

Pico Rivera Senior Center Tribune



"The Place for
Friends to Meet"

Fall 2025

Adults 50+

Operating Hours

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

Holiday Closures

Tuesday, November 11

Thursday, November 27

Wednesday, December 24 - January 1, 2026

*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

• **Flu Shot Clinic**

If you are 6 months of age and older, you are eligible to receive the flu vaccine. The Los Angeles County Public Health Mobile Vaccination Clinic will be administering the clinic. Participants will be assisted on a first-come, first-served basis, while supplies last.

- ◆ **Wednesday, September 24**
- ◆ **10 AM - 12 PM**
- ◆ **Free**



• **Day of the Dead/Dia De Los Muertos Altar**

- ◆ Photo submission starts on:
Tuesday, September 30
- ◆ 4x6 copy of photo in horizontal or vertical orientation. Submitted photo will not be returned. (No frames will be accepted)
- ◆ 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

Altar Display dates:

Monday, October 20 - Thursday, October 30



• **Super Halloween Bash**

Spend a spooky afternoon embracing your inner ghouls and goblins dancing to ghoulish live tunes. Join us in your best costume and enter the costume contest for a chance to win a prize.

Snacks and soft drinks will be available for purchase.

- ◆ **Thursday, October 30**
- ◆ **2 - 4 PM**
- ◆ **Check-in starts at 1:45 PM**
- ◆ **Pre-registration Fee \$8**
- ◆ **Same Day Fee \$10 if not sold out**
- ◆ **Payment: Cash or check only**
- ◆ **Costume contest categories:**
Cutest / Scariest / Best Couple / Original



Register now

• **Halloween BOO-INGO!**

Join us for a spooky good time!



- ◆ **Thursday, October 23**
- ◆ **Check-in: 1:30 PM**
- ◆ **Game play: 2 - 4 PM**
- ◆ **Free (includes: bingo cards, dabber and ghoulish goodies)**
- ◆ **Come dressed in your best costume for a chance to win a prize.**

Register now

• **Karaoke Meet & Mingle Holiday Edition**

Jingle, jingle, jingle the holidays are near so let's meet & mingle. Sing your heart out or relax and listen to your fellow friends. Registration includes light refreshments

- ◆ **Thursday, November 20**
- ◆ **2 - 4 PM**
- ◆ **Fee: \$10**
- ◆ **Payment: Cash or check only**
- ◆ **Check-in starts at 1:30 pm**



Registration starts Tuesday, October 7

• **Happy Thanksmas Luncheon**

Tinsel and cheer are what you'll find here at our annual Thanksgiving and Christmas celebration – ThanksMas... Oh What fun! Enjoy live music, a delicious traditional Thanksgiving meal, photos with themed characters and lots of fun. Wear your festive holiday swag to celebrate both.

- ◆ **Thursday, December 4**
- ◆ **2 - 4 PM**
- ◆ **Check-in 1:30 PM**
- ◆ **Fee \$20**



Happy Thanksmas

Registration starts Tuesday, October 7

• **Cafecito con Amigos**

The holidays come but once a year, join us for some holiday cheer. Spend your time enjoying café and pan dulce with friends. Then commemorate the morning by taking a picture with Santa and his friends. Come dressed in your festive holiday sweater.

- ◆ **Thursday, Dec 18**
- ◆ **9:30 - 11:30 AM**
- ◆ **Free**



Registration starts Tuesday, October 7

Activities

• Craft Corner

Leaf Your Mark

Embrace the fall season with a printed tote bag, each one as unique as the fall leaves. Using an assortment of fall-themed stencils, leaves, and paint to create a festive fall fashion piece.

- ◆ Tuesday, October 7
- ◆ 1 - 3 PM
- ◆ Fee: \$15
- ◆ All supplies provided

Register now



Winter Whimsy

Create a mini winter wonderland that will never melt! Use a variety of materials to build a waterless snow globe in a jar. Perfect for the holidays.

- ◆ Tuesday, December 2
- ◆ 1 - 3 PM
- ◆ Fee: \$15
- ◆ All supplies provided

Register now



• Music Lounge

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

- ◆ Thursdays 10/9, 11/6
- ◆ 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: 10/1, 11/5, 12/10
- ◆ 1 - 3pm

Register now



• Pocket Lens Society

Do you like taking pictures with your phone? Join our photography club - where every snapshot tells a story. Whether you're a seasoned shutterbug or just love capturing life's little moments, come connect, create, and click with fellow photography enthusiasts. No experience needed, just your passion, perspective and phone!

- ◆ Free
- ◆ Wednesdays 10/8, 10/15, 10/22, 10/29
- ◆ 2 - 3 PM

Register now



Classes

• Senior (60+) Tech Ed

Topic: Smartphone Usage

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.

- ◆ Age: 60+
- ◆ Free
- ◆ 2 - 3 PM
- ◆ Android
 - ◇ Wednesdays: 11/5; 11/12; 11/19; 11/26

Registration starts Tuesday, October 7



Classes con't

- **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.

- ◆ Age: 55+
- ◆ Fee: AARP Members \$20 / Non-Members \$2

Fee paid to instructor Cash or Check to: "AARP Driver Safety"

- ◆ 12:30 - 4:30 PM

**Monday, October 13 &
Wednesday, October 15**

OR

**Monday, November 17 &
Wednesday, November 19**

Register now

- **Introduction to Computers**

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

- ◆ **Mondays**
- ◆ **January 26 - May 18**
- ◆ **1:00 - 2:50 PM**
- ◆ **Free registration required**

*Registration starts
Monday, November 3*

- **Yoga 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**
- ◆ **January 28 - May 20**
- ◆ **1:00 - 2:15 PM**
- ◆ **Free registration required**

Registration starts Monday, November 3

- **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**
- ◆ **January 29 - May 21**
- ◆ **1:00 - 2:50 PM**
- ◆ **Free registration required**

Registration starts Monday, November 3

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
- ◆ Day of walk-ins welcomed - free popcorn if supplies remain.

"Practical Magic" - Starring: Sandra Bullock

Two witch sisters, raised by their eccentric aunts in a small town, face closed-minded prejudice and a curse which threatens to prevent them ever finding lasting love.

Thursday, October 16

Register now



"Drop" - Starring: Meghann Fahy

A widowed mother's first date in years takes a terrifying turn when she's bombarded with anonymous threatening messages on her phone during their upscale dinner, leaving her questioning if her charming date is behind the harassment.

Thursday, November 13

Registration starts Tuesday, October 7



"The Best Christmas Pageant Ever" - Starring: Judy Greer

Nobody is ready for the mayhem and surprises that ensue when six of the worst youngsters disrupt the town's yearly Christmas performance.

Tuesday, December 16

Registration starts Tuesday, October 7



Health & Wellness Presentations

Registration required for all presentations. Register now

- **What Are The 8 Pillars Of Brain Health?**

Aging causes changes in all parts of the body including the brain. Research suggests there are things you can do to keep your brain as healthy as possible. In this workshop, you will learn more about the eight pillars of brain health: physical activity, a healthy diet, adequate sleep, relaxation and stress reduction, mental stimulation, risk factor reduction, and involvement in research.

- ♦ **Wednesday, September 17**

- ♦ **10 AM**



- **Medicare 411**

Join us to learn about Medicare basics like benefits, coverage options, when to apply, open enrollment, and more. Presented by Center for Health Care Rights.

- ♦ **Thursday, September 25**

- ♦ **10 AM**



- **Gardening in Small Places**

Even with limited outdoor space, discover the many opportunities to create a beautiful and water efficient garden. Presented by WRD.

- ♦ **Wednesday, October 1**

- ♦ **10 AM - 12 PM**

- ♦ **Bilingual**



- **Tips To Be Heart Healthy**

Blood Pressure and heart rate are important for health. Learn tips and helpful information to keep your heart healthy. Presented by LA County Department of Public Health.

- ♦ **Wednesday, October 15**

- ♦ **10 AM**

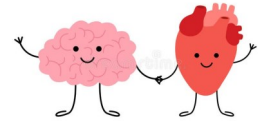


- **What is Cardiovascular Relation To Brain Health**

Cardiovascular health and brain health are closely related meaning what's good for your health is also good for your brain. In this workshop, learn how you can maintain good cardiovascular health.

- ♦ **Wednesday, October 22**

- ♦ **10 AM**



- **LA Metro's On The Move Riders Program**

On The Move Riders program works to empower older adults with the information and confidence to utilize public transportation. Workshop topics include: fares & senior TAP cards, trip planning and accessibility and rider tips.

- ♦ **Wednesday, October 29**

- ♦ **10 AM**



- **Diabetes Education**

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.

- ♦ **Wednesday, November 19**

- ♦ **10 AM**



- **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**

- ♦ **3 pm**

- ♦ **Free**



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

- **A Halloween to Remember**

Alright, ghouls and goblins — time to creep it real! Let's huddle up for a fang-tastic Halloween group photo.

- ♦ **Thursday, October 23**
- ♦ **11 AM**

- **Holidays Memories**

Grab your smiles, it's time to sleigh it in a group photo. Wear your holiday sweaters.

- ♦ **Tuesday, November 25**
- ♦ **11 AM**

NO REGISTRATION REQUIRED

Friends of the Pico Rivera Libraries

- **Calling All Book Lovers**

The Pico Rivera Friends of the Library will be onsite showcasing their stock of used books and magazines that will be available for sale. Money raised helps support library programs.

- ♦ **Wednesdays: October 15, November 12**
- ♦ **9 AM - 1 PM**

Senior Center Event Photos / Stay Connected



Registration Reminder Dates

Fall Newsletter

Registration Start Dates

| Activity | Registration Start Date |
|---|-------------------------|
| All Presentations | Register now |
| Movie "Practical Magic" - 10/16 | Register now |
| Halloween BOO-INGO - 10/23 | Register now |
| Halloween Dance - 10/30 | Register now |
| Movie "Drop" - 11/13 | Tuesday, October 7 |
| Karaoke Meet & Mingle Holiday Edition -11/20 | Tuesday, October 7 |
| Happy Thanksmas -12/4 | Tuesday, October 7 |
| Movie "The Best Christmas Pageant Ever" - 12/16 | Tuesday, October 7 |
| Cafecito Con Amigos - 12/18 | Tuesday, October 7 |