



# DUARTE SENIOR CENTER NEWSLETTER MAY & JUNE 2024



## OLDER AMERICANS MONTH



Every May, the Administration for Community Living leads the nation's observance of Older Americans Month. The 2024 theme is "Powered By Connection" which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. Join us in promoting flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included.

### NEW! TRAVEL ADVENTURE CLUB

Join your fellow adventurers and share travel stories and photos. Alan Heller, a local travel expert, will lead discussions and photo presentations of various trips around the world. Everyone is encouraged to bring their photos and stories for a monthly meeting to share with the rest of the group. Along the way, we may have Travel agents or AAA come in and discuss some of the details of traveling by car, boat, or plane.



**Tuesdays: May 7, June 4 & July 9  
10 - 11:30 AM**

**1610 HUNTINGTON DRIVE  
DUARTE, CA 91010**

#### HOURS OF OPERATION

MONDAY - FRIDAY  
9 AM - 2 PM

**CLOSED MONDAY, MAY 27  
MEMORIAL DAY**

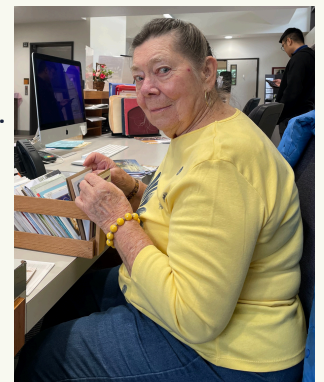
**(626) 357-3513  
ACCESSDUARTE.COM**



### MARION STONE - 2024 OLDER AMERICAN/VOLUNTEER OF THE YEAR



Marion is one of our most active volunteers at the Duarte Senior Center. She graciously volunteers weekly, assisting with front counter duties on Fridays. Marion also assists with overseeing the Bunco program and was just named *Woman of the Year* for the Duarte's Women's Club. Marion, thank you for your commitment and contributions to our community. We appreciate all you do and your selflessness. Congratulations on being named Duarte's 2024 Older American Volunteer of the Year!



# TRAVEL TOGETHER - EXCURSION PROGRAM

Register for all excursions online at [ACCESSDUARTE.COM](http://ACCESSDUARTE.COM) beginning May 28 at 6 AM or in person at the Duarte Senior Center at 9 AM . Bus will pick up on Huntington Drive at Pops Road. Parking is available in the Duarte Civic Center parking lot.

We accept Visa, MasterCard, and Discover.

## **PETERSEN AUTOMOTIVE MUSEUM & THE GROVE**

Wednesday, June 12 | 9 AM - 3:30 PM

\$50 Resident | \$55 Non-Resident

Shift into gear and join us in discovering one of the world's largest automotive museums! The Petersen Automotive Museum in Los Angeles is home to thousands of cars ranging from vintage to modern models and everything in-between. The Meyers Manx Cafe is conveniently located on-site where you can purchase traditional American breakfast items, baked goods, and a variety of beverages. After the museum, we will explore The Grove's plentiful shopping and tasty eats. Be prepared for extensive walking.

## **LATIN AMERICAN ART MUSEUM & LUNCH AT TEQUILA JACK'S RESTAURANT & CANTINA**

Wednesday, July 10 | 10:30 AM - 5:30 PM

\$65 Resident | \$75 Non-Resident

Start your day at Tequila Jack's Restaurant & Cantina in Long Beach with a lunch buffet and explore the various flavors of traditional Mexican food. Next, expand your knowledge and appreciation of modern and contemporary Latin American and Latino art through MOLAA's abundant collections and exhibitions. Be prepared for extensive walking.

## **DODGERS NIGHT GAME**

Wednesday, July 24 | 4 - 11 PM

\$65 Resident | \$75 Non-Resident

TAKE ME OUT TO THE BALL GAME! Join us for an evening baseball game at Dodger Stadium on Kike Hernandez Bobblehead Night! Dodger Stadium is the home of the Los Angeles Dodgers and one of the true cathedrals of Major League Baseball. Buy some peanuts and Cracker Jacks while we cheer on the boys in blue. Don't forget to purchase the famous Dodger Dog as dinner will be on your own. LET'S GO, DODGERS!



## **FANTASY SPRINGS CASINO**

Wednesday, August 28 | 9 AM - 6 PM

\$40 Resident | \$50 Non-Resident

Spend the day in Indio at the Fantasy Springs Casino. Upon checking in, everyone will receive \$35 Free Play with their players card and a \$5 food voucher (subject to change). Take a chance at the slots, tables, or matinee Bingo. Don't forget to bring a valid photo ID.

## **SAN CLEMENTE BEACH TRIP**

Friday, September 13 | 10 AM - 5 PM

\$40 Resident | \$50 Non-Resident

End the summer with a trip to the beach! Soak in the sun, take a dip in the water, and enjoy the soothing sound of waves crashing. Bring your folding chair, swimsuit, sandals, and towels. We will also be stopping at the San Clemente outlets for some shopping before the beach. Be prepared for extensive walking and a free ride on the Trolley! Lunch included.

## **HAMILTON AT THE PANTAGES**

Wednesday, October 2 | 5:30 - 11 PM

\$65 Resident | \$75 Non-Resident

Join us in experiencing the world-famous, landmark American musical about the gifted and self-destructive founding father whose story becomes both contemporary and irresistible. Featuring a score that blends hip-hop, jazz, blues, rap, R&B, and Broadway, the musical has won 11 Tony awards, 10 Lortel awards, a Grammy award, and it also received the Pulitzer Prize for Drama in 2016.

## **ROUTE 66 TOUR - SAVE THE DATE!**

Wednesday, October 16 | 8 AM - 6 PM

\$35 Resident | \$45 Non-Resident



# SPECIAL EVENTS

Preregister for special events at [ACCESSDUARTE.COM](http://ACCESSDUARTE.COM)  
or visit the Duarte Senior Center front counter.

## FREE HAIRCUTS

### PROVIDED BY CITRUS COLLEGE COSMETOLOGY

Thursday, June 6 | 9 AM - 12 PM | FREE

Take advantage and get your haircut for free from one of the talented Citrus College Cosmetology students. Walk-ins only.



## TECH HELP POP-UP

### SPONSORED BY: YWCA

Friday, June 28 | 9 - 11 AM | FREE

As technology continues to advance, events like the Tech Pop-Up serves as essential platform for ensuring that our seniors are not left behind. By offering hands-on support and guidance, we remain committed to empowering seniors and bridging the digital divide for a more inclusive and connected community! Bring your smartphones, tablets, laptops, and any other technology questions you may have.

Volunteers are also needed to provide hands-on support and guidance to our seniors in navigating modern technology. If you are interested in volunteering, please contact Regional Coordinator, Christina Capul at (626) 533-9144 to register.



## 4TH OF JULY CELEBRATION

Tuesday, July 2 | 2 - 3:30 PM | Free

The Tap Chicks will be entertaining us with a patriotic performance to get us in the spirit to celebrate America's Birthday! Remember to wear your Red, White & Blue. Light refreshments will be provided.

## Save the Date

## MONTHLY DANCES - DJ RUDY

Thursday, May 23, June 27, and July 25 | 5 - 8 PM

Fee: \$5 Resident/\$8 Non-Resident (pay at the door)

Come dance the night away. Light refreshments will be provided.



City Of Duarte  
Parks & Recreation Department Presents

**FREE**

**80s**  
Night  
Summer  
Kick-off

THURSDAY, JUNE 20 • 6-9PM  
CIVIC CENTER PARKING LOT, 1600 HUNTINGTON DRIVE

Spend the first day of Summer enjoying FREE  
Cosmic Recreation Swim, Arts & Crafts, Vendors,  
Food, DJ and Live 80's Band! **(THE FLASHBAX)**

FEATURING  
DJ PHIL

FOR MORE INFORMATION PLEASE VISIT [WWW.ACCESSDUARTE.COM](http://WWW.ACCESSDUARTE.COM)



# SOCIAL ACTIVITIES

## BINGO

DAY: Tuesdays

TIME: 1 – 2:30 PM | FEE: \$1 per card

Prizes will be awarded.



## BIRTHDAY CELEBRATION - MONTHLY

DATES: Wednesday, May 1 & June 5

TIME: 12 PM | FREE

Come celebrate with us! There will be birthday cake and music to celebrate May & June birthdays.

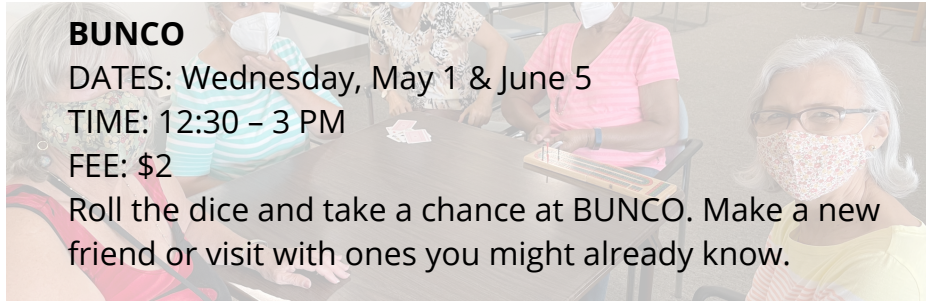
## BUNCO

DATES: Wednesday, May 1 & June 5

TIME: 12:30 – 3 PM

FEE: \$2

Roll the dice and take a chance at BUNCO. Make a new friend or visit with ones you might already know.



## CRIBBAGE

DAYS & TIMES: Tuesdays, 12:30 – 2:30 PM | FREE

Do you like to play cards? Come learn a new game and have a nice afternoon playing with friends.

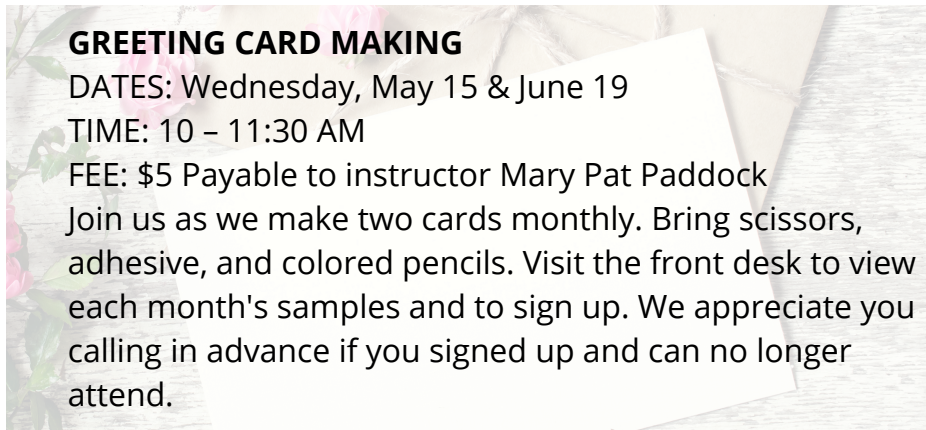
## GREETING CARD MAKING

DATES: Wednesday, May 15 & June 19

TIME: 10 – 11:30 AM

FEE: \$5 Payable to instructor Mary Pat Paddock

Join us as we make two cards monthly. Bring scissors, adhesive, and colored pencils. Visit the front desk to view each month's samples and to sign up. We appreciate you calling in advance if you signed up and can no longer attend.



## MOVIE MONDAYS

DAYS: May 13 & 20 - Crocodile Dundee 1 & 2

Check with the front desk for June movie selections

TIME: 12:30 PM | FREE!

## WORD SEARCH CHALLENGE

Pick up May and June's word searches from the front desk! Be sure to complete and submit your word searches by May 24 and June 21 to be entered into a raffle. All submissions will be entered in a drawing and names will be chosen randomly.

## FUN & GAMES

DAYS: 2nd & 4th Wednesday

TIME: 12:30 - 2:30 PM | FREE

Engage in a variety of fun activities such as Jeopardy, Wheel of Fortune, and Trivia.

## BOOK CLUB

DATES: Monday, May 20 & June 17

TIME: 1:30 PM

MODERATOR: Janet Rietow

Do you enjoy reading? Join the Book Club by reading *Hamericanah* by Chimamanda Ngozi Adichie in the month of May. The June book selection will be made at the May Book Club meeting. If you need a copy of the monthly book, you can stop by and pick one up at the Duarte County Library, as they have the books on hold for us.

**THE MOVIE GUY** - Learn about each film and watch the movie after the lecture.

### "Meet John Doe"

DATE: Thursday, May 16

TIME: 1 PM

The film was a warning against homegrown fascism which was spreading across Europe with the War. Capra and co-writer Robert Riskin could not come up with an ending for the film and shot four versions before settling on the final version we will see.

### "Thunderball"

DATE: Thursday, June 20

TIME: 1 PM

This 1965 film was the fourth in the James Bond series. Shot on location in the Bahamas, Miami, Paris and the studio soundstages in England, the film will be the first time that other "00" agents are seen with Bond in England's spy headquarters.



# HEALTH & FITNESS

## PICKLEBALL

DAYS: Tuesday, Thursday & Saturday

TIME: 8 – 10 AM

LOCATION: Duarte Park, 1344 Bloomdale St.

Let's get active! Come try out a game of pickleball. All levels welcome.



Thank you Maria and Ken Mak for representing Duarte in the Mesa, AZ tournament! Congratulations on placing bronze in the mixed doubles category. Ken also took home gold in Men's doubles and silver in singles.

Good luck at the Pasadena Senior Games!

## CHAIR VOLLEYBALL

DAY: Wednesdays | 12:30 - 1:30 PM

Get active while having fun. Join us for a friendly game of chair volleyball! Space is limited.

## KARAOKE TUESDAYS

DAY: Tuesdays | 10:30 - 11:30 AM

Sing like no one is listening! Pick your favorite tunes and unleash your inner rockstar.

## TABLE TENNIS & BILLIARD ROOM

The Senior Center has 2 ping pong tables and a billiard table open during our hours of operation, 9 AM – 2 PM. Adults 55+ welcome.

## FREE BLOOD PRESSURE CHECKS PROVIDED BY CITY OF HOPE

DATES: Tuesday, May 21 & June 18

TIME: 10 AM -12 PM

# SERVICES



## YWCA CONGREGATE HOT MEAL PROGRAM

If you are 60+ years of age, we invite you to enjoy a hot and nutritious meal Monday - Friday at the Senior Center! Take this opportunity to socialize and make new friends while enjoying a nutritious meal. Hot meal tickets are given out on a first come, first serve basis. Please check in daily no later than 11:15 AM. Meal service time is at 11:30 AM. Meals are a \$3 suggested donation.

## FREE LEGAL APPOINTMENT

Book your FREE 15-minute consultation with Sara Polinsky, Elder Law Attorney, at the front counter.

What does Sara cover:

Estate Planning, Living Trusts, Powers of Attorney,

Health Care Directive, Probate, Property Title, Medi-Cal Planning for Long Term Care

DATES: Wednesday, May 8 & June 12

TIME: 1 - 3 PM

## CALFRESH CAN HELP WITH FOOD ASSISTANCE (formerly known as Food Stamps)

For more information contact the Los Angeles Regional Food Bank at (323) 234-3030 ext. 178.

## LOS ANGELES REGIONAL FOOD BANK – DRIVE THRU

DATES: Thursday, May 23 & June 27

TIME: 9 - 10 AM

Nonperishable food box available with registration of persons 60 years and older on the 4th Thursday of each month unless otherwise noted.

## FREE CLASSES

### Ceramics

Currently, this class is full. Please add your name to the wait list at the front desk. Students must purchase their own supplies.  
9:30 - 11:30 AM, Tuesdays

### Needle Crafting

Come work on your projects and share your talents with the club. Bring your own supplies.  
9 - 10 AM, Mondays

### Watercolor

Includes watercolor teacher demonstrations, tips in color mixing, brush techniques, and more! Must provide own supplies. Supply list available at the front desk.  
1 - 3 PM, Mondays

## CLASSES FOR A FEE

Registration begins May 28.  
Visit [ACCESSDUARTE.COM](https://ACCESSDUARTE.COM) to register.

### Latin & Ballroom Dance

8-week session | Instructor: Chris Chu  
In this class you will learn the Latin dances like Rumba, Chacha, Salsa, Merengue, Bachata as well as Ballroom dances like Waltz, Tango, Foxtrot, Swing and more. No partner needed, will do partner rotation during class.  
STARTS: 6/13 | Time: 1 - 2 PM | Thursday  
FEE: \$36

### Line Dance

This exciting class will teach you basic line dancing steps for: Western Cowboy or Country, Swing, and more. Enjoy line dancing, improve coordination, and enhance memory at the same time.  
8-week session | Instructor: Chris Chu  
Starts: 6/13  
12 - 1 PM | Thursday | \$36

## CLASSES FOR A FEE

### Low Impact Aerobics

Enjoy a combination of low impact, cardio, and strength training movements to help get your body moving and heart pumping. The Instructor's high energy is sure to motivate you to keep coming back for more!  
Starts: Ongoing | 9 - 9:45 AM | Wed./Fri.  
FEE: \$2/CLASS (Fitness Center Members participate for FREE)

### Piano/Keyboard - All Levels

8-week session | Instructor: Abraham Martinez  
Participants will use traditional and commercial repertoire to gain musical literacy and keyboard techniques. \$15 music book fee due to instructor at first class.  
Starts: 6/14  
Times: 11 AM - 12 PM, 12:15 - 1:15 PM or 1:30 - 2:30 PM | Friday | FEE: \$55

### Sewing

Instructor: Regina Johnson  
Learn the basics of sewing or brush up on your skills. Sewing machines are provided, students must provide their own supplies. All levels welcome.  
Starts: Ongoing | 10:30 AM - 12:30 PM  
Monday | \$8/week

### Slow Flow Yoga

In this yoga course for seniors, we will practice breathing, alignment and mobility. Each session will include a sequence of breathing exercises, basic yoga poses, and a brief meditation. Expect a gentle class with some new challenges added each week. Bring a yoga mat and a blanket/towel.  
8-week session | Instructor: Greg Mena  
Starts: 6/13 | Time: 9 AM | Thursday | \$24

### Tai Qi/QiGong

8-week session | Instructor: Chris Tucker  
Strengthen and balance the body while calming the mind.  
Starts: 6/10 | 9:30 - 10:30 AM | Mon./Fri. | \$60



# PRESENTATIONS

Please call or visit the Senior Center front desk to register for any presentations.

## LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH WORKSHOPS

### Late-Life Transitions

As we age, we all face key social, physical, and psychological changes. This presentation identifies late-life transitions which can affect the way we function and offers tips on maintaining a positive self-view, feeling good about our past, and making the most of life in the face of these changes.

Wednesday, June 12 | 10 AM

### Grief and Loss

Grief that comes with loss is a common stressor facing older adults and can be a challenging experience. This presentation defines grief and loss, explains the components of the grief process, and describes the symptoms of grief to prepare participants for what to expect from losses. Tips are imparted to improve our ability to cope with and move on from loss.

Wednesday, June 19 | 10 AM

### Holiday Blues

Holidays can be a challenging time for seniors who have suffered losses or who are feeling alone and without family or social support. This presentation discusses strategies to combat feelings of sadness or "the blues" in preparation for the upcoming holiday season.

Wednesday, June 26 | 10 AM

### Social Isolation

Learn about how isolation can affect mental and physical health. Get ideas on how to manage isolation and make simple changes in your life in order to live a healthy and productive life.

Wednesday, July 10 | 10 AM

## Know the Scams, Don't Be a Victim

As technology improves and as the older adult population increases, financial abuse of older adults is becoming more frequent. This presentation defines financial exploitation, identifies common scam techniques, how to identify a scam, and presents tips on preventing scams and dealing with scams.

Wednesday, July 17 | 10 AM

## CAL CONNECT SMARTPHONE TRAININGS

Having difficulty hearing or seeing on your smartphone? Attend a FREE training and make your smartphone work better for you! Learn how to:

- Make your smartphone louder and easier to hear
- Send & receive text messages
- Connect Bluetooth devices
- Operate the basic functions of your smartphone... and much more!

IPHONE: Friday, May 10 | 9:30 - 11:30 AM

ANDROID: Friday, May 24 | 9:30 - 11:30 AM

## Insurance Scam Prevention

### Presented By: California Department of Insurance

Please join the CA Department of Insurance Outreach Analyst for a presentation addressing insurance fraud and scams directed towards older Californians and how to fight back and protect yourself. With many people experiencing tremendous loss during the COVID-19 pandemic, it is imperative for you to have up-to-date information and resources.

Wednesday, May 29 | 10 AM



# PROGRAM HIGHLIGHTS

## SILVER STRINGS GUITAR CLUB

Did you know the Senior Center has a guitar club led by seniors for seniors? The Silver Strings Guitar Club practices weekly and have performed at local senior centers, city functions, and retirement homes. If you are an intermediate to advanced guitar player and interested in sharing your talent, please contact the Senior Center to schedule an audition.



## NEW!!! OPEN JAM SESSION

Wednesdays | 12 -2 PM | FREE

Interested in sharing your vocal and or instrumental talents in a safe/nonjudgmental space? Then, come share your passion with other musicians every Wednesday from 12 - 2 PM. All levels welcomed.

## DUARTE 66ERS SENIOR SOFTBALL TEAM

This active group of ballplayers range in age from 55 to 90! The 66ers practice at Otis Grodon Sports Park on Tuesday mornings and play in the the Intercity Softball League on Thursdays. Come support the team at one of our upcoming home games.

### HOME GAME SCHEDULE:

May, 9, 23 & 30 | 9:45 AM

June 6, 13 & 20 | 9:45 AM

Otis Gordon Sports Park - 2340 Central Ave



## THANK YOU SPONSORS

