

Senior

NEWSLETTER

JULY 2025 ISSUE

CALL (562) 220-2090 | VISIT US AT PARAMOUNTCITY.GOV

14400 PARAMOUNT BLVD. PARAMOUNT, CA 90723

We will be closed on Friday, July 4th due to the 4th of July holiday.

Estaremos cerrados el viernes, 4 de julio debido al día festivo de 4 de julio.

ATTENTION: All registered participants of the Senior Program will need to re-register for the upcoming fiscal year beginning on July 1, 2025. All active accounts will be retired. Participants must re-register for the new fiscal year to participate in the programming.

ATENCIÓN: Todos los participantes registrados en el Programa para Personas Mayores deberán reinscribirse para el próximo año fiscal, que comienza el 1 de julio del 2025. Todas las cuentas activas serán retiradas. Los participantes deben reinscribirse para el nuevo año fiscal para participar en el programa.

4th of July Celebration

- Thursday, July 3, 2025
- Residents: May 27, 2025
 - \$3.00 / person
- Non-Residents: June 10, 2025
 - \$4.00 / person
- Under 60 years: \$7.00 / person
- The deadline for all refundable cancellations is June 26, 2025.



Celebracion del 4 de julio

- jueves, 3 de julio, 2025
- Residentes: 27 de mayo, 2025
 - \$3.00 / persona
- No Residentes: junio, 2025
 - \$4.00 / persona
- Menores de 60 años: \$7.00 / persona
- La fecha de plazo para cancelaciones reemolsables es el 26 de junio, 2025.

Friday Night Dance

- Friday, July 18, 2025
 - 2:00 p.m. - 5:00 p.m.
- Residents: June 30, 2025
 - Free
- Non-Residents: July 7, 2025
 - \$5.00 / person
- Under 60 years: \$7.00 / person
- The deadline for all refundable cancellations is Julio 11, 2025.



Baile de Viernes por la Noche

- viernes, 18 de julio, 2025
 - 2:00 p.m. - 5:00 p.m.
- Residentes: 30 de junio, 2025
 - Gratis
- No Residentes: 7 de julio, 2025
 - \$5.00 / persona
- Menores de 60 años: \$7.00 / persona
- La fecha de plazo para cancelaciones reemolsables es el 11 de julio, 2025.

Luau Celebration

- Friday, August 8, 2025
 - 1:00 p.m. - 6:00 p.m.
- Residents: July 8, 2025
 - \$5.00 / person
- Non-Residents: July 22, 2025
 - \$7.00 / person
- Under 60 years: \$9.00 / person
- The deadline for all refundable cancellations is August 1, 2025.



Celebracion de Luau

- Viernes, 8 de Agosto, 2025
 - 1:00 p.m. - 6:00 p.m.
- Residentes: 8 de Julio, 2025
 - \$5.00 / persona
- No Residentes: 22 de julio, 2025
 - \$7.00 / persona
- Menores de 60 años: \$9.00 / persona
- La fecha de plazo para cancelaciones reemolsables es el 1 de Agosto, 2025.



BIRTHDAY CELEBRATION

Join us to celebrate birthdays on Friday, July 25, 2025, at 11:45 a.m. Birthday recipients will receive a treat! Birthday recipients must register at the front desk to participate.

COMMUNITY CENTER HOURS

MONDAY - THURSDAY:
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



Tanaka Farms

Wednesday, July 9, 2025

10:00 a.m. - 5:00 p.m.

Prices:

Resident: \$20.00 - June 3, 2025

Non-Resident: \$22.00 - June 17, 2025

Deadline for refundable cancellations:

July 2, 2025

August



Orange County Fair

Wednesday, August 6, 2025

10:00 a.m. - 5:00 p.m.

Prices:

Resident: \$11.00 - June 30, 2025

Non-Resident: \$13.00 - July 14, 2025

Deadline for refundable cancellations:

July 30, 2025



California Science Center

Wednesday, July 23, 2025

10:00 a.m. - 5:00 p.m.

Prices:

Resident: \$9.00 - June 16, 2025

Non-Resident: \$11.00 - June 30, 2025

Deadline for refundable cancellations:

July 16, 2025



Harrah's Casino

Wednesday, August 20, 2025

9:00 a.m. - 5:00 p.m.

Prices:

Resident: \$15.00 - July 15, 2025

Non-Resident: \$17.00 - July 29, 2025

Deadline for refundable cancellations:

August 13, 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.

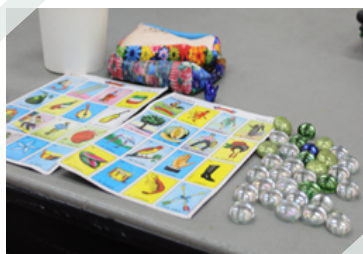
Refund policy for trips and special events are as follows:

•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.



Loteria

Monday's & Wednesday's

1:00 p.m. - 3:30 p.m.

Card sales begin at 1:00 p.m.

\$5.00 Annual Membership Fee



Sewing & Crochet

Monday's & Wednesday's

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

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



Bingo

Tuesday's

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

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

\$5.00 Annual Membership Fee

Cash prizes

**There will be no Bingo on July 1st due
to registration day.**



Art Club

Thursday's

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



Music & Dance

Thursday's

Doors open at 9:00 a.m.

Music & dance:

10:00 a.m. - 12:00 p.m.

Lunch: 12:00 p.m.

***Must pre-register one week in
advance with Maria.***

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.**

Senior FITNESS

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.



Exercise Classes / Clases de Ejercicio

Monday's & Wednesday's
(Lunes y Miércoles)

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

Location: Paramount Park Gym

Saturday's: July 5th

(Sabado: 5 de julio)

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

Location: Paramount Park
Community Center



Paramount Road Runners /

Club de Caminata

Tuesday's (Martes)

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



Chair Yoga Class /

Clase de Yoga en Silla

Tuesday's (Martes)

1:00 p.m. - 2:00 p.m.

Location: Paramount Park
Community Center



Folklorico Class / Clase de Folklorico

Thursday's (Jueves)

2:00 p.m. - 3:00 p.m.

Folklorico will return in September.



Tai Chi Class / Clase de Tai Chi

Wednesday's (Miércoles)

1:00 p.m. - 2:00 p.m.

Location: Paramount Park
Community Center



Zumba Class / Clase de Zumba

Friday's (Viernes)

9:45 a.m. - 10:45 a.m.

Location: Paramount Park Community Center

There will be no Zumba class on Friday, July 4th.



Breathwork Class / Clase de Entrenamiento de Respiracion

Friday's (Viernes)

1:00 p.m. - 2:00 p.m.

Location: Paramount Park
Community Center

There will be no Zumba class on
Friday, July 4th.

Senior HAPPENINGS

Senior Recreation Saturday's



July 5, 2025

9:00 a.m. - 1:00 p.m.

Coffee is provided, Billiards and board games are available. Exercise from 9:00 a.m. to 10:00 a.m. on July 5th only.

Cal-Fresh Outreach

Monday, July 7, 2025

1:00 p.m. - 3:30 p.m.



An outreach worker will be assisting with program registration and services.

Presley General Insurance Outreach



July 8th & July 22nd

10:00 a.m. - 12:00 p.m.

A representative will be available to provide information on Medi-Care plans, resources, and benefits for older adults.

Blue Shield of California Outreach

July 9th & July 28th

10:00 a.m. - 12:00 p.m.



A representative will be available to provide information on Medi-Care plans, resources, and benefits for older adults.

Floral Arrangement Class with Alignment



Friday, July 11, 2025

10:00 a.m. - 12:00 p.m.



Alignment will be sponsoring a floral arrangement class. Participants will need to pre-register at the front desk - **limited to the first 20 participants.**

St. Francis Medical Center Outreach

Monday, July 14, 2025

1:00 p.m. - 2:00 p.m.



A representative from St. Francis Medical Center will be hosting a health presentation on the topic of "Mental & Emotional Health".

Senior Wacky Olympics



Wednesday, July 16, 2025

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



Participants will form teams to participate in a variety of wacky and fun games. Team registration required at the front desk.

L.A. County Food Bank Distribution

Monday, July 21, 2025

1:00 p.m. - 3:00 p.m.



Location: Progress Park

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

Cooking Class with Alignment



Wednesday, July 23, 2025

11:00 a.m. - 12:00 p.m.



Alignment will be sponsoring a cooking class. Participants will need to pre-register at the front desk - **limited to the first 20 participants.**

Independence at Home Outreach



Friday, July 25, 2025

11:00 a.m. - 12:00 p.m.

A representative will be available to provide information on available programs and resources for older adults.

L.A. County Mental Health Class

Wednesday, July 30, 2025

11:00 a.m. - 12:00 p.m.



Representatives from the L.A. County Department of Mental Health will be hosting their series of mental health classes for older adults. The topic to be discussed will be "Grief & Loss".

Monthly CALENDAR

H.S.A. Meal Reservation / Reservacion de Almuerzo H.S.A.

Meal reservations are required one week in advance with H.S.A. Site Manager Maria either in person or via phone at **(562) 220-2094**. Available Monday through Friday from 9:00 a.m. - 1:00 p.m.

Se requieren reservaciones de almuerzo con una semana de anticipación, contactando a María, Gerente de Sitio de H.S.A., ya sea en persona o por teléfono al **(562) 220-2094**. Disponible de lunes a viernes de 9:00 a.m. a 1:00 p.m.

MONDAY




TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	Running Club: 9:00-10:00 1 Lunch: 12:00 Chair Yoga: 1:00-2:00 Rosemary Chicken	Sewing/Crochet: 9:00-12:00 2 Exercise: 10:00-11:00 Lunch: 12:00 Tai Chi: 1:00-2:00 Shepherd's Pie	Art Club: 9:00 - 12:00 3 4th of July Celebration (Catracho): 10:00-12:00 Lunch: 12:00 BBQ Chicken	Closed 4 HAPPY 4th of July	Senior Recreation: 9:00-1:00 5 Exercise: 9:00-10:00
Sewing/Crochet: 9:00-12:00 7 Exercise: 10:00-11:00 Lunch: 12:00 Loteria: 1:00-3:30  Cal-Fresh Outreach: 1:00-3:30 Garlic Butter Fish or Sweet & Sour Pork	Running Club: 9:00-10:00 8 Bingo: 10:00-12:00 Presley General Insurance: 10:00-12:00  Lunch: 12:00 Chair Yoga: 1:00-2:00 Chicken Curry	Sewing/Crochet: 9:00-12:00 9 Tanaka Farms:  10:00 - 5:00 Exercise: 10:00-11:00  Blue Shield of CA Outreach: 10:00-12:00 Lunch: 12:00 Tai Chi: 1:00-2:00 Loteria: 1:00-3:30 Beef Stew	Art Club: 9:00 - 12:00 10 Dancing (Baltazar): 10:00-12:00 Lunch: 12:00 Chicken Marsala w/ Mushrooms & White Wine Sauce	Zumba: 9:45 - 10:45  11 Floral Arrangement Class: 10:00-12:00 Lunch: 12:00 Breathwork: 1:00-2:00 Breaded Fish	12
Sewing/Crochet: 9:00-12:00 14 Exercise: 10:00-11:00 Lunch: 12:00 Loteria: 1:00-3:30  St. Francis Outreach: 1:00-2:00 BBQ Hamburger	Running Club: 9:00-10:00 15 Bingo: 10:00-12:00 Lunch: 12:00 Chair Yoga: 1:00-2:00 Chicken Pasta w/ Creamy Green Sauce	Sewing/Crochet: 9:00-12:00 16 Exercise: 10:00-11:00  Senior Wacky Olympics: 10:00-11:45 Lunch: 12:00 Tai Chi: 1:00-2:00 Hollywood Bowl:  5:00-11:30 Turkey & Cranberry Salad	Art Club: 9:00 - 12:00 17 Dancing (Tejada): 10:00-12:00 Lunch: 12:00 Roast Beef w/ Gravy	Zumba: 9:45 - 10:45 18 Lunch: 12:00 Breathwork: 1:00-2:00 Friday Night Dance (Tejada): 2:00-5:00  Creamy Cilantro Baked Fish	No Senior Recreation 19
Sewing/Crochet: 9:00-12:00 21 Exercise: 10:00-11:00 Lunch: 12:00 Loteria: 1:00-3:30 Food Bank (Progress Park):  10:00-12:00 Tuna Sandwich	Running Club: 9:00-10:00 22 Bingo: 10:00-12:00 Presley General Insurance: 10:00-12:00  Lunch: 12:00 Chair Yoga: 1:00-2:00 Chicken Enchilada Casserole	Sewing/Crochet: 9:00-12:00  23 California Science Center: 10:00 - 5:00 Exercise: 10:00-11:00  Cooking Class: 11:00-12:00 Lunch: 12:00 Tai Chi: 1:00-2:00 Loteria: 1:00-3:30 Spaghetti w/ Meatballs	Art Club: 9:00 - 12:00 24 Dancing (Gilbert): 10:00-12:00 Lunch: 12:00 Lemon Pepper Fish	Zumba: 9:45 - 10:45  25 Independence at Home: 11:00-12:00 Lunch: 12:00  Birthday Celeb: 12:00 Breathwork: 1:00-2:00 Pork Loin w/ Black Peppercorn Sauce	26
Sewing/Crochet: 9:00-12:00 28 Exercise: 10:00-11:00 Blue Shield of CA Outreach: 10:00-12:00  Lunch: 12:00 Loteria: 1:00-3:30 Meatloaf w/ Red Sauce	Running Club: 9:00-10:00 29 Bingo: 10:00-12:00 Lunch: 12:00 Chair Yoga: 1:00-2:00 Herb Baked Fish or Roast Pork w/ Mustard Sauce	Sewing/Crochet: 9:00-12:00 30 Exercise: 10:00-11:00  Mental Health Class: 11:00-12:00 Lunch: 12:00 Tai Chi: 1:00-2:00 Loteria: 1:00-3:30 Turkey A La King	Art Club: 9:00 - 12:00 31 Dancing (Catracho): 10:00-12:00 Lunch: 12:00 Beef Chili Mac		VOLUNTARY CONTRIBUTION FOR SENIORS 60 YEARS & OLDER: \$3.00 MANDATORY FEE FOR NON-SENIORS (UNDER 60 YEARS): \$7.00



Activity

OF THE MONTH

HOW MANY OF EACH ITEM CAN YOU FIND?
¿CUÁNTOS DE CADA ARTÍCULO PUEDES ENCONTRAR?



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Fourth of July **WORD SEARCH**

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

AMERICA
BLUE
BRITAIN
DECLARATION
FIREWORKS
FLAG
FOURTH

FREEDOM
INDEPENDENCE
JULY
LIBERTY
NATION
PARADE
RED

REVOLUTION
RIGHTS
STATES
SUMMER
THIRTEEN
UNITED
WHITE