

Senior

NEWSLETTER

AUGUST 2025 ISSUE

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

14400 PARAMOUNT BLVD. PARAMOUNT, CA 90723

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 reembolsables es el 1 de Agosto, 2025.**

Friday Night Dance

- **Friday, August 29, 2025**
- **Residents: July 29, 2025**
 - Free
- **Non-Residents: August 12, 2025**
 - \$5.00 / person
- **Under 60 years: \$7.00 / person**
- **The deadline for all refundable cancellations is August 22, 2025.**



Baile de Viernes por la Noche

- **viernes, 29 de agosto, 2025**
- **Residentes: 29 de julio, 2025**
 - Gratis
- **No Residentes: 12 de agosto, 2025**
 - \$5.00 / persona
- **Menores de 60 años: \$7.00 / persona**
- **La fecha de plazo para cancelaciones reembolsables es el 22 de agosto, 2025.**

Mexican Independence Day Celebration

- **Tuesday, September 16, 2025**
- **Residents: August 12, 2025**
 - \$3.00 / person
- **Non-Residents: August 26, 2025**
 - \$4.00 / person
- **Under 60 years: \$7.00 / person**
- **The deadline for all refundable cancellations is September 9, 2025.**



Celebracion del Dia de la Independencia Mexicana

- **martes, 16 de septiembre, 2025**
- **Residentes: 12 de agosto, 2025**
 - \$3.00 / persona
- **No Residentes: 26 de agosto, 2025**
 - \$4.00 / persona
- **Menores de 60 años: \$7.00 / persona**
- **La fecha de plazo para cancelaciones reembolsables es el 9 de septiembre, 2025.**



BIRTHDAY CELEBRATION

Join us to celebrate birthdays on Friday, August 22, 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

August



Orange County Fair
Wednesday, August 6, 2025
10:00 a.m. - 5:00 p.m.

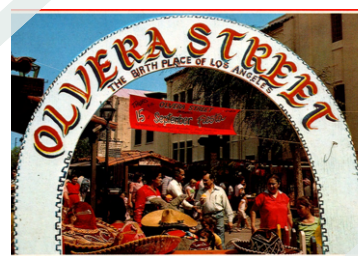
Prices:

Resident: \$11.00 - June 30, 2025

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

Deadline for refundable cancellations:
July 30, 2025

September



Olvera Street
Monday, September 15, 2025
10:00 a.m. - 4:00 p.m.

Prices:

Resident: \$7.00 - August 13, 2025

Non-Resident: \$9.00 - August 27, 2025

Deadline for refundable cancellations:
September 8, 2025



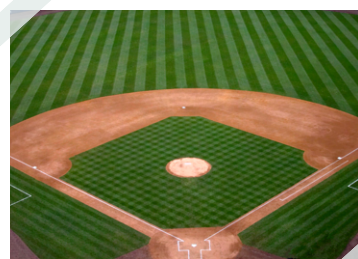
Harrah's Casino
Wednesday, August 20, 2025
8:00 a.m. - 5:00 p.m.

Prices:

Resident: \$15.00 - July 15, 2025

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

Deadline for refundable cancellations:
August 13, 2025



Baseball Game (Stadium TBD)
Date TBD

10:30 a.m. - 5:30 p.m.

Prices:

Resident: \$TBD - August 15, 2025

Non-Resident: \$TBD - August 29, 2025

Deadline for cancellations (non-refundable):
September 15, 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.

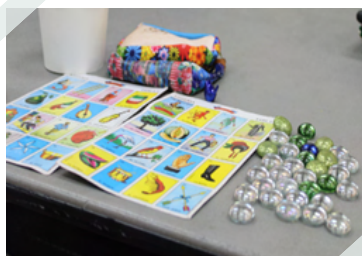
Refund policy for trips and special events are as follows:

•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 & Friday's
(Lunes, Miercoles y Viernes)

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

Card sales begin at 1:00 p.m.

\$5.00 Annual Membership Fee

**There will be no loteria on Friday,
August 8th & August 29th.**



Sewing & Crochet

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

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

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



Bingo

Tuesday's (Martes)

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



Art Club

Thursday's (Jueves)

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



Music & Dance

Thursday's (Jueves)

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: August 16th
(Sabado: 16 de agosto)
9:00 a.m. - 10:00 a.m.
Location: Paramount Park
Community Center

Class on Wednesday, August 13th will
take place at the Paramount Park
Community Center.



Paramount Road Runners /

Club de Caminata

Tuesday's (Martes)
9:00 a.m. - 10:00 a.m.



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



Chair Yoga Class /

Clase de Yoga en Silla

Tuesday's (Martes)
1:00 p.m. - 2:00 p.m.

Location: Paramount Park
Community Center



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 Breathwork class on
Friday, August 8th.

Senior HAPPENINGS

Cooking Class with Alignment



Friday, August 1, 2025
10:30 a.m. - 12:00 p.m.



Alignment will be sponsoring a cooking class. The class was previously rescheduled from July.

Cal-Fresh Outreach

Monday, August 4, 2025
1:00 p.m. - 3:30 p.m.



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

National Chocolate Chip Cookie Day



Monday, August 4, 2025
11:45 a.m. - 12:00 p.m.



We will be celebrating with chocolate chip cookies. Must be pre-registered for lunch with Maria.

Presley General Insurance Outreach



August 5th & August 19th
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.

St. Francis Medical Center Outreach

Monday, August 11, 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 "Vaccines for Older Adults".

Karaoke & Line Dancing with

JAR Insurance



Tuesday, August 12, 2025
10:00 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, August 13, 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 "Stress Management".

Independence at Home Outreach



Friday, August 15, 2025
11:00 a.m. - 12:00 p.m.

A representative will be hosting a presentation on the topic of "Screenings for Better Health".

Senior Recreation Saturday's

There will be no Senior Recreation this month. No habra recreacion de personas mayores este mes.



L.A. County Food Bank Distribution

Monday, August 18, 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.

Independence at Home Outreach



Friday, August 22, 2025
11:00 a.m. - 12:00 p.m.

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

Forest Lawn Outreach

Tuesday, August 26, 2025
10:00 a.m. - 12:00 p.m.



A representative from Forest Lawn will be present to offer information on available services for older adults.

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

August

**VOLUNTARY
CONTRIBUTION FOR
SENIORS 60 YEARS &
OLDER: \$3.00**

**MANDATORY FEE FOR
NON-SENIORS (UNDER
60 YEARS): \$7.00**

Zumba:
9:45 - 10:45 **1**
**Alignment Cooking
Class:** 10:30-12:00
Lunch: 12:00
Breathwork: 1:00-2:00
Loteria: 1:00-3:30
Chicken Mole

Heritage Festival 2
 **Downtown
Paramount**
5:00 - 9:00 PM

**National Chocolate
Chip Cookie Day! 4**
Sewing/Crochet: 9:00-12:00
Exercise: 10:00-11:00
Lunch: 12:00
Loteria: 1:00-3:30
Cal-Fresh Outreach: 1:00-3:30
Stuffed Bell Pepper

Running Club: 9:00-10:00 **5**
Bingo: 10:00-12:00
Presley General Insurance: 10:00-12:00
Lunch: 12:00
Chair Yoga: 1:00-2:00
Beef Picado

Sewing/Crochet: 9:00-12:00 **6**
Orange County Fair: 10:00 - 5:00
Exercise: 10:00-11:00
Lunch: 12:00
Tai Chi: 1:00-2:00
Loteria: 1:00-3:30
Tuna Sandwich

Art Club: 9:00 - 12:00 **7**
Lunch: 12:00
Oven Baked Chicken

Zumba: 9:45 - 10:45 **8**
Luau Celebration
Doors Open: 1:00
Luau Entertainment: 2:00-3:00
Music & Dance: 3:00-5:00
Dinner: 5:00
Teriyaki Chicken

Sewing/Crochet: 9:00-12:00 **11**
Exercise: 10:00-11:00
Lunch: 12:00
Loteria: 1:00-3:30
St. Francis Outreach: 1:00-2:00
Beef Lasagna

Running Club: 9:00-10:00 **12**
Bingo: 10:00-12:00
JAR Insurance "Karaoke & Line Dancing": 10:00-12:00
Lunch: 12:00
Chair Yoga: 1:00-2:00
Lemon Dijon Chicken

Sewing/Crochet: 9:00-12:00 **13**
Exercise: 10:00-11:00
Mental Health Class: 11:00-12:00
Lunch: 12:00
Tai Chi: 1:00-2:00
Shepherd's Pie

Art Club: 9:00 - 12:00 **14**
Dancing (Catracho): 10:00-12:00
Lunch: 12:00
BBQ Chicken

Zumba: 9:45 - 10:45 **15**
Independence at Home Presentation: 11:00-12:00
Lunch: 12:00
Breathwork: 1:00-2:00
Loteria: 1:00-3:30
Beef w/ Green Onion Stir Fry

No Senior Recreation! 16

Sewing/Crochet: 9:00-12:00 **18**
Exercise: 10:00-11:00
Lunch: 12:00
Loteria: 1:00-3:30
Food Bank (Progress Park): 1:00-3:00
Garlic Butter Fish OR Sweet & Sour Pork

Running Club: 9:00-10:00 **19**
Bingo: 10:00-12:00
Presley General Insurance: 10:00-12:00
Lunch: 12:00
Chair Yoga: 1:00-2:00
Hawaiian Chicken w/ Pineapple

Harrah's Casino: 8:00-5:00 **20**
Sewing/Crochet: 9:00 - 12:00
Exercise: 10:00-11:00
Lunch: 12:00
Tai Chi: 1:00-2:00
Loteria: 1:00-3:30
Beef Stew

Art Club: 9:00 - 12:00 **21**
Dancing (Baltazar): 10:00-12:00
Lunch: 12:00
Chicken Marsala w/ Mushroom & White Wine Sauce

Zumba: 9:45 - 10:45 **22**
Independence at Home: 11:00-12:00
Birthday Celeb: 11:45
Lunch: 12:00
Breathwork: 1:00-2:00
Loteria: 1:00-3:30
Breaded Fish

23

Sewing/Crochet: 9:00-12:00 **25**
Exercise: 10:00-11:00
Lunch: 12:00
Loteria: 1:00-3:30
BBQ Hamburger

Running Club: 9:00-10:00 **26**
Bingo: 10:00-12:00
Forest Lawn Outreach: 10:00-12:00
Lunch: 12:00
Chair Yoga: 1:00-2:00
Creamy Cilantro Baked Fish

Sewing/Crochet: 9:00-12:00 **27**
Exercise: 10:00-11:00
Lunch: 12:00
Tai Chi: 1:00-2:00
Loteria: 1:00-3:30
Turkey & Cranberry Salad

Art Club: 9:00 - 12:00 **28**
Dancing (Catracho): 10:00-12:00
Lunch: 12:00
Roast Beef w/ Gravy

Zumba: 9:45 - 10:45 **29**
Lunch: 12:00
Breathwork: 1:00-2:00
Friday Night Dance: 3:00-6:00
Chili Hot Dog

30



Activity

OF THE MONTH

CAN YOU SPOT THE 6 DIFFERENCES IN THE IMAGES BELOW?
¿PUEDES ENCONTRAR LAS 6 DIFERENCIAS EN LAS IMÁGENES A
CONTINUACIÓN?



SUMMER



Summer Luau

WORD SEARCH

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

ALOHA
 BEACH
 DANCE
 FEAST
 FUN
 HANA HOU
 HAWAIIAN

HULA
 IMU
 KAHIKO
 KAPU
 KAU KAU
 KUI
 LAU LAU

LEI
 LIMBO
 LIMU
 LOMI LOMI
 MAHALO
 MALIHINI
 NIU

ONO
 POI
 RELAX
 SAND
 SUN
 TIKI
 UKULELE

WATER

