

Senior

NEWSLETTER

SEPTEMBER 2025 ISSUE

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

14400 PARAMOUNT BLVD. PARAMOUNT, CA 90723

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.

Friday Night Dance

- Friday, September 26, 2025
- Residents: September 2, 2025
 - Free
- Non-Residents: September 15, 2025
 - \$5.00 / person
- Under 60 years: \$7.00 / person
- The deadline for all refundable cancellations is September 19, 2025.



Baile de Viernes por la Noche

- viernes, 26 de septiembre, 2025
- Residentes: 2 de septiembre, 2025
 - Gratis
- No Residentes: 15 de septiembre, 2025
 - \$5.00 / persona
- Menores de 60 años: \$7.00 / persona
- La fecha de plazo para cancelaciones reembolsables es el 19 de septiembre, 2025.

Halloween Celebration

- Thursday, October 23, 2025
- Residents: September 17, 2025
 - \$3.00 / person
- Non-Residents: October 1, 2025
 - \$4.00 / person
- Under 60 years: \$7.00 / person
- The deadline for all refundable cancellations is October 16, 2025.



Celebracion de Halloween

- jueves, 23 de octubre, 2025
- Residentes: 17 de septiembre, 2025
 - \$3.00 / persona
- No Residentes: 1 de octubre, 2025
 - \$4.00 / persona
- Menores de 60 años: \$7.00 / persona
- La fecha de plazo para cancelaciones reembolsables es el 16 de octubre, 2025.



BIRTHDAY CELEBRATION

Join us to celebrate birthdays on Friday, September 26, 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

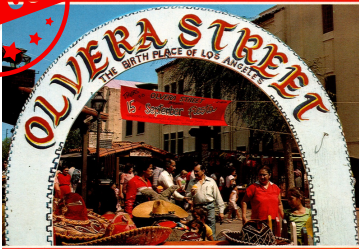
PARAMOUNT SHERIFF STATION
(562) 220-2002 (NON-EMERGENCY)

SOCIAL SECURITY
(800) 772-1213

H.S.A. (MEALS ON WHEELS)
(562) 806-5400 X4

Senior EXCURSIONS

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**

October



Morongo Casino

Wednesday, October 1, 2025

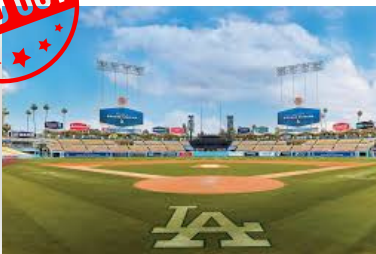
8:00 a.m. - 5:00 p.m.

Prices:

Resident: \$15.00 - September 2, 2025

Non-Resident: \$17.00 - September 15, 2025

**Deadline for refundable cancellations:
October 25, 2025**



L.A. Dodger Game

Sunday, September 21, 2025

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

Prices:

Resident: \$5.00 - August 15, 2025

Non-Resident: \$7.00 - August 29, 2025

**Deadline for cancellations:
September 15, 2025**

Sponsored by:



Underwood Family Farms - Pumpkin Tour

Wednesday, October 15, 2025

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

Prices:

Resident: \$11.00 - September 8, 2025

Non-Resident: \$13.00 - September 22, 2025

**Deadline for cancellations:
October 8, 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:

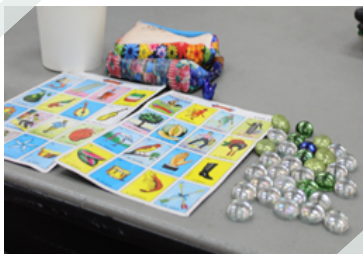
Participants are entitled to a refund if a program/activity is cancelled by the City of Paramount. Partial refunds will be issued ONLY if a participant becomes incapacitated. Otherwise, no partial refunds will be granted. No refund will be given if you cancel the day of the event or trip. Refunds totaling 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 Monday,
September 1st nor on Friday,
September 26th.



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.*

There will be no Sewing & Crochet
on Monday, September 1st nor on
Wednesday, September 10th.



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: September 6th & 20th
(Sabado: 6 y 20 de septiembre)
9:00 a.m. - 10:00 a.m.

Location: Paramount Park
Community Center

There will be no class on Monday,
September 1st due to the holiday.



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.



Tai Chi Class / Clase de Tai Chi

Wednesday's (Miércoles)
1:00 p.m. - 2:00 p.m.

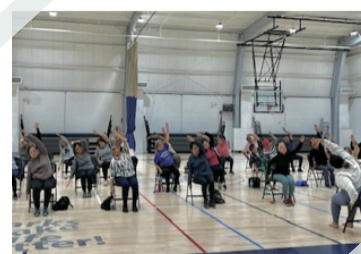
Location: Paramount Park
Community Center



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

Senior HAPPENINGS

Presley General Insurance Outreach



September 2nd & 16th
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.



Senior Recreation Saturday's

Senior Recreation Saturday's
September 6th & September 20th
9:00 a.m. - 1:00 p.m.

Coffee is provided. Billiards and board games are available.

Floral Arrangement Class



Friday, September 5, 2025
10:30 a.m. - 12:00 p.m.

A representative from Alignment will be hosting a floral arrangement class. This class was rescheduled from its original date in August. A waiting list is available at the front desk.

St. Francis Medical Center Outreach

Monday, September 8, 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 "Alzheimer's & Memory Loss".

Senior Services Fall Health Fair



Wednesday, September 10, 2025
9:30 a.m. - 11:30 a.m.

A variety of health organizations and medical groups will be present to provide information on available resources and programs for older adults. Free health screenings available.

Senior Commission



Thursday, September 11, 2025
1:00 p.m. - 2:00 p.m.



L.A. County Food Bank Distribution

Monday, September 15, 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.

Karaoke & Line Dancing with JAR Insurance



Thursday, September 18, 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.

Independence at Home - TEC



Friday, September 19, 2025
10:00 a.m. - 12:00 p.m.



A representative will be hosting a presentation on the topic of "Smartphones at Glance". One-on-one sessions will be available after the presentation.

National White Chocolate Day



Monday, September 22, 2025
11:45 a.m. - 12:00 p.m.



We will be celebrating with white chocolate snacks. Must be pre-registered for lunch with Maria.

L.A. County Mental Health Class



Wednesday, September 24, 2025
11:00 a.m. - 12:00 p.m.



Representatives from the L.A. County Department of Mental Health will be hosting a class on the topic of "Social Isolation".

Forest Lawn Outreach

Tuesday, September 30, 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**. Residents can make reservations *Monday-Friday* from 9:00 a.m. to 11:45 a.m. Non-residents can make reservations *Thursday's and Friday's* from 9:00 a.m. - 11:45 a.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**. Residentes pueden hacer reservaciones de *lunes a viernes* de 9:00 a.m. a 11:45 a.m. No residentes pueden hacer reservaciones de *jueves a viernes* de 9:00 a.m. a 11:45 a.m.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

 1	2 Running Club: 9:00-10:00 Bingo: 10:00-12:00 Presley General Insurance: 10:00-12:00 Lunch: 12:00 Chair Yoga: 1:00-2:00 Lemon Pepper Fish	3 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 Pork Loin w/ Black Peppercorn Sauce	4 Art Club: 9:00 - 12:00 Dancing (Catracho): 10:00-12:00 Lunch: 12:00 Chicken Enchilada	5 Zumba: 9:45 - 10:45 Flower Arrangement: 10:00-12:00 Lunch: 12:00 Breathwork: 1:00-2:00 Loteria: 1:00-3:30 Spaghetti w/ Meatballs	6 Senior Recreation 9:00-1:00
8 Sewing/Crochet: 9:00-12:00 Exercise: 10:00-11:00 Lunch: 12:00 Loteria: 1:00-3:30 St. Francis Outreach: 1:00-2:00 Beef Chili Mac	9 Running Club: 9:00-10:00 Bingo: 10:00-12:00 Lunch: 12:00 Chair Yoga: 1:00-2:00 Herb Baked Fish OR Roast Pork	10 Health Fair: 9:30 - 11:30 Exercise: 10:00-11:00 Lunch: 12:00 Tai Chi: 1:00-2:00 Loteria: 1:00-3:30 Turkey A La King	11 Art Club: 9:00 - 12:00 Dancing (Baltazar): 10:00-12:00 Lunch: 12:00 Senior Commission: 1:00-2:00 Chicken Mole	12 Zumba: 9:45 - 10:45 Lunch: 12:00 Breathwork: 1:00-2:00 Loteria: 1:00-3:30 Meatloaf w/ Red Sauce	13
15 Olvera Street: 10:00-4:00 Sewing/Crochet: 9:00-12:00 Exercise: 10:00-11:00 Lunch: 12:00 Food Bank (Progress Park): 1:00-3:00 Loteria: 1:00-3:30 Stuffed Bell Pepper	16 Running Club: 9:00-10:00 Bingo: 10:00-12:00 Presley General Insurance: 10:00-12:00 Mexican Independence: 9:00-12:00 (DJ Tejada) Lunch: 12:00 Chair Yoga: 1:00-2:00 Chicken Pozole	17 Sewing/Crochet: 9:00-12:00 Exercise: 10:00-11:00 Lunch: 12:00 Tai Chi: 1:00-2:00 Meatloaf	18 Art Club: 9:00 - 12:00 JAR Insurance "Karaoke & Line Dancing": 10:00-12:00 Lunch: 12:00 Oven Baked Chicken	19 Zumba: 9:45 - 10:45 Independence at Home - TEC: 10:00-12:00 Lunch: 12:00 Breathwork: 1:00-2:00 Loteria: 1:00-3:30 Tuna Salad	20 Senior Recreation 9:00-1:00
22 National White Chocolate Day! Sewing/Crochet: 9:00-12:00 Exercise: 10:00-11:00 Lunch: 12:00 Loteria: 1:00-3:30 Beef Lasagna	23 Running Club: 9:00-10:00 Bingo: 10:00-12:00 Lunch: 12:00 Chair Yoga: 1:00-2:00 Rosemary Chicken w/ Creamy Garlic Sauce	24 Sewing/Crochet: 9:00-12:00 Exercise: 10:00-11:00 Mental Health Class: 11:00-12:00 Lunch: 12:00 Tai Chi: 1:00-2:00 Shepherd's Pie	25 Art Club: 9:00 - 12:00 Dancing (Baltazar): 10:00-12:00 Lunch: 12:00 BBQ Chicken	26 Zumba: 9:45 - 10:45 Birthday Celebration: 11:45 Lunch: 12:00 Breathwork: 1:00-2:00 Friday Night Dance: 3:00-6:00 Beef Teriyaki	27
29 Sewing/Crochet: 9:00-12:00 Exercise: 10:00-11:00 Lunch: 12:00 Loteria: 1:00-3:30 Garlic Butter Fish or Sweet & Sour Pork	30 Running Club: 9:00-10:00 Bingo: 10:00-12:00 Forest Lawn Outreach: 10:00-12:00 Lunch: 12:00 Chair Yoga: 1:00-2:00 Chicken Curry	VOLUNTARY CONTRIBUTION FOR SENIORS 60 YEARS & OLDER: \$3.00 MANDATORY FEE FOR NON-SENIORS (UNDER 60 YEARS): \$7.00			



Activity OF THE MONTH

CAN YOU FIND HOW MANY OF EACH ITEMS THERE ARE?
¿PUEDES ENCONTRAR CUANTO DE CADA ARTICULO HAY?

I Spy Autumn



acorn x _____ sunflower x _____ pear x _____ corn x _____ flower x _____ windmill x _____ berries x _____
 sunflower x _____ umbrella x _____ candy corn x _____ leaf x _____ mushroom x _____ apple x _____
 slice of orange x _____ oak leaf x _____ acorn x _____ log x _____ pumpkin x _____



September

WORD SEARCH



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

APPLE CIDER
 AUTUMN
 BRIGHT
 BROWN
 COMPETITION
 CORN
 EQUINOX
 FALL

FIREPLACE
 FIREWOOD
 GOLDEN
 GRAIN
 GRASSHOPPER
 HARVEST
 HEATER
 HIBERNATION

MIGRATE
 MIGRATION
 ORANGE
 OVERGROWN
 PILGRIM
 RECREATION
 RED
 SEEDS

SEPTEMBER
 TRAVEL
 TREAT
 WILTING
 WINDY
 YELLOW

