



SENIOR NEWS

CALL 562.220.2090 | VISIT US AT PARAMOUNTCITY.COM

14400 PARAMOUNT BLVD. PARAMOUNT, CA 90723

SEPTEMBER 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

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.**

Halloween Celebration

- **Thursday, October 24, 2024**
- **Residents:** Sept. 17, 2024 - \$3.00 / person
- **Non-Residents:** Oct. 1, 2024 - \$4.00 / person
- **Under 60 years:** \$7.00 / person
- **Deadline for cancellations:** **June 26, 2024**



Celebración de Halloween

- **jueves, 24 de octubre del 2024**
- **Residentes:** 17 de sept., 2024 - \$3.00 / persona
- **No Residentes:** 1 de octubre, 2024 - \$4.00 / persona
- **Menores de 60 años:** \$7.00 / persona
- **Plazo para cancelaciones:** **26 de junio del 2024.**

Thanksgiving Celebration

- **Thursday, November 21, 2024**
- **Residents:** October 8, 2024 - FREE / person
- **Non-Residents:** Oct. 22, 2024 - \$4.00 / person
- **Under 60 years:** \$9.00 / person
- **Deadline for cancellations:** **November 14, 2024**



Celebración de Accion de Gracias

- **jueves, 21 de noviembre del 2024**
- **Residentes:** 8 de octubre, 2024 - FREE / persona
- **No Residentes:** 22 de octubre, 2024 - \$4.00 / persona
- **Menores de 60 años:** \$9.00 / persona
- **Plazo para cancelaciones:** **14 de noviembre del 2024.**

Birthday Celebration

Join us to celebrate on September 25, 2024, at 12:00 p.m. Birthday recipients will receive a treat!

Cheryl Browning
Porfirio Cardenas
Maria N. Carranza
Kimberly Clark
Ofelia Delgado
Leonor Ferra
Juana Garcia
Paz Granados
Reina Jasso

Lolita Johnson
Marsha Johnson
Guadalupe Lopez
Pomposa Manjarrez
Kay Marsh
Jose Jorge Martin D.
Juana Mendoza
Benseslado Nunez
Mary Osnaya

David Pender
Juan Peralta
Ramiro Roque
Eva Sanchez
Leticia Sanchez
Yolanda Trejo
Florinda Villareal
Justina Vincas
Ramona Zermeno



SENIOR EXCURSIONS

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

OCTOBER



Aquarium of the Pacific

Monday, October 7, 2024

9:00 a.m. – 3:00 p.m.

Prices: Resident: \$9.00 - September 3, 2024

Non-Resident: \$11.00 - September 17, 2024

Deadline for cancellations with refunds:

October 1, 2024



NOVEMBER



Agua Caliente Casino

Wednesday, November 6, 2024

8:00 a.m. – 5:00 p.m.

Prices: Resident: \$15.00 - October 2, 2024

Non-Resident: \$17.00 - October 16, 2024

Deadline for cancellations with refunds:

October 23, 2024



Solvang Day Trip

Wednesday, November 13, 2024

8:00 a.m. – 6:00 p.m.

Price: Resident: \$15.00 - October 7, 2024

Non-Resident: \$17.00 - October 21, 2024

Deadline for cancellations with refunds:

November 6, 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.

There will be no loteria on Monday, September 2nd and Friday, September 27th.



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



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****



Join us **Monday & Wednesday** for
Sewing & Crochet Club!

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

There will be no Sewing & Crochet Club on Monday, September 2nd & 16th and Wednesday, September 25th.

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

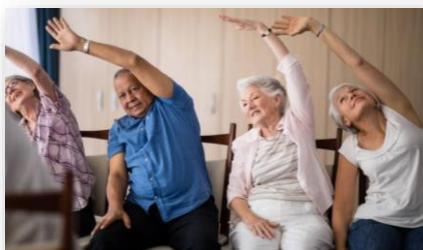
Monday's & Wednesday's: 10:00 a.m. - 11:00 a.m.

There will be no Exercise Class on Monday, September 2nd and Wednesday, September 25th.



Paramount Road Runners / Club de Caminata

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



Chair Yoga Class / Clase de Yoga en Silla

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



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****



Folklorico Class / Clase de Folklorico

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

****Limit 20 people / de 20 personas****



Zumba Class / Clase de Zumba

Location: Paramount Park Gym

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



Breathwork Class /

Clase de Entrenamiento de Respiración

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

There will be no Breathwork Class on Friday, September 27th.

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 on **September 7th & September 21st** for **Senior Recreation Saturday's**. from **9:00 a.m. to 1:00 p.m.** Coffee is provided. Billiards and board games are available.



H.S.A. Meal Reservation
Please call in your reservation a week in advance from **Monday through Friday**. To make or cancel a reservation, please call **Maria at (562) 220-2096** from **9:00 a.m. to 11:45 a.m.** or visit the center in person.



Senior Commission Meeting
Thursday, September 5, 2024
1:00 p.m. - 2:00 p.m.



The **L.A. County Department of Mental Health** will be hosting a series of mental health classes on **September 4th, 11th & 18th** from **11:00 a.m. to 12:00 p.m.**



H.S.A. Reservación de Almuerzo
Por favor de llamar para reservar una semana con anticipación de **lunes a viernes**. Para hacer o cancelar una reservación, llame a **María al (562) 220-2096** de **9:00 a.m. a 11:45 a.m.** o visite el centro en persona.



A representative from **St. Francis Medical Center** will be here on **Monday, September 9, 2024**, from **1:00 p.m. to 2:00 p.m.** to host a presentation on the topic of "Alzheimer's & Memory Loss".

A representative from **Forest Lawn** will be hosting a resource table on **Monday, September 23rd** from **10:00 a.m. to 12:00 p.m.**



Celebrate **National Senior Center Month** with us on **Tuesday, September 10th** from **11:00 a.m. to 12:00 p.m.** We will celebrate alongside Pathways with an ice cream social.



Join us for our **Fall Senior Health Fair** on **Wednesday, September 25, 2024**, from **9:30 a.m. to 11:30 a.m.** There will be a variety of free health screenings and resources available.

Food Bank / Banco de Alimentos
Monday, September 16, 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, September 27, 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 - September 3, 2024 – Free
Non-Residents – September 10, 2024 - \$5.00
The deadline for cancellations with refunds is September 20, 2024.



A representative from **Independence at Home** will be here on **Monday, September 16, 2024**, from **1:00 p.m. to 2:00 p.m.** to host a presentation on the topic of "Music Appreciation: Music & Memory".





RECIPES OF THE MONTH



Spaghetti Squash & Sausage

1 medium-sized spaghetti squash; 1 tbsp of olive oil; 1 package of smoked sausage (halved lengthwise & sliced); 1 cup of pico de gallo; ¼ tsp of salt; 1/8 tsp of pepper

1. Cut the squash lengthwise in half and discard the seeds. Place halves on a microwave-safe plate, cut side down. Microwave, uncovered, on high for 15-20 minutes or until tender.
2. Meanwhile, in a large skillet, heat the olive oil over medium heat. Add the sausage. Cook and stir for 4-5 minutes or until lightly browned.
3. When the squash is cool enough to handle, use a fork to separate strands. Add the squash, pico de gallo, salt, and pepper to the sausage. Heat through, tossing to combine. Once combined, remove from the stove.
4. Serve and enjoy!

Calabaza Espagueti Y Salchicha

1 calabaza espagueti mediana; 1 cucharada de aceite de oliva; 1 paquete de salchicha ahumada (cortada por la mitad a lo largo y rebanado); 1 taza de pico de gallo; ¼ de cucharadita de sal; 1/8 cucharadita de pimienta

1. Corta la calabaza a lo largo por la mitad y desecha las semillas. Coloque las mitades en un plato apto para microondas, con el lado cortado hacia abajo. Cocínelo en el microondas, sin tapar, a temperatura alta durante 15 a 20 minutos o hasta que esté tierno.
2. Mientras tanto, en una sartén grande, calienta el aceite de oliva a fuego medio. Agrega la salchicha. Cocine y revuelva durante 4-5 minutos o hasta que esté ligeramente dorado.
3. Cuando la calabaza esté lo suficientemente fría como para manipularla, use un tenedor para separar las hebras. Agrega la calabaza, el pico de gallo, sal y pimienta a la salchicha. Calentar y revolver para combinar. Una vez combinado, retírelo de la estufa.
4. ¡Servir y disfrutar!



Caramel-Pecan Apple Slices

1/3 cup of packed brown sugar; 2 tbsp of butter; 2 large apples (cut into ½-inch slices); ¼ cup of chopped pecans (toasted)

1. In a large cast iron or heavy skillet, cook and stir the brown sugar and butter over medium heat until the sugar is dissolved.
2. Add the apples. Cook, uncovered, over medium heat until tender, 5-7 minutes, stirring occasionally. Stir in the pecans.
3. Remove from the stove, serve and enjoy!

Rodajas de Manzana con Caramelo y Nueces

1/3 taza de azúcar morena compacta; 2 cucharadas de mantequilla; 2 manzanas grandes (cortadas en rodajas de ½ pulgada); ¼ taza de nueces pecanas picadas (tostadas)

1. En una sartén grande de hierro fundido o pesada, cocine y revuelva el azúcar moreno y la mantequilla a fuego medio hasta que el azúcar se disuelva.
2. Agrega las manzanas. Cocine, sin tapar, a fuego medio hasta que estén tiernos, de 5 a 7 minutos, revolviendo ocasionalmente. Agrega las nueces.
3. ¡Retira del fuego, sirve y disfruta!



MONTHLY CALENDAR

HUMAN SERVICES ASSOCIATION
"Where Caring Becomes Doing"

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

**WE WILL BE CLOSED
DUE TO THE HOLIDAY.**



**ESTAREMOS CERRADOS
DEBIDO AL DIA FESTIVO.**

3

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**

4

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

5

Art Club - 9:00-12:00

Dancing (DJ Jesse) -

10:00 - 12:00

Senior Commission

Meeting - 10:00-11:00

Lunch - 12:00-1:00

CHICKEN ENCHILADA

CASSEROLE W/ RED

SAUCE

6

Zumba - 9:45-10:45

Lunch - 12:00-1:00

Breathwork - 1:00-2:00

Loteria - 1:00-3:00

BEEF STROGANOFF

9

Sewing & Crochet

Club - 9:00-12:00

Exercise - 10:00-11:00

Lunch - 12:00-1:00

St. Francis Presentation -

1:00-2:00

Loteria - 1:00-3:00

**TURKEY & CRANBERRY
SALAD**

10

Running Club -

9:00-10:00

Bingo - 10:00-12:00

National Senior Center

Month Ice-Cream Social -

10:00-12:00

Lunch - 12:00-1:00

Chair Yoga - 1:00-2:00

Loteria - 1:00-3:00

STUFFED BELL PEPPER

11

Sewing & Crochet

Club - 9:00-12:00

Mental Health Class -

11:00-12:00

Lunch - 12:00-1:00

Tai-Chi - 1:00 - 2:00

Loteria - 1:00-3:00

**ROAST PORK W/
MUSTARD SAUCE**

12

Art Club - 9:00-12:00

Mexican Independence

Day Celebration (Baltazar)

- 10:00-12:00

Lunch - 12:00-1:00

Loteria - 1:00-3:00

Folklorico - 2:00-3:00

CHICKEN POZOLE

13

Zumba - 9:45-10:45

Lunch - 12:00-1:00

Breathwork - 1:00-2:00

Loteria - 1:00-3:00

BEEF TERIYAKI

16

Olvera Street -

10:00-3:00

Exercise - 10:00-11:00

Independence at Home

Presentation - 11:00-12:00

Lunch - 12:00-1:00

Food Bank - 1:00-2:00

Loteria - 1:00-3:00

BEEF PICADO

17

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

TUNA SALAD

18

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

TURKEY MEATLOAF

19

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

OVEN BAKED CHICKEN

20

National Pepperoni

Pizza Day!

Zumba - 9:45-10:45

Lunch - 12:00-1:00

Breathwork - 1:00-2:00

Loteria - 1:00-3:00

BEEF LASAGNA

23

Sewing & Crochet

Club - 9:00-12:00

Exercise - 10:00-11:00

Forest Lawn - 10:00-12:00

Lunch - 12:00-1:00

Loteria - 1:00-3:00

BAKED ZITI (TURKEY)

24

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

**ROSEMARY CHICKEN W/
CREAMY GARLIC SAUCE**

25

Senior Health Fair -

9:30-11:30

Birthday Celeb. - 12:00

Lunch - 12:00-1:00

Tai-Chi - 1:00 - 2:00

Loteria - 1:00-3:00

MEATLOAF W/ GRAVY

26

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

BBQ CHICKEN

27

Zumba - 9:45-10:45

Lunch - 12:00-1:00

Friday Night Dance -

3:00-6:00

**GARLIC BUTTERFISH
OR SWEET & SOUR PORK**

30

Sewing & Crochet

Club - 9:00-12:00

Exercise - 10:00-11:00

Lunch - 12:00-1:00

Loteria - 1:00-3:00

CHICKEN CURRY

**SUGGESTED
CONTRIBUTION:**

**FOR SENIORS 60 YEARS
& OLDER - \$3.00 FEE**

**FOR NON-SENIORS -
MANDATORY \$7.00 FEE**





WORD SEARCH OF THE MONTH

Fall Word Search



Word list:

ACORN
APPLES
AUTUMN
BONFIRE
BRISK
BUTTERNUT
CARMEL

CHESTNUT
CIDER
CORN
CORNUCOPIA
COZY
CRANBERRY
FESTIVAL

GOURD
HARVEST
HAYBALE
HAYRIDE
LEAVES
MAIZE
ORCHARD

PECAN
PUMPKIN
SCARECROW
SPICE
SQUASH
SUNFLOWER
SWEATER

