



SENIOR NEWS

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14400 PARAMOUNT BLVD. PARAMOUNT, CA 90723

We will be closed on Thursday, July 4, 2024, due to the Independence Day holiday.

4th of July Celebration

- **Wednesday, July 3, 2024**
- **Residents:** May 28, 2024 - \$3.00 / person
- **Non-Residents:** June 11, 2024 - \$4.00 / person
- **Under 60 years:** \$7.00 / person
- **Deadline for cancellations:** **June 26, 2024**



Celebración del 4 de julio

- **miércoles, 3 de julio, 2024**
- **Residentes:** 28 de mayo, 2024 - \$3.00 / persona
- **No Residentes:** 11 de junio, 2024 - \$4.00 / persona
- **Menores de 60 años:** \$7.00 / persona
- **Plazo para cancelaciones:** **26 de junio del 2024.**

Luau Celebration

- **Friday, August 9, 2024**
- **Residents:** July 8, 2024 - \$5.00 / person
- **Non-Residents:** July 22, 2024 - \$7.00 / person
- **Under 60 years:** \$9.00 / person
- **Deadline for cancellations:** **August 2, 2024**



Celebración de Luau

- **viernes, 9 de agosto, 2024**
- **Residentes:** 8 de julio, 2024 - \$5.00 / persona
- **No Residentes:** 22 de julio, 2024 - \$7.00 / persona
- **Menores de 60 años:** \$9.00 / persona
- **Plazo para cancelaciones:** **2 de agosto del 2024.**

Mexican Independence Day Celebration

- **Thursday, September 12, 2024**
- **Residents:** August 5, 2024 - \$3.00 / person
- **Non-Residents:** August 19, 2024 - \$4.00 / person
- **Under 60 years:** \$7.00 / person
- **Deadline for cancellations:** **September 5, 2024**



Celebración del Día de la Independencia de México

- **jueves, 12 de septiembre del 2024**
- **Residentes:** 5 de agosto, 2024 - \$3.00 / persona
- **No Residentes:** 19 de agosto, 2024 - \$4.00 / persona
- **Menores de 60 años:** \$7.00 / persona
- **Plazo para cancelaciones:** **5 de septiembre del 2024.**

Birthday Celebration

Join us to celebrate on July 31, 2024, at 12:00 p.m. Birthday recipients will receive a treat!

Maria D. Anaya
Martha Balandran
Rita Battles
Telma Beltran
Celso Benavides
Maria E. Cardenas
Celia Cervantes
Jacqueline Clayter
Edgardo Daniel

Raquel De La Cruz
Jose R. Garcia
Marco A. Garcia
Magdalena Gonzalez
Maria Guerrero
Rosa Gutierrez
Julio Maldonado
Maria Manrique
Teresa Martin

Rocio Olaya
Martha Preciado
Marina Raborg Polo
Letty Rivera
Isabel Rodriguez
Francisco Romo
Dora Ruiz-Lopez
Anita Salceda
Bertha Salgado

JULY 2024

COMMUNITY CENTER HOURS

Mon-Thurs: 8:00 a.m. to 5:30 p.m.

Friday: 8:00 a.m. to 5:00 p.m.

IMPORTANT PHONE NUMBERS

SoCal Gas CARE Program
(800) 427-2200

SoCal Edison Energy Savings Assistance Program
(800) 736-4777

California Phones
English (800) 806-1191
Spanish (800) 949-5650

Adult Protective Services
(213) 351-5401

City Hall
(562) 220-2000

Paramount in Motion Taxi One Card
(877) 933-3396

Go-Go Grandparent
(855) 464-6872

Elder Abuse Hotline
(877) 477-3646

In-Home Support Services
(888) 944-4477

Medicare
(800) 633-4227
www.medicare.gov

Paramount Sheriff Station
(562) 220-2002 (Non-Emergency)

Social Security
(800) 772-1213

H.S.A. (Meals on Wheels)
(562) 806-5400 x4

SENIOR EXCURSIONS

JULY



Oxnard Salsa Festival

Saturday, July 27, 2024

9:00 a.m. – 6:00 p.m.

Prices: Resident: \$7.00 - July 5, 2024

Non-Resident: \$9.00 - July 19, 2024

Deadline for cancellations with refunds:

July 19, 2024



Long Beach Boat Cruise

Wednesday, July 31, 2024

10:00 a.m. – 3:00 p.m.

Price: Resident: \$12.00 - June 21, 2024

Non-Resident: \$14.00 - July 5, 2024

Deadline for cancellations with refunds:

July 24, 2024

AUGUST



Orange County Fair

Wednesday, August 7, 2024

10:00 a.m. – 5:00 p.m.

Prices: Resident: \$11.00 - July 5, 2024

Non-Resident: \$13.00 - July 19, 2024

Deadline for cancellations with refunds:

July 31, 2024



BBQ Music Festival

Saturday, August 17, 2024

11:00 a.m. – 6:00 p.m.

Price: Resident: \$13.00 - July 10, 2024

Non-Resident: \$15.00 - July 24, 2024

Deadline for cancellations with refunds:

August 9, 2024



Morongo Casino

Wednesday, August 28, 2024

9:00 a.m. – 5:00 p.m.

Price: Resident: \$15.00 - July 26, 2024

Non-Resident: \$17.00 - August 9, 2024

Deadline for cancellations with refunds:

August 21, 2024

SEPTEMBER



L.A. Dodger Game

Sunday, September 8, 2024

10:30 a.m. – 4:30 p.m.

Prices: Resident: \$37.00 - August 2, 2024

Non-Resident: \$39.00 - August 16, 2024

Deadline for cancellations; non-refundable:

August 30, 2024



Olvera Street

Monday, September 16, 2024

10:00 a.m. – 3:00 p.m.

Price: Resident: \$7.00 - August 5, 2024

Non-Resident: \$9.00 - August 19, 2024

Deadline for cancellations with refunds:

September 9, 2024

Americans with Disabilities Act

The City of Paramount, in compliance with the Americans with Disabilities Act (ADA), does not discriminate on the basis of disability in admission or access to, or participation or employment in its programs or activities. Administrative Services, 16400 Colorado Ave., Paramount, CA 90723, has been designated to coordinate compliance with the nondiscrimination requirements contained in Section 35.107 of the Department of Justice regulation. Information regarding the provisions of the ADA Coordinator (562) 220-2027.

Refund policy for trips and special events are as follows:

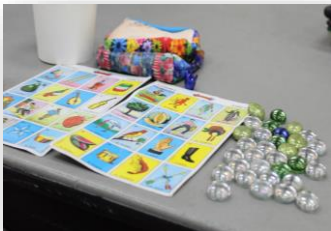
- Participants are entitled to a refund if a program/activity is cancelled by the City of Paramount. • Partial refunds will be issued ONLY if a participant becomes incapacitated. Otherwise, no partial refunds will be granted. •No refund will be given if you cancel the day of the event or trip. • Refunds totaling more than \$5 (minus the administrative fee) can be held on account up to six (6) months for future use. If participant chooses to have fees held on account rather than be issued a refund, administrative fee will be waived. •Events/Trips cannot be transferred to someone else.
- Cancellations that occur after the deadline will not receive a refund.



SENIOR ACTIVITIES

Registration required before activity begins, first come first serve.

Materials not provided for Sewing, Crochet & Art Club.



Join us Monday – Friday for Loteria!
1:00 p.m. - 3:00 p.m.

No Loteria on Thursday, July 4, 2024.



Join us Thursday for Art Club!
9:00 a.m. - 12:00 p.m.

No Art Club on Thursday, July 4, 2024.



Join us Tuesday for Bingo!
Card sales / Venta de Cartas:

9:30 a.m. - 10:00 a.m.

4 – pack - \$2.00

6 – pack - \$4.00

Pull Tabs - \$1.00

Games/Juegos:

10:00 a.m. - 11:45 a.m.

\$5.00 Annual Membership Fee

Cash prizes / Premios en efectivo



Join us Thursday for Lunch & Dancing!
Doors open: 9:00 a.m.

Music & dance: 10:00 – 12:00 p.m.

Lunch: 12:00 p.m.

****Must pre-register with Maria****

No Dance on Thursday, July 4, 2024.



Join us Monday & Wednesday for
Sewing & Crochet Club!

9:00 a.m. - 12:00 p.m.

Table Reservation System

Table reservations available for Paramount Residents on Dance Days at the front desk. **Non-residents will have first come first serve on available tables the day of.** **Meal reservations are required through Maria in order to hold the table reservation otherwise it will be available for first come first serve.**

Sistema de Reservación de Mesa

Reservación de mesa disponible para los jueves día de baile en la recepción para los residentes de Paramount. **Los no residentes dispondrán de las mesas disponibles por orden de llegada el día del baile.** **Se requiere reservación de almuerzo a través de María para mantener la reservación de mesa; de lo contrario, estará disponible por orden de llegada.**



FITNESS ACTIVITIES

Registration required before class begins, first come first serve.



Exercise Classes / Clases de Ejercicio

Location: Paramount Park Gym

Monday's & Wednesday's: 10:00 a.m. - 11:00 a.m.

Limit 60 people / Limite de 60 personas



Folklorico Class / Clase de Folklorico

Thursday's: 2:00 p.m. - 3:00 p.m.

Limit 20 people / Limite de 20 personas

No Folklorico on Thursday, July 4, 2024.



Paramount Road Runners / Club de Caminata

Tuesday's: 9:00 a.m. - 10:00 a.m.



Zumba Class / Clase de Zumba

Location: Paramount Park Gym

Friday's: 9:45 a.m. - 10:45 a.m.

Limit 50 people / Limite de 50 personas



Chair Yoga Class / Clase de Yoga en Silla

Tuesday's: 1:00 p.m. - 2:00 p.m.

Limit 20 people / Limite de 20 personas



Breathwork Training Class /

Clase de Entrenamiento de Respiración

Friday's: 1:00 p.m. - 2:00 p.m.

Limit 20 people / Limite de 20 personas



Tai Chi Class / Clase de Tai Chi

Wednesday's: 1:00 p.m. - 2:00 p.m.

The class is video instruction / La clase es de instruccion por video

Limit 20 people / Limite de 20 personas

Jump into Fitness 55+

Paramount residents or non-residents ages 55 and older registered in our Senior Program. Open to the first 50 participants. If you are part of the weekly fitness activities, you will automatically be enrolled. If you choose not to participate, please let us know.



PARAMOUNT HAPPENINGS

Join us **July 6th and July 20th** for **Senior Recreation Saturday**. The community center will be open from **9:00 a.m. to 1:00 p.m.**



The L.A. County Department of Mental Health will be hosting a series of mental health classes on **July 17th and July 24th** from **11:00 a.m. to 12:00 p.m.**



A representative from St. Francis Medical Center will be here on **Monday, July 8, 2024**, to host a presentation on the topic of "**Mental & Emotional Health**" from **1:00 p.m. to 2:00 p.m.**



Celebrate National Sugar Cookie Day with us on **Tuesday, July 9, 2024**. You will receive a delicious sugar cookie with your lunch. **Must be pre-registered for lunch to participate.**



Independence at Home will be hosting a presentation on "**Maintaining your Brain**" on **Friday, July 19, 2024**, from **1:00 p.m. to 2:00 p.m.**

Join us on **Wednesday, July 10, 2024**, for our Senior Wacky Olympics! The Olympics will run from **9:30 a.m. to 11:30 a.m.** with a variety of fun and wacky games. *Teams must consist of 5 members.* **Pre-registration for the event is required at the front desk.**



Representatives from JAR Insurance will be here on **Tuesday, July 23, 2024**, from **10:00 a.m. to 12:00 p.m.** to host a Medi-Care resource table.



Senior Commission Meeting
Thursday, July 11, 2024
1:00 p.m. - 2:00 p.m.

Food Bank / Banco de Alimentos
Monday, July 15, 2024
1:00 p.m. - 2:00 p.m.

For more information, please call the L.A. County Food Bank at (323) 234-3030.



Join us **Friday, July 26, 2024**, for our Friday Night Dance! Doors open at 3:00 p.m. Music and dance from 4:00 p.m. to 6:00 p.m. Registration is as follows:
Residents - July 3, 2024 – Free
Non-Residents – July 10, 2024 - \$5.00
The deadline for cancellations with refunds is July 19, 2024.



The Fair Housing Foundation will be hosting a workshop on **Tuesday, July 30, 2024**, from **10:00 a.m. to 12:00 p.m.**



Independence at Home will be hosting a presentation on "**Emergency Planning**" on **Wednesday, July 31, 2024**, from **10:00 a.m. to 12:00 p.m.**



Representatives from Long Beach Transit will be here on **Monday, July 15, 2024**, to host a "Bus 101" presentation from **10:00 a.m. to 12:00 p.m.**





RECIPES OF THE MONTH



BBQ Hot Dog & Potato Packs

1 package of refrigerated red potato wedges; 4 hot dogs; 1 small onion (cut into wedges); ¼ cup of shredded cheddar cheese; ½ cup of barbecue sauce

1. Divide the potato wedges among four pieces of heavy-duty foil.
2. Top each with a hotdog, onion wedges, and cheese. Drizzle with barbecue sauce.
3. Fold the foil around the mixture, sealing tightly.
4. Grill, covered, over medium heat for 10-15 minutes or until heated through. Open foil carefully to allow the steam to escape. Remove from grill before serving.
5. Serve and enjoy!

Paquetes de Hot Dogs y Papas BBQ

1 paquete de gajos de papa roja refrigerados; 4 salchichas; 1 cebolla pequeña (cortada en gajos); ¼ de taza de queso cheddar rallado; ½ taza de salsa barbacoa

1. Divida las rodajas de papa entre cuatro trozos de papel de aluminio resistente.
2. Cubra cada uno con un hot dog, rodajas de cebolla y queso. Rocíe con salsa barbacoa.
3. Doble el papel de aluminio alrededor de la mezcla, sellándolo herméticamente.
4. Ase, tapado, a fuego medio durante 10 a 15 minutos o hasta que esté completamente caliente. Abra el papel de aluminio con cuidado para permitir que escape el vapor. Retirar de la parrilla antes de servir.
5. ¡Servir y disfrutar!

Icebox Sandwiches

1 package of instant vanilla pudding mix; 2 cups of cold 2% milk; 2 cups of whipped topping; 1 cup of mini semisweet chocolate chips; 24 whole graham crackers (halved)

1. In a large mixing bowl, mix the pudding and milk according to the packaging instructions. Refrigerate until set.
2. Remove from fridge and fold in the whipped topping and chocolate chips.
3. Place the 24 graham cracker halves onto a baking sheet. Top each with about 3 tablespoons filling. Place another cracker half on top. Wrap individually with waxed paper and freeze until firm.
4. Remove the sandwiches from the freezer and enjoy!



Sándwiches Helados

1 paquete de mezcla instantánea para pudín de vainilla; 2 tazas de leche fría al 2%; 2 tazas de cobertura batida; 1 taza de mini chispas de chocolate semidulces; 24 galletas Graham enteras (partidas por la mitad)

1. En un tazón grande, mezcle el pudín y la leche según las instrucciones del paquete. Refrigere hasta que cuaje.
2. Retirar del refrigerador y agregar la cobertura batida y las chispas de chocolate.
3. Coloque las 24 mitades de galletas Graham en una bandeja para hornear. Cubra cada uno con aproximadamente 3 cucharadas de relleno. Coloque otra mitad de galleta encima. Envolver individualmente con papel encerado y congelar hasta que esté firme.
4. ¡Saca los sándwiches del congelador y disfruta!



MONTHLY CALENDAR

HUMAN SERVICES ASSOCIATION
"Where Caring Becomes Doing"

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Sewing & Crochet Club - 9:00-12:00 Exercise - 10:00-11:00 Lunch - 12:00-1:00 Loteria - 1:00-3:00 BAKED ZITI	Running Club - 9:00-10:00 Bingo - 10:00-12:00 Lunch - 12:00-1:00 Chair Yoga - 1:00-2:00 Loteria - 1:00-3:00 GARLIC BUTTER FISH OR SWEET & SOUR PORK	Sewing & Crochet Club - 9:00-12:00 4th of July Celebration (DJ Julio) - 10:00 - 12:00 Exercise - 10:00-11:00 Lunch - 12:00-1:00 Tai-Chi - 1:00-2:00 BBQ CHICKEN	WE WILL BE CLOSED DUE TO THE HOLIDAY.  ESTAREMOS CERRADOS DEBIDO AL DIA FESTIVO.	Zumba - 9:45-10:45 Lunch - 12:00-1:00 Breathwork - 1:00-2:00 Loteria - 1:00-3:00 ROSEMARY CHICKEN W/ CREAMY GARLIC SAUCE
Sewing & Crochet Club - 9:00-12:00 Exercise - 10:00-11:00 Lunch - 12:00-1:00 St. Francis - 1:00-2:00 Loteria - 1:00-3:00 BEEF STEW W/ CELERY, ONION & POTATOES	National Sugar Cookie Day! Running Club - 9:00-10:00 Bingo - 10:00-12:00 Lunch - 12:00-1:00 Chair Yoga - 1:00-2:00 Loteria - 1:00-3:00 CHICKEN CURRY	Sewing & Crochet Club - 9:00-12:00 Senior Wacky Olympics - 9:30 - 11:30 Lunch - 12:00-1:00 Tai-Chi - 1:00 - 2:00 Loteria - 1:00-3:00 BBQ HAMBURGER	Art Club - 9:00-12:00 Dancing (Baltazar) - 10:00-12:00 Lunch - 12:00-1:00 Senior Commission Meeting - 1:00-2:00  Loteria - 1:00-3:00 Folklorico - 2:00-3:00 CHICKEN MARSALA	Zumba - 9:45-10:45 Lunch - 12:00-1:00 Breathwork - 1:00-2:00 Loteria - 1:00-3:00 BREADED FISH
Sewing & Crochet Club - 9:00-12:00 Exercise - 10:00-11:00 L.B. Transit Presentation - 10:00 - 12:00 Lunch - 12:00-1:00 Food Bank - 1:00-2:00 Loteria - 1:00-3:00 TURKEY OR VEGETARIAN CHILI W/ BARLEY	Running Club - 9:00-10:00 Bingo - 10:00-12:00 Lunch - 12:00-1:00 Chair Yoga - 1:00-2:00 Loteria - 1:00-3:00 CREAMY CILANTRO BAKED FISH	Sewing & Crochet Club - 9:00-12:00 Exercise - 10:00-11:00 Mental Health Class - 11:00-12:00 Lunch - 12:00-1:00 Tai-Chi - 1:00 - 2:00 Loteria - 1:00-3:00 CHICKEN SALAD BOWL	Art Club - 9:00-12:00 Dancing (Gilbert) - 10:00-12:00 Lunch - 12:00-1:00 Loteria - 1:00-3:00 Folklorico - 2:00-3:00 ROAST BEEF W/ GRAVY	Zumba - 9:45-10:45 Lunch - 12:00-1:00 Independence at Home Presentation - 1:00-2:00 Breathwork - 1:00-2:00 Loteria - 1:00-3:00 TUNA SANDWICH
Sewing & Crochet Club - 9:00-12:00 Exercise - 10:00-11:00 Lunch - 12:00-1:00 Loteria - 1:00-3:00 SPAGHETTI W/ MEATBALLS	Running Club - 9:00-10:00 Bingo - 10:00-12:00 Lunch - 12:00-1:00 Chair Yoga - 1:00-2:00 Loteria - 1:00-3:00 PORK LOIN W/ BLACK PEPPERCORN SAUCE	Sewing & Crochet Club - 9:00-12:00 Exercise - 10:00-11:00 Mental Health Class - 11:00-12:00 Lunch - 12:00-1:00 Tai-Chi - 1:00 - 2:00 Loteria - 1:00-3:00 FISH VERA CRUZ	Art Club - 9:00-12:00 Dancing (DJ Tejada) - 10:00-12:00 Lunch - 12:00-1:00 Loteria - 1:00-3:00 Folklorico - 2:00-3:00 CHICKEN ENCHILADA CASSEROLE W/ RED SAUCE	Zumba - 9:45-10:45 Lunch - 12:00-1:00 Breathwork - 1:00-2:00 Friday Night Dance - 3:00-6:00  BEEF STROGANOFF
Sewing & Crochet Club - 9:00-12:00 Exercise - 10:00-11:00 Lunch - 12:00-1:00 Loteria - 1:00-3:00 BEEF TERIYAKI	Running Club - 9:00-10:00 Fair Housing Workshop - 10:00-12:00 Bingo - 10:00-12:00 Lunch - 12:00-1:00 Chair Yoga - 1:00-2:00 Loteria - 1:00-3:00 TURKEY & CRANBERRY SALAD	Long Beach Boat Cruise - 10:00-3:00 Exercise - 10:00-11:00 Independence at Home Presentation - 10:00-12:00 B-day Celebration - 12:00 Lunch - 12:00-1:00  Tai-Chi - 1:00 - 2:00 Loteria - 1:00-3:00 ROAST PORK	SUGGESTED CONTRIBUTION: FOR SENIORS 60 YEARS & OLDER - \$3.00 FEE FOR NON-SENIORS - MANDATORY \$7.00 FEE	



WORD SEARCH OF THE MONTH

Fourth of July

Word Search Puzzle



ADAMS	FLAG	LIBERTY
AMERICA	FOURTH	MUSIC
BARBECUE	FREEDOM	PARADE
CELEBRATION	HOLIDAY	PATRIOTIC
COLONIES	HOT DOGS	PICNIC
CONGRESS	INDEPENDENCE	REVOLUTION
FAMILY	JEFFERSON	STATES
FIREWORKS	JULY	SUMMER