

# Pico Rivera Senior Center Tribune

June - July 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, July 4

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

- ***The Annual Pico Rivera Go Getters vs. City Council & Employees Softball Game***

Friday, June 3 at 9:00 am  
Smith Park - 6016 Rosemead Blvd



- ***Father's Day Luncheon***

**Tuesday, June 21**  
**12:00 pm - 1:00 pm**



Let's celebrate all father's, grandfather's and great grandfather's with a delicious meal and "Get Ready for Summer" gift.

- ◆ Registration for Senior Center Members begins — Monday, June 6th
- ◆ Registration for Non Senior Center Members begins — Monday, June 13th.

***To verify if you are a Senior Center Member, call the Senior Center.***

- ***Senior Dodger Day***

**Sunday, July 10**  
**11:00 am - 5:00 pm**  
Fee \$49



1:10 pm Game Time - Dodgers battle the Chicago Cubs. Seats are located in the shade and are in close proximity to drop off areas for minimal walking.

**Register Now:**

ONLY in person at the Pico Rivera Senior Center.

Proof of age is required at time of registration.

DEADLINE is June 27 or until sold out.

\* Trip will depart from & return to Smith Park, 6016 Rosemead Blvd.

# Social Services

- ***SASSFA In-Person Lunch Program***

Adults, age 60 and older can participate in the Southeast Area Social Service Funding Authority (SASSFA).

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

**Gus Velasco Neighborhood Center**

9255 S. Pioneer Blvd, Santa Fe Springs

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

**La Mirada Activity Center**

13810 La Mirada Blvd., La Mirada

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

**Mayberry Park**

13201 Meyer Rd., Whittier

- Nutrition Hours: 10am-1pm.
- Nutrition phone number (562) 318-8126
- Register in-person.

- ***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
- ◆ June 22 - Blood Pressure
- ◆ July 27 - 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

- ***Stroke Awareness: In-Person Presentation***

**Thursday, June 16, 2022  
3:00 pm to 4:00 pm  
Pico Rivera Senior Center**

When it comes to a stroke, it matters to be aware of the risk factors. Join us for an in-person lecture to learn the signs and symptoms of a stroke and what prevention measures you can take.

TO REGISTER:

- Call Beverly Hospital at (323) 725-5032

OR

- Visit [www.beverly.org/events](http://www.beverly.org/events)



## 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



# Classes

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

- **Arts & Crafts**

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

*Registration starts Wednesday June 1*

Tuesdays and Thursdays

8:30 am – 11:30 am

\$40

6/14 - 7/28



- **Sunrise Stretch**

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

*Registration starts Wednesday June 1*

Mondays and Wednesdays

8:00 am - 9:30 am

Free

6/13 - 7/27



- **Craft Corner**

Get ready for summer with this beautiful Patriotic Centerpiece! 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*

Wednesday, June 22

Fee \$10

1:00 pm – 3:00 pm





# Senior Clubs

There are three senior clubs that meet regularly at a City operated facility. The senior clubs provide a great place 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. 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 / 1 free visit

- ***Friendly Senior Club***

Meeting Day: Wednesdays

Meeting Location: Smith Park - 6016 Rosemead Blvd

Meeting Time: 10 am

Membership Fee: \$5 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.

