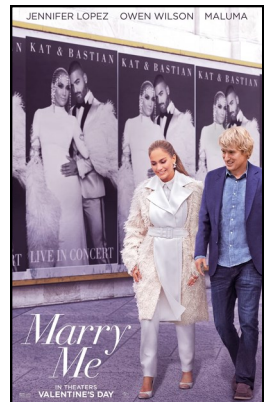
“Marry Me”

Music superstars Kat Valdez and Bastian are getting married before a global audience of fans. But when Kat learns, seconds before her vows, that Bastian has been unfaithful, she instead decides to marry Charlie, a stranger in the crowd.

Thursday, August 18

Register now

Registration Deadline: Tuesday, August 16



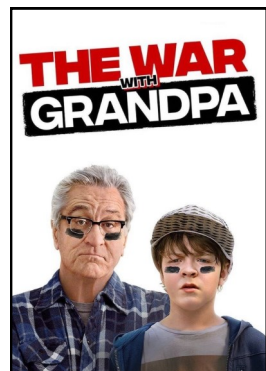
“The War with Grandpa”

Upset that he has to share the room he loves with his grandfather, Peter decides to declare war in an attempt to get it back.

Thursday, September 22

Registration starts Thursday, September 8.

Registration Deadline: Tuesday, September 20



Classes

Pre-register at picoriveraca.myrec.com or at the Senior Center.

- **Arts & Crafts**

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

Registration starts Tuesday August 9

Tuesdays and Thursdays

8:30 am – 11:30 am

\$40

8/16 - 10/6



- **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

8/1 - 9/28



- **Craft Corner**

Celebrate summer with this colorful Summer Wreath! Step by Step instruction is provided by friendly Senior Center staff who are eager to teach you a new skill. All supplies provided.

Deadline to register is Wednesday, August 17.

Attendance is required to receive Craft Kit.

Register now

Wednesday, August 24

Fee \$10

1:00 pm – 3:00 pm



Social Services

The in-person Pico Rivera Lunch Program will resume at the completion of the Senior Center Parking Lot Improvements 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

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.

- ***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 will be meeting.

- ***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

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

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

