

# Pico Rivera Senior Center Tribune

Summer 2024

## Operating Hours

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

## Holiday Closures

Monday, May 27  
Wednesday, June 19  
Thursday, July 4

*Tribune information  
Subject to Change*

"The Place for  
Friends to Meet"

Adults 50+

PICO RIVERA  
**R**

9200 Mines Avenue, Pico Rivera, CA 90660

## 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 2024**

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.



### • **Senior Health & Fitness Day**

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

- ◆ **Tuesday, June 25** *Register now*
- ◆ **8 - 11:30 am**
- ◆ **Check-in starts at 7:30 am**
- ◆ **Free to attend with registration**



### • **Karaoke Party**

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.

- ◆ **Thursday, June 6**
- ◆ **2 - 4 pm**
- ◆ **Fee: \$10**
- ◆ **Cash or Check payment ONLY**
- ◆ **Check-in starts at 1:30 pm**

*Registration starts Wednesday, May 1*



### • **Father's Day Celebration**

Celebrate Father's Day with the Senior Center at the North Woods Inn in La Mirada. Participants will enjoy a delicious meal and partake in interactive games with Senior Center Staff.

- ◆ **Wednesday, June 12**
- ◆ **11:30 am - 3:30 pm**
- ◆ **Fee: \$10 refundable deposit. (No show's or late arrivals will not receive refunds.)**
- ◆ **Check-in starts at 11:15 am**
- ◆ **Must arrive on City provided transportation**
- ◆ **Bus departs promptly at 11:30 am**

Bus departs from:  
Pico Rivera Senior Center  
9200 Mines Ave

*Register now*



### • **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, July 11**
- ◆ **9 - 11 am**
- ◆ **Free to attend with registration.**

*Registration starts Tuesday, June 4*



### • **Luau Dance**

Enjoy a Hawaiian lunch, Polynesian entertainment, live music and the chance to win raffle prizes.

- ◆ **Wednesday, July 31**
- ◆ **2 - 4 pm**
- ◆ **Check-in starts at 1:30 pm**
- ◆ **Fee: \$15**
- ◆ **Cash or Check payment ONLY**

*Registration starts Tuesday, July 2*



## Classes

### • **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**

**145497 Apr 30 - Jun 20**

**Registration starts Tuesday, June 4**

**145498 Jun 25 - Aug 20**



### • **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.

♦ **Starts Tuesday, June 4**

♦ **Tuesdays and Thursdays**

♦ **8:00 - 9:30 am**

♦ **Free**

**Register now**



### • **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**

**145353 Apr 23 - May 14**

**145520 May 28 - Jun 18**

**145521 Jul 2 - Jul 23**

**Class 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**

♦ **June 3 - August 28**

♦ **8:00 - 9:30 am**

♦ **Free**

**Register now**



### • **Zumdance Fitness**

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**

**145491 May 2 - May 30 Fee \$30**

**145493 Jun 6 - Jun 27 Fee \$25**

**145507 Jul 11 - Jul 25 Fee \$20**



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

**Sponsored by Rio Hondo College**

### • **Keyboarding**

This course is designed to enable efficient operation of the alphanumeric keyboard. Common keyboarding techniques will be applied to develop speed and accuracy.

♦ **Mondays**

♦ **June 3 - July 29**

♦ **1:00 - 3:25 pm**

♦ **Free**

♦ **Registration required**

## Classes Sponsored by Rio Hondo College can'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.*

♦ **Wednesdays**

♦ **June 5 - July 31**

♦ **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.*

♦ **Thursdays**

♦ **June 6 - August 1**

♦ **1:00 - 2:50 pm**

♦ **Registration required**

♦ **Free**



## Intergenerational Programs

- **Teens Teach Tech**

- ◆ Tuesday, July 9
- ◆ 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



- **Summer Pickleball Swing**

Swing your way into a game of pickleball with teens from our Teen Center.

- ◆ Wednesday, June 26
- ◆ 9 - 11 am
- ◆ Free
- ◆ Registration required
- ◆ Register early, bus space limited

Meeting location: Senior Center

Destination: Pico Park

**Register now**

- **Craft & Laughs - An Experience to Remember**

Bring home a beautiful summer piece made by you. Pair up with one of our PR Teen Center teens as they lead the craft with step-by-step instructions to decorate/ paint a wood picture frame.

- ◆ Tuesday, July 30
- ◆ 1 - 3 pm
- ◆ Fee: \$5
- ◆ Registration required
- ◆ Registration deadline, Monday July 22

**Registration starts Tuesday, June 4**

## Programs

- **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.

- |                   |                   |
|-------------------|-------------------|
| ◆ Tuesdays        | ◆ Wednesdays      |
| ◆ 9 am - 12 pm    | ◆ 9 - 11 am       |
| ◆ Free            | ◆ Free            |
| Pico Park         | Rivera Park       |
| Pickleball Courts | Pickleball Courts |
| 9528 Beverly Blvd | 9530 Shade Lane   |

**Players must bring their own equipment.**



- **National Bingo Day**

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

- ◆ Thursday, June 27
- ◆ Check-in: 1:30 pm
- ◆ Game play: 2 - 4 pm
- ◆ Bingo cards will be provided
- ◆ Free to participate

**Registration starts Tuesday, June 4**



- **Music Lounge**

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

- ◆ 5/16, 6/20
- ◆ 10:30 am - 12:30 pm
- ◆ Free

**No registration required**



- **Craft Corner– Bumble Bee 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

**Register now**





## 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.**

#### **"My Big Fat Greek Wedding 3"- Starring: Nia Vardalos**

After the death of the family's patriarch, Toula attempts to locate her father's childhood friends in Greece for a family reunion.



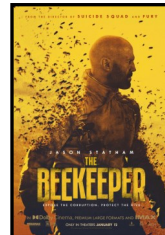
**Thursday, May 16**

*Register now*

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

#### **"The Beekeeper" - Starring: Jason Statham**

One man's brutal campaign for vengeance takes on national stakes after he is revealed to be a former operative of a powerful and clandestine organization known as "Beekeepers".



**Tuesday, June 18**

*Register now*



#### **"Arthur the King" - Starring: Mark Wahlberg**

An adventure racer adopts a stray dog named Arthur to join him in an epic endurance race.



**Thursday, July 18**

*Registration starts Tuesday, June 4*

### • **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.

*Register now*



- ◆ Age: 55+
- ◆ Fee: AARP Members \$20 Non-Members \$25 (Fee paid to instructor. Cash or check to AARP Driver Safety accepted)
- ◆ **Monday, June 10 & Wednesday, June 12**
- ◆ **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.

- ◆ **Weekly**
- ◆ **Tuesdays**
- ◆ **10 am – 1 pm**
- ◆ **Free**



**Meets at:  
Smith Park  
6016 Rosemead Blvd**

## 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**
- ◆ **May 22, June 26, July 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, 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.**

**Presentations will be cancelled due to low registrations.**

- **Elder Abuse & Scams**

Bet Tzedek Legal Services will provide education and discussion to the Senior Community, empowering you to protect yourself from financial scams.

- ♦ **Tuesday, June 11**
- ♦ **2 pm**



- **Advance Planning**

The Leaving a Legacy program provides free estate planning services that will help you prepare for the future and protect your health, finances, legal matters, and family's interest.

- ♦ **Tuesday, July 23**
- ♦ **2 pm**



## Volunteer Opportunity

- **Become A Volunteer!**

Volunteers are needed between the hours of 10 am to 1 pm for our SASSFA Nutrition Program. If you are interested, please stop by the Senior Center front counter to request a volunteer application.



## 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](http://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. There is a 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

**SENIOR  
CLUBS**

## 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



## Summer Newsletter

### Registration Start Dates

| Activity                                    | Registration Start Date |
|---|-------------------------|
| Movie: "My Big Fat Greek Wedding 3"         | Register now            |
| All Presentations                           | Register now            |
| Movie: "Beekeeper"                          | Register now            |
| Craft Corner: Bumble Bee Spring Wreath      | Register now            |
| Senior Health & Fitness Day                 | Register now            |
| Father's Day Celebration                    | Register now            |
| Summer Pickleball Swing                     | Register now            |
| Karaoke Party                               | Wednesday, May 1        |
| Cafecito con Amigos                         | Tuesday, June 4         |
| Crafts & Laughs - An Experience to Remember | Tuesday, June 4         |
| Movie "Arthur the King"                     | Tuesday, June 4         |
| National Bingo Day                          | Tuesday, June 4         |
| Luau Dance                                  | Tuesday, July 2         |