



City of Paramount Senior Services Newsletter

 14400 Paramount Blvd.  (562) 220-2090  paramountcity.gov

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

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Important Reminders

- Senior Recreation will be available on Saturday, March 7th from 9:00 a.m. to 1:00 p.m.
- The Senior Commission meeting will take place on Thursday, March 5th at 1:00 p.m.

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

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

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Recordatorios Importantes

- La recreación para personas mayores estará disponible el sábado, 7 de marzo de 9:00 a.m. a 1:00 p.m.
- La junta del Comité de Personas Mayores sera el jueves, 5 de marzo a la 1:00 p.m.

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**.

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



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



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

Chair Yoga Class
1:00 p.m. - 2:00 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.



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

Loteria 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.

March 5th
DJ Ambient

March 12th
Banda Regio

March 26th
Gilbert / Jorge



St. Patrick's Day Celebration



Tuesday, March 17th | 9:00 a.m. - 1:00 p.m. | DJ Tejada

Residents:
February 20th
\$3.00 / person

Non-Residents:
February 27th
\$4.00 / person

Under 60 years:
\$7.00 / person



Easter Celebration



Wednesday, April 1st | 9:00 a.m. - 1:00 p.m. | DJ Ambient

Residents:
March 3rd
\$3.00 / person

Non-Residents:
March 10th
\$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 Marzo
DJ Ambient

12 de Marzo
Banda Regio

26 de Marzo
Gilbert / Jorge



Celebración 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



Celebración de Pascua



Miercoles, 1 de Abril | 9:00 a.m. - 1:00 p.m. | DJ Ambient

Residentes:
3 de Marzo
\$3.00 / persona

No Residentes:
10 de Marzo
\$4.00 / persona

Menores de
60 años:
\$7.00 / persona



Upcoming Excursions

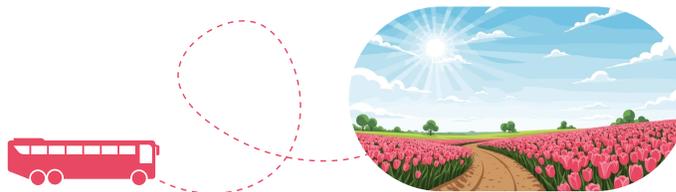


Cerritos Mall & Harkins Theatre

Friday, March 6th
11:30 a.m. - 5:30 p.m.

South Coast Botanic Garden

Wednesday, March 11th
10:00 a.m. - 5:00 p.m.



Carlsbad Flower Fields

Wednesday, April 8th
9:00 a.m. - 5:00 p.m.

Registration Information

Cerritos Mall & Harkins Theatre

- Residents: \$7.00/person | **February 6th** • Non-Residents: \$9.00/person | **February 13th**

South Coast Botanic Garden

- Residents: \$10.00/person | **February 17th** • Non-Residents: \$12.00/person | **February 24th**

Carlsbad Flower Fields

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



Proximas Excursiones



Centro Comercial Cerritos y Cine Harkins

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

Jardín Botánico de la Costa Sur

Miércoles, 11 de Marzo
10:00 a.m. - 5:00 p.m.



Campos de Flores Carlsbad

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

Información de Registración

Centro Comercial Cerritos y Cine Harkins

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

Jardín Botánico de la Costa Sur

- Residentes: \$10.00/persona | **17 de Febrero** • No Residentes: \$12.00/persona | **24 de Febrero**

Campo de flores de Carlsbad

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



Monthly Happenings

- | | |
|--|---|
| <input type="radio"/>  Cal-Fresh Program | <input type="radio"/>  L.A. County Department of Mental Health |
| <input type="radio"/>  Presley General Insurance Agency | <input type="radio"/>  L.A. County Food Bank |
| <input type="radio"/>  Alignment Health Plan | <input type="radio"/>  Forest Lawn |
| <input type="radio"/>  St. Francis Medical Center | <input type="radio"/>  JAR Insurance |
| <input type="radio"/>  Independence at Home | <input type="radio"/>  Pathways CHB |

Information

-  **March 2nd** | 1:00 p.m. - 3:30 p.m. | Program information & enrollment available.
-  **March 3rd & 17th** | 10:00 a.m. - 12:00 p.m. | Information on Medi-Care programs.
-  **March 6th** | 11:00 a.m. - 12:00 p.m. | Activity class - must pre-register in advance.
-  **March 9th** | 1:00 p.m. - 2:00 p.m. | Presentation on "Urinary Health".
-  **March 16th** | 1:00 p.m. - 2:00 p.m. | Distribution at Paramount Park for registered participants.
-  **March 18th** | 10:00 a.m. - 11:00 a.m. | Presentation on "Home Safety & Fall Prevention".
-  **March 18th** | 11:00 a.m. - 12:00 p.m. | Social worker table talk for available services.
-  **March 24th** | 11:00 a.m. - 12:00 p.m. | Karaoke for registered participants.
-  **March 25th** | 11:00 a.m. - 12:00 p.m. | Presentation on "Bullying".
-  **March 30rd** | 10:00 a.m. - 12:00 p.m. | Tabletop with available services and information.



Acontecimientos Mensuales

- | | |
|--|---|
| <input type="radio"/>  Programa Cal-Fresh | <input type="radio"/>  Departamento de Salud Mental del Condado L.A. |
| <input type="radio"/>  Asegurancia Presley General | <input type="radio"/>  Banco de Alimentos del Condado L.A. |
| <input type="radio"/>  Plan de Salud Alignment | <input type="radio"/>  Forest Lawn |
| <input type="radio"/>  Centro Medico de St. Francis | <input type="radio"/>  Asegurancia JAR |
| <input type="radio"/>  Independencia en el Hogar | <input type="radio"/>  Pathways CHB |

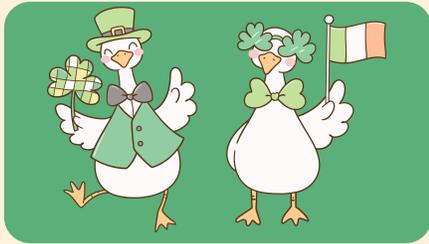
Información

-  **2 de Marzo** | 1:00 p.m. - 3:30 p.m. | Información sobre el programa y registración.
-  **3 y 17 de Marzo** | 10:00 a.m. - 12:00 p.m. | Información sobre programas de Medi-Care.
-  **6 de Marzo** | 11:00 a.m. - 12:00 p.m. | Clase de actividad. Se necesita registrarse con anticipo.
-  **9 de Marzo** | 1:00 p.m. - 2:00 p.m. | Presentación - "Salud Urinaria".
-  **16 de Marzo** | 1:00 p.m. - 2:00 p.m. | Distribución en Paramount Park para participantes registrados.
-  **18 de Marzo** | 10:00 a.m. - 11:00 a.m. | Presentación - "Seguridad en el Hogar y Prevencion de Caidas".
-  **18 de Febrero** | 11:00 a.m. - 12:00 p.m. | Platica con un trabajador social sobre servicios disponibles.
-  **24 de Febrero** | 11:00 a.m. - 12:00 p.m. | Karaoke para participantes registrados.
-  **25 de Marzo** | 11:00 a.m. - 12:00 p.m. | Presentación sobre "Acoso y Maltrato".
-  **30 de Marzo** | 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.**



March



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Stuffed Bell Pepper	3 Oven Baked Chicken	4 Meatloaf	5 Beef Picado	6 Fish Vera Cruz	7
8	9 Beef Lasagna	10 Rosemary Chicken	11 Shepherd's Pie	12 Beef Teriyaki	13 Tuna Salad Sandwich	14
15	16 Garlic Butter Fish or Sweet & Sour Pork	17 Corned Beef	18 Beef Stew	19 Chicken Marsala	20 Breaded Fish	21
22	23 BBQ Hamburger	24 Chicken Pasta	25 Roast Beef	26 Roast Turkey	27 Creamy Cilantro Baked Fish	28
29	30 To be determined	31 Spaghetti Meatballs				



Word Search

N M V T X W E A N O Z P I V Z I A R S J
 W V M R R P J H T J F W S M A R C H A Q
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LEPRECHAUN	CELEBRATE	HORSESHOE	IRISH
TREASURE	SHAMROCK	HOLIDAY	SAINT
RAINBOW	IRELAND	CLOVER	JOLLY
PATRICK	PARADE	FIDDLE	CORN
POTATO	LUCKY	MARCH	POT
GREEN	EMERALD	MUSIC	GOLD
FEAST	DANCE	MAGIC	FOLK

