



Senior

NOVEMBER 2025 ISSUE

NEWSLETTER

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

14400 PARAMOUNT BLVD. PARAMOUNT, CA 90723

We will be closed on November 11th due to the Veterans Day holiday. Additionally, we will be closed on November 27th & 28th due to the Thanksgiving holiday.

Cerramos el 11 de noviembre por el Día de los Veteranos. También cerramos los días 27 y 28 de noviembre por el Día de Acción de Gracias.

Thanksgiving Celebration

Thursday, November 20, 2025

- Residents: October 7, 2025
 - Free
- Non-Residents: October 21, 2025
 - \$4.00 / person
- Under 60 years: \$12.00 / person
- The deadline for all refundable cancellations is November 13, 2025.



Celebracion de Accion de Gracias

jueves, 20 de noviembre del 2025

- Residentes: 7 de octubre del 2025
 - Gratis
- No Residentes: 21 de octubre del 2025
 - \$4.00 / persona
- Menores de 60 años: \$12.00 / persona
- La fecha de plazo para cancelaciones reemolsables es el 13 de noviembre, 2025.

Friday Night Dance

Friday, November 14, 2025

- Residents: October 27, 2025
 - Free
- Non-Residents: November 3, 2025
 - \$5.00 / person
- Under 60 years: \$7.00 / person
- The deadline for all refundable cancellations is November 7, 2025.



Baile de Viernes por la Noche

viernes, 14 de noviembre del 2025

- Residentes: 27 de octubre del 2025
 - Gratis
- No Residentes: 3 de noviembre del 2025
 - \$5.00 / persona
- Menores de 60 años: \$7.00 / persona
- La fecha de plazo para cancelaciones reemolsables es el 7 de noviembre, 2025.

Christmas Celebration

Thursday, December 18, 2025

- Residents: November 7, 2025
 - \$3.00 / person
- Non-Residents: November 21, 2025
 - \$4.00 / person
- Under 60 years: \$7.00 / person
- The deadline for all refundable cancellations is December 11, 2025.



Celebracion de Navidad

jueves, 18 de diciembre del 2025

- Residentes: 7 de noviembre del 2025
 - \$3.00 / person
- No Residentes: 21 de noviembre del 2025
 - \$4.00 / persona
- Menores de 60 años: \$7.00 / persona
- La fecha de plazo para cancelaciones reemolsables es el 11 de diciembre, 2025.

HAPPY
Birthday!

BIRTHDAY CELEBRATION

Join us to celebrate birthdays on Friday, November 21, 2025, at 11:45 a.m. Birthday recipients will receive a treat!
Please pre-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

ADULT PROTECTIVE SERVICES
(213) 351-5401

CITY HALL
(562) 220-2000

ELDER ABUSE HOTLINE
(877) 477-3646

GO-GO GRANDPARENT
(855) 464-6872

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

IN-HOME SUPPORT SERVICES
(888) 944-4477

PARAMOUNT IN MOTION
TAXI ONE CARD
(877) 933-3396

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



Senior EXCURSIONS

November



Riley's Farm - Old Joe Homestead Tour

Wednesday, November 12, 2025

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

Prices:

Resident: \$20.00 - September 17, 2025

Non-Resident: \$22.00 - September 30, 2025

Deadline for refundable cancellations:

October 16, 2025

December



La Habra Tamale Festival

Saturday, December 6, 2025

10:00 a.m. - 6:00 p.m.

Prices:

Resident: \$5.00 - October 31, 2025

Non-Resident: \$7.00 - November 14, 2025

Deadline for refundable cancellations:

November 26, 2025



Lakewood Center Mall & Imaginarium

Saturday, November 22, 2025

2:00 p.m. - 8:00 p.m.

Prices:

Resident: \$10.00 - October 22, 2025

Non-Resident: \$12.00 - November 5, 2025

Deadline for cancellations:

November 14, 2025



Los Angeles Zoo Lights

Friday, December 19, 2025

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

Prices:

Resident: \$10.00 - November 10, 2025

Non-Resident: \$12.00 - November 24, 2025

Deadline for cancellations:

December 12, 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:

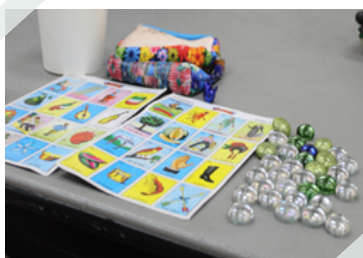
Participants are entitled to a refund if a program/activity is cancelled by the City of Paramount. Partial refunds will be issued ONLY if a participant becomes incapacitated. Otherwise, no partial refunds will be granted. No refund will be given if you cancel the day of the event or trip. Refunds totaling 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 & Music Clubs. Activities and classes are subject to change and/or cancellations.

Se puede requerir inscripción antes de que comience la actividad, por orden de llegada. No se proporcionan materiales para el Club de Costura, Tejido, Arte y Musica. Las actividades y clases están sujetas a cambios y/o cancelaciones.



Loteria

Monday - Wednesday & Friday's
(Lunes a Miercoles y Viernes)

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

Card sales begin at 1:00 p.m.

**There will be no loteria on
November 14th, 19th & 28th.**

\$5.00 Annual Membership Fee



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.

**There will be no bingo on
November 11th.**

\$5.00 Annual Membership Fee



Art Club

Thursday's (Jueves)

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

**There will be no club meeting on
November 27th.**



Music Entertainment & 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 in advance with Maria
or the front desk.***



Music Club

Monday - Friday (Lunes a Jueves)

1:00 p.m. - 4:00 p.m.

**There will be no club meeting on
November 11th, 14th, 19th, 27th & 28th.**

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 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 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 Miercoles)

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

Location: Paramount Park Gym



Paramount Road Runners / Club de Caminata

Tuesday's (Martes)

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

There will be no club meeting on
November 11th.



Chair Yoga Class / Clase de Yoga en Silla

Tuesday's (Martes)

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

Location: Paramount Park Community
Center



Tai Chi Class / Clase de Tai Chi

Wednesday's (Miercoles)

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.

Location: Paramount Park Community
Center

There will be no class on November 27th.



Zumba Class / Clase de Zumba

Friday's (Viernes)

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

Location: Paramount Park Gym
There will be no class on November 28th.



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 class on November 28th.



Athens Services Outreach



Monday, November 3, 2025

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

Athens Services will be hosting a presentation on trash and recycling laws and practices. A Q&A session will follow after.

Cal-Fresh Program Outreach

Monday, November 3, 2025



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

A representative will be offering information on the Cal-Fresh Program and assistance with enrollment.

Presley General Insurance Outreach



Tuesday, November 4th and 18th

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

A representative will be offering information on available Medi-Care programs and resources.

Pathways Tabletalk

Tuesday, November 4, 2025



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

A representative will be offering information on care navigation, hospice care & bereavement support for seniors.

Senior Commission Meeting



Thursday, November 6, 2025

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

There will be a Senior Commission meeting to discuss upcoming program events and an open discussion for program participants.

Crafting Class with Alignment



Friday, November 7, 2025

10:30 a.m. - 12:00 p.m.

A representative will be hosting a crafting class. Must pre-register at the front desk; limited to the first 25 participants.

St. Francis Medical Center Outreach

Monday, November 10, 2025



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

A representative will be hosting a presentation on the topic of "Diabetes".

L.A. County Mental Health Class

Wednesday, November 12, 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 "Emotional Intelligence".

Independence at Home - TEC Class



Friday, November 14, 2025



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

A representative will be presenting on the topic of "Intro to Social Media". The English session at 10:00 a.m. and Spanish session at 11:00 a.m. One-on-one sessions available after 1:00 p.m.

Senior Recreation Saturday's



Senior Recreation Saturday's

November 15th: 9:00 a.m. - 1:00 p.m.

Coffee is provided. Billiards and board games are available.

L.A. County Food Bank Distribution



Monday, November 17, 2025

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

Location: Paramount Park

For more information or to register, please call the L.A. County Food Bank directly at (323) 234-3030 Ext. 170

Forest Lawn Outreach

Monday, November 17, 2025



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

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

CSULB Nursing Student Clinic



Tuesday, November 18, 2025

9:00 a.m. - 11:00 p.m.

CSULB Nursing students will be hosting a clinic to offer health information and blood pressure screenings for program participants.

Karaoke with JAR Insurance



Tuesday, November 25, 2025



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

Representatives will be hosting karaoke for participants and a resource table.



Monthly CALENDAR

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

Meal reservations are required in advance with the front desk or with H.S.A. Site Manager Maria either in person or via phone at **(562) 220-2094**. Residents can make their meal reservations *Monday-Friday*. Non-residents can make their meal reservations *Thursday's and Friday's*.

Se requieren reservaciones de almuerzo con anticipación, contactando a la recepcion o a María, Gerente de Sitio de H.S.A., ya sea en persona o por teléfono al **(562) 220-2094**. Residentes pueden hacer las reservaciones de almuerzo de *lunes a viernes*. No residentes pueden hacer reservaciones de almuerzo *jueves a viernes*.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

November



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

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

1

Sewing/Crochet: 9:00-12:00 **3**
Exercise: 10:00-11:00
Athens Services
Presentation: 10:00-11:00
Lunch: 12:00
Loteria: 1:00-3:00
Cal-Fresh Program
Outreach: 1:00-2:00
Beef Lasagna

Running Club: 9:00-10:00 **4**
Bingo: 10:00-12:00
Presley General Insurance: 10:00-12:00
Pathways Tabletalk: 11:00-12:00
Lunch: 12:00
Chair Yoga: 1:00-2:00
Lemon Dijon Chicken

Sewing/Crochet: 9:00-12:00 **5**
Exercise: 10:00-11:00
Lunch: 12:00
Tai Chi: 1:00-2:00
Shepherd's Pie

Art Club: 9:00-12:00 **6**
Dancing (DJ Tejada): 10:00-12:00
Lunch: 12:00
Senior Commission Meeting: 1:00-2:00
Beed w/ Green Onion Stir Fry

Zumba: 9:45 - 10:45 **7**
Alignment's Crafting Class: 10:30-12:00
Lunch: 12:00
Breathwork: 1:00-2:00
Loteria: 1:00-3:00
BBQ Chicken

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Sewing/Crochet: 9:00-12:00 **10**
Exercise: 10:00-11:00
Lunch: 12:00
St. Francis Presentation: 1:00-2:00
Loteria: 1:00-3:00
Garlic Butter Fish or Sour Pork



Sewing/Crochet: 9:00-12:00 **12**
Riley's Farm Excursion: 8:00-5:00
Exercise: 10:00-11:00
Mental Health Class: 11:00-12:00
Lunch: 12:00
Tai Chi: 1:00-2:00
Loteria: 1:00-3:00
Beef Stew

Art Club: 9:00-12:00 **13**
Dancing (Baltazar): 10:00-12:00
Lunch: 12:00
Chicken Marsala w/ Mushroom & White Wine Sauce

Zumba: 9:45 - 10:45 **14**
Independence at Home Presentation: 10:00-12:00
Lunch: 12:00
Breathwork: 1:00-2:00
Friday Night Dance: 3:00-6:00 (DJ Tejada)
Breaded Fish

Senior Recreation 9:00-1:00 **15**

Sewing/Crochet: 9:00-12:00 **17**
Exercise: 10:00-11:00
Forest Lawn Tabletop: 10:00-12:00
Lunch: 12:00
Food Bank (Paramount Park): 1:00-3:00
Loteria: 1:00-3:00
BBQ Hamburger

Running Club: 9:00-10:00 **18**
CSULB Nursing Student Clinic: 9:00-11:00
Bingo: 10:00-12:00
Presley General Insurance: 10:00-12:00
Lunch: 12:00
Chair Yoga: 1:00-2:00
Creamy Cilantro Baked Fish

Sewing/Crochet: 9:00-12:00 **19**
Exercise: 10:00-11:00
Lunch: 12:00
Tai Chi: 1:00-2:00
Herb Chicken

Art Club: 9:00-12:00 **20**
Senior Thanksgiving Celebration (Tania y Su Nueva Era): 9:00-1:00
Lunch: 12:00
Roast Turkey w/ Gravy

Zumba: 9:45 - 10:45 **21**
Birthday Celebration: 11:45
Lunch: 12:00
Breathwork: 1:00-2:00
Roast Beef w/ Gravy

Lakewood Center Mall & Imaginarium Excursion: 2:00-8:00 **22**

Sewing/Crochet: 9:00-12:00 **24**
Exercise: 10:00-11:00
Lunch: 12:00
Loteria: 1:00-3:00
Tuna Sandwich

Running Club: 9:00-10:00 **25**
Bingo: 10:00-12:00
JAR Insurance "Karaoke & Line Dancing": 10:00-12:00
Lunch: 12:00
Chair Yoga: 1:00-2:00
Chicken Enchilada Casserole

Sewing/Crochet: 9:00-12:00 **26**
Exercise: 10:00-11:00
Lunch: 12:00
Tai Chi: 1:00-2:00
Loteria: 1:00-3:00
Spaghetti w/ Meatballs



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Activity OF THE MONTH

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

THANKSGIVING I SPY



November

WORD SEARCH



ACORN
APPLE CIDER
AUTUMN
BLACK FRIDAY
BONFIRE
CHILLY
CORNUCOPIA
CRANBERRY

FAMILY
FEAST
FOOTBALL
GOBBLE
GRATITUDE
GRAVY
HARVEST
HAYRIDE

LEAVES
MIGRATORY BIRDS
NATIVE AMERICAN
NOVEMBER
PECAN
PILGRIM
PUMPKIN
REMEMBRANCE

SCARF
STUFFING
SWEATER
THANKSGIVING
TURKEY
VETERANS