



Important Numbers:

City Hall
1414 Mission 403-7200

Fire (non-emergency)
817 Mound 403-7300

Police (non-emergency)
1422 Mission 403-7270

Public Works
1414 Mission 403-7240

Service Yard
825 Mission 403-7370

Library
1100 Oxley 403-7330

Recreation Center
815 Mission 403-7380

Elder Abuse
Hotline (877) 477-3646

Office of the Public
Guardian (213) 974-0511

Huntington
Hospital (626) 397-5000

INFO-LINE (626) 350-6833

Email reservations for the
Center: spcsreservations@ci.south-pasadena.ca.us

The Center receives financial support from the City's General Fund, Proposition A & C funds and the Community Development Block Grant Program.

Telephone numbers:

General info
626. 4 0 3 . 7 3 6 0

Transportation
626. 4 0 3 . 7 3 6 8

www.ci.south-pasadena.ca.us

September Event



Spaghetti Feast

Join us for our annual Spaghetti Feast on **Wednesday, September 22 at 11:45**



Spaghetti with Liliy's famous marinara sauce

Green Salad & Garlic Bread

Dessert

Entertainment provided by John Greenwood as "Dino" singing your favorite Italian love songs.

Entertainment sponsored by SCAN Health Plan.

Cost: \$2.25

Reservations required, call 626- 626-403-7360



October Events

Pancake Breakfast

Sponsored by Senior Citizens' Foundation of
South Pasadena, Inc.

Friday, October 8, 2010 from 8:30-10:30 a.m.



Join us for a treat as staff prepares a delicious pancake breakfast including sausage, eggs and coffee.

Donations will be gladly accepted made payable to the
Senior Citizens' Foundation of South Pasadena, Inc.

Thank you for your support!

Reservations required, call 626-403-7360.



September & October 2010

Dear Members & Participants:

This summer we offered some fun activities such as: 4th of July BBQ, Ice Cream Socials, & Tea Dance thanks to the support of Anthem Blue Cross, Health Care Partners, Vista Cove and Starbucks. These activities would have been difficult to offer without their support.

We also offered two unique programs this summer, Improv Workshop and Film (Up) with Discussion thanks to Tom Franco, a Social Work student who helps older adults address aging issues. Due to the success of the program we will offer them again in early 2011.

We have changed the start time of Friday films to 1pm, instead of 12:45. This should allow time for those having lunch to socialize a little longer. Thank you for understanding.

We have a special request for those who use the Center for socialization. On a regular basis we offer lectures/presentations and set them up in the main room due to the size of attendance. Our facility is limited and at times we have to police the room and ask those that are not participating in the lectures to keep their voices down. Please understand that we love to have you enjoy the Center, but the lectures/classes and activities do have a priority when it comes to use of the Center. We are working on improving the outdoor space to set aside space for socializing with protection from the outdoor elements, however that takes time. Bear with us.....

We welcome aboard Betty McIntosh our newest volunteer with the home delivery program. This summer we were challenged with volunteers being on vacation and we are grateful to Councilman Mike Ten who helped out on most days, as well as Barbara Klein and Kit Roselund. Thank you!

Great activities are planned for the next few months, our annual Spaghetti Feast is back, I look forward to cooking for all of you! We also have Flu Shots and Halloween festivities and new menu selections for the meal program.

Look forward to seeing you, *Litiana F. Torres*

**Halloween & Birthday
Luncheon
Tuesday, October 26, 2010**



Join us for the annual Halloween festivities & Birthday Luncheon. Lunch will be served at 11:45 a.m. followed by Costume Contest & Birthday Celebration.

Menu:

Roast Pork w/ Port Sauce
Carrots w/ Black Beans
Spinach/Orange Salad
Potato & Squash mash

Birthday cake provided by
**Chancellor Place of
Pasadena**

\$2.25 For reservations call
626-403-7360



Be Prepared This Season...Get
Your **FREE FLU SHOTS** on
Thursday, October 28, 2010
9:00 am to 12:00 noon (while supplies last)

Influenza vaccine will be offered to qualified persons over six months old. Limited supply of Pneumonia Vaccine & Tdap (Tetanus, Diphtheria, and Pertussis) will also be offered for qualified persons only.

Immunizations are offered through joint efforts from the Monrovia Health Center, County of Los Angeles/Department of Health Services and the City of South Pasadena Community Services Department. **Please note:** Line will form at the back of the Senior Center. Those with wheelchairs or walkers are welcome to enter the building from the front (Oxley Street)

Upcoming September Lectures (all lectures require registration)

Rock Talk– Get ready to hear a delightful program on Rock Talk by Janie Duncan who is a member of the Monrovia Rockhounds. She has a wealth of knowledge about local area rock resources and places to visit. She will talk about the three types of rocks: igneous, sedimentary and metamorphic. Join us on **Wednesday, September 1 at 10am.**

The Missions and History of California- Father Junipero Serra takes center stage in the unfolding of California's history presented. Learn more about the 21 mission that he and his Franciscan brothers founded and their continued use today. The creation, daily life and decline of the early missions will be explored and a greater appreciation will be gained. Join Deborah McIntosh on **Wednesday, September 8 at 10:30.**

Egypt & the Middle East- Egypt is the most influential and important country in the Middle East. Join Professor Malhotra from the USC Emeriti Center as he highlights historical and cultural factors in the development of Egypt and its relationship with its neighbor's and the United States. Join us on **Wednesday, September 15 at 10am.** Membership required to attend this informative lecture. Call to make a reservation, 626-403-7360. Lecture sponsored by the Senior Citizens' Foundation of South Pasadena, Inc.

Il Postino– In a tiny Italian fishing village, a shy young postman finds the inspiration to live out his dreams during his daily deliveries to his only customer, a famous poet. Join Arlene Stone from the LA Opera Speakers Bureau on **Wednesday, September 15 at 1pm** to hear this fascinating story. Call for a reservation.

Wii Wednesdays– Combining physical activity and social fun by encouraging everyone to enjoy active-play video games together is great. You can do this with Wii the 2nd Wednesdays of every month at 1:00 p.m. Consider how active-play video games based on sports can provide a fun, physically active supplement to your activities all year round.



Reservations required in advance.

Hearing Screening– HEAR Center will be here on **Friday, September 10 from 9-11am** to provide free hearing screening. Appointments are needed and can be made by calling the Senior Center at 626-403-7360.

Huntington Senior Care Network– HSCN offers professional assistance to help keep older adults and adults with disabilities healthy and independence. A care coordinator will be onsite the third Wednesdays of the month **at 1:00 p.m. (September 15 & October 20).** Call to make a reservation to speak with the care coordinator.

A Tribute to Stan Kenton- John Tumpak, jazz historian, L.A. Jazz Scene Journalist, will make a presentation on native Angeleno, Kenton, one of the most famous and respected of all the big bandleaders. Tumpak will discuss his highly productive four decade career in big band jazz and jazz education in detail. Latin jazz played a major role in Kenton's music development. Tumpak will discuss Kenton's involvement in the genre, review the origins and history of Latin jazz and salsa music. Join Mr. Tumpak on **Monday, September 20 at 1pm.** Call for a reservation.

Calendar

September & October 2010

September 1	Rock Talk
September 6	CLOSED- Labor Day
September 8	Missions and History of California
September 8	Wii Wednesdays
September 10	Hearing Screening
September 15	Egypt & the Middle East/Il Postino
September 20	Tribute to Stan Kenton
September 21	Breast Health
September 22	Spaghetti Feast/Elder Wisdom
September 24	Nervous System Exam
September 27	Current Affairs Group
September 29	Shoulder Pain/Hypertension
September 30	Gold Line to Little Tokyo
October 5	Persistence of Form
October 6	Cleopatra/Different Types of Stress
October 8	Pancake Breakfast
October 11	CLOSED-Veterans Day
October 18	Benny Goodman
October 19	CTAP
October 20	Van Gogh and Mondrian
October 20	Marriage of Figaro
October 26	Cold & Flu
October 26	Halloween/Birthday Luncheon
October 27	Story of Beads/Know the 10 Signs
October 28	Flu Shots

Birthday Celebrations

Each month the Center celebrates birthdays on the last Friday. Birthdays are special at our Center. Everyone joins in to sing to the honorees, get their pictures taken, and the Center provides a free lunch for the birthday honorees. To top things off, we have the good fortune of receiving a delicious cake each month thanks to the generosity of **Chancellor Place of Pasadena** Join us: September 24 & October 28 (Tuesday) at 11:45



Volunteers

Volunteers assist with many aspects of our day to day operations. Whether they are greeting the public at the front counter, answering telephone calls, teaching classes, serving & delivering meals, serving on committees, or maintaining the gardens, we rely heavily on their support. As many are aware, public dollars are limited, and staff at your Senior Center is limited. Therefore we need to rely on other sources to meet our growing needs.

At the present, our most **urgent** area of need is with the Home Delivery Meal Program. Volunteers are needed to deliver meals to home bound seniors. The assignment calls for a once a week commitment for one and half hours per week. That's it! Not bad.

A second area of need is the reception area of the Center. Calls for a once a week commitment.

If you are interested or know of someone who might be please have them contact Lucy Hakobian and she will arrange to meet with them and provide details.

SUPER STAR VOLUNTEER

Volunteers are the back bone of our operation. Without their assistance many programs and activities would not take place. In each issue we take time to recognize those that have made exceptional contributions to our programs.

This issue we would like to express our appreciation to Councilman Mike Ten for his exceptional contribution. Due to many challenges we had faced, Mike was able to fill in and deliver meals to our seniors. We thank him for his time and dedication to our community and always supporting the Senior Center.

THANK YOU

Human Services (monthly)

Financial Strategies and Advice

Advisor is available to assist with TAX-FREE sales of highly appreciated real estate, stock and mutual funds, fee based investment portfolio management and commercial/residential real estate purchase and sales. Scott W. Burch, Registered Investment Advisor and Realtor is available for consultation the 2nd & 4th Tuesday morning of each month, from 10 am—12 noon. Call for an appointment.

Legal Advice

No cost consultation is provided for seniors to deal with various legal issues, Linda Paquette, Elder Law attorney is available the third Monday of each month from 9 am to 12 by appointment.

Convalescent Care Planning

Convalescent Care Planning attorney Carlos Arcos provides information on finding and paying for convalescent care as well as on financial protection for married couples under the Spousal Impoverishment Law. Contact the Center for a 15 minute consultation .

Care Management & Resources

Villa Esperanza Services—They provide a link to resources that are helpful in dealing with aging issues and can assist with preventing unnecessary institutionalization. A Care Manager is available to provide assistance, advocacy and information to obtain appropriate resources. Service is available on the first and third Wednesdays of each month from 11 am—12:30 pm. Arrangements can be made for a telephone consultation.

Huntington Senior Care Network

Huntington Senior Care Network of Huntington Hospital is a nationally recognized not-for-profit program that has helped older, disabled adults and their families remain healthy and independent. Resource Center Specialists provide free telephone information and assistance on aging needs & community resources.

Senior Social Group

A group of individuals meet weekly to share and exchange information, ideas and thoughts in a caring, supportive manner. The group discusses health, family, human relations, experiences as well as problems. Group meets Mondays from 10:30-11:30 am. Lorraine Cummings will be leading the group on the 3rd Mondays of the month.

Telephone Reassurance Program

Volunteers are available to make calls to seniors living alone in South Pasadena. If you know of someone who could use a daily friendly call to check on his or her safety or welfare contact us.

Vision Screening

No cost vision screening is provided the first Friday of each month from 2-3 pm. Screening includes review of post ocular medical & medication history, as well as testing for visual acuity. Ophthalmologist Michael Miller is available by appointment.

Podiatry Clinic– NEW DAY

Dr. Andrew La will be available every other month effective August 6th from 9 am to 12 noon. Medicare assignment is accepted and the doctor does not bill the patients for co-payments. Dr. La does not accept HMO's and will charge \$45 for those with an HMO. Appointments are necessary.

Blood Pressure

Right at Home will be offering their services the 4th Wednesday of the month from 10-11 a.m. to offer free blood pressure screenings. Appointments not necessary.

Glucose Testing & Blood Pressure Screenings

Huntington Memorial Hospital offers a monthly blood pressure clinic and glucose testing thanks to Kathy Eastwood, RN. The service is offered the second Monday of each month from 8:30-10:30 am. The nurse requires those taking the glucose testing to fast for 1.5 hours prior to the test.

Leisure Classes (on-going)

Free Classes Center Members

Book Discussion Group—Meets the *3rd Wednesday* of each month from 10 –11:45 am. September 15 The Way to Herodotus and October 20 Land of Green Plums. *Group facilitator: Liz Giffen-Glad*

COMPUTERS

Computer Lab—Computers are available for use at no cost to MEMBERS of the Center. Registration required, call for availability. Computers not available during scheduled activities.

Creative Writing—Bring creative thoughts and/or poems. Thursdays from 1-3pm. *Moderator: Dave Gibson*

LANGUAGES

Francaise (Conversational)- Want to carry out a conversation in French? Then you should join this class on Mondays from 1-2:30pm. Instructor: Richard Powers.

Italiano— Class meets on *Mondays* Beginning level from 11-11:45 am & Conversational Italian from 12-1:30pm. *Instructors: Florence Kerechuk & Molly Duarte.*

Espanol— Begin (Tuesdays) & Intermediate (Thursdays) -Class meets from 8:30-9:30am. *Instructor: Fay Riedel*

Espanol— Beginning class held on Tuesdays 9:30-10

Walking Group—Group meets faithfully on Tuesdays & Thursdays in the Center lobby from 8:30-9:30 am

Mah Jong—Learn to play and have fun Thursdays 9:30 am—12 noon.

Bridge— Challenge yourself with the greatest card game. Tuesdays 10-11:30am and 1-3pm. *Thanks volunteers for keeping the activity going!*

Sewing Instruction- Learn custom tailoring, use of special fabrics and quilt making. Class meets Thursdays from 1:00-4:00 p.m. Resumes in September. *Instructor: Carmie Vescelus*

Watercolor Art—Instructor creates different projects each week. Fridays 9-11 am. *Instructor: Lorrie Shriner.*

Fee Classes Open to All
Adults Only

Yoga— Ongoing class is offered on Mondays from 8:30-9:30 am. Cost \$24 for 8 weeks or \$4/week. *Instructor: Letty Watkins*



Digital Photography— Learn the basics of digital photography. Class held the 2nd Tuesday of the month at 1:00 p.m. (September 14, vacation in October). Cost \$5/class.

Instructor: Andy Gero

Intermediate Computer- Learn the next levels of computer use. Class will be offered from 3-5 pm on September 8, 10, 15 & 17. Cost \$25

Instructor: George Holmes

Crochet Class-Instruction provided Wed. 9:30-11:30 am. Bring yarn & needles. Cost per class \$5 *Instructor: Jean Shono*

Knitting Class-Instruction provided on Fridays 9:30-11:30. Bring yarn & needles. Cost per class \$5 *Instructor: Jean Shono*

Stitchery— Learn techniques of stitchery Thursdays from 10:00-12:00 with a cost of \$10 for supply fee. *Instructor: Carmie Vescelus*

Voice Instruction— Call the Senior Center for info. *Instructor: Violet Mesrop*

Line Dance— Line Dance class is offered on Thursdays at 9am. Cost \$5 per week. *Instructor: Ron Black*

Upcoming September Lectures (*Note: Registration is required for lectures)

Breast Health– Come to an informational presentation on Breast Health from Health Care Partners. Find out the risk factors, plan of action, breast cancer awareness, warning signs and reducing your risk for breast cancer on **Tuesday, September 21 at 10:30am.**

Elder Wisdom Circle- The intention of this group is to study Elder issues through our members, agreed-upon topics, publications and film. For our first meeting we will present a short film about Elder issues (14 minutes) which we will then discuss. Join Mr. Oliver Beaudette, Certified Sage-ing® Leader the 4th Wednesdays of the month at 1pm starting **September 22nd.** Call for reservation.

How Are Your Nerves? Right now, your heart is beating. Your lungs, kidneys, liver, brain- everything in your body- is functioning in a coordinated effort

thanks to your nervous system. Your nervous system is the master system and controller of your body. Join us every 4th Friday to see how the Insight Discovery objectively evaluates patterns of spinal and nerve function. It is painless, non-invasive, scientifically sound and easy to understand. Wellness experts Drs. Christopher Vargas and Adana Moses from Innate Family Chiropractic will be offering complimentary nervous system exams on **Friday, Sept. 24 & October 22 at 10am.**

Current Affairs Group– Politics, war & going Green- Which one of these topics interests you? Join this newly formed current affairs group that will meet once a week to discuss different topics of interest. Group facilitated by Lupe Cadenas-Moore. She is a retired Professor from Cal State Los Angeles and holds a PhD in Spanish and History. The group will meet on Mondays starting **Sept. 27 from 1-2:30 p.m.** Cost \$3/person/week.

Cinema

Foreign Film Friends: The Foreign Film Friends meet twice a month on Mondays at 3 pm, unless otherwise stated. Films are selected from suggestions of the participants. Below is a list of films for the next two months:

September 13 Elsa Y Fred (Elsa & Fred)
2005– Spanish (1hour, 48 min.)

September 27 Brodre (Brothers)
2004– Danish (1 hr, 57 min)

October 4 Coco Avant Chanel (Coco Before Chanel) 2009– French (1 hour, 48 minutes)

October 25 Amreeka (America)
2009– Arabic (1 hour, 37 minutes)

Senior Cinema Fridays: The Senior Cinema is offered Friday afternoons at **1:00 pm.** Films are selected by a committee and they welcome your suggestions. The scheduled films are as follows:

September 3 Show Boat-1951

September 10 Young Victoria-2009

September 17 Cats and Dogs-2001

September 24 Sex in the City-2008

October 1 Space Cowboys-2000

October 8 Invictus-2009


October 15 Desk Set-2001

October 22 Exodus-1960

October 29 Little Shop of Horrors-1986

Committee is made up of Betsy Hawkinson, Jolyn Loomis, Bill Hilliard, Bobb Lynes & Barbara Watkins. Feel free to leave suggestions with the front office staff. Movies are subject to change based on availability.

Movies at the South Pasadena Senior Center are shown per an annual license agreement from the Motion Picture Licensing #12570160.



New start
time is
1:00 p.m.

Daily Meal Program

Hot meals are served Monday through Friday at the Senior Center, with the complete menu posted daily, as well as on the City's website. Reservations are required at least 24 hours in advance. Meals are served at 11:45 am. with reservations held until 12 noon.

Cost for seniors \$2.25

Cost for disabled persons \$2.25

Cost for persons under age 55, \$4.18

Cost for caregiver same as those under age 55

Cancellation must be received by 10 am, or an individual will be billed for meal (s). Prepaid coupons are available for purchase.

Home Delivered Meals

Hot meals are delivered thanks to volunteers Monday through Friday to those who are frail or recovering from an illness and are in need of a hot meal.

Cost \$2.50 per meal, \$12.50 per week

Meals delivered between 11 am–1pm

Note: The menu is subject to change without notice. Reservations are required & can be made by calling the office at (626) 403-7360.

SEPTEMBER 2010 MENU

		Chicken Enchilada Cass.	Fish Vera Cruz	Roast Turkey
		1	2	3
CLOSED- Labor Day	Hamburgers	Tequila Lime Chicken	Tuna Salad	Chicken Taco
6	7	8	9	10
Roast Beef	Roasted Garlic Chicken	Meatloaf	Pork Chop	Baked Fish
13	14	15	16	17
BBQ Chicken Sand.	Polish Sausage	Spaghetti Luncheon	Spanish Steak	Roast Pork
20	21	22	23	24
Chili with Beans	BBQ Pulled Pork Sand.	Chicken Fajitas	Chicken Noodle Casserole	
27	28	29	30	

OCTOBER 2010 MENU

				Meatloaf
				1
Turkey Salad	Ham & Spinach Quiche	Beef Taco	Lasagna	Stuffed Bell Pepper
4	5	6	7	8
CLOSED- Columbus	Swedish Meatballs	Chicken Enchilada	Fish Vera Cruz	Roast Turkey
11	12	13	14	15
Spaghetti Meat Sauce	Hamburgers	Tequila Lime Chicken	Tuna Salad	Chicken Taco
18	19	20	21	22
Roast Beef	Halloween & Birthday	Meatloaf	Boxed Lunch	Baked Fish
25	26	27	28	29

Transportation

Dial a Ride

Transportation is available for South Pasadena residents Monday through Friday, 8:30 am to 4:30 pm.. for seniors and disabled persons. Service may be used to any place within the City limits and the South/West areas of Pasadena for medical appointments. Once a month, Dial A Ride is available to take you to Target and the Santa Anita Mall (call for dates and times). Reservations need to be made at least 24 hours in advance by contacting staff at (626) 403-7368. Registered riders pay a fee of \$.50 per trip. For those who prefer not to carry cash coupons are available for purchase.

Gold Link Shuttle

Shuttle service provides commuters transportation to and from the Gold Line Mission Station on

Meridian. The AM route operates with a fixed route from 6:20 am to 9 am, M-F. The PM route operates on a flex route system which takes commuters from the Mission Station to a stop of their choice without any unnecessary stops in between, PM operates from 4:30 to 7:00 pm.



MTA Passes

Residents of South Pasadena age 62 and over are eligible for reduced MTA bus pass (which can also be used for the Gold Line Train). TAP Cards are now being accepted and seniors/ disabled passes may be reloaded from the 25th of the month to the 10th of the following month. If you do not have a TAP card, you must contact Metro and get a card.

More Lectures & Information...

Shoulder Pain Lecture– Dr. Ioele-Siefke will talk about shoulder pain and importance of taking care of yourself on **Wednesday, September 29 at 10am.**

Hypertension- The Alzheimer's Association will present a lecture on hypertension, diabetes and Alzheimer's Disease on **Wednesday, September 29 at 1pm.** Learn about the role of diabetes and hypertension in your brain's health.

alz.org | alzheimer's association

Gold Line Trip to Little Tokyo– Join Senior Center staff on **Thursday, September 30 from 10am-1pm** as we take the Gold Line from South Pasadena to Little Tokyo. Meet at the Senior Center at 10am and we will walk over to the train. Lunch is on your own. Bring your bus pass or cash to purchase train ticket.

Diabetes Support Group– Will resume in January 2011. More details in the future.

Scholarships- The Center offers confidential scholarships for seniors who find themselves with limited financial resources. Scholarships are made available from proceeds of the annual rummage sale and individual donors. Scholarships are issued for the meal program, transportation and membership. Those interested please contact the Senior Center Manager.

Senior Citizens Foundation of So Pas, Inc.

The Foundation's purpose is to raise funds for the Senior Center to enable improvements to programming, the facility and any other needs the Center may have and cannot be met by limited public dollars. In 2009, the Foundation donated a 55" flat screen television. Be a part of those gifts and make a tax deductible donation and mail to: Senior Citizens' Foundation of So Pasadena, Inc., P O Box 185, South Pasadena, CA 91031. Calls are welcome to (626) 403-7337.



Senior Commission:

Walter Cervantes, Chair
Richard Paul, Vice-Chair
Molly Dixon, Commissioner
Gina Phelps, Commissioner
Madalynne Wardlow, Commissioner
Richard D. Schneider, City Council Liaison
The Senior Commission meets regularly on the
2nd Wednesday of each month at 8:30 am.

Staff:

Sheila Pautsch, Community Services Director
Liliana F. Torres, Center Manager
Lucy Hakobian, Coordinator
Catrina Peguero, Secretary
Laura Mora, Transit Coordinator
Chris Padula, Recreation Leader
Kari Rinaldi, Recreation Leader
Nellie Armenta, Site Manager

TRAVEL

The travel program is in the process of being revamped. We thank you for your patience and understanding and encourage you to look for information in the near future.

Thank you,

Liliana F. Torres



City of South Pasadena
Senior Citizens' Center
1102 Oxley Street
South Pasadena, CA 91030

Return Service Requested

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Permit #183

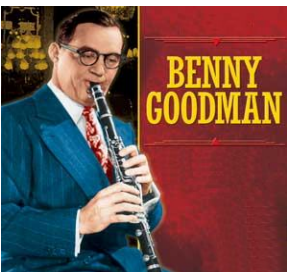
The Persistence of Form; The Sonnet & The Villanelle– Join Professor Vilma Potter from Cal State LA’s Osher Lifelong Learning Institute as she returns to us to share the above subject. Join us on Tuesdays for a four week series beginning October 5 (12, 19, 26) at 10:00 a.m. Class is free for Senior Center & OLLI members.



Cleopatra VII, The Last Queen of Egypt- Cleopatra ruled the Land of the Nile for 21 years with her legendary allure, alliances, fabled liaisons, and political intrigue. Descended from Alexander the Great, her friends and enemies were the ancient worlds’ most famous players -- Julius Caesar, Mark Antony, Octavius Augustus Caesar. Hear how she entertained them on her golden barge with purple sails and charmed or defied them, and changed the fate of her beloved Alexandria and Egypt forever. Join Deborah McIntosh on **Wednes-**

day, October 6 at 10:30 a.m.

Different Types of Stress- Ever wonder what stress really does to you and your health? Learn about the different types of stress that our body deals with every day, and how to eliminate stress to ensure a happier, healthier life and well-being. Join Innate Family Chiropractic on **Wednesday, October 6 at 1pm.**

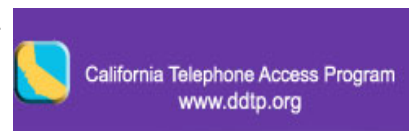


Benny Goodman- John Tumpak, jazz historian, L.A. Jazz Scene Journalist will make a presentation on **Benny Goodman and His Singers**. Benny Goodman is universally recognized as the King of Swing who kicked off the Big Band Era at his historic August 1935 engagement at the Palomar Ballroom. However, it is under recognized that the Goodman Orchestra consistently featured many of the Era’s top

singers. Tumpak will also talk about the history of the Big Band Era throughout his lecture. Join us on **Monday, October 18 at 1pm.**

California Telephone Access Program- CTAP distributes telecommunications equipment and services to individuals certified as having difficulty using the telephone. CTAP is a California State mandated program, under governance of the California Public Utilities Commission (CPUC). Equipment and some network services are available at no charge to eligible consumers. Californians who are deaf, hard of hearing, speech-disabled, cognitively-disabled, blind, or who have low vision, or restricted mobility, are eligible to receive equipment with certification by a medical doctor, a licensed audi-

ologist, a qualified state agency, or a hearing aid dispenser. Join us on **Tuesday, October 19 at 10:30am.**



Comparison & Contrast: Some Trees of Van Gogh and Mondrian- The last paintings by Vincent Van Gogh, who was born in Holland in 1853, influenced the early style of Piet Mondrian, a fellow artist and countryman born in 1870. A comparison of certain trees painted by both men at opposite ends of their lives provides a means of illustrating how Mondrian's trees evolved, step by step, from resembling Van Gogh's impressionistic images into highly individual and modern abstractions. But Mondrian's abstractions only appear to leave Van Gogh behind; similarities run deeper than meet the eye. Professor Karen Lansky from the USC Emeriti College on **Wednesday, October 20th at 10:00 a.m.** who will facilitate this wonderful presentation. Lecture sponsored by the Senior Citizens' Foundation of South Pasadena, Inc.



The Marriage of Figaro- This enchanting production of one of opera's greatest comic masterpieces turn upside down Figaro outwits his master, Count Almaviva whose wandering eye has landed on Figaro's bride-to-be, Suzanna. Plots are hatched, secrets revealed and virtue wins in the end as Figaro claims the hand of his beloved. Join Diane Beltoya from the LA Opera Speakers Bureau on **Wednesday, October 20 at 1pm.**

Cold & Flu- Colds vs flu, prevention, treatment, proper medication, when to see the doctor, what is pneumonia, signs and symptoms of pneumonia, prevention and treatment will be discussed by Health Care Partners on **Tuesday, October 26 at 10:30am.**



The Story of Beads- Join Janie Duncan as she tells us "The Story of Beads" in which we travel through time telling each beads' history or how it was made. Each bead is in a small clear box with a label and she will pass them around or have people come up after the lecture to see them. She has about 100 beads in the collection from 9500 BC to modern. Join us on **Wednesday, October 27 at 10am.**

Know the 10 Signs: Early Detection Matters- Learn about the benefits of early detection and early diagnosis. This lecture will be presented by the Alzheimer's Association. Join us on **Wednesday, October 27 at 1pm** as we learn more about this subject.

Home Improvement Program- The City of South Pasadena is now accepting applications for the 2010-2011 HIP. The HIP is designed to rehabilitate and repair the homes of families with low to moderate incomes. The purpose of this program is to provide assistance to those homeowners who lack the resources to repair items themselves. Eligible residents may qualify for home repairs up to \$5000. In order to qualify, residents must meet the following criteria: Applicants must be a homeowner living on the property; must meet the income requirements (income documentation for 2009 must be verified); must retain ownership of the home for at least 3 years after the completion of the work. Applications and brochures are available at the City Hall in the Planning and Building Department. If you have any questions regarding the program or would like to participate, contact Marlon Ramirez at 626-403-7225.