



# City of Paramount Senior Services Newsletter

 14400 Paramount Blvd.  (562) 220-2090  [paramountcity.gov](http://paramountcity.gov)

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

## Table of Contents

1. Activities & Classes
2. Monthly Dances & Celebrations
3. Upcoming Excursions
4. Monthly Happenings
5. H.S.A. Lunch Menu

## Important Reminders

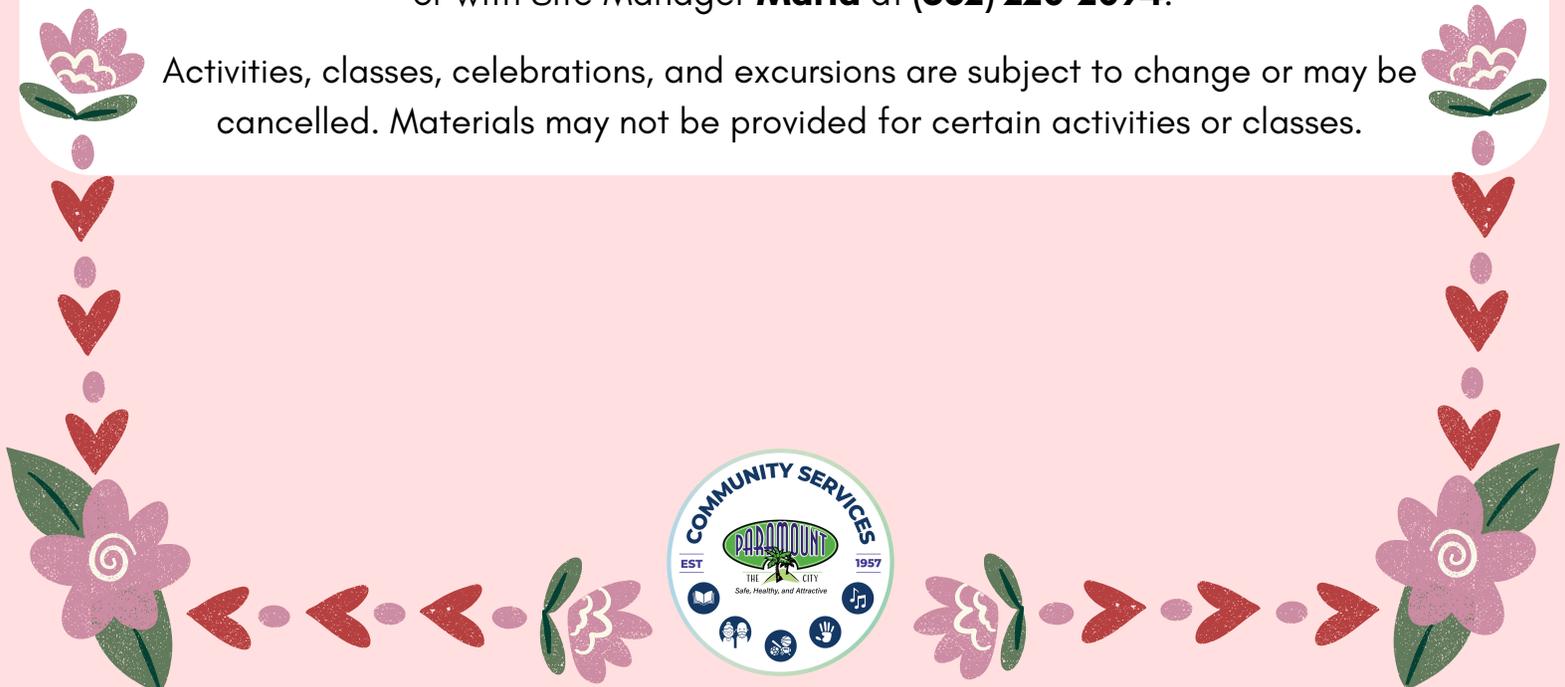
- We will be closed on Monday, February 16<sup>th</sup> due to the Presidents' Day holiday.



## Program Guidelines

Reservations are required in advance for the H.S.A. lunch program via the front desk or with Site Manager **Maria** at **(562) 220-2094**.

Activities, classes, celebrations, and excursions are subject to change or may be cancelled. Materials may not be provided for certain activities or classes.





# Boletín de Servicios para Personas Mayores

 14400 Paramount Blvd.  (562) 220-2090  [paramountcity.gov](http://paramountcity.gov)

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

## Tabla de Contenidos

1. Actividades y Clases
2. Bailes y Celebraciones Mensuales
3. Proximas Excursiones
4. Acontecimientos Mensuales
5. Menu de Almuerzo H.S.A.

## Recordatorios Importantes

- Estaremos cerrados el lunes, 16 de febrero por el día de los Presidentes.



## Normas del Programa

Es necesario reservar con anticipación para el programa de almuerzos de H.S.A. a través de la recepción o con la encargada, **Maria** llamando al **(562) 220-2094**.

Las actividades, clases, celebraciones y excursiones están sujetas a cambios o cancelaciones. Es posible que no se proporcionen materiales para ciertas actividades o clases.



# Activities & Classes



**Sewing & Crochet Club**  
9:00 a.m. – 12:00 p.m.



**Exercise Class**  
10:00 a.m. – 11:00 a.m.

**Monday**



**Loteria Club**  
1:00 p.m. – 3:00 p.m.



**Music Club**  
1:00 p.m. – 3:30 p.m.



**Walking Club**  
9:00 a.m. – 10:00 a.m.



**Bingo Club**  
9:30 a.m. – 11:30 a.m.

**Tuesday**



**Chair Yoga Class**  
1:00 p.m. – 2:00 p.m.

**Loteria Club**  
1:00 p.m. – 3:00 p.m.



**Music Club**  
1:00 p.m. – 3:30 p.m.



**Sewing & Crochet Club**  
9:00 a.m. – 12:00 p.m.



**Exercise Class**  
10:00 a.m. – 11:00 a.m.

**Wednesday**



**Tai Chi Class**  
1:00 p.m. – 2:00 p.m.

**Loteria Club**  
2:00 p.m. – 3:30 p.m.



**Music Club**  
2:00 p.m. – 3:30 p.m.



**Art Club**  
9:00 a.m. – 12:00 p.m.



**Folklorico Class**  
2:00 p.m. – 3:00 p.m.

**Thursday**



**Loteria Club**  
1:00 p.m. – 3:00 p.m.



**Music Club**  
1:00 p.m. – 3:30 p.m.



**Zumba Class**  
9:45 a.m. – 10:45 a.m.



**Breathworks Class**  
1:00 p.m. – 2:00 p.m.

**Friday**



**Loteria Club**  
1:00 p.m. – 3:00 p.m.



**Music Club**  
1:00 p.m. – 3:30 p.m.



# Actividades y Clases



## Club de Ganchillo y Costura

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



## Clase de Ejercicio

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

## Lunes



## Club de Loteria

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



## Club de Música

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



## Club de Caminata

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



## Club de Bingo

9:30 a.m. - 11:30 a.m.

## Martes



## Clase de Yoga en silla

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

## Club de Loteria

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



## Club de Música

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



## Club de Ganchillo y Costura

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



## Clase de Ejercicio

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

## Miercoles



## Clase de Tai Chi

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

## Club de Loteria

2:00 p.m. - 3:30 p.m.



## Club de Música

2:00 p.m. - 3:30 p.m.



## Club de Pintura

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



## Clase de Folklorico

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

## Jueves



## Club de Loteria

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



## Club de Música

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



## Clase de Zumba

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



## Clase de Respiracion

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

## Viernes



## Club de Loteria

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



## Club de Música

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



# Monthly Dances & Celebrations

## Weekly Dances (Thursday's)

Doors open at 9:00 a.m. Music and dance from 10:00 a.m. to 12:00 p.m.

**February 5<sup>th</sup>**

Baltazar

**February 19<sup>th</sup>**

DJ Tejada

**February 26<sup>th</sup>**

Gilbert - Jorge



## Valentine's Day Celebration



**Thursday, February 12<sup>th</sup> | 9:00 a.m. - 1:00 p.m. | DJ Ambient**

### Residents:

January 13<sup>th</sup>  
\$3.00 / person

### Non-Residents:

January 20<sup>th</sup>  
\$4.00 / person

### Under 60 years:

\$7.00 / person



## Friday Night Dance



**Friday, February 27<sup>th</sup> | 3:00 p.m. - 6:00 p.m. | DJ Tejada**

### Residents:

February 2<sup>nd</sup>  
Free

### Non-Residents:

February 9<sup>th</sup>  
\$5.00 / person

### Under 60 years:

\$7.00 / person



## St. Patrick's Day Celebration



**Tuesday, March 17<sup>th</sup> | 9:00 a.m. - 1:00 p.m. | DJ Tejada**

### Residents:

February 20<sup>th</sup>  
\$3.00 / person

### Non-Residents:

February 27<sup>th</sup>  
\$4.00 / person

### Under 60 years:

\$7.00 / person



# Bailes y Celebraciones Mensuales

## Baile Semanal (Jueves)

Las puertas abren a las 9:00 a.m. Musica y Baile de 10:00 a.m. to 12:00 p.m.

**5 de Febrero**

Baltazar

**19 de Febrero**

DJ Tejada

**26 de Febrero**

Gilbert - Jorge



## Celebracion de San Valentin



Jueves, 12 de Febrero | 9:00 a.m. - 1:00 p.m. | DJ Ambient

**Residentes:**

13 de Enero  
\$3.00 / persona

**No Residentes:**

20 de Enero  
\$4.00 / persona

**Menores de**

**60 años:**  
\$7.00 / persona



## Baile del Viernes por la Noche



Viernes, 27 de Febrero | 3:00 p.m. - 6:00 p.m. | DJ Tejada

**Residentes:**

2 de Febrero  
Gratis

**No Residentes:**

9 de Febrero  
\$5.00 / persona

**Menores de**

**60 años:**  
\$7.00 / persona



## Celebracion de San Patricio



Martes, 17 de Marzo | 9:00 a.m. - 1:00 p.m. | DJ Tejada

**Residentes:**

20 de Febrero  
\$3.00 / persona

**No Residentes:**

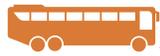
27 de Febrero  
\$4.00 / persona

**Menores de**

**60 años:**  
\$7.00 / persona



# Upcoming Excursions



**The Getty Villa**  
Wednesday, February 4<sup>th</sup>  
9:30 a.m. - 4:30 p.m.



**Chinatown**  
Tuesday, February 17<sup>th</sup>  
10:00 a.m. - 4:00 p.m.



**Cerritos Mall & Harkins Theatre**  
Friday, March 6<sup>th</sup>  
11:30 a.m. - 5:30 p.m.

## Registration Information

### The Getty Villa

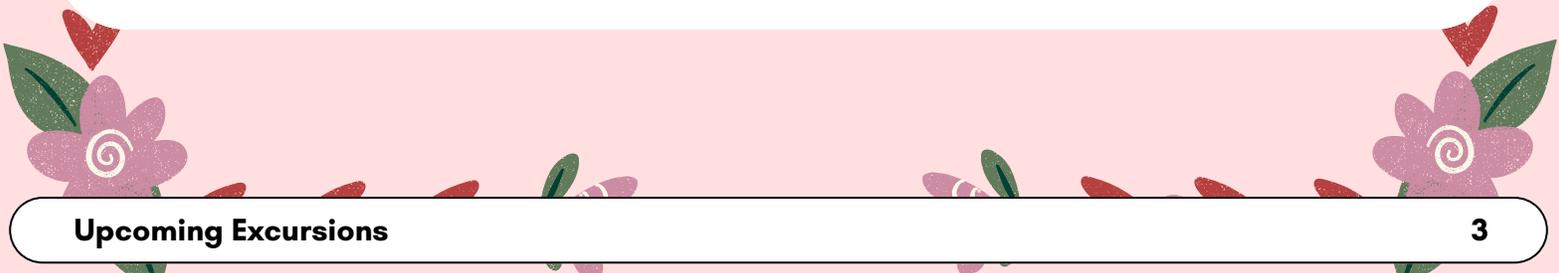
- Residents: \$7.00/person | January 5<sup>th</sup>
- Non-Residents: \$9.00/person | January 12<sup>th</sup>

### Chinatown

- Residents: \$7.00/person | January 9<sup>th</sup>
- Non-Residents: \$9.00/person | January 16<sup>th</sup>

### Cerritos Mall & Harkins Theatre

- Residents: \$7.00/person | February 6<sup>th</sup>
- Non-Residents: \$9.00/person | February 13<sup>th</sup>





# Proximas Excursiones



## **El Museo Getty Villa**

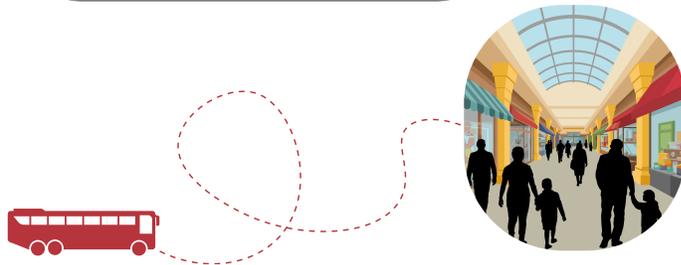
Miércoles, 4 de Febrero  
9:30 a.m. - 4:30 p.m.

**Barrio Chino**  
Martes, 17 de Febrero  
10:00 a.m. - 4:00 p.m.



## **Centro Comercial Cerritos y Cine Harkins**

Viernes, 6 de Marzo  
11:30 a.m. - 5:30 p.m.



## **Información de Registración**

### **El Museo de Getty Villa**

- Residentes: \$7.00/persona | 5 de Enero
- No-Residentes: \$9.00/persona | 12 de Enero

### **El Barrio Chino**

- Residentes: \$7.00/persona | 9 de Enero
- No-Residentes: \$9.00/persona | 16 de Enero

### **Centro Comercial Cerritos y Cine Harkins**

- Residentes: \$7.00/persona | 6 de Febrero
- No-Residentes: \$9.00/persona | 13 de Febrero





# Monthly Happenings

-  Cal-Fresh Program
-  L.A. County Department of Mental Health
-  Presley General Insurance Agency
-  L.A. County Food Bank
-  Alignment Health Plan
-  Forest Lawn
-  St. Francis Medical Center
-  JAR Insurance
-  Independence at Home
-  Pathways CHB

## Information

-  February 2<sup>nd</sup> | 1:00 p.m. - 3:30 p.m. | Program information & enrollment available.
-  February 3<sup>rd</sup> & 17<sup>th</sup> | 10:00 a.m. - 12:00 p.m. | Information on Medi-Care programs.
-  February 3<sup>rd</sup> | 11:00 a.m. - 12:00 p.m. | Floral arrangement class - must pre-register in advance.
-  February 9<sup>th</sup> | 1:00 p.m. - 2:00 p.m. | Presentation on "Heart Health".
-  February 11<sup>th</sup> | 10:00 a.m. - 11:00 a.m. | Laughter Yoga for registered participants.
-  February 18<sup>th</sup> | 11:00 a.m. - 12:00 p.m. | Presentation on "Managing your Medication".
-  February 18<sup>th</sup> | 1:00 p.m. - 2:00 p.m. | Distribution at Paramount Park for registered participants.
-  February 23<sup>rd</sup> | 10:00 a.m. - 12:00 p.m. | Tabletop with available services and information.
-  February 24<sup>th</sup> | 11:00 a.m. - 12:00 p.m. | Karaoke for registered participants.
-  February 25<sup>th</sup> | 11:00 a.m. - 12:00 p.m. | Social worker table talk for available services.



# Acontecimientos Mensuales

 Programa Cal-Fresh

 Departamento de Salud Mental del Condado L.A.

 Asegurancia Presley General

 Banco de Alimentos del Condado L.A.

 Plan de Salud Alignment

 Forest Lawn

 Centro Medico de St. Francis

 Asegurancia JAR

 Independencia en el Hogar

 Pathways CHB

## Información

 2 de Febrero | 1:00 p.m. - 3:30 p.m. | Información sobre el programa y registración.

 3 y 17 de Febrero | 10:00 a.m. - 12:00 p.m. | Información sobre programas de Medi-Care.

 3 de Febrero | 11:00 a.m. - 12:00 p.m. | Clase de arreglo floral. Se necesita registrarse.

 9 de Febrero | 1:00 p.m. - 2:00 p.m. | Presentación - "Salud cardíaca".

 11 de Febrero | 10:00 a.m. - 11:00 a.m. | Yoga de risas para participantes registrados.

 18 de Febrero | 11:00 a.m. - 12:00 p.m. | Presentación - "Cómo manejar su medicina".

 18 de Febrero | 1:00 p.m. - 2:00 p.m. | Distribución en Paramount Park para participantes registrados.

 23 de Febrero | 10:00 a.m. - 12:00 p.m. | Mesa con información y servicios disponibles.

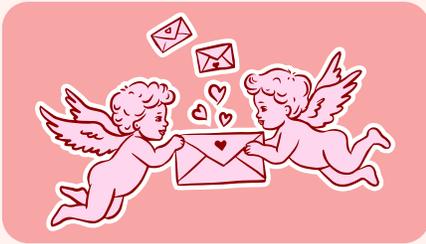
 24 de Febrero | 11:00 a.m. - 12:00 p.m. | Karaoke participantes registrados.

 25 de Febrero | 11:00 a.m. - 12:00 p.m. | Platica con un trabajador social sobre servicios disponibles.



# H.S.A. Lunch Menu

Voluntary contribution for seniors 60 years and older of \$3.00.  
Mandatory fee for non-seniors of \$7.00.



## February

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Garlic Butter Fish OR Sweet & Sour Pork	3 Hawaiian Chicken	4 Beef Stew	5 Chicken Marsala	6 Breaded Fish	7
8	9 BBQ Hamburger	10 Creamy Cilantro Baked Fish	11 Roast Turkey	12 Chicken w/ Wine Sauce	13 Roast Beef w/ Gravy	14
15	16 Sorry We're CLOSED	17 Teriyaki Chicken Bowl	18 Baked Fish w/ Wine & Sauce	19 Chicken Enchilada Casserole	20 Lemon Pepper Fish	21
22	23 Beef Chili Mac	24 Herb Baked Fish w/ Dill Sauce OR Roast Pork	25 Turkey A La King	26 Chicken Mole	27 Meatloaf w/ Red Sauce	28



# Notes

A large, empty white rectangular area with rounded corners, intended for writing notes.

