



South Pasadena Senior Center

1102 Oxley Street, South Pasadena, California 91030

MAY IS OLDER AMERICAN'S MONTH

IMPORTANT NUMBERS

CITY HALL
626.403-7200

FIRE
626.403-7300
(NON EMERGENCY)

POLICE
626.403-7270
(NON EMERGENCY)

PUBLIC WORKS
626.403-7370

LIBRARY
626.403-7330

ELDER ABUSE
HOTLINE
(877)477-3646

HUNTINGTON
HOSPITAL
626.397-5000

SANTA ANITA
FAMILY SERVICES
(626)359-9358

EMAIL
RESERVATIONS:

SPSCRESERVA-
TIONS@CI.SOUTH-
PASADENA.CA.US

Since 1963, communities across the nation have joined in the annual commemoration of Older Americans Month.

As a large number of baby-boomers reach retirement age, many communities have increased their efforts to provide opportunities to meet the demand. Lifelong participation in social, creative and physical activities has proven health benefits, including retaining mobility, muscle mass and cognitive abilities. But older adults are not the only ones who benefit from their engagement in community life. Studies show

their interactions with family, friends, and neighbors across generations enrich the lives of everyone involved. Young people who have significant relationships with a grandparent or elder report that these

Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.
~Henry Ford

relationships helped shape their values, goals and life choices and gave them a sense of identity and roots. While senior centers

provide services, support and resources to older Americans year-round, Older Americans Month is a great opportunity to show special appreciation for some of our most beloved citizens. We have many reasons to celebrate. The South Pasadena Senior Center is joining in the national celebration of Older Americans Month 2012 with activities and events to promote intergenerational engagement and recreation.

Liliana F. Torres

Center Manager

CONTACT US:

Center number
626.403.7360

Transportation
626.403.7368

SOUTH PASADENA Aging Healthy

Thursday, MAY 24, 2012

9 am to 2 pm.

Screenings by: Alhambra Hospital, Huntington Memorial Hospital, Aurora Las Encinas, Santa Anita Family Services, Unique Medical Equipment & Supplies, Homewatch Caregivers and Anthem Blue Cross

More than 20 agencies offering Information on aging

Box picnic lunch sold for \$2.25 seniors & \$4.18 for non-seniors:

Choice of tomato, mozzarella basil sandwich or Chicken Pesto sandwich

LECTURES SPONSORED BY SENIOR CITIZENS FOUNDATION OF SOUTH PASADENA

The Senior Citizens Foundation of South Pasadena, Inc., funds the needs of the Center. One of the programs funded is the lectures series. Members of the Senior Center are welcome to attend lectures free of charge. Reservations are required.

May 9, 10:30 am -
Reading, Singing and Writing Poetry
Presenter: James Kincaid

May 23, 10:30 am -
Iran: Today and Tomorrow
Presenter: Vasisht Malhotra

June 27, 10:30 am -
Best Practices in Taking Your Medications
Presenter: Melvin Baron

Lectures will continue the 4th Wednesday of each month at 10:30 am. Topics for these months have not been confirmed.

July 25
August 22
September 26
October 24
November 28

Education's purpose is to replace an empty mind with an open one." - Malcolm Forbes

FITNESS

Knowledge is
power,
community is
strength and
positive
attitude is
everything"

— Lance

Armstrong

Yoga

Mondays

Increase flexibility through positions that act upon the various joints of the body, including those joints that are rarely exercised. Yoga positions also work different tendons and ligaments of the body. Class offered for eight weeks May 7 through July 9, 8:30-9:30 am. \$24 or \$4 per class.

Pilates with Mat

Wednesdays

Improve strength, flexibility and coordination in a mind and body workout. Advanced registration required, 10 student minimum. Next session begins Wednesday, June 6 through 27, at 8:30 am. Instructor: Monica Blake. Cost \$20 session or \$4 per class.

Pep Up Your Life

Fridays

Focus on stretch and strengthening exercises by working out from a chair and with bands. April 6 through June 15, 8:30 am to 9:30 am. Free of charge and offered by CSULA.

Summer session will follow.

MUSICAL PRESENTATIONS

The following are presentations brought to you by the Center through various sources.

May 30, 10 am
LA Opera presents **Ladies Losing It**, speaker *Bob Bernard*. An interdisciplinary, video based examination of Divas "behaving badly" in response to stress....Selections include works on Donizetti, R. Straus, Mozart, and Verdi.

June 20, 10 am
Frank Sinatra and Big Bands *Presenter: John Tumpak*

June 22, 10 am
Women Who Wrote the Songs We Love: Dorothy Fields and Her Sister Songwriters—The Golden Age of American Popular Music series. *Presenters: Saul Jacobs & Bob Lipson*

July 3, 12 noon
Big Band Hits of WWII
Presenter: John Tumpak

July 20, 10 am
Broadway's Second Golden Age—The Golden Age of American Popular Music Series
Presenters: Saul Jacobs & Bob Lipson



HEALTH AND WELL BEING



May 18, 10:30 am.

Colon Health

Join us for an educational seminar on colon cancer screening by Health Care Partners. Find out how you may be eligible to participate in a groundbreaking study involving a less invasive method of detecting early signs of colon cancer.

May 25, 10 am

Memory Loss and Aging

Learn how memory works, the changes in memory as we age, and tips on how to maintain and improve memory. (Alzheimer's Association)

May 30, 10 am,

Depression in Older Adults, Substance Use and Mental Wellness. Discussion held on how the use of substances affects seniors physically and emotionally. Seniors are encouraged to be mindful of the interaction of medications or other substances, such as alcohol. Reservations are necessary for these lectures.

May 23, & June 27, 9 am to 11 am

HEAR here!

The fourth Wednesday of each month free hearing screenings and hearing aid consultations will be provided by HEAR Center. With May as Better Speech and Hearing month, it's a good time to answer the question, "Do I have a hearing loss?" Signs that indicate hearing loss include: listening to the TV or radio at levels that are louder than others prefer, asking people to repeat, finding that others "mumble", having difficulty hearing in noisy situations, struggling to hear on the telephone or in the car. The first step to finding out about *your* hearing is screening. If your hearing is below normal range, it is recommended you have a hearing evaluation that will determine the nature and severity of your loss. In addition to hearing screenings, the audiologist from the HEAR Center can answer questions regarding hearing aids for those who already have instruments or are thinking about the benefits of hearing aids. Contact the Center for an appointment.

June 6, 10 am (rescheduled)

"Know the 10 Signs: Early Detection Matters"

Learn the ten warning signs of Alzheimer's disease, the benefits of early detection and early diagnosis.

June 6, 10 am

Arthritis, Dr. Sandra Siefke

June 8, 10 am

Practical Tips for People Living with Parkinson's Disease

This lecture will discuss tips that can make the daily routine of those living with Parkinson's easier. The goal of the lecture is to learn tips, techniques and aids that can be used to make bathing, dressing, eating, sleeping, toileting and walking easier. Presented by Ben Mishico and Kelly Choo, RN,BSN, PHN of *Hello! Home Care*.

June 13, 10 am

Tools for Managing Your Health

Tools for Managing taught by Kathy Eastwood, RN, a nurse with 30 years of critical care experience at Huntington Memorial Hospital, addresses successful self managing your health needs in the complicated healthcare environment of today. Topics to be discussed are medication management, maintaining a Personal Health Record (PHR), communicating with your physician, and important 'Red Flags' to watch with any chronic illness.

July 6, 10 am

Vitamins, Dr. Sandra Siefke

July 20, 27, & August 3 at 10 am

Workshop for People Living with Alzheimer's

A three-part program for people with early stage Alzheimer's disease and related dementias that focuses on what they to know, plan and do in order to live the best life possible. Session I (1 3/4 hours) Session II (2 hours), and Session III (1 1/2 hours). Limited number of participants in the workshop. Attendance in all three workshops is required. Offered by the Alzheimer's Association.

HUMAN SERVICES

Blood Pressure

On the 4th Wednesday of each month a nurse is available from RIGHT AT HOME SERVICES to offer free blood pressure screenings. Service offered from 10—11 am. May 23 & June 27.

Glucose Testing & Blood Pressure

Each month on the 2nd Monday Huntington Hospital nurse Kathy Eastwood is available to provide glucose test and blood pressure screenings. Fasting 1.5 hours prior is required. Walk-ins welcome. May 14 & June 11, 8:30 am to 10:30 am.

Hearing Screening (NEW)

The Hear Center returns to offer hearing aid consultations and screening. Offered the 4th Wednesday of each month from 9 am to 11 am by appointment.

Podiatry Clinic

Local podiatrist is available the 3rd Tuesday from 1– 4 pm by appointment. Medicare assignment is accepted, however there needs to be 61 days between visits for Medicare to cover. He does not work with HMO plans but can charge \$45 for private pay service.

Parkinson's Group

People with Parkinson's and their care partners are special people. With over a million Americans fighting the disease every day. The Center offers a monthly group under the direction of a board certified neurologist. The group is divided between patients and caregivers to allow opportunity

Parkinson's (continued)

for each group to express themselves & ask questions. Third Wednesdays at 1 pm, May 16 & June 20.

Elder Wisdom Group

Elder wisdom circle is a facilitated, ongoing, open discussion group. They focus on the opportunity of aging in a culture that views being older as a disease. Our participants are fully empowered, people who have graduated beyond the concerns of the working world. The group is deeply committed to personal growth, positivity, and the enormous potential of our daily choices. We acknowledge and refine the gift of emotional maturity that is only available to those with many years of life experience. We honor and respect each other's uniqueness, history and unlimited potential. We share resources and support each other as we journey through what can be the best part of our lives, finding meaning and purpose today and every day. Facilitated by Claudette Beaudette, Certified Sage-ing Leader. Group meets 2nd & 4th Wednesday at 1 pm.

Vision Screening

Dr. Miller will review post ocular medical and medication history, as well as testing for visual acuity. Ophthalmologist is available by appointment from 2– 3pm on the first Friday of each month. May 4th and June 1.

Convalescent Care Planning

Elder Law Attorney, Carlos Arcos, provides information on finding and paying for convalescent care as well as on

Convalescent Care (continued)

financial protection for married couples under the Spousal Impoverishment Law. Contact the Center for us to arrange a 15 minute consultation free of charge.

Financial Advice

Registered investment advisor is available to offer advice concerning stock and mutual funds, fee based investment portfolio management. Advisor Scott Burch has volunteered his services for 15 years and is available 2nd & 4th Fridays 10 am to 12 noon.

Information & Referral Services

Assistance is available to provide resources which assist in dealing with aging issues and preventing unnecessary institutionalization. Social Work Intern returns in early September. In the meantime we will assist with advocacy and resources. Contact the Center Manager for information.

MTA Passes (TAP)

Residents age 62 and over are eligible for a reduced MTA pass to ride the Gold Line or buses. Seniors and/or disabled person must have TAP card to reload. 30 day passes are good from first day of reload. If you are obtaining TAP for first time, go to ww.metro.net or call (323) 4 6 6—3 8 7 6 for more information.

Dial-a-Ride

Residents age 55 or older are eligible to use the service which is offered Monday through Friday 8 am to 6 pm. Saturday and Sundays 8 am to 1:30 pm. Service fare is .50 cents per ride. Week day appointments need to be made 24 hours in advance and two days prior. To make a reservation or register with the service call the Coordinator at (626) 4 0 3-7 3 6 8.



H O T M E A L S

Daily Meals

Hot meals are served Monday through Friday at the Senior Center. The menu is posted daily in the lobby as well as copies available at the desk and on the city's website.

Meals are served at 11:45 am and reservations held until 12 noon.

- Seniors/disabled \$2.25
- Persons under \$4.18
age 55
- Caregiver \$4.18

Cancellation needs to be received by 10 or individuals will be billed for meal. Coupons are available for purchase.

Home Delivered Meals

Hot meals are delivered by volunteers Monday through Friday for those who are frail or recovering from illness in the home.

- Seniors/disabled \$2.50
- Week \$12.50

Meals are delivered between 11 am to 1 pm and are billed at the end of each month.

Box Lunches

On Fridays we offer boxed lunches for the weekend and long holidays. Order must be placed by Wednesday of that week. Lunch consists of sandwich, cold salad, fruit, cookies and milk.

Volunteers

We run both programs thanks to committed volunteers!

Regular volunteers for the on-site program are:

Richard Campion, Sue Quon, Lorna Jann, Lee Balint, Michelle Ninfa, Joan Pantano, Bess Custodio, Bill Hilliard and Wells Latimer.

Volunteers for the delivery program are:

Jan Arenz, Linda Euler, Barbara Klein, Bob Vanderwall, Bill Suter, Paul Peel, Gretchen Schofield and Kit Roselund.

More information call (626) 403-7360.

S E N I O R C I N E M A

Foreign Film Friends

The Foreign Film group meets twice a month on Monday afternoons at 2:30 pm, unless otherwise noted.

May 14: Cama Adentro (2004)
Spanish

May 28: Senior Center closed

June 11: Potiche (2010) French

June 25: The Scent of Green Papaya (1993) Vietnamese

May 18

May 25

June 01

June 08

June 15

June 22

June 29

Sweeney Todd (2007)

Strategic Air Command (1955)

The Ides of March (2011)

Saturday Night Fever (1977)

A League of Their Own (1992) *begins 1:30*

Snow Flake & the Secret Fan (2011)

J. Edgar (2011)

Note: If films on offered on a special event day, then the film will not be shown until 1:30 pm or not shown at all.

Committee is made up of the following volunteers:

Betsey Hawkinson, Jolyn Loomis, Bill Hilliard, Bob Lynes and Barbara Watkins.

Films are subject to change based on availability. Senior Center Motion Picture License number is #12570160.

People here are funny. They work so hard at living they forget how to live."
Mr. Deeds Goes to Town (1936)

Senior Cinema Fridays

Films are offered Friday afternoon at 1 pm and are selected by a committee of volunteers. Suggestions are welcomed and can be left in the suggestion box near the coffee area. The Committee maintains a balance of new releases and some classics.

May 04 War Worse (2011)

May 11 No movie



Honoring Fathers, Grandfathers, Uncles - let's PLAY BALL!

This month we want to pay tribute to the fathers and host an event that will focus on one of everyone's sports, baseball to be exact. On Friday, June 15th we will have a program where a special speaker from the Dodgers will join us, followed by a lunch of hot dogs, all the fixings, and end the afternoon with the film "A League of Their Own".

Baseball was important to the national moral during the great depression. Radio had begun to broadcast games during the 1920's, bringing action to fans who couldn't make it to the ballpark. This connection to the game proved especially valuable during the dark decade of the 1930's. The "Most Valuable Player" award was created in 1933 to keep the fans interest alive.

The All -Star game was started in 1936 and the Baseball Hall of Fame was established in 1936. These actions helped baseball survive the depression and created much needed national heroes. The Major League faced challenges during the 30's, player's salaries fell by 25%, a 10% federal amusement tax was added to ticket prices, and attendance plummeted by 40% in the early 1930's and did not return to pre-depression levels until after WWII, when millions of soldiers returned.

Remarkably, while banks collapsed, and millions lost their jobs, no major league franchises folded or moved during the period.

We wish to celebrate the sport and the men who kept the sport alive during the Depression and shaped the sport we have grown to love today. Happy Father's Day!

TRAVEL OPPORTUNITIES

The Center is partnering with **Main Street Tours** to provide excursions for our membership. Bertha Copeland continues to be the Coordinator for the program. Bertha volunteers at the Center on Fridays, feel free to leave messages for her if you have questions, or speak with the front desk staff to assist you. All tours depart from War Memorial Bldg, 435 Fair Oaks Avenue, So Pasadena.

May 22-24 Four Queens, Las Vegas, \$115 per person, includes two nights accommodation at Four Queens Hotel & Casino, One Four Queens Funbook, baggage handling, and roundtrip motor coach transportation. **(Cancelled due to lack of sign ups).**

July 31—August 2—Luau in Laughlin

Tour includes two night stay at Riverside Resort & Casino, two breakfasts and one buffet of choice, Luau Party at hotel, roundtrip transportation via motorcoach. Cost per person \$89! A super deal....

Show Me the Money, Federal Reserve tour and Lunch At Taix, September 2012, \$67 per person, tour begins with visit to Los Angeles branch of the Federal Reserve, explore the interactive lobby museum, and followed by Taix French Restaurant for a three course country feast. Last stop will be the Wells Fargo Museum.

Gamblers trip to Pechanga October

Tours require a check upon sign up. Credit cards not accepted unless paid directly to Main Street. Each tour has cancellation policy, see flyers for details. Checks made payable to Main Street Tours.

(626)403-7360 for additional information.

LEISURE CLASSES (ON-GOING)

FREE CLASSES offered to members of the Center:

Book Discussion Group

Meets the 3rd Wednesday of each month 10 am to 11:45 am. Reading material is scheduled as follows:

May 16: *Catherine the Great, Portrait of a Woman* by Robert K. Massie. June 13: *Travels in Siberia* by Ian Frazer. *Note: date change just for this month.*
Group facilitated by Liz Giffen-Glad.

Bridge

Challenge the mind with one of the greatest card games. Tuesdays, 10 to 11:30 am and 1 to 3 pm. Group led by volunteers.

Computer Lab

The lab is available free of charge to members of the Center. Registration is required, call for availability times. However, the systems are not available during classes.

Creative Writing

Bring your ideas and/or poems Thursdays 1-3 pm. Moderator Dave Gibson.

Facebook Troubleshooting

Join the social networking craze. Volunteer instructor Gary Gale will assist with setting up an account and setting up profile, etc. Tuesdays, May 22 & June 19 at 2 pm.

Francaise (conversational)

Learn to carry a conversation in French with an energetic group. Join class on Mondays 1 to 2:30 pm. Instructor: Richard Powers.

Italiano—(beginning)

Instruction offered Mondays 11 to 11:45 and (**conversational**) Mondays, 12—12:15 pm. Instructors: Florence Kerechuck & Molly Duarte

Espanol

Review & Intermediate class on Tuesdays from 8:30-10 am. Intermediate level Thursdays 8:30—9:30. Instructed by: Fay Riedel

Reading Aloud

Join volunteer Marie Hughes on Thursdays at 1 pm, as she selects a book to read each month.

Mah Jong

Group meets on Thursdays 9:30 am to 12 noon. Independent group, players need to have some knowledge of the game.

Mah Jong (beginners)

Instruction is provided for those who are interested in learning the game. Volunteer Margret Bergener is available Fridays, 2:30 to 3:30 pm.

Walking Group

Group meets faithfully on Tuesdays and Thursdays in the Center lobby at 8:30 am and walk for an hour.

Watercolor Art

Instructor provides a different project each week. Bring your own supplies. Fridays, 8:30 am to 10:30 am. (*note new time*).

FEE CLASSES

AARP Mature Driving Course

Learn defensive techniques and current rules of the road. AARP members pay \$12 and non-members \$14, call 1-888-227-7669 to register. Course will be offered May 10 & 11 from 9 am to 1 pm, an additional class will be offered in September at the South Pasadena Senior Center.

Computer (beginning)

Learn the basics of the computer. Class offered June 20 & 22, 27 & 29 from 3-5 pm. Cost per person \$25 (limited seating) Instructed by: George Holmes.

Digital Photography

Instruction is provided on use of digital cameras. Class offered 2nd Tuesday of each month, May 8 & June 12 at 1:00 pm. Instructor: Andy Gero

Knitting & Crochet

Instruction provided on Wednesdays 9:30—11:30 am. Bring yarn and needles. Cost \$5 per person, Instructor: Jean Shono

Line Dance

Class is offered with instruction on the newest dance steps, Thursdays, 9—10:30 am. \$5 per person, Instructor: Janette Bordeaux



FROM THE OFFICE OF THE CENTER
MANAGER

May 2012

Dearest members and participants,

In April we offered an opportunity for seniors and families to be involved with the Mini-Relay for Life event which. Seniors had an opportunity to walk and raise money for putting an end to cancer. An opportunity to make a difference. In May we will offer the community “**South Pasadena Aging Healthy**” an event that will offer screenings and resources to assist adults with aging in place. Another opportunity to make a difference in one’s life or the life of a friend. Mark your calendar for Thursday, May 24 from 9 am to 2 pm.

Mental Health & Information and Referral Program—thanks to funding from the Senior Citizens’ Foundation and the City of South Pasadena, we are able to partner with USC School of Social Work to have an intern placed at our Center. For the last year and a half the number of clients served was surprising, we found that we had to report a significant number of cases to report to Adult Protective Services and heard from those who participated on the peer support group and benefits they received. Stephanie Harvey was an asset to the program but her assignment came to an end in April. The next intern will be joining us at the end of August. In the mean time, please feel free to contact the front desk for referrals or with myself for cases that require additional consulting or assistance.

Older American Honoree Richard Campion - In April the Senior Citizen’s Commission selected the person to receive the distinction of Older American to represent the City of South Pasadena. This year’s honoree Richard Campion has been living in the community for 50 plus years, volunteered with local sports organizations and retired from driving with the City’s Dial A Ride program in 2003. Since his retirement he has given his time to assisting with the daily meal program offered at the Center, Monday through Friday, you will find “Campy” at the Center. Since late October of 2011 he is stepped in to fill the shoes of the Site Manager Nellie Armenta who had to take time off for a medical procedure. Campy sees to it that volunteers are handling specific duties, supplies are ordered, home delivered meals go out and so much more. The program could not have survived without his support and commitment. Campy epitomizes the meaning of selflessness. He will be honored at a special ceremony on May 23 at the Dorothy Chandler Pavilion along with all cities within Los Angeles County. Congrats Campy!

Ice Cream Socials - May, June, July and August ice cream events thanks to local sponsors. We thank Angie Chen from Seniors Helping Seniors and Mark Barrett of HomeWatch CareGivers, the events will be offered at 12 noon, check the calendar for specific dates or pick up a flyer at the Center.

Wishing

Sincerely,

Liliana F. Torres

VOLUNTEERS

A host of volunteers assist with the Centers day to day operations. They provide support with clerical duties, data entry, answering telephones, teaching classes, marketing, delivering meals, etc. The home delivered meal program is in need of volunteers to commit to one day per week for a two hour time slot (Wednesdays & Thursdays available). We also need assistance at reception desk with afternoon shifts, 12-3 pm available. Contact the front office for an application.

The Foundation was formed in December 2006 and it's purpose is to raise funds for the Senior Center to enable improvements to programming, the facility and other needs the Center may have. To date the Foundation has gifted the following to the Center: stainless steel coffee cabinet; cold/hot filtered water dispenser; 55" flat LED screen/television; funds lectures from Emeriti Center College; and most recently partially funded the social work intern program.

The public is invited to be part of the gift giving and make a tax deductible donation to benefit the Senior Center. Checks can be made payable to: Senior Citizens' Foundation of South Pasadena, Inc. and mailed to: P O Box 185, South Pasadena, CA 91031. Calls are welcomed at (626) 403-7337.

Board Members:
Shelby Rector, *Vice President*
Philip Swan, *Treasurer*
Liliana F. Torres, *Secretary*
Barbara Sinclair
Body Hudson
Robert Lewis
Marsha Aguirre

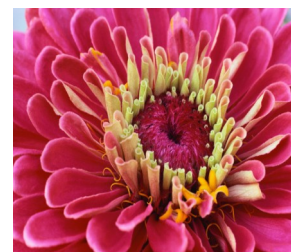


Thank you,
Ross MacMichael,
President

MAY SPECIAL EVENT

Mother's Day Celebration—A Day of Beauty & Theater

Friday, May 11, join us for a special day. Local businesses donated raffle items special thanks to Super-Cuts and 1020 Salon on Mission Street. Theatrical performance after luncheon by "Any Thing Goes Ensemble" (look for our volunteer Florence Kerechuk). Mothers, Grandmothers, Aunties are all welcome. \$2.25 per person.



Celebrate Birthdays

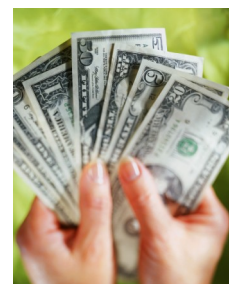
The Center celebrates birthdays on the last Friday of each month during the lunch program. Honorees receive free lunch and birthday card, and of course birthday cake for all attending. Reservations are necessary, May 25 and June 29.

*Count your life by
smiles, not tears
Count your age by
friends, not years
Author unknown*

Reverse Mortgage—Fact and Fiction

May 22, at 10 am.

With rising costs of living, many seniors find that their social security, pension and interest income do not always carry them to the end of the month. If you'd like to access the equity in your home, a reverse mortgage can provide flexible option. If you are over 62 and own your home, you may choose monthly payments, a lump sum or a combination of the two. Make your retirement more enjoyable. Learn the facts and see if reverse mortgage makes sense for you.



Senior CommissionWalter Cervantes, *Chair*John Rozenberg, *Vice-Chair*Matty Hurtado-Sokolow, *Vice -Chair*Gina Phelps, *Commissioner*Madalynne Wardlow, *Commissioner*Dr. Marina Khubesrian, *Council Liaison*

The Commission meets the 2nd Wednesday of each month at 8:30 am. The public is welcome to attend.

Senior Center StaffSheila Pautsch, *Community Services Director*Liliana F. Torres, *Senior Center Manager*Secretary, *(Vacant)*Sarah LoVerme, *Programming*Chris Padula, *Administrative*Nellie Armenta, *Site Manager***MEMORY TRAINING**

UCLA offers "Memory Training" effective techniques for individuals. The course combines trainer presentations with group discussions, memory checks and skill building exercises and provides an innovative educational program for people with mild memory concerns. Program was written by Gary Small M.D., and Linda Ercoli, PhD, and the course is taught by certified volunteer trainers in a fun, interactive classroom environment.

The course focuses on:

- Forgetting names and faces.
- Forgetting to do things in the future, like keeping an appointment, passing on a phone message or forgetting why you walked into a room.
- Forgetting where you put things like keys, glasses or a wallet.
- Knowing something you can't immediately recall, a "tip of the tongue" memory challenge.

Two hour class will be offered May 4, 11. 18 & 25, 10 am to 12 noon, however this class is full. Sessions will also be offered in July and September. Due to the demand class fee will go up to **\$20** for the session, beginning July.

City of South Pasadena
Senior Citizens Center
1102 Oxley Street
South Pasadena, CA 91030

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Pasadena, CA

91109

Permit #183

