



# 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

- Senior Recreation will take place on Saturday, April 4<sup>th</sup> and April 18<sup>th</sup> from 9:00 a.m. to 1:00 p.m.
- The Spring Health Fair will take place on Wednesday, April 15<sup>th</sup> from 9:30 a.m. to 11:30 a.m. A variety of health screenings and resources will be available at no cost.

## 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**.

Lunch is served at 12:00 p.m. Monday through Friday.

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

- La recreación para personas mayores estará disponible el sábado, 4 de Abril y 18 de Abril de 9:00 a.m. a 1:00 p.m.
- La Feria de Salud de Primavera sera el miercoles, 15 de Abril de 9:30 a.m. a 11:30 a.m. Habra una variedad de exámenes de salud y recursos gratuitos.

## Normas del Programa

Es necesario reservar con anticipación para el programa de almuerzos de H.S.A. a través de la recepcion o con la encargada, **Maria** llamando al **(562) 220-2094**. El almuerzo se sirve a las 12:00 p.m. de lunes a viernes.

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.

**Thursday**



**Folklorico Class**  
2:00 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 Arte**  
9:00 a.m. - 12:00 p.m.

**Jueves**

**Clase de Folklorico**  
2:00 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.

**April 9<sup>th</sup>**  
Baltazar

**April 16<sup>th</sup>**  
DJ Tejada

**April 23<sup>rd</sup>**  
Gilbert / Jorge

**April 30<sup>th</sup>**  
Grupo Regio



## Easter Celebration



**Wednesday, April 1<sup>st</sup> | DJ Ambient**

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

**Residents:**  
March 3<sup>rd</sup>  
\$3.00 / person

**Non-Residents:**  
March 10<sup>th</sup>  
\$4.00 / person

**Under 60 years:**  
\$7.00 / person



## Mother's Day Celebration



**Thursday, May 7<sup>th</sup> | Grupo Regio**

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

**Residents:**  
April 7<sup>th</sup>  
\$3.00 / person

**Non-Residents:**  
April 14<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.

**9 de Abril**  
Baltazar

**16 de Abril**  
DJ Tejada

**23 de Abril**  
Gilbert / Jorge

**30 de Abril**  
Banda Regio



## Celebración de Pascua



**Miercoles, 1 de Abril | DJ Ambient**

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

**Residentes:**  
3 de Marzo  
\$3.00 / persona

**No Residentes:**  
10 de Marzo  
\$4.00 / persona

**Menores de**  
**60 años:**  
\$7.00 / person



## Celebración del Dia de las Madres



**Jueves, 7 de Mayo | Grupo Regio**

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

**Residentes:**  
7 de Abril  
\$3.00 / persona

**No Residentes:**  
14 de Abril  
\$4.00 / persona

**Menores de**  
**60 años:**  
\$7.00 / person



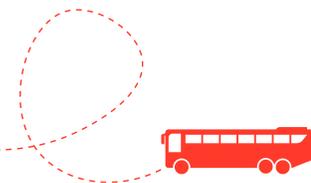
# Upcoming Excursions



## Carlsbad Flower Fields

Wednesday, April 8<sup>th</sup>  
9:00 a.m. – 5:00 p.m.

Yaamava Casino  
Wednesday, April 29<sup>th</sup>  
9:00 a.m. – 5:00 p.m.



L.A. County Fair  
Friday, May 15<sup>th</sup>  
10:00 a.m. – 5:00 p.m.

## Registration Information

### Carlsbad Flower Fields

- Residents: \$10.00/person | **March 3<sup>rd</sup>**
- Non-Residents: \$12.00/person | **March 10<sup>th</sup>**

### Yaamava Casino

- Residents: \$15.00/person | **March 24<sup>th</sup>**
- Non-Residents: \$17.00/person | **March 31<sup>st</sup>**

### L.A. County Fair

- Residents: \$10.00/person | **April 14<sup>th</sup>**
- Non-Residents: \$12.00/person | **April 21<sup>st</sup>**



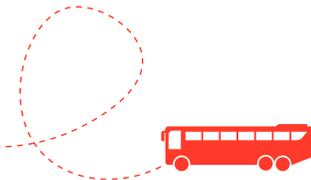
# Proximas Excursiones



## Campos de Flores Carlsbad

Miercoles, 8 de Abril  
9:00 a.m. - 5:00 p.m.

Yaamava Casino  
Miercoles, 29 de Abril  
9:00 a.m. - 5:00 p.m.



## Feria del Condado de Los Angeles

Viernes, 15 de Mayo  
10:00 a.m. - 5:00 p.m.

## Información de Registración

### Campos de Flores de Carlsbad

- Residentes: \$10.00/persona | **3 de Marzo** • No Residentes: \$12.00/persona | **10 de Marzo**

### Yaamava Casino

- Residentes: \$15.00/persona | **24 de Marzo** • No Residentes: \$17.00/persona | **31 de Marzo**

### Feria del Condado de Los Angeles

- Residentes: \$10.00/persona | **14 de Abril** • No Residentes: \$12.00/persona | **21 de Abril**



# 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

-  **April 6<sup>th</sup>** | 1:00 p.m. - 3:00 p.m. | Program information & enrollment available.
-  **April 7<sup>th</sup> & 21<sup>st</sup>** | 10:00 a.m. - 12:00 p.m. | Information on Medi-Care programs.
-  **April 15<sup>th</sup>** | 9:30 a.m. - 11:30 a.m. | Representatives available during the Health Fair event.
-  **April 15<sup>th</sup>** | 9:30 a.m. - 11:30 a.m. | Representatives available during the Health Fair event.
-  **April 20<sup>th</sup>** | 1:00 p.m. - 2:00 p.m. | Presentation on "Stroke".
-  **April 20<sup>th</sup>** | 1:00 p.m. - 2:00 p.m. | Distribution at Paramount Park for registered participants.
-  **April 21<sup>st</sup>** | 10:00 a.m. - 12:00 p.m. | Karaoke for registered participants.
-  **April 22<sup>nd</sup>** | 10:00 a.m. - 11:00 a.m. | Presentation on "No More Medicine Mayhem".
-  **April 22<sup>nd</sup>** | 11:00 a.m. - 12:00 p.m. | Social worker table talk for available services.
-  **April 27<sup>th</sup>** | 10:00 a.m. - 12:00 p.m. | Tabletop with available services and information.



# Acontecimientos Mensuales

-  Programa Cal-Fresh
-  Asegurancia Presley General
-  Plan de Salud Alignment
-  Centro Medico de St. Francis
-  Independencia en el Hogar
-  Departamento de Salud Mental del Condado L.A.
-  Banco de Alimentos del Condado L.A.
-  Forest Lawn
-  Asegurancia JAR
-  Pathways CHB

## Información

-  **6 de Abril** | 1:00 p.m. - 3:00 p.m. | Información sobre el programa y registración.
-  **7 y 21 de Abril** | 10:00 a.m. - 12:00 p.m. | Información sobre programas de Medi-Care.
-  **15 de Abril** | 9:30 a.m. - 11:30 a.m. | Representantes disponibles durante la Feria de Salud.
-  **15 de Abril** | 9:30 a.m. - 11:30 a.m. | Representantes disponibles durante la Feria de Salud.
-  **20 de Abril** | 1:00 p.m. - 2:00 p.m. | Presentación sobre el tema "Ataques Cerebrales".
-  **20 de Abril** | 1:00 p.m. - 2:00 p.m. | Distribución en Paramount Park para participantes registrados.
-  **21 de Abril** | 10:00 a.m. - 12:00 p.m. | Karaoke para participantes registrados.
-  **22 de Abril** | 10:00 a.m. - 11:00 a.m. | Presentación sobre el tema "No Más Caos Médico".
-  **22 de Abril** | 11:00 a.m. - 12:00 p.m. | Platica con un trabajador social sobre servicios disponibles.
-  **27 de Abril** | 10:00 a.m. - 12:00 p.m. | Mesa con información de 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.**

**HAPPY**  
Easter



**April**



SUN MON TUE WED THU FRI SAT

			 1 <b>Glazed Ham</b>	2 <b>Chicken Enchilada Casserole</b>	3 <b>Lemon Pepper Fish</b>	4
5	6 <b>Beef Chili Mac</b>	7 <b>Herb Baked Fish or Roast Pork</b>	8 <b>Turkey a La King</b>	9 <b>Chicken Mole</b>	10 <b>Meatloaf w/Red Sauce</b>	11
12	13 <b>Stuffed Bell Pepper</b>	14 <b>Fish Vera Cruz</b>	15 <b>Beef Picado</b>	16 <b>Oven Baked Fish</b>	17 <b>Meatball Sandwich</b>	18
19	20 <b>Beef Lasagna</b>	21 <b>Shepherd's Pie</b>	22 <b>Lemon Dijon Chicken</b>	23 <b>Beef w/Green Onion Stir Fry</b>	24 <b>BBQ Chicken</b>	25
26	27 <b>Hawaiian Chicken w/ Pineapple</b>	28 <b>Garlic Butter Fish or Sweet &amp; Sour Pork</b>	29 <b>Beef Stew</b>	30 <b>Chicken Marsala</b>		



# Word Search

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

- |                 |                |               |             |
|-----------------|----------------|---------------|-------------|
| APRIL FOOLS DAY | SPRINGCLEANING | SWEETSMELLING | REFRESHING  |
| SPRINGBREAK     | HATCHING       | CATERPILLAR   | EASTER LILY |
| BLOSSOMING      | BLUESKIES      | FLOWERPOT     | RAIN BOOTS  |
| SCAMPERING      | EARTHDAY       | GARDENING     | LANDSCAPE   |
| RAINCOAT        | BLOOMING       | CHIRPING      | FRAGRANT    |
| POLLYWOG        | SEASONAL       | FLOWERS       | PUDDLES     |
| SHOWERS         | EASTER         | PASTEL        | GOODFRIDAY  |

