

Senior

NEWSLETTER

JANUARY 2026 ISSUE

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

14400 PARAMOUNT BLVD. PARAMOUNT, CA 90723

We will be closed on January 1st and 19th due to the holidays.
Estaremos cerrados los días 1 y 19 de enero debido a los días festivos.

Hollywood Celebration

Thursday, January 15, 2026



- Residents: December 16, 2025
 - \$3.00 / person
- Non-Residents: December 30, 2025
 - \$4.00 / person
- Under 60 years: \$7.00 / person
- The deadline for all refundable cancellations is January 8, 2026.

Celebracion de Hollywood

jueves, 15 de enero del 2026



- Residentes: 16 de diciembre del 2025
 - \$3.00 / person
- No Residentes: 30 de diciembre del 2025
 - \$4.00 / persona
- Menores de 60 años: \$7.00 / persona
- La fecha de plazo para cancelaciones reembolsables es el 8 de enero, 2026.

Friday Night Dance

Friday, January 30, 2026



- Residents: January 5, 2026
 - Free / person
- Non-Residents: January 19, 2026
 - \$5.00 / person
- Under 60 years: \$7.00 / person
- The deadline for all refundable cancellations is January 23, 2026.

Baile de Viernes por la Noche

viernes, 30 de enero del 2026



- Residentes: 5 de enero del 2026
 - Gratis / person
- No Residentes: 19 de enero del 2026
 - \$5.00 / persona
- Menores de 60 años: \$7.00 / persona
- La fecha de plazo para cancelaciones reembolsables es el 23 de enero, 2026.

Valentine's Day Celebration

Thursday, February 12, 2026



- Residents: January 13, 2026
 - \$3.00 / person
- Non-Residents: January 20, 2026
 - \$4.00 / person
- Under 60 years: \$7.00 / person
- The deadline for all refundable cancellations is February 5, 2026.

Celebracion del Dia de San Valentin

jueves, 12 de febrero del 2026



- Residentes: 13 de enero del 2026
 - \$3.00 / person
- No Residentes: 20 de enero del 2026
 - \$4.00 / persona
- Menores de 60 años: \$7.00 / persona
- La fecha de plazo para cancelaciones reembolsables es el 5 de febrero, 2026.

Happy Birthday

BIRTHDAY CELEBRATION

Join us to celebrate birthday's on Friday, January 30th 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

January



The Outlets of Orange
Wednesday, January 7, 2026
10:00 a.m. - 4:00 p.m.

Prices:

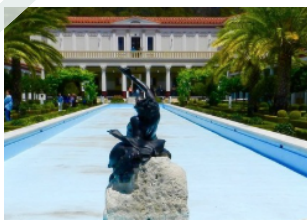
Resident: \$7.00 - December 9, 2025

Non-Resident: \$9.00 - December 23, 2025

Deadline for refundable cancellations:

December 31, 2025

February



Getty Villa

Wednesday, February 4, 2026
9:30 a.m. - 4:30 p.m.

Prices:

Resident: \$7.00 - January 5, 2026

Non-Resident: \$9.00 - January 12, 2026

Deadline for refundable cancellations:

January 28, 2026



Chinatown

Tuesday, February 17, 2026
10:00 a.m. - 4:00 p.m.

Prices:

Resident: \$7.00 - January 9, 2026

Non-Resident: \$9.00 - January 16, 2026

Deadline for refundable cancellations:

February 10, 2026

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.

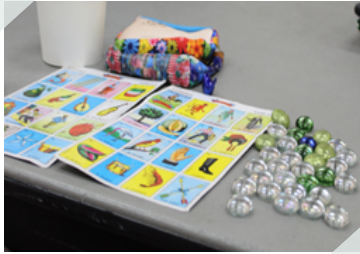
Refund policy for trips and special events are as follows:

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 Música. Las actividades y clases están sujetas a cambios y/o cancelaciones.



Loteria

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

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

Card sales begin at 1:00 p.m.

\$5.00 Annual Membership Fee

There will be no loteria on January 14th, 19th and 30th.



Sewing & Crochet

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

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

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

There will be no meeting on January 19.



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



Art Club

Thursday's (Jueves)

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

There will be no class held on January 1st.



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 Viernes)

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

There will be no club meeting on January 14th, 19th and 30th.

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 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

There will be no class on January 19th.



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: Community Center



Tai Chi Class / Clase de Tai Chi

Wednesday's (Miercoles)

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

Location: Community Center



Folklorico Class / Clase de Folklorico

Thursday's (Jueves)

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

Location: Community Center

There will be no class on January 1st.



Zumba Class / Clase de Zumba

Friday's (Viernes)

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

Location: Paramount Park Gym



Breathwork Class / Clase de Entrenamiento de Respiracion

Friday's (Viernes)

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

Location: Community Center

Senior HAPPENINGS

Senior Recreation Saturday's

January 3rd & 17th

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



Billiards and board games are available.
Coffee is provided.

Cal-Fresh Program Outreach

Monday, January 5, 2026



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

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

Senior Services Commission Meeting

January 8, 2026



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

The Senior Services Commission will be meeting to discuss the Senior Services Program.

Independence at Home Outreach

Friday, January 9, 2026



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

A representative will be hosting a presentation on the topic of "No More Medicine Mayhem".

St. Francis Medical Center Outreach

Monday, January 12, 2026

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



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

Independence at Home - YAH Program

Tuesday, January 20, 2026



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

A representative will be introducing the new Young at Heart Stretch Band Exercise Program. The program will offer a 32-week exercise class for the first 20 participants that register. Registration and assessment will take place on this day. The first class will begin on February 2nd from 1:00 p.m. For more information, please visit the front desk.

Activity Class with Alignment

Friday, January 23, 2026



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

A representative will be hosting an activity class. **Must pre-register at the front desk; limited to the first 25 participants.** Previous activity classes that were hosted included floral arrangement, crafting, and cooking.

Forest Lawn Tabletop

Monday, January 26, 2026



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

A representative will be offering information on available services for older adults.

Presley General Insurance Outreach

Tuesday, January 27, 2026



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

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

L.A. County Mental Health Class

Wednesday, January 28, 2026



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

Representatives from the L.A. County Department of Mental Health will be hosting a presentation on the topics of "Preserving Your Memory".

L.A. County Food Bank Distribution

Thursday, January 29, 2026

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

Karaoke with JAR Insurance

TBD



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



Representatives will be hosting karaoke for participants and a resource table with information on Medi-Care.

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 y viernes**.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

				1 Zumba: 9:45 - 10:45 Lunch: 12:00 Breathwork: 1:00-2:00 Loteria: 1:00-3:00 Chicken Pasta w/Creamy Green Sauce	2 Senior Recreation: 9:00-1:00 3
5 Sewing/Crochet: 9:00-12:00 Exercise: 10:00-11:00 Lunch: 12:00 Loteria: 1:00-3:00 Cal-Fresh Outreach: 1:00 - 3:30 Tuna Sandwich	6 Running Club: 9:00-10:00 Bingo: 10:00-12:00 Lunch: 12:00 Chair Yoga: 1:00-2:00 Loteria: 1:00-3:00 Spaghetti w/Meatballs	7 Sewing/Crochet: 9:00-12:00 The Orange Outlets Excursion: 10:00-4:00 Exercise: 10:00-11:00 Lunch: 12:00 Tai Chi: 1:00-2:00 Loteria: 1:00-3:00 Lemon Pepper Fish	8 Art Club: 9:00-12:00 Dancing (DJ Ambient): 10:00-12:00 Lunch: 12:00 Chicken Enchilada Casserole	9 Zumba: 9:45 - 10:45 Independence at Home Outreach: 10:00-11:00 Lunch: 12:00 Breathwork: 1:00-2:00 Loteria: 1:00-3:00 Pork Loin w/Black Peppercorn Sauce	10
12 Sewing/Crochet: 9:00-12:00 Exercise: 10:00-11:00 St. Francis Medical Center Outreach: 1:00-2:00 Lunch: 12:00 Loteria: 1:00-3:00 Beef Chili Mac	13 Running Club: 9:00-10:00 Bingo: 10:00-12:00 Lunch: 12:00 Chair Yoga: 1:00-2:00 Loteria: 1:00-3:00 Herb Baked Fish OR Roast Pork	14 Sewing/Crochet: 9:00-12:00 Exercise: 10:00-11:00 Lunch: 12:00 Tai Chi: 1:00-2:00 Turkey A La King	15 Art Club: 9:00-12:00 Hollywood Celebration (Banda Regio): 9:00-1:00 Lunch: 12:00 Baked Chicken	16 Zumba: 9:45 - 10:45 Lunch: 12:00 Breathwork: 1:00-2:00 Loteria: 1:00-3:00 Meatloaf w/ Red Sauce	17
19 	20 Running Club: 9:00-10:00 Bingo: 10:00-12:00 Independence at Home YAH Program: 10:30-12:00 Lunch: 12:00 Chair Yoga: 1:00-2:00 Loteria: 1:00-3:00 Fish Vera Cruz	21 Sewing/Crochet: 9:00-12:00 Morongo Casino Excursion: 8:30-5:00 Lunch: 12:00 Tai Chi: 1:00-2:00 Loteria: 1:00-3:00 Beef Picado	22 Art Club: 9:00-12:00 Dancing (Gilbert & Jorge): 10:00-12:00 Lunch: 12:00 Oven Baked Fish	23 Zumba: 9:45 - 10:45 Alignment Activity Class: 11:00-12:00 Lunch: 12:00 Breathwork: 1:00-2:00 Loteria: 1:00-3:00 Meatball Sandwich	24
26 Sewing/Crochet: 9:00-12:00 Exercise: 10:00-11:00 Forest Lawn Tabletop: 10:00-12:00 Lunch: 12:00 Loteria: 1:00-3:00 Beef Lasagna	27 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 Loteria: 1:00-3:00 Lemon Dijon Chicken	28 Sewing/Crochet: 9:00-12:00 Exercise: 10:00-11:00 L.A. County Mental Health Class: 11:00-12:00 Lunch: 12:00 Tai Chi: 1:00-2:00 Shepherd's Pie	29 Art Club: 9:00-12:00 Dancing (DJ Tejada): 10:00-12:00 Lunch: 12:00 Food Bank (Paramount Park): 1:00-3:00 Beef w/Green Onion Stir Fry	30 Zumba: 9:45 - 10:45 Birthday Celebration: 11:45 Lunch: 12:00 Breathwork: 1:00-2:00 Friday Night Dance: 3:00-6:00 BBQ Chicken	31



January

WORD SEARCH

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

HOT CHOCOLATE
ICE SKATES
FIREPLACE
EARMUFFS
JACKET
FROST
MELT
FREEZING RAIN
BELOW ZERO
FROSTBITE

COMFORTER
BLIZZARD
HEATER
CHILL
HEAT
BITTER COLD
SNOWSTORM
BLACK ICE
MITTENS
FREEZING

FROSTY
WOOL
FIRE
WOOD STOVE
SNOWFLAKE
THERMAL
BLANKET
ARTIC
WIND
POLAR

COLD
WINTERTIME
SNOWBOARD
SLIPPERY
SCARF
WINDY
SKI
COAT
JACK FROST
SLED