

Pico Rivera Senior Center Tribune

Fall 2024

Operating Hours

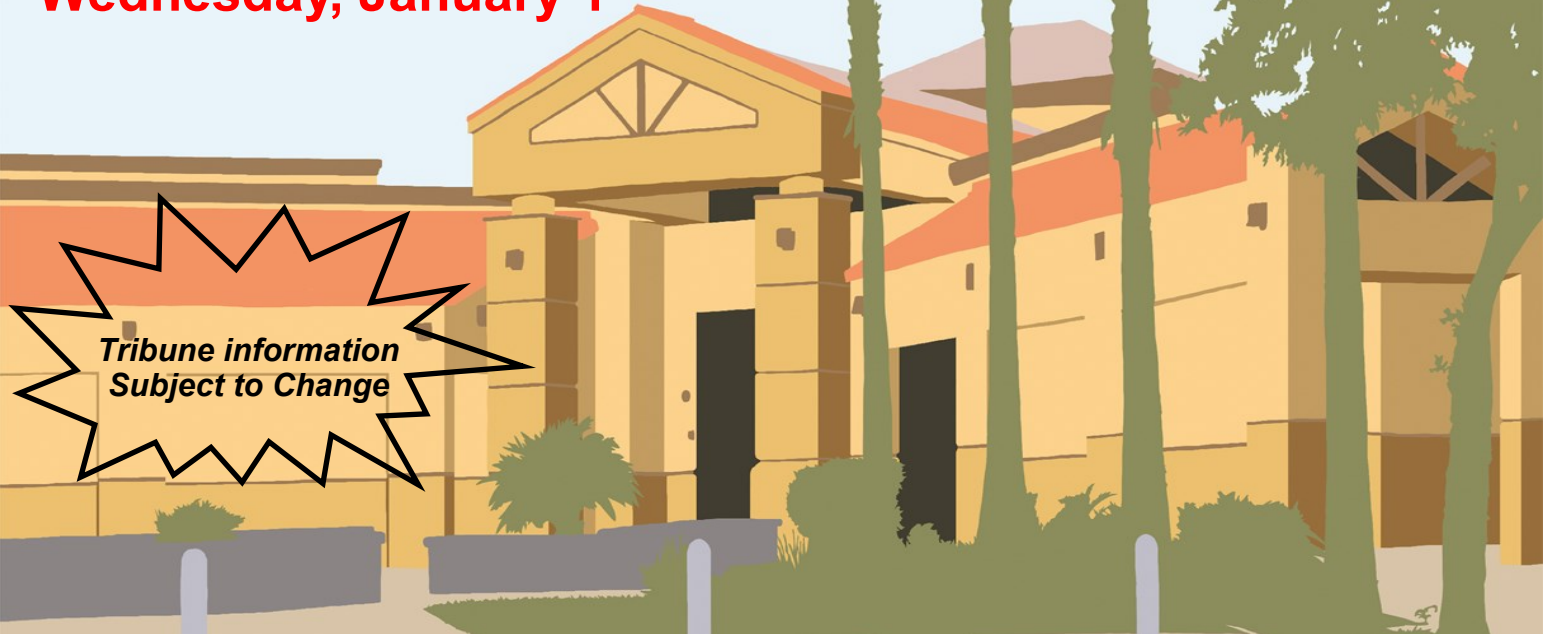
Monday - Thursday
8:00 am - 5:00 pm
(562) 948-4844

Holiday Closures

Monday, November 11
Wednesday, November 27
Thursday, November 28
Wednesday, December 25
Wednesday, January 1

“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.



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

• 16th of September Celebration- Mariachi Concert

Enjoy a fun filled afternoon listening to your favorite mariachi songs. Meal and beverage included.

◆ Thursday, September 26

◆ 2 - 4 pm

◆ Fee: \$15

◆ Payment: Cash or check only

◆ Check-in starts at 1:30 pm

◆ Resident registration opens
Thursday, September 12

(Proof of residency required)

◆ General registration opens Monday,
September 16 if not sold out.



• Halloween Dance

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 31

◆ 2 - 4 pm

◆ Check-in starts at 1:45 pm

◆ Pre-registration Fee \$8

◆ Same Day Fee \$10 if not sold out

◆ Costume contest categories:

Cutest / Scariest / Best Couple / Original

Registration starts Tuesday, October 1



• 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 a meal and beverage. Participants will be encouraged to sing and dance.

◆ Tuesday, December 17

◆ 2 - 4 pm

◆ Fee: \$10

◆ Check-in starts at 1:30 pm

Registration starts Tuesday, December 3



• Happy Thanksgiving Luncheon

Join us for a combined celebration of Thanksgiving and Christmas: THANKSMAS with live music! The meal will include a traditional Thanksgiving menu combined with HOLIDAY desserts.

◆ Thursday, November 21

◆ 2 - 4 pm

◆ Check-in 1:30 pm

◆ Fee \$15

◆ Payment: Cash or check only

◆ Resident registration opens
Tuesday, November 5

(Proof of residency required)

◆ General registration opens Wednesday,
November 6 if not sold out.



• Halloween BOO-INGO!

Join us for a spooky good time!

◆ Thursday, October 24

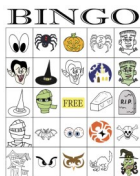
◆ Check-in: 1:30 pm

◆ 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.

Registration starts Tuesday, October 1



• Cafecito con Amigos

Spend the morning enjoying café and pan dulce with your friends. Then take a picture with Santa and his friends.

◆ Thursday, Dec 12

◆ 9:30 - 11:30 am

◆ Free **Registration starts Tuesday, November 5**



Events cont'

- **Grandparent's Day**

Celebrate Grandparent's Day with upbeat DJ music that will have everyone dancing and reminiscing.

- ◆ Thursday, September 12
- ◆ 10:30 am - 12:30 pm
- ◆ Free
- ◆ No registration required



- **Dinner & A Movie at the PRSC**

Lights, Camera, ACTION! Enjoy an afternoon of delicious food and an entertaining movie.
Seating is limited, register early.

Showing: **The Throwback**
Fee: \$10

- ◆ Wednesday, October 9
- ◆ Doors Open: 2:45 pm
- ◆ Dinner Served: 3 - 4pm

Register now



Starring: Justina Machado & Will Sasso

A married couple are thrown into a crisis when the wife, an under-appreciated and stressed "supermom," suffers a post-traumatic breakdown during the holiday season, causing her to regress to her college-age, party-girl self.

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
- ◆ 3 pm
- ◆ 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.



- **Music Lounge**

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

- ◆ 10/22 & 11/14
- ◆ 10:30 am - 12:30 pm
- ◆ Free

No registration required



- **Day of the Dead/Dia de los Muertos PRSC Altar**

- ◇ Photo submission starts on Monday, September 30
- ◇ 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
- ◆ Photo Submission Display dates:
Monday, October 21 - Thursday, October 31



Activities con't

- **PRSC Cinema Movie Afternoon**

Enjoy an indoor movie with your friends.

- ◆ **Doors open: 1:45 PM**
- ◆ **Showtime: 2 PM**
- ◆ **Free registration required by indicated date.**

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

“The Fall Guy” - Starring: Ryan Gosling

A down-and-out stuntman must find the missing star of his ex-girlfriend's blockbuster film.



Thursday, September 19

Register now

“Argylle”- Starring: Bryce Dallas Howard

A reclusive author who writes espionage novels about a secret agent and a global spy syndicate realizes the plot of the new book she's writing starts to mirror real-world events, in real time.



Thursday, November 7

Registration starts Tuesday, October 1

“Ghostbusters: Frozen Empire” - Starring: Paul Rudd

When the discovery of an ancient artifact unleashes an evil force, Ghostbusters new and old must join forces to protect their home and save the world from a second ice age.



Thursday, October 17

Register now

“Candy Cane Lane”- Starring: Eddie Murphy

A man is determined to win the neighborhood's annual Christmas decorating contest. He makes a pact with an elf to help him win and the elf casts a spell that brings the 12 days of Christmas to life, which brings unexpected chaos to town.



Thursday, December 5

Registration starts Tuesday, November 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.

Register now

- ◆ Age: 55+
- ◆ Fee: AARP Members \$20
Non-Members \$25
(Fee paid to instructor Cash or Check to: “AARP Driver Safety” accepted)
- ◆ **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**

**Monday, October 21 &
Wednesday, October 23**

OR

**Monday, November 4 &
Wednesday, November 6**

Health & Wellness

- **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.



Call or visit the Senior Center to schedule your orientation appointment.

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**



145741 Aug 22 - Oct 15 *Register now*

145742 Oct 17 - Dec 12 *Registration starts Tuesday, Oct 1*

- **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, September 3**

- ◆ **Tuesdays and Thursdays**

- ◆ **8 - 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 \$40**

145731 Oct 15 - Nov 5

145732 Nov 19 - Dec 10

**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

- ◆ **September 4 - December 18**

- ◆ **8 - 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 - 10:00 am**

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

145737 Sep 5 - Sep 26 Fee \$25

145738 Oct 3 - Oct 31 Fee \$30

145739 Nov 7 - Nov 21 Fee \$20

145740 Dec 5 - Dec 19 \$20

Sponsored by Rio Hondo College

- **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**

- ◆ **September 9 - December 2**

- ◆ **1 - 2:50 pm**

- ◆ **Free** ◆ **Registration required**

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.

- ◆ **Wednesdays**

- ◆ **August 28 - December 4**

- ◆ **1 - 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**

- ◆ **August 22 - December 5**

- ◆ **1 - 2:50 pm**

- ◆ **Registration required**

- ◆ **Free**



Health & Wellness Presentations

Registration required for all presentations. Register now.
Presentations may be cancelled due to low registrations.

- **Preserving Your Memory**

Presentation will provide useful tips and brain exercises to sharpen your thinking and keep moments of forgetfulness to a minimum.

- ◆ **Wednesday, September 11**
- ◆ **10 - 11 am**



- **Holiday Blues**

The Holiday Season can be a challenging time for seniors. This presentation discusses strategies to combat feelings of sadness or "the blues" during the winter holidays.

- ◆ **English**
- ◆ **Thursday, October 10**
- ◆ **10 - 11 am**
- ◆ **Spanish**
- ◆ **Thursday, October 17**
- ◆ **10 - 11 am**



- **Medicare**

The Center for Health Care Rights will discuss Medicare Open Enrollment Period, when to select a Part D drug plan, and the various options/changes during the open enrollment period.

- ◆ **Tuesday, October 1**
- ◆ **10 - 11 am**



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
- ◆ 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 8 am - 4:30 pm)**
Open Play. Four billiard tables and billiard accessories available.
- **Outdoor Ping Pong (Monday - Thursday 8 am - 4 pm)**
No reservation required. Paddles and balls available at the front counter.
- **Indoor Ping Pong (Monday - Thursday 8 am - 4 pm)**
Day prior reservation required. 2-hour reservation per group.
Please call for availability.
- **Computer Lab (Monday - Thursday 8 am - 4 pm)**
Looking for a place to browse the web, check your email and or read the latest news? Participants must complete a registration form 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

City of Pico Rivera

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Pico Rivera Recreation

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Fall Newsletter

Registration Start Dates

Activity	Registration Start Date
All Presentations	Register now
Movie: "The Fall Guy" - 9/19	Register now
16th of September Mariachi Concert - 9/26	Residents - Thursday, Sep 12 General - Monday, Sep 16
Dinner & A Movie - 10/9	Register now
Movie: "Ghostbusters: Frozen Empire" - 10/17	Register now
Halloween BOO-INGO - 10/24	Tuesday, October 1
Halloween Dance - 10/31	Tuesday, October 1
Movie "Argylle" - 11/7	Tuesday, October 1
Happy Thanksmas Luncheon - 11/21	Residents -Tuesday, Nov 5 General - Wednesday, Nov 6
Movie "Candy Cane Lane" - 12/5	Tuesday, November 5
Cafecito con Amigos - 12/12	Tuesday, November 5
Karaoke Meet & Mingle - 12/17	Tuesday, December 3