

# Pico Rivera Senior Center Tribune

Summer 2025

## Operating Hours

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

## Holiday Closures

Thursday, June 19  
Thursday, July 3

"The Place for  
Friends to Meet"

Adults 50+



*Tribune information  
Subject to Change*

9200 Mines Avenue, Pico Rivera, CA 90660

## Event Updates

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



## Events

### ♦ Karaoke Meet & Mingle

Enjoy an afternoon with friends and/or meeting new PRSC members. Sing your heart out or relax and listen to your fellow friends. Registration includes light refreshments. Participants will be encouraged to sing and dance.

- ♦ **Thursday, June 26**
- ♦ **2 - 4 pm**
- ♦ **Fee: \$10**
- ♦ **Check-in starts at 1:30 pm**

*Register now*



### ♦ A Tropical Dance Escape

Join us for an afternoon of lively music and fun-filled dancing! Put on your favorite floral attire and enjoy an unforgettable time with a live band.

*Snacks and soft drinks will be available for purchase.*

- **Thursday, August 28**
- **2 - 4 PM**
- **Fee \$8**
- **Check in starts at 1:30 PM**

*Registration starts Tuesday, August 5*



### ♦ Independence Day BBQ

Celebrate the Fourth of July with a classic backyard BBQ filled with delicious food, patriotic spirit and summer fun! Enjoy grilled favorites, refreshing beverages and dance to classic tunes provided by a DJ. Don't forget to wear your red, white and blue!

- **Wednesday, July 2**
- **2 - 4 PM**
- **Fee \$15**
- **Check-in starts at 1:30 pm**

*Register now*



### ♦ Grandparents Day Celebration

Calling all grandparents! Enjoy lunch from the Habit Catering Truck. Spend the afternoon with other grandparents bragging about your amazing grandchildren. Our DJ will be playing tunes.

- **Thursday, September 4**
- **12 - 2 PM**
- **Fee \$15**  
(Charburger Combo includes fries and beverage)
- **Check in starts at 11:45 AM**
- **Event will be held in the patio**

*Registration starts Tuesday, August 5*



### ♦ Taco 'Bout A Party

Spice things up with a fun, festive party. Celebrate with live music and of course, delicious tacos. Includes meal and beverage.

- **Thursday, July 31**
- **5 - 7 PM**
- **Fee \$20**
- **Check-in starts at 4:30 PM**
- **Event will be held in the patio**

*Registration starts Tuesday, July 1*



### ♦ National Senior Citizens Appreciation Day

Celebrate the day with DJ Music and one (1) free soft serve ice cream cone.

- **Thursday, August 21**
- **DJ 10:30 am - 12:30 PM**
- **Ice Cream served outside: 12 - 2 pm**
- **Free soft serve ice cream cone**
  - ♦ **First come, first serve basis, while supplies last**

*Registration starts Tuesday, August 5*



### ♦ Viva la Fiesta!

Celebrate Mexican Independence Day with lively mariachi music, colorful decorations and traditional Mexican cuisine. Wear red, white and green and dance to festive songs that fill the air with energy and pride. Includes meal and beverage.

- **Thursday, September 18**
- **2 - 4 PM**
- **Fee \$20**
- **Check-in starts at 1:30 pm**

*Registration starts Tuesday, September 2*



## Activities

### • Craft Corner

#### **Summertime Themed Paper Mosaic Art**

Create your own uniquely colorful piece of home decor that gives your home a splash of color! Use colorful pieces of assorted paper to create a colorful summertime art piece on canvas using glue and Mod Podge to seal the art piece. This class will be taught by one of our Senior Center staff.

- ◆ **Tuesday, July 15**
- ◆ 1 - 3 PM
- ◆ Fee: \$15
- ◆ All supplies provided

*Register now*



#### **Fiesta Piñata**

Let's get crafty and creative! Celebrate Hispanic Culture by decorating a festive piñata. Using different pieces of colorful tissue paper and other assorted items, create a festive decoration ready for any fiesta. This class will be taught by one of our Senior Center staff.

- ◆ **Tuesday, September 16**
- ◆ 1 - 3 PM
- ◆ Fee: \$15
- ◆ All supplies provided

*Registration starts Tuesday, August 5*



### • Let's Play Bingo

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

- ◆ **Free**
- ◆ **Thursday, July 17**
- ◆ **Check-in: 1:30 PM**
- ◆ **Game play: 2 - 4 PM**
- ◆ **Bingo cards and dauber provided**

*Register now*



### • Music Lounge

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

- ◆ **Thursdays 7/24, 8/21**
- ◆ **Tuesday 9/16**
- ◆ **10:30 AM - 12:30 PM**
- ◆ **Free**

*No registration required*



### • Senior vs Staff Ping Pong Challenge

Play against a PRSC staff member and get in some exercise for the day. Equipment provided by the Senior Center. Call the Senior Center to check the schedule.

- ◆ **Free**
- ◆ **Indoor Ping Pong Table**

*Register now*



### • Color-Me-Happy Coloring Club

Join a relaxed, social group to enjoy the calming and creative activity of coloring. The club promotes stress relief, fine motor skills and social interaction. Offering a welcoming space for creativity and conversation. Suitable for all skill levels.

- ◆ **Free**
- ◆ **Wednesdays: 7/9, 8/6, 9/10**
- ◆ **1 - 3pm**

*Register now*



## Classes

### • 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 or visit the Senior Center to register.



- ◆ **Age: 55+**
- ◆ **Fee: AARP Members / \$20 Non-Members \$25**  
(Fee paid to instructor on first day of class. Cash or check to "AARP Driver Safety" accepted)
- ◆ **Monday, September 15 & Wednesday, September 17**
- ◆ **12:30 - 4:30 PM**



## Classes con't

### • Senior (60+) Tech Ed

#### Topic: Smartphone Usage 4-Week Workshop

Do you need help navigating your cellphone? A friendly PRSC Team member will provide an overview of the mobile device and their various applications and troubleshoot questions in a group classroom setting.

Topics will include:

- \* Navigating your camera
- \* Checking voicemails
- \* Downloading apps
- \* Texting a picture
- \* Internet usage
- \* Video calling

◆ **Age: 60+**

◆ **Free**

◆ **2 - 3 PM**

◆ **iPhone**

◇ **Tuesdays: 8/5, 8/12, 8/19, 8/26**

**Registration starts: Tuesday, July 1**

◆ **Android**

◇ **Tuesdays: 9/9, 9/16, 9/23, 9/30**

**Registration starts: Tuesday, August 5**



## Movies

### • 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.

#### **"Here" - Starring: Tom Hanks**

Reuniting the director, writer and stars of Forrest Gump, Here is an original film about multiple families and a special place they inhabit. The story travels through generations, capturing the most relatable of human experiences.

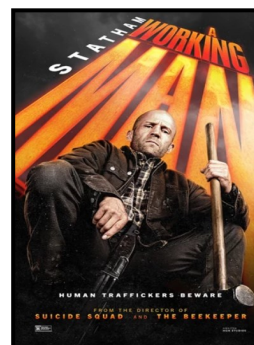


**Tuesday, July 22**

**Register now**

#### **"A Working Man" - Starring: Jason Statham**

Levon Cade left his profession behind to work construction and be a good dad to his daughter. But when a local girl vanishes, he's asked to return to the skills that made him a mythic figure in the shadowy world of counter-terrorism..



**Tuesday, August 19**

**Registration starts: Tuesday, July 1**

### ◆ Dinner & A Movie at the PRSC

Lights, Camera, ACTION! Enjoy an afternoon of delicious food and an entertaining movie.

**Showing: Thelma**

**Starring: June Squibb & Richard Roundtree**

When 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her.

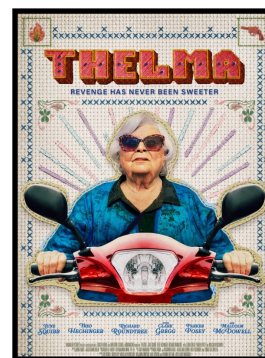
• **Fee: \$15**

• **Thursday, September 25**

• **Doors Open: 2:45 pm**

• **Dinner Served: 3 - 4pm**

**Registration starts Tuesday, September 2**



# Health & Wellness Presentations

**Registration required for all presentations. Register now**

- **Know The Scams, Don't Be A Victim**

This presentation identifies common scam techniques, how to identify a scam, and presents tips on preventing scams and dealing with scams.



- ♦ **English**

- ♦ **Wednesday, July 9**
- ♦ **10 AM**

- ♦ **Spanish**

- ♦ **Wednesday, July 16**
- ♦ **10 AM**

- **Bullying**

Bullying can occur at any time throughout our lives. Learn how to recognize it and tips on what to do if you feel it's happening to you.



- ♦ **English**

- ♦ **Wednesday, August 13**
- ♦ **10 AM**

- ♦ **Spanish**

- ♦ **Wednesday, August 20**
- ♦ **10 AM**

- **High Cholesterol: What Can I Do to Reduce My Risk**

Resident of Pico Rivera, take control of your heart health! Join our workshop to learn: What cholesterol is, why it matters, and how to lower it through simple changes in diet, exercise, and daily habits. This workshop offers easy tips to help you stay healthy and protect your heart.

- ♦ **English**

- ♦ **Wednesday, September 10**
- ♦ **10 AM**



- **High Blood Pressure and Your Health**

High blood pressure can lead to serious health problems, but there are ways to prevent and control it. Join this workshop to learn how high blood pressure affects the body, what warning signs to watch for, and how to stay healthy through simple changes like eating better, moving more and lowering stress to maintain a healthy blood pressure and long-term wellness.

- ♦ **English**

- ♦ **Wednesday, October 15**
- ♦ **10 AM**



- **The Basics of Diabetes**

Diabetes affects many people, but learning about it can help you take control. In this workshop, you will learn: the basics-what diabetes is, the different types, common symptoms, risk factors, and simple tips for daily management. Whether you have diabetes or want to lower your risk, this workshop will give you the tools to live a healthier life.

- ♦ **English**

- ♦ **Wednesday, November 19**
- ♦ **10 AM**

**DIABETES**  
KNOW THE SYMPTOMS



- **Ongoing Virtual CalFresh Workshop**

Learn more about nutrition and physical activity by a certified nutritionist. Registration required. Participants will receive a zoom link prior to the first class.

If you don't have access to a computer – the Senior Center will display the virtual class in a group classroom setting.

- ♦ **Age 60+**
- ♦ **Tuesdays**
- ♦ **10 AM**
- ♦ **4-week sessions**



**For Zoom Link:**

**Call (323)813-3030 or email:**  
**a.towle-anderson@foodsafety.com**

**To attend virtual workshop at the Senior Center, call or visit to register. Space is limited.**

## PRSC Group Photos - JUST BECAUSE - We Want to See YOU!

- **Happy Independence Day**

Join us in celebrating the spirit of independence! Be a part of this special moment as we honor freedom and togetherness for a group photo. Wear your patriotic colors: red, white and blue.

- ♦ **Tuesday, July 1**
- ♦ **11 AM**

**NO REGISTRATION REQUIRED**



## Senior Center Event Photos / Stay Connected



## Registration Reminder Dates

### Summer Newsletter

#### Registration Start Dates

Activity	Registration Start Date
All Presentations	Register now
Karaoke Meet & Mingle - 6/26	Register now
Independence Day BBQ - 7/2	Register now
Let's Play Bingo - 7/17	Register now
Movie "Here" - 7/22	Register now
Taco 'Bout A Party - 7/31	Tuesday, July 1
Movie "A Working Man" - 8/19	Tuesday, July 1
National Senior Citizens Day - 8/21	Tuesday, August 5
A Tropical Dance Escape - 8/28	Tuesday, August 5
Grandparent's Day Celebration - 9/4	Tuesday, August 5
Viva la Fiesta! - 9/18	Tuesday, September 2
Dinner & A Movie at the PRSC - 9/25	Tuesday, September 2