

Pico Rivera Senior Center Tribune

April - June 2023

Operating Hours

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

Holiday Closures

Monday, May 29

Monday, June 19

**"The Place for
Friends to Meet"**

Adults 50+



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.

PRSC Tribune 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.



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.

Events

◆ Older Americans Month 2023

Every May, the Pico Rivera Senior Center joins the Administration for Community Living in Celebrating the contributions older adults make to the community. We recognize and appreciate all our patrons.

Join us at one or all the events/activities.



◆ Celebrate Aging Dance

Celebrate Older Americans Month by dancing the afternoon away with your friends.

- * **Thursday, May 25**
- * **2 - 4 pm**
- * **Check-in starts at 1:30 pm**
- * **Free to attend with registration.**



Registration starts Tuesday, April 25

Registration deadline Thursday, May 18

◆ Senior Health & Fitness Day

Health enthusiasts of all levels join us for a morning of exercise, education, and breakfast.

Flyer with additional information and schedule available at the Senior Center in mid April.

- * **Wednesday, May 31**
- * **8 - 11:30 am**
- * **Check-in starts at 7:30 am**
- * **Free to attend with registration.**

Registration starts Monday, April 17

Registration deadline Wednesday, May 17



◆ Father's Day Celebration

All fathers join us for a fun afternoon with activities and lunch.

- * **Thursday, June 15**
- * **2 - 3 pm**
- * **Check-in starts at 1:30 pm**
- * **Free to attend with registration.**

Registration starts Monday, May 15

Registration deadline Thursday, June 8



◆ Viva El Mariachi!

Join us for a fiesta to celebrate Cinco De Mayo with Mariachi Ausente.

- * **Thursday, May 4**
- * **2 - 4 pm**
- * **Check-in starts at 1:30 pm**
- * **Free to attend with registration.**



Registration starts Tuesday, April 11

Registration deadline Thursday, April 27

◆ Mother's Day Dia de Las Madres Celebration

A fun-filled afternoon for mother's with music, lunch and activities.

- * **Wednesday, May 10**
- * **2 - 4 pm**
- * **Check-in starts at 1:30 pm**
- * **Free to attend with registration.**



Registration starts Tuesday, April 18

Registration deadline Wednesday, May 3

◆ Cafecito con Amigos

Spend the morning enjoying café de olla and pan dulce with your friends and listening to music provided by a DJ.
While supplies last.

- * **Thursday, May 18**
- * **8 - 10 am**
- * **Free to attend with registration.**



Registration starts Thursday, April 13

Registration deadline Thursday, May 11

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.

◆ **Tuesdays and Thursdays**

◆ **8:30 – 11:30 am**

◆ **Registration Fee \$40**

Registration starts Tuesday, April 18

144901 4/27 - 6/20

Registration starts Tuesday, June 13

144948 6/22 - 8/22

No class 7/4 & 7/6



• **Craft Corner - Patriotic Wreath**

Decorate for Independence Day with a beautiful wreath. Step by step instruction is provided by friendly Senior Center staff who are eager to teach you a new skill. All supplies provided.

*Registration starts
Wednesday, May 3*

◆ **Wednesday, June 7**

◆ **1:00 - 3:00 pm**

◆ **Registration Fee \$15**

Registration Deadline Tuesday, May 30



• **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, April 4**

◆ **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**

◆ **4/3 - 6/28**

◆ **8:00 - 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.

Registration starts Wednesday, May 24

◆ **Wednesdays**

◆ **6/7 - 8/2**

◆ **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.

Registration starts Thursday, May 25

◆ **Thursdays**

◆ **6/8 - 8/3**

◆ **1:00 – 2:50 pm**

◆ **Registration required**

◆ **Free**



Monthly Dances

• Afternoon Senior Dances

Join us for an afternoon of fun, live music and dancing. Snacks and soft drinks will be sold.

- ◆ 2 - 4 pm
- ◆ Check-in starts at 1:45 pm
- ◆ Pre-Registration fee: \$5
- ◆ Same Day Registration fee: \$8 if not sold out

Registration starts Tuesday, April 4

◆ Spring Fling

- * Tuesday, April 18
- * Pre-Registration deadline: Monday, April 17



Registration starts Monday, May 22

◆ Here Comes the Sun

- * Thursday, June 22
- * Pre-Registration deadline: Wednesday, June 21



Activities

• Bingo Bash

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

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

◇ Let's Play Bingo Tuesday, April 25

Registration starts Tuesday, April 4

Registration required by Tuesday, April 18



◇ National Bingo Day Tuesday, June 27

Registration starts Thursday, June 1

Registration required by Tuesday, June 20

• Paint & Sip

Join us for a fun afternoon of painting with friends and sipping mocktails.

- ◆ Tuesday, June 13
- ◆ Check-in: 1:30 pm
- ◆ 2 - 4 pm
- ◆ All supplies provided
- ◆ Fee: \$20

Registration starts, Tuesday, May 2

Registration required by Monday, May 22



• Music Lounge

Our DJ plays the jams to get you movin' & groovin'! Don't miss out on the action.

- ◆ Apr 4, Apr 6, Apr 13, Apr 20, May 11
- ◆ 10:30 am - 12:30 pm
- More dates coming!**

No registration required



• 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)
- ◆ Monday, May 1 & Wednesday May 3
- ◆ 12:30 - 4:30 pm



• 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 April 4
- ◆ Tuesdays
- ◆ 10 am – 1 pm
- ◆ Free



Activities con't

• **PRSC Cinema Movie Afternoon**

Enjoy an indoor movie with your friends.

- ◆ **Doors open: 1:45 PM**
- ◆ **Showtime: 2:00 PM**
- ◆ **Free registration required by indicated date.**

- ◆ Free popcorn & beverage for registrants.
- ◆ Day of walk-ins welcomed - free popcorn if supplies remain.

"Father Stu" - Starring: Mark Wahlberg

Follows the life of Father Stuart Long, a boxer-turned-priest who inspired countless people during his journey from self-destruction to redemption.



Thursday, April 20

Registration starts Tuesday, April 4

Registration Deadline: Thursday, April 13

"The Lost City" - Starring: Sandra Bullock

A reclusive romance novelist on a book tour with her cover model gets swept up in a kidnapping attempt that lands them both in a cutthroat jungle adventure.



Tuesday, May 23

Registration starts Monday, May 1

Registration Deadline: Tuesday, May 16



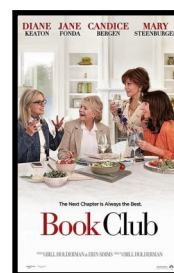
"Book Club" - Starring: Diane Keaton

Four lifelong friends have their lives forever changed after reading 50 Shades of Grey in their monthly book club.

Thursday, June 8

Registration starts Thursday, May 11

Registration Deadline: Thursday, June 1



• **Karaoke Party**

Enjoy a fun morning of music and socializing with friends.

- ◆ **9:30 - 11:30 am**
- ◆ **Free**



Thursday, April 27

Registration starts Thursday, April 6

Registration Deadline: Thursday, April 20

Tuesday, June 6

Registration starts: Tuesday, May 9

Registration Deadline: Tuesday, May 30

• **Learn How To Work Your iPhone or Android Smartphone (Presented by California Connect)**

- ◆ Make your smartphone louder and easier to hear
- ◆ Send & receive text messages
- ◆ Connect Bluetooth devices
- ◆ Operate the basic functions of your smartphone
- ◆ **2 - 4 pm**
- ◆ **Free with registration**

Registration starts Monday, April 3

ANDROID (English)
Wednesday, April 19

iPHONE (English)
Monday, April 17

ANDROID (Spanish)
Wednesday, April 26

iPHONE (Spanish)
Thursday, April 27

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 - 11 am**
- ◆ Wednesday, April 26 - Glucose
- ◆ Wednesday, May 24 - Blood Pressure
- ◆ Wednesday, June 28 - Glucose



• **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

Registration required for all presentations. Registration starts Monday, April 3.

- **Memory Loss & Alzheimer's: Let's Talk**
(Presented by Alzheimer's Los Angeles)
An overview of Alzheimer's disease and its effects. Learn about what causes memory loss, the difference between normal aging and signs of dementia, and what to do when you visit the doctor.

- ◆ **Thursday, April 13**
- ◆ **2 pm**



- **Free Nutrition Education Workshops**
Get a Taste of Healthy Eating by joining the CalFresh Healthy Living, Eat Healthy, Be Active! 4-week Workshop Series. Topics taught by a registered dietician in person or on Zoom.

- ◆ **In-person Workshop**
- ◆ **Mondays: May 1 - May 22 (4 classes)**
- ◆ **10:30 am**
- ◆ **Virtual Zoom Workshops**
- ◆ Sign-up today. Call (310) 953-0060 or email CFHL@foodsafes.com.



- **Healthy Brain Habits**
(Presented by Alzheimer's Los Angeles)
Interested in tips for keeping your brain healthy? Learn about age-related changes in memory and thinking, risk factors for dementia, and ways to keep your brain healthy. The class focuses on six pillars of brain health and offers practical tips for developing healthy brain habits.

- ◆ **Monday, May 1**
- ◆ **2 pm**



- **Metro On The Move**
Join Metro's On the Move Riders Program for an informational presentation on how to ride public transportation for shopping, running errands and seeing the sights. It's convenient and a real money saver for older adults. Learn about the benefits of having a Senior TAP card, trip planning to fun destinations, and how to join an On the Move Riders Club.

- ◆ **Monday, May 8**
- ◆ **2 pm**



- **How to Protect Yourself from Scams/ Fraud**
(Presented by Pico Rivera Sheriff Station)
Learn how to protect yourself from being scammed. Useful tips and tools will be provided.

- ◆ **Tuesday, May 16**
- ◆ **10 am**



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
- ◆ 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

- **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

- **Friendly Senior Club**

Meeting Day: Wednesdays

Meeting Location: Smith Park

6016 Rosemead Blvd

Meeting Time: 10 am

Membership Fee: \$10 annually / 3 free visits

- **St. Hilary VIPS Club (not held at a City operated facility)**

Meeting Day: 2nd & 4th Tuesday

Meeting Location: St. Hilary Parish Hall Auditorium

5465 Citronell Avenue

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

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