

Pico Rivera Senior Center Tribune

“The Place for
Friends to Meet”

Adults 50+

Winter/Spring 2025

Operating Hours

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

Holiday Closures

Monday, January 20
Monday, February 17
Monday, March 31

*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

PRSC Tribune UPDATES:

If you are a longtime Pico Rivera resident, you may remember the “Pico Rivera Parks & Recreation Guide Book.” We are happy to announce that the publication is back and includes information on all our department programming. “The Guide” also includes information about Senior Center amenities, programs, and classes. As to not duplicate information – the PRSC Tribune will only include information that is not highlighted in “The Guide” and will continue to be published.

The 2025 Winter / Spring Guide is available:

- on the City’s website:
<https://www.pico-rivera.org/parks-and-recreation/>
- via the direct link:
https://issuu.com/cityofpicorivera/docs/2025_winter_spring_recreation_guide
- At the Senior Center
- At Pico Rivera park sites

PRSC staff can also email you the links above – call the Senior Center to request the links be emailed to you directly.

Events

◆ **Valentine’s Cafecito con Amigos**

Spend the morning enjoying café and pan dulce with your sweet friends - DJ music, Games and Fun! Free to attend with registration. Come dressed in your favorite V-Day colors.

- **Thursday, February 13**
- **9 - 11 AM**
- **Free**

Register now



◆ **Mother’s Day ParTea**

Wear your prettiest dress, finest pearls and hat. DJ music, food, Hat Contest, games and prizes.

- **Thursday, May 8**
- **2 - 4 PM**
- **Fee \$15**
- **Check in starts at 1:30 PM**

Registration starts Tuesday, April 8



◆ **Shamrock Dance Party**

Put on your dancing shoes and wear your favorite Irish Finery. Registration includes a live band, meal and a beverage.

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

Registration starts Tuesday, February 25



◆ **Senior Health & Fitness Day**

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

- **Wednesday, May 28**
- **8:30 - 11:30 AM**
- **Free to attend with registration**
- **Register by May 7**
- **Check-in starts at 8 AM**

Registration starts Tuesday, April 8



Holiday Baskets

◆ **PRSC Senior Valentine Basket of Love**

Spread the love this Valentine's Day. Purchase a limited-edition PRSC Valentine Basket for that special senior (50+) in your life. The basket includes a plush gnome, V-day door décor, wreath, sweet treats and so much more.

- **Cost: \$20**
- To purchase, visit:
 - ◆ **The Pico Rivera Senior Center**
 - OR**
 - ◆ **Online at picoriveraca.myrec.com**

Deadline to purchase is Thursday, February 6

Valentine Baskets will be available for pick-up on Tuesday, February 11 - Thursday, February 13.



Activities

• **Let's Play Bingo**

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

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



Thursday, February 27
Register now

Thursday, April 24
Registration starts:
Tuesday, March 4

• **Music Lounge**

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

- ◆ **Thursdays**
- ◆ **1/30, 3/6, 4/17**
- ◆ **10:30 AM - 12:30 PM**
- ◆ **Free**

No registration required



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.

- ◆ **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)
- ◆ **12:30 - 4:30 PM**

**Monday, February 24 &
Wednesday, February 26**

OR

**Monday, April 21 &
Wednesday, April 23**



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: 3/4, 3/11, 3/18, 3/25**

Register now

◆ **Android**

◇ **Tuesdays: 4/8, 4/15, 4/22, 4/29**

Registration starts: Tuesday, March 4



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.**

“Summer Camp” - Starring: Diane Keaton

Follows Nora, Ginny, and Mary, three childhood best friends who used to spend every summer at a sleep away camp together.

After years, when the opportunity to get back together for a summer camp reunion presents itself, they all seize it.

Tuesday, February 4

Register now

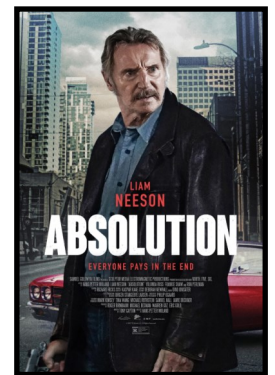


“Absolution” - Starring: Liam Neeson

An aging gangster attempts to reconnect with his children and rectify the mistakes in his past, but the criminal underworld won't loosen their grip willingly.

Thursday, March 13

Registration starts: Tuesday, February 4



“Twisters” - Starring: Daisy Edgar-Jones

Kate Carter, a retired tornado-chaser and meteorologist, is persuaded to return to Oklahoma to work with a new team and new technologies.

Thursday, April 10

Registration starts: Tuesday, March 4



Health & Wellness Presentations

Registration required for all presentations. Register now

- **Therapy for Seniors**

A few Benefits of Therapy:

- ◇ Friendly, confidential support
- ◇ Manage Stress
- ◇ Cope with Life Transitions
- ◇ Improve emotional well-being

- ◆ **Thursday, January 23**
- ◆ **10 AM**



- **Health, Wellness, and Wholeness**

Discover how being mentally and physically fit can keep you healthy and give you a positive attitude. Learn to establish networks and support with friends, family and community.

- ◆ **English**
- ◆ **Wednesday, February 19**
- ◆ **10 AM**
- ◆ **Spanish**
- ◆ **Wednesday, February 26**
- ◆ **10 AM**



- **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@foodsafef.com

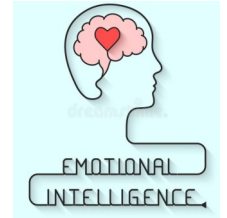
To attend virtual workshop at the Senior Center, call or visit to register. Space is limited.



- **Emotional Intelligence**

Learn to define emotional intelligence and the components that impact an individual's daily life. Explore the context of interpersonal relationships and the connection to improving quality of life.

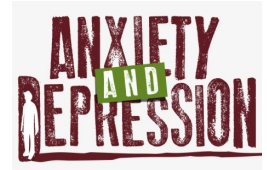
- ◆ **English**
- ◆ **Wednesday, March 19**
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- ◆ **Wednesday, March 26**
- ◆ **10 AM**



- **Depression and Anxiety**

Identify the symptoms, discuss contributing factors, and learn what can be done when you or a loved one suffers from depression or anxiety.

- ◆ **English**
- ◆ **Wednesday, April 16**
- ◆ **10 AM**
- ◆ **Spanish**
- ◆ **Wednesday, April 23**
- ◆ **10 AM**



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

- **Happy Valentine's Day**

Time to pull out your red/pink/white clothing and head down to the PRSC to take a group photo.

- ◆ **Tuesday, February 11**
- ◆ **11 AM**



- **Happy St. Patrick's Day**

Let's celebrate together! Wear your favorite Irish Finery and pose for the group photo.

- ◆ **Monday, March 17**
- ◆ **11 AM**



NO REGISTRATION REQUIRED

Senior Center Event Photos / Stay Connected

City of Pico Rivera
FOLLOW US

R www.pico-rivera.org

f facebook.com/cityofpicorivera

Instagram Instagram.com/cityofpicorivera/

Twitter twitter.com/picoriveracity

YouTube youtube.com/cityofpicoriveraofficial

Pico Rivera Recreation
FOLLOW US

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f Facebook.com/picoriveraparksandrec


Stay Connected

Registration Reminder Dates

Winter/Spring Newsletter

Registration Start Dates

Activity	Registration Start Date
All Presentations	Register now
Valentine's Basket of Love	Purchase now
Movie "Summer Camp" - 2/4	Register now
Valentine's Cafecito con Amigos - 2/13	Register now
Let's Play Bingo - 2/27	Register now
Movie "Absolution" - 3/13	Tuesday, February 4
Shamrock Dance Party - 3/20	Tuesday, February 25
Movie "Twisters" - 4/10	Tuesday, March 4
Let's Play Bingo - 4/24	Tuesday, March 4
Mother's Day ParTea - 5/8	Tuesday, April 8
Senior Health & Fitness Day - 5/28	Tuesday, April 8