

Pico Rivera Senior Center Tribune

"The Place for
Friends to Meet"

Adults 50+

Winter/Spring 2024

Operating Hours

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

Holiday Closures

Monday, February 19
Monday, April 1

*Tribune information
Subject to Change*

9200 Mines Avenue, Pico Rivera, CA 90660

**NOW
OPEN**

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

♦ **PRSC Senior Valentine Gram**

Purchase a gram for the special senior in your life. Recipient must be 50 years of age or older. This limited edition Gram includes a teddy bear, chocolate rose, balloon, telegram and so much more.

- ♦ **Cost \$ 20 each**

To pre-purchase, visit:



- ♦ **The Pico Rivera Senior Center**
- or
- ♦ **Online registration at**
bit.ly/prrec_seniorvalentinegram

Valentine Grams will be available for pick-up on Monday, February 12 - Wednesday, February 14 from 9am - 5pm.

Purchase now

♦ **Viva El Mariachi!**

Join us for a fiesta to celebrate Cinco De Mayo with Mariachi Tierra Mia. Registration includes live music, meal and unlimited photobooth prints.

- ♦ **Thursday, May 2**
- ♦ **2 - 4 pm**
- ♦ **Fee \$15**
- ♦ **Check-in starts at 1:30 pm**

Registration starts Tuesday, April 2

Cash or Check Payment Only



♦ **Grand RE-Opening Dance**

Get ready to kick up your heels and join us on the dance floor as we celebrate the Grand Re-Opening of our Senior Center with live music, catered meal, and delightful company! Let's twirl into a new chapter of community spirit and revel in the joy of shared moments at our special dance event.

- ♦ **Thursday, February 22**
- ♦ **2 - 4 pm**
- ♦ **Free**

Register now



♦ **Mother's Day ParTea**

Wear your prettiest dress, finest pearls and hat. Music, food, Hat Contest, prizes and fun!!

- ♦ **Wednesday, May 8**
 - ♦ **2 - 4 pm**
 - ♦ **Free**
- Registration starts Tuesday, April 2*



Intergenerational Program

• **Teens Teach Tech**

- ♦ **Tuesday, April 2**
- ♦ **1:30 - 2:30 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



Classes

• **Arts & Crafts**

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

♦ **Tuesdays and Thursdays**

♦ **February 27 - April 18**

♦ **8:30 - 11:30 am**

♦ **Registration Fee \$40** *Register now*



• **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, March 5**

♦ **Tuesdays and Thursdays**

♦ **8:00 - 9:30 am**

♦ **Free**



• **Tai Chi**

Tai Chi is an exercise that is practiced as a slow moving meditation. Benefits include stress reduction, as well as improvements in balance, mobility and focus.

♦ **Tuesdays**

♦ **9 - 10:30 am**

♦ **Fee \$35**

#145351 Feb 13 - Mar 5

#145352 Mar 19 - Apr 9

#145353 Apr 23 - May 14

**Class will be held at:
Smith Park
6016 Rosemead Blvd**



• **Sunrise Stretch**

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

Mondays and Wednesdays

♦ **March 4 - May 29**

♦ **8:00 - 9:30 am**

♦ **Free**

Register now



• **Zumdance**

Get in shape with your favorite music. Easy to follow dance moves with explanations at the start of the class. Class is perfect for beginners and advanced participants.

Thursdays

♦ **9:00 - 10:00 am**

♦ **Fee \$30**

145380 Mar 7 - Mar 28

145381 Apr 4 - Apr 25



**Class will be held at:
Smith Park
6016 Rosemead Blvd**



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.

Register now

♦ **Wednesdays**

♦ **January 31 - May 22**

♦ **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**

♦ **February 1 - May 23**

♦ **1:00 - 2:50 pm**

♦ **Registration required**

♦ **Free**



Programs

- **AARP Income Tax Preparation**

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

- ♦ **February 5 - April 10**
- ♦ **Mondays & Wednesdays**
- ♦ **12:00 pm - 4:00 pm**
- ♦ **Appointments required.**

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

- ◇ February 12 for March
- ◇ March 18 for April



- **T.O.P.S (Take Off Pounds Sensibly)**

A weight loss support group with private Weigh-ins and weekly lessons teaching the right approach to weight loss.

- ♦ **Wednesdays**
- ♦ **3pm**
- ♦ **Free**



Activities

- **Pickleball**

Serving up fun times and a great way to get some low-key exercise.

- ♦ **Wednesdays**
- ♦ **9 - 11 am**
- ♦ **Free**

Pickleball courts located at:
Rivera Park
9530 Shade Lane

Players must bring their own equipment.



- **Pickleball Tour**

Participate in a Tour of the Pickleball Courts at Rivera Park.

- ♦ **March 13**
- ♦ **9 - 11 am**
- ♦ **Free**

- ♦ **Transportation included**
- ♦ **Registration required**

Register early, bus space limited
Meeting location: Senior Center



- **Paint to Create**

Join us for a fun afternoon of painting with new friends. Create your very own Spring themed art piece with step by step instruction.

All supplies provided.

- ♦ **Tuesday, April 23**
- ♦ **2 - 4 pm**
- ♦ **Fee \$20**
- ♦ **Registration deadline Tuesday, April 16**

Register now



- **Craft Corner- Bumble Bee Spring Wreath**

Decorate for the Spring season with a beautiful one-of-a kind wreath. Step by step instruction is provided by friendly Senior Center staff who are eager to teach you a new skill.

All supplies provided.

- ♦ **Tuesday, May 14**
- ♦ **2 - 4 pm**
- ♦ **Fee \$15**
- ♦ **Registration deadline Monday, May 6**

Registration starts Tuesday, April 2



- **Music Lounge**

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

- ♦ **3/20, 4/17, 5/16, 6/20**
- ♦ **10:30 am - 12:30 pm**
- ♦ **Free**

No registration required



- **Let's Play Bingo**

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

- ♦ **Tuesday, April 9**
- ♦ **Free**
- ♦ **Check-in: 1:30 pm**
- ♦ **Game play: 2 - 4 pm**
- ♦ **Bingo cards provided**

Registration starts Tuesday, March 5



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.**

"A Million Miles Away" - Starring: Michael Pena

A biopic about Jose Hernandez and his path from a farm worker to becoming an engineer and an astronaut. A tale of perseverance, community and sacrifice to accomplish a seemingly impossible dream.

Thursday, February 29

Register now



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

"Equalizer 3" - Starring: Denzel Washington

Robert McCall finds himself at home in Southern Italy but he discovers his friends are under the control of local crime bosses. As events turn deadly, McCall knows what he has to do: become his friends' protector by taking on the mafia.

Thursday, March 21

Registration starts Tuesday, March 5

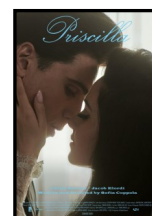


"Priscilla" - Starring: Cailee Spaeny

When teenage Priscilla Beaulieu meets Elvis Presley, the man who is already a meteoric rock-and-roll superstar becomes someone entirely unexpected in private moments: a thrilling crush, an ally in loneliness, a vulnerable best friend.

Thursday, April 18

Registration starts Tuesday, April 2



• **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, March 5

- ◆ Age: 55+
- ◆ Fee: AARP Members \$20 Non-Members \$25 (Fee paid to instructor. Cash or check to AARP Driver Safety" accepted)
- ◆ **Monday, April 22 & Wednesday, April 24**
- ◆ **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 January 9**
- ◆ **Tuesdays**
- ◆ **10 am – 1 pm**
- ◆ **Free**



Health & Wellness

• **Free Blood Pressure Screenings**

Preventative monitoring and treatment is one of the most important things you can do for your health. Screenings are sponsored by Adventist Health White Memorial Montebello.

- ◆ **Wednesdays**
- ◆ **9:30 - 11 am**
- ◆ **February 28, March 27, April 24**



• **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. Register now

- **Human Services Association Program Overview**

Do you need assistance at home? Are you an unpaid caregiver caring for elderly relatives? Are you experiencing difficulties with daily living activities? This presentation will guide you through the available resources from the HSA organization.

- ♦ **Thursday, March 7**

- ♦ **2 pm**

- **All Ready LA County: Emergency Preparedness**

Identify at least 3 types of LA County emergencies; How to connect with others before and after an emergency; Describe how to make a plan and supplies for your emergency kits.

- ♦ **Thursday, March 28**

- ♦ **2 pm**

- **Nutrition Education Workshop**

Topics taught by a registered dietitian and include:

- * Budget friendly eating tips
- * How to prepare healthy, quick meals and snacks
- * Ways to include exercise into your day
- * Helpful food facts

- ♦ **Mondays, April 15 - May 6**

- ♦ **1 pm**

- **Public Transportation Workshop**

Learn how to safely use public transportation in your community:

- * Route planning, including understanding schedule, maps & fares
- * "TAP" card usage, including how to purchase and proper use

- ♦ **Thursday, April 11**

- ♦ **2 pm**

- **Hands-Only CPR**

Discuss US statistics regarding Cardiac Arrest; Describe the signs, symptoms and differences of cardiac arrest and heart attack; Explain the difference of Hands-Only CPR; and Demonstrate checking for responsiveness, calling 911, and perform chest compression.

A certificate will not be issued for the class.

- ♦ **Tuesday, April 16**

- ♦ **2 pm**

- **West Nile Virus:**

What it is and what you can do to prevent it

Describe West Nile Virus; Identify who is at risk of getting infected with West Nile Virus; List three places mosquitoes may live; and describe what you can do to prevent West Nile Virus.

- ♦ **Tuesday, May 21**

- ♦ **2 pm**

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, 9:30 am -11:00 am
 - ◇ Online at pico-rivera.org
- ♦ Reservations are to be made Monday-Thursday, 9:30 - 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

- **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)**

Day prior reservation required. 2-hour reservation per group. 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



Winter/Spring Newsletter

Registration Start Dates

Activity	Registration Start Date
Grand RE-Opening Dance	Register now
All Presentations	Register now
Valentine Grams	Purchase now
Paint to Create	Register now
Movie "A Million Miles Away"	Register now
Pickleball Tour	Register now
Let's Play Bingo	Tuesday, March 5
Movie "Equalizer 3"	Tuesday, March 5
Viva El Mariachi	Tuesday, April 2
Mother's Day ParTea	Tuesday, April 2
Craft Corner: Bumble Bee Spring Wreath	Tuesday, April 2
Movie "Priscilla"	Tuesday, April 2