

# Pico Rivera Senior Center Tribune

"The Place for  
Friends to Meet"

Adults 50+

January - March 2023

## Operating Hours

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

## Holiday Closures

Monday, January 2  
Monday, January 16  
Monday, February 20  
Thursday, March 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.

# 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.

## Newsletter Update

**Do you have an email? Would you like to receive this publication via email? Notify the Pico Rivera Senior Center to update your account.**



## Events

### • **Valentine's Day Celebration**

Celebrate Valentine's Day with a delicious lunch and a sweet dessert while enjoying delightful music to dance to.

- ◆ **Tuesday, February 14**
- ◆ **2 - 4 pm**
- ◆ **Check-in starts at 1:30 pm**
- ◆ **Registration Fee \$10**

**Register now.**

Registration deadline Tuesday, February 7.



### • **St. Patrick's Day Leprechaun Scavenger Hunt**

The search is on to find Sir Lucky, the Leprechaun in your Pico Rivera Community.

How to Play:

- ◆ **Pre-register:** Pick-up a scavenger hunt worksheet with instructions by Thursday, March 9<sup>th</sup>.
- ◆ **Scavenger Hunt dates:** Monday, March 13<sup>th</sup> - Wednesday, March 15<sup>th</sup>
- ◆ **Submissions:** Submit your completed worksheet by Wednesday, March 15<sup>th</sup> 4 pm.
- ◆ **Winners:** All participants will be entered into a raffle drawing.
- ◆ **Raffle Drawing:** Winners will be contacted to pick-up their prizes on Thursday, March 16 between 1 - 5pm.



# 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.

- ◆ Tuesdays and Thursdays
- ◆ 8:30 – 11:30 am
- ◆ Registration Fee \$40

*Register now*

# 144861 - 1/3 - 2/23

Registration starts Feb 21

# 144862 - 2/28 - 4/25

No class 3/30



- **Craft Corner - Easter Centerpiece**

Decorate for the Spring season with a beautiful 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, Feb 22

◆ 1:00 – 3:00 pm

◆ Registration Fee \$15

Registration Deadline Feb 15.



- **PR Senior Center City Walkers**

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.

*Register now*

◆ Starts Tuesday January 10

◆ Tuesdays and Thursdays

◆ 8:00 – 9:30 am

◆ Free



- **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

◆ 1/9 - 3/29

◆ 8:00 am - 9:30 am

◆ Free



## Classes Sponsored by Rio Hondo College

- **Flexibility and Balance for Older Adults**

This course provides older adults with instruction and resources for cultivating mind and body health. Guided instruction in active and passive yoga poses, stretching movements, and breathing exercises adapted for older adults is incorporated with introduction to the philosophy of Hatha Yoga. Includes presentations and class discussions on current topics in nutrition, healthy aging, and safety factors.

*Participants must provide their own yoga mat.*

*Register now*

◆ Wednesdays

◆ 2/1 - 5/24

◆ 1:00 – 2:15 pm

◆ Registration required

◆ Free



- **Painting for Older Adults**

Learn an individual approach to painting and creative arts. Topics include art appreciation and art history; awareness of line, color, shape and form; techniques in drawing and progression through color mixing and canvas painting.

*A class materials list will be provided on the first day of class.*

*Register now*

◆ Thursdays

◆ 2/2 - 5/25

◆ 1:00 – 2:50 pm

◆ Registration required

◆ Free



# Program

- **AARP Income Tax Preparation**

IRS certified volunteers provide income tax return preparation using electronic filing.

- ◆ **February 1 - April 12**
- ◆ **Mondays & Wednesdays**
- ◆ **Age: 60 & older**
- ◆ **12:00 pm - 4:00 pm**
- ◆ **Appointments required.**

Call the Senior Center Monday through Thursday to schedule and in-person appointment starting on:

- ◇ January 23 for February
- ◇ February 13 for March
- ◇ March 20 for April



# Activities

- **Let's Play Bingo**

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

- ◆ **Check-in: 1:30 pm**
- ◆ **Game play: 2 pm - 4 pm**
- ◆ Bingo cards will be provided
- ◆ Free to participate

**Thursday, January 19**

**Register now**

Registration required by Thursday, January 12



**Tuesday, March 7**

**Registration starts Wednesday, February 1**

Registration required by Tuesday, February 28

- **AARP Driver Safety Workshop 55+**

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: AARP Members \$20 Non-Members \$25 (Fee paid to instructor. Cash or check to AARP Driver Safety" accepted)
- ◆ **12:30 pm to 4:30 pm**
- ◆ **Monday, Feb 27 & Wednesday, Mar 1**



- **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.

- ◆ **Starts January 3**
- ◆ **Tuesdays**
- ◆ **10 am – 1 pm**
- ◆ Free





# 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.



### **"Dog (2022)" - Starring Channing Tatum**

Two former Army Rangers are paired against their will on the road trip of a lifetime. Briggs and Lulu race down the Pacific Coast to get to a fellow soldier's funeral on time.



**Tuesday, January 31**

**Register now.**

**Registration Deadline: Tuesday, January 24**

### **"Ticket to Paradise" - Starring George Clooney**

A divorced couple teams up and travels to Bali to stop their daughter from making the same mistake they think they made 25 years ago.



**Tuesday, February 28**

**Registration starts Thursday, February 2**

**Registration Deadline: Tuesday, February 21**

### **"Mack & Rita" - Starring Diane Keaton**

A 30-year-old writer spends a wild weekend in Palm Springs and wakes up to find she has magically transformed into her 70-year-old self.



**Tuesday, March 28**

**Registration starts Wednesday, March 1**

**Registration Deadline: Tuesday, March 21**

# 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, January 25 - Blood Pressure
- ◆ Wednesday, February 22 - Glucose
- ◆ Wednesday, March 22 - Blood Pressure

## **Senior Center Fitness Room (Monday - Thursday 8am - 4pm)**

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.



# Health & Wellness Presentations

- **Health, Wellness, and Wholeness**

Discover how staying emotionally and physically fit can keep you healthy and give you a positive attitude. Presented by LA County DMH.

Registration required, call the Senior Center.

[Register now](#)

- ◆ Wednesday, January 25
- ◆ 2pm



- **Be Red Cross Ready**

Teaches Seniors about emergency preparedness. Topics covered: Get a Kit, Make A Plan and Be informed.

Registration required, call the Senior Center.

[Register now](#)

- ◆ Thursday, February 23
- ◆ 2pm

### Be Red Cross Ready



- **Preserving Your Memory**

This presentation will provide useful tips and brain exercises to sharpen your thinking. Presented by LA County DMH.

Registration required, call the Senior Center.

[Register now](#)

- ◆ Thursday, March 23
- ◆ 2pm



# Social Services

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

### Participation Guidelines

- ◆ Program is for adults 60 and older
- ◆ An Intake Form needs to be completed prior to meal participation
- ◆ Intake forms are available:
  - ◇ In-person, Monday - Thursday, 9:00 am -11:00 am
  - ◇ Online at [pico-rivera.org](http://pico-rivera.org)
- ◆ Reservations are to be made Monday-Thursday, 9:00 - 11:00 am, the day before and in person at the Pico Rivera Senior Center.

### Program Information

- ◆ Congregate meals
  - ◇ Monday - Thursday: in-person, hot meal to be provided
  - ◇ Lunch is served at 11:30 am - registrants must check-in at the Senior Center between the hours of 9:30-11:00am
  - ◇ Friday: Drive-up Grab & Go sack lunch, consisting of a cold meal (meals will distributed from 11:30am - 12:30pm)
  - ◇ Suggested donation of \$2.75 or purchase a meal card, fee of \$10 (5 meals, 6th meal free)

# Social Services con't

- **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 meeting dates.

- **Forever Young Senior Club**

Meeting Day: 2nd & 4th Monday

Meeting Location: Smith Park  
6016 Rosemead Blvd

Meeting Time: 10 am

Membership Fee: \$10 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 (Monday - Thursday 8am - 4:30pm)**

Open Play. Four billiard tables and billiard accessories available.

- **Outdoor Ping Pong (Monday - Thursday 8am - 4pm)**

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

- **Indoor Ping Pong (Monday - Thursday 8am - 4pm)**

Reservation required. Please call for availability.

- **Computer Lab (Monday - Thursday 8am - 4pm)**

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.



# Veterans Resource Center

- The Pico Rivera Veterans Resource Center is available inside the Pico Rivera Senior Center Monday through Thursday, 8:00 am to 5:00 pm. The Veterans Service Officer (VSO) is a key component of the City's Veterans Resource Center. The VSO is an employee of the County of Los Angeles, Department of Veterans Affairs who is knowledgeable in providing veterans and their families with assistance.

The VSO is available by appointment only on Mondays, from 8:00 am to 3:00 pm. To make an appointment with the VSO, call the Senior Center at (562) 948-4844.

The Veterans Service Officer can provide information and referrals for:

- ♦ Veteran Benefits
- ♦ Disability Claims
- ♦ VA Medical Benefits
- ♦ Dependent Survivors Benefits
- ♦ Dependents College Fee Waiver



## 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).

