



SENIOR NEWS

CALL 562.220.2090 | VISIT US AT PARAMOUNTCITY.GOV

14400 PARAMOUNT BLVD. PARAMOUNT, CA 90723

MARCH 2025

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

Mardi Gras Celebration

• Thursday, March 6, 2025

• Residents:

January 29, 2025 - \$3.00 / person

• Non-Residents:

February 12, 2025 - \$4.00 / person

• Under 60 years: \$7.00 / person

• Deadline for refundable cancellations: February 26, 2025



Celebración de Mardi Gras

• jueves, 6 de marzo del 2025

• Residentes:

29 de enero, 2025 - \$3.00 / persona

• No Residentes:

12 de febrero, 2025 - 4.00 / persona

• Menores de 60 años: \$7.00 / persona

• Plazo para cancelaciones reembolsables: 26 de febrero del 2025



St. Patrick's Day Celebration

• Thursday, March 13, 2025

• Residents:

February 4, 2025 - \$3.00 / person

• Non-Residents:

February 18, 2025 - \$4.00 / person

• Under 60 years: \$7.00 / person

• Deadline for refundable cancellations: March 6, 2025



Celebración de San Patricio

• jueves, 13 de marzo del 2025

• Residentes:

4 de febrero, 2025 - \$3.00 / persona

• No Residentes:

18 de febrero, 2025 - 4.00 / persona

• Menores de 60 años: \$7.00 / persona

• Plazo para cancelaciones reembolsables: 6 de marzo del 2025



Easter Celebration

• Wednesday, April 16, 2025

• Residents:

March 11, 2025 - \$3.00 / person

• Non-Residents:

March 25, 2025 - \$4.00 / person

• Under 60 years: \$7.00 / person

• Deadline for refundable cancellations: April 9, 2025



Celebración de Pascua

• miércoles, 16 de abril del 2025

• Residentes:

11 de marzo, 2025 - \$3.00 / persona

• No Residentes:

25 de marzo, 2025 - 4.00 / persona

• Menores de 60 años: \$7.00 / persona

• Plazo para cancelaciones reembolsables: 9 de abril del 2025



Birthday Celebration

Join us to celebrate birthdays on Friday, March 28, 2025, at 11:45 a.m. Birthday recipients will receive a treat!

SENIOR EXCURSIONS

MARCH



Knott's Berry Farm

Wednesday, March 12, 2025

10:00 a.m. – 5:00 p.m.

Prices:

Resident: \$48.00 - February 5, 2025

Non-Resident: \$50.00 - February 19, 2025

Deadline for refundable cancellations:

March 5, 2025



L.A. County Arboretum

Tuesday, March 18, 2025

9:00 a.m. – 4:00 p.m.

Prices:

Resident: \$7.00 - February 11, 2025

Non-Resident: \$9.00 - February 25, 2025

Deadline for refundable cancellations:

March 11, 2025



APRIL



Santa Clarita Cowboy Festival

Saturday, April 12, 2025

9:30 a.m. - 5:30 p.m.

Prices:

Resident: \$7.00 - March 5, 2025

Non-Resident: \$9.00 - March 19, 2025

Deadline for refundable cancellations:

April 4, 2025



Descanso Gardens

Monday, April 28, 2025

9:30 a.m. - 4:30 p.m.

Prices:

Resident: \$13.00 - March 25, 2025

Non-Resident: \$15.00 - April 8, 2025

Deadline for refundable cancellations:

April 21, 2025

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.

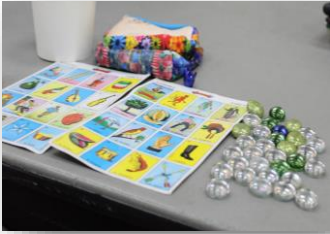
Refund policy for trips and special events are as follows:

- 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 may be required before activity begins, first come first serve basis. Materials not provided for Sewing, Crochet & Art Club. Activities and classes are subject to change and/or cancellations.

Es posible que sea necesario registrarse antes de que comience la actividad, por orden de llegada. Materiales no proporcionados para Sewing, Crochet & Art Club. Las actividades y clases están sujetas a cambios y/o cancelaciones.



Join us Monday & Wednesday for Loteria!
1:15 p.m. - 3:45 p.m.
Card sales begin at 1:00 p.m.



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 one week in advance with Maria



Join us Monday & Wednesday for
Sewing & Crochet Club!
9:00 a.m. - 12:00 p.m.

Instructor available on Monday's at 10:00 a.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.

IMPORTANT!

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.

IMPORTANT!

FITNESS ACTIVITIES

Registration may be required before class begins, first come first serve basis.

Classes are subject to change and/or cancellations.

Es posible que sea necesario registrarse antes de que comience la clase, por orden de llegada.

Las clases están sujetas a cambios y/o cancelaciones.

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.



Exercise Classes / Clases de Ejercicio

Location: Paramount Park Gym

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



Folklorico Class / Clase de Folklorico

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

Limit 20 people / Limite de 20 personas



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.



Chair Yoga Class / Clase de Yoga en Silla

Location: Paramount Park Community Center

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



Breathwork Class /

Clase de Entrenamiento de Respiración

Location: Paramount Park Community Center

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

PARAMOUNT HAPPENINGS

Join us for **Senior Recreation Saturdays** on **March 1st & March 15th** from **9:00 a.m. to 1:00 p.m.** Coffee is provided. Billiards and board games are available.



A Cal-Fresh Outreach worker will be available on **Monday, March 3rd**, from **1:00 a.m. to 3:30 p.m.** to aid with the Cal-Fresh program and available benefits/services.



Senior Commission Meeting
Thursday, March 6, 2025
1:00 p.m. - 2:00 p.m.



A representative from **St. Francis Medical Center** will be here on **Monday, March 10, 2025**, from **1:00 p.m. to 2:00 p.m.** to host a presentation on the topic of "Urinary Health".



JAR Insurance will be here on **Tuesday, March 11, 2025**, from **10:00 a.m. to 12:00 p.m.** to host a Medi-Care resource table and "Karaoke".



The **L.A. County Department of Mental Health** will be hosting their series of older adults' mental health classes. Classes will take place on both **March 12, 2025 & March 19, 2025**, from **11:00 a.m. to 12:00 p.m.**



Food Bank / Banco de Alimentos
Monday, March 17, 2025
1:00 p.m. - 2:00 p.m.

Location: Bianchi Theater Parking Lot

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



Pathways will be hosting a table talk to discuss the services they provide on **Tuesday, March 18, 2025**, from **12:00 p.m. to 1:00 p.m.**



H.S.A. Meal Reservation

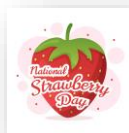
Please call in your reservation a week in advance from **Monday through Friday**. To make or cancel a reservation, please call **Maria at (562) 220-2094** from **9:00 a.m. to 11:45 a.m.** or visit the center in person.



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) 220-2094** de **9:00 a.m. a 11:45 a.m.** o visite el centro en persona.

Join us for **National California Strawberry Day** on **Friday, March 21, 2025**. We will have strawberry snacks available before lunchtime.



Public Safety will be here to host an "Emergency Preparedness" Seminar on **Monday, March 24, 2025**, from **11:00 a.m. to 12:00 p.m.**



A representative from **Forest Lawn** will be hosting a resource table on **Wednesday, March 26, 2025**, from **10:00 a.m. to 12:00 p.m.**



A representative from **Long Beach Transit** will be here on **Wednesday, March 26, 2025**, from **11:00 a.m. to 12:00 p.m.** to host a presentation on "Transportation for Older Adults".



Join us for our **Friday Night Dance** on **March 28th** ! Doors will open at 3:00 p.m. **Dinner will be served from 3:00 p.m. to 4:00 p.m.** Followed by music and dancing from 4:00 p.m. to 6:00 p.m.



Registration details are as follows:

Residents - March 3, 2025 - Free
Non-Residents - March 17, 2025 - \$5.00

Dinner Menu: Chicken Kabob

The deadline for refundable cancellations is March 21, 2025.



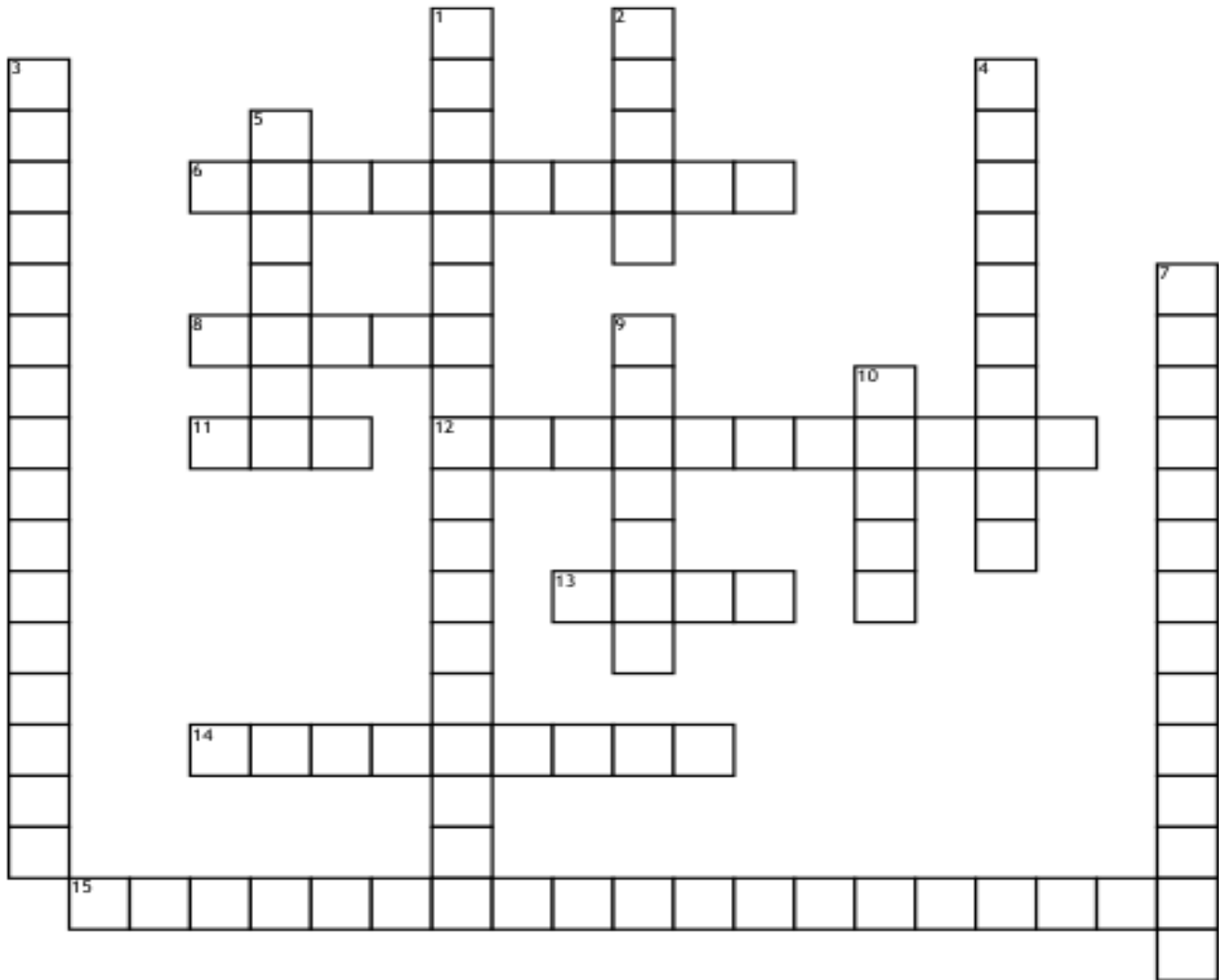
MONTHLY CALENDAR

HUMAN SERVICES ASSOCIATION
"Where Caring Becomes Doing"

Sewing & Crochet Club - 9:00-12:00 Exercise -10:00-11:00 Lunch - 12:00-1:00 Loteria - 1:00-3:30 Cal-Fresh Resource Table – 1:00-3:30 BEEF PICADO	3	Running Club - 9:00-10:00 Bingo - 10:00-12:00 Lunch - 12:00-1:00 Chair Yoga - 1:00-2:00 SWEDISH MEATBALLS	4	Sewing & Crochet Club - 9:00-12:00 Exercise – 10:00-11:00 Lunch - 12:00-1:00 Loteria – 1:00-3:30 BAKED FISH	5	Art Club - 9:00-12:00 Mardi Gras Celebration - (Catracho) - 9:00-12:00 Lunch – 12:00-1:00 Senior Commission – 1:00 Folklorico – 2:00-3:00 CHICKEN JAMBALAYA	6	Zumba - 9:45-10:45 Lunch - 12:00-1:00 Breathwork – 1:00-2:00 GINGER FISH	7
Sewing & Crochet Club - 9:00-12:00 Exercise -10:00-11:00 Lunch - 12:00-1:00 St. Francis "Urinary Health" Presentation – 1:00-2:00 Loteria - 1:00-3:30 BAKED ZITI (TURKEY)	10	Running Club - 9:00-10:00 Bingo - 10:00-12:00 JAR Insurance "Senior Karaoke" – 10:00-12:00 Lunch - 12:00-1:00 Chair Yoga – 1:00-2:00 ROSEMARY CHICKEN	11	Knott's Berry Farm – 10:00-5:00 Sewing & Crochet Club - 9:00-12:00 Exercise – 10:00-11:00 L.A. County Mental Health Class – 11:00-12:00 Lunch - 12:00-1:00 Loteria – 1:00-3:30 MEATLOAF W/ GRAVY	12	Art Club - 9:00-12:00 St. Patrick's Day Celebration (Tejada) - 9:00-12:00 Lunch – 12:00-1:00 Nutrition Class – 1:00-2:00 Folklorico – 2:00-3:00 CORNER BEEF	13	Zumba - 9:45-10:45 Lunch - 12:00-1:00 Breathwork – 1:00-2:00 GARLIC BUTTER FISH	14
Sewing & Crochet Club - 9:00-12:00 Exercise -10:00-11:00 Lunch - 12:00-1:00 Food Bank (Bianchi Theatre Parking Lot) – 1:00-3:00 Loteria - 1:00-3:30 BEEF STEW	17	Arboretum - 9:00-4:00 Running Club - 9:00-10:00 Bingo - 10:00-12:00 Lunch - 12:00-1:00 Pathways Table Talk - 12:00-1:00 Chair Yoga - 1:00-2:00 HAWAIIAN CHICKEN	18	Sewing & Crochet Club - 9:00-12:00 Exercise – 10:00-11:00 L.A. County Mental Health Class – 11:00-12:00 Lunch - 12:00-1:00 Loteria - 1:00-3:30 BBQ HAMBURGER	19	Art Club - 9:00-12:00 Dancing (Baltazar) - 10:00-12:00 Lunch – 12:00-1:00 Nutrition Class – 1:00-2:00 Folklorico – 2:00-3:00 CHICKEN MARSALA	20	National California Strawberry Day! Zumba - 9:45-10:45 Lunch - 12:00-1:00 Breathwork – 1:00-2:00 BREADED FISH	21
Sewing & Crochet Club - 9:00-12:00 Exercise -10:00-11:00 Public Safety "Emergency Preparedness" Seminar – 11:00-12:00 Lunch - 12:00-1:00 Loteria - 1:00-3:30 VEGETARIAN CHILI OR TURKEY CHILI	24	Running Club - 9:00-10:00 Bingo - 10:00-12:00 Lunch - 12:00-1:00 Chair Yoga – 1:00-2:00 CREAMY CILANTRO BAKED FISH	25	Sewing & Crochet Club - 9:00-12:00 Exercise – 10:00-11:00 Forest Lawn Resource Table – 10:00-12:00 Long Beach Transit Presentation – 11:00-12:00 Lunch - 12:00-1:00 Loteria – 1:00-3:30 ROAST BEEF W/ GRAVY	26	Art Club - 9:00-12:00 Dancing (Gilbert) - 10:00-12:00 Lunch – 12:00-1:00 Nutrition Class – 1:00-2:00 Folklorico – 2:00-3:00 OVEN BAKED CHICKEN	27	Zumba - 9:45-10:45 Independence at Home Resource Table – 11:00-12:00 Birthday Celebration - 11:45 Lunch - 12:00-1:00 Breathwork – 1:00-2:00 Friday Night Dance – 3:00-6:00 TUNA SANDWICH	28
Sewing & Crochet Club - 9:00-12:00 Exercise -10:00-11:00 Lunch - 12:00-1:00 Loteria - 1:00-3:30 TBD	31	<div><div><div>SUGGESTED CONTRIBUTION:</div><div>FOR SENIORS 60 YEARS & OLDER - \$3.00 CONTRIBUTION</div><div>FOR NON-SENIORS - MANDATORY \$7.00 FEE</div></div><div>hello MARCH</div></div>							



CROSSWORD OF THE MONTH



Across

6. What sport is March madness?
8. What you feel when you don't wear green.
11. Common Irish hair color.
12. One week break from school
13. Whats in the pot at the end of the rainbow.

14. Also known as a Shamrock

15. Begins on March 13th

Down

1. What is March declared as?
2. Day with a lot of math jokes on the 14th
3. Holiday on the 17th

4. Has a pot of gold at the end of a rainbow.

5. Some Irish people play these.

7. This plant could bring you good luck

9. Where you find a pot of gold.

10. The color you wear on St. Patrick's day



WORD SEARCH OF THE MONTH

I E J C P A E Y B V S B L F O U R A R L
 I Z I W P P Q J A U K F D I Z L C M A M
 Y K F R P O U X S B J T L L E P L F I A
 L A E P S R I Z K D R Z F R J W U I N G
 X E M H Z A N N E L D J H X K J M V B I
 I R L U K N O Z T R J M S A G Y T L O C
 K S M S I G X B B D I C B Y U I I P W S
 Q X E S T E K S A Q C R N B H D S O Y N
 L R O A H P C T L V W W E B G H B T I Z
 X L O Y S A A C L L A W V L P F B O M P
 Z K B W O O M T L B E R N J A H T F A U
 Q L C C G G N R R O P B P S H N K G R W
 B B H A A W O G O I V W J A W E D O C E
 O F Q R J Z V L I C C E V E R G T L H U
 R Z Y J A G G M D R K K R Q R A L D Q S
 Z K E A P I P R K E I O S P N Y D Y M G
 V D S I P H N J E D N S Y D P S J E F S
 D M A D N E S S R E L A H T A G S K B T
 O W C L R L F T P R N L U C K Y X X F Y
 O M C Y S P U T C L E P R E C H A U N U

st patricks day

pot of gold

madness

equinox

season

green

leprechaun

shamrock

ireland

clover

march

lucky

basketball

rainbow

parade

orange

golden

magic

irish

rain

four

