

Pico Rivera Senior Center Tribune

“The Place for
Friends to Meet”



7.11.23

July - September 2023

Adults 50+

Operating Hours

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

Holiday Closures

Tuesday, July 4

Monday, September 4

*Tribune information
Subject to Change*

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.

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

• Karaoke Party Meet & Mingle

Enjoy an afternoon with friends and/or meeting new PRSC members. Registration includes DJ Music and food. Participants will be encouraged to sing and dance. There will be a No-host cash bar.

- ♦ Wednesday, July 26
- ♦ 2 - 4 pm
- ♦ Fee: \$10
- ♦ Pre-registration required
- ♦ Check-in starts at 1:30 pm



Registration starts Tuesday, July 11

• 16th of September Celebration-Mariachi Concert

Enjoy a fun filled afternoon listening to your favorite mariachi songs. Meal and drink included. There will be a No-host cash bar.

- ♦ Thursday, September 21
- ♦ 2 - 4 pm
- ♦ Fee: \$15
- ♦ Pre-registration required
- ♦ Check-in starts at 1:30 pm



Registration starts Tuesday, August 1



• National Banana Split Day

Enjoy a scoop of ice cream with all the toppings and entertaining DJ music.



- ♦ Thursday, August 24
- ♦ 2 - 4 pm
- ♦ Check-in starts at 1:30 pm
- ♦ Free to attend with registration.

Registration starts Tuesday, August 1

• National Taco Day

Enjoy delicious tacos and entertaining live music. Meal includes a beverage and dessert. Event will be indoors.



- ♦ Wednesday, October 4
- ♦ 2 - 4 pm
- ♦ Fee: \$15
- ♦ Check-in starts at 1:30 pm

Registration starts Tuesday, September 5

• The Annual Pico Rivera Go Getters Co-ed Softball Team vs Pico Rivera City Council & Employees Softball Game

Stop by to support your fellow PRSC patrons as they compete against City Staff in this annual Softball Game.

- ♦ Friday, August 4
- ♦ 9 am
- ♦ Smith Park
- ♦ Free



• PRSC Craft Boutique

Get an early start on your holiday shopping and support local artists. DJ Music, refreshments for sale, and a Silent Auction.

Featured items for sale: holiday décor, clothing, jewelry, and many more fun items for family, friends and You!

- ♦ Saturday, October 14
- ♦ 9 am - 3 pm
- ♦ Free admission



CRAFT BOUTIQUE VENDORS

ATTENTION CRAFTERS

Interested in becoming a vendor? Call the Senior Center now to be added to the vendor interest list. Vendor Information and forms will be available in August.



Classes

• **Arts & Crafts**

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

- ◆ **Tuesdays and Thursdays**
- ◆ **August 31 - October 24**
- ◆ **8:30 – 11:30 am**
- ◆ **Registration Fee \$40**



Registration starts Tuesday, August 22

• **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 Thursday, July 5**
- ◆ **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**
- ◆ **July 3 - September 27**
- ◆ **8:00 - 9:30 am**
- ◆ **Free**



Sponsored by Rio Hondo College

• **Introduction to Computers**

Beginners, learn how to use a computer.

- ◆ **Mondays**
- ◆ **September 11 - November 27**
- ◆ **2 - 4 pm**
- ◆ **Free**



Registration starts Tuesday, Aug 1

Classes Sponsored by Rio Hondo College con't

• **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.

Participants must provide their own yoga mat.

Registration starts Tuesday, Aug 1

- ◆ **Wednesdays**
- ◆ **August 23 - December 6**
- ◆ **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 Tuesday, Aug 1

- ◆ **Thursdays**
- ◆ **August 24 - December 7**
- ◆ **1:00 – 2:50 pm**
- ◆ **Registration required**
- ◆ **Free**



Intergenerational Programs

• **Teens Teach Tech**

- ◆ **Wednesday, July 19**
- ◆ **1 - 2 pm**
- ◆ **Free**
- ◆ **No registration required**



Do you need help navigating your iPhone or Android?

Assistance may include but is not limited to:

- Social Media set up • Navigating your camera
- Downloading apps • Checking voicemails

• **Pen Pal: Generations Connect**



- ◆ **Free**
- ◆ **Registration starts Tuesday, July 11**
- ◆ **Letter exchange will run from July - October**
- ◆ **More information given at registration**

Generations Connect brings together the young and the young-at-heart through heartfelt letter writing. At the time of registration, you will be paired with a teen from Rio Hondo Park Teen Center! Letters will be exchanged twice a month and reviewed by Senior Center Staff prior to distribution.

• **Grandparent's Day Luau**

Celebrate this special day with your grandchildren at the Senior Center. Event will include a DJ, photo keepsake, interactive activities, food, and a face painter. Wear your favorite luau attire!

- ◆ **Thursday, August 10**
- ◆ **2 - 4 pm**
- ◆ **Fee: \$10 Grandparent (age 50 & up with accompanying grandchild)**
\$5 Grandchild (age 17 & under)
- ◆ **Check-in at 1:30 pm**

OPTIONAL: Registered Participants submit your best copy of a Grandparent photo at time of registration. Photo will be displayed during the event. Photo must depict a grandparent and grandchild. Submitted photo will not be returned. One photo per grandparent registrant.

Registration starts Tuesday, July 11



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 - 4 pm**
- ◆ Bingo cards will be provided
- ◆ Free to participate

Thursday, Aug. 17

**Registration starts
Tuesday, July 11**

Thursday, Sept. 7

**Registration starts
Tuesday, August 1**

• **Music Lounge**

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

- ◆ **7/18, 8/15, 8/22 & 9/14**
- ◆ **10:30 am - 12:30 pm**
- No registration required**



• **Day of the Dead /Día de los Muertos PRSC Altar**

- ◇ Photo submission starts on Tuesday, September 5
- ◇ 4x6 copy of photo in horizontal or vertical orientation. Submitted photo will not be returned. (No frames will be accepted)
- ◇ Only one (1) photo can be submitted per person
- ◇ With the photo submission - include the following:
 - * Your name
 - * Relationship to individual depicted in the photo
 - * Name of individual depicted in the photo and their birthdate
- ◆ Deadline to submit photo is **Monday, October 16** to staff at the Pico Rivera Senior Center



- ◆ Photo Submission Display dates:
Monday, October 23 - Thursday, November 2

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.

"A Man Called Otto" - Starring: Tom Hanks

Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around.

Tuesday, August 21

Registration starts Tuesday, July 11



"80 For Brady" - Starring: Jane Fonda

A group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady.

Tuesday, August 29

*Registration starts :
Tuesday, August 1*



"Book Club: The Next Chapter" - Starring: Diane Keaton

Follows the new journey of four best friends as they take their book club to Italy for the fun girls trip they never had.

Tuesday, September 26

Registration starts Tuesday, September 5



• **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.

Registration starts Tuesday, September 5

- ◆ Age: 55+
- ◆ Fee: AARP Members \$20 Non-Members \$25 (Fee paid to instructor. Cash or check to "AARP Driver Safety" accepted)
- ◆ **Monday, September 25 & Wednesday, September 27**
- ◆ **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 July 11**
- ◆ **Tuesdays**
- ◆ **10 am – 1 pm**
- ◆ **Free**



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, July 26 - Blood Pressure
- ◆ Wednesday, August 23 - Glucose
- ◆ Wednesday, September 27 - 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

Registration required for all presentations. Registration starts Tuesday, July 11.

- **Free Nutrition Education Workshop**

Get a Taste of Healthy Eating by joining the CalFresh Healthy Living, Eat Healthy, Be Active! Topics taught by a registered dietician virtually on Zoom.

- ♦ **Virtual Workshop at the Senior Center**
- ♦ **Tuesday, July 11**
- ♦ **10 am**



- **Memory Matters: Caring for your Brain (Presented by Alzheimer's Los Angeles)**

Interested in learning how to care for your brain? Learn how to talk to a doctor about Memory concerns, what to do when you notice signs and symptoms of cognitive impairment, and why getting an early diagnosis can be helpful for overall health and quality of life.

- ♦ **Thursday, August 3**
- ♦ **2 pm**



- **Make Home Safe for a Person with Alzheimer's (Presented by Alzheimer's Los Angeles)**

This training helps caregivers understand, manage and improve the safety risk factors at home that can seriously impact individuals with Alzheimer's or a related dementia's ability to stay at home and in the community for as long as possible.

- ♦ **Wednesday, August 23**
- ♦ **2 pm**



Alzheimer's
Home Safety Tips
For The Working
Family Caregiver

- **Communication & Dementia: Connecting with a Person Living with Memory Loss (Presented by Alzheimer's Los Angeles)**

Beginning with a basic understanding of Alzheimer's disease and its effect, this program explores communication principles necessary to maintain meaningful connections. Using scenarios, this training offers tips and useful strategies to help with communication issues over the course of the disease.

- ♦ **Tuesday, September 12**
- ♦ **2 pm**

Dementia
Communication
Tips

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: 10 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



July-September Newsletter

Registration Start Dates

Activity	Activity Date	Reg Start Date
All Presentations		Tuesday, July 11
Karaoke Party Meet & Mingle	Wednesday, July 26	Tuesday, July 11
Movie: A Man Called Otto	Tuesday, August 1	Tuesday, July 11
Grandparent's Day Luau	Thursday, August 10	Tuesday, July 11
Let's Play Bingo	Thursday, August 17	Tuesday, July 11
National Banana Split Day	Thursday, August 24	Tuesday, August 1
Movie: 80 For Brady	Tuesday, August 29	Tuesday, August 1
Let's Play Bingo	Thursday, September 7	Tuesday, August 1
16th of September Celebration	Thursday, September 21	Tuesday, August 1
National Taco Day	Wednesday, October 4	Tuesday, September 5