



**JANUARY**  
Senior Moments

# HAPPY NEW YEAR 2024

## HART PARK HOUSE SENIOR CENTER

**222 W. Sierra Madre Blvd**  
**Monday-Thursday**

**626-355-5278**  
**7:30am-5:30pm**

*Please note that the center will be closed  
Friday, December 22, 2023-Monday, January 1, 2024*



PRESENTED BY THE SENIOR COMMUNITY COMMISSION

# HAPPY NEW YEAR! BINGO

Thursday, January 18, 2024  
12:30pm-2:30pm  
Hart Park House Senior Center

\$7

Fee includes BINGO games, light lunch & prizes!

Registration opens Monday, January 1st.

Visit [www.cityofsierramadre.com](http://www.cityofsierramadre.com) or call 626-355-5278 to register!

*\*Payment must be made at the time of registration.*

## Wednesday, January 10 & 24, 2024

9:00am-9:45am in the Hart Park House

Tea and Talk meets twice a month to discuss the fun, suspense, intrigue, love and so much more that each selection has in store!

Call 626-355-5278 for more information.

BOOK CLUB

## Chair Yoga

Every Monday and Wednesday  
Hart Park House 10-10:45 am



Please join us for some gentle stretching, yoga, balance exercise and overall relaxation with Paul. Classes are ongoing and held in the Hart Park House Senior Center.

Call 626-355-5278 for more information

## Senior Cinema

1:pm in the Hart Park House Senior Center



Wednesday 1/10/24 Age of Adaline

A young woman, born at the turn of the 20th century, is rendered ageless after an accident. After many solitary years, she meets a man who complicates the eternal life she has settled into.

Wednesday 1/24/24 Sound of Freedom

The incredible true story of a former government agent turned vigilante who embarks on a dangerous mission to rescue hundreds of children from human traffickers.







# SENIOR LUNCH

In the Hart Park House Senior Center!!!

Hot meals are served  
Monday-Thursday and a frozen meal for Friday. Ages 60+.

Service begins at 12pm so please arrive by 11:30am.  
Meals will be served on a first come first served basis with a  
\$3.00 suggested donation.

CALL 626-355-5278 FOR MORE INFORMATION

eliminating racism  
empowering women  
**ywca**  
San Gabriel Valley



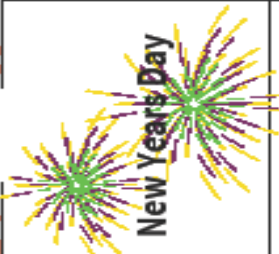
**January 2024**

Monday, Tuesday, Wednesday, Thursday

At 12 Noon.

222 W. Sierra Madre Blvd.

Sierra Madre, CA 91024

Monday	Tuesday	Wednesday	Thursday	Friday
1  <b>New Year's Day</b>	2 Split Pea Soup Baked Fish W/ Dill Sauce Sweet Potato Tri Color Coleslaw Cinnamon Apple Sauce Roll	3 Hot & Sour Soup Asian Beef Stir Fry Mixed Asian Vegetables Beet Salad Cantaloupe Or Tangerine Brown Rice	4 Vegetarian Chili Green Beans Mixed Salad Banana	5
8 Tuscan Vegetable Soup Spaghetti W/ Meat Sauce Broccoli Mesclun Salad Fresh Pear or Peach	9 Mediterranean Chicken Roasted Vegetables Lentil Salad Cantaloupe or Tangerine Brown Rice Pilaf Pita Bread	10 Corn Chowder Roast Turkey Breast Butternut Squash Green Peas W/ Mushrooms Kiwi Or Orange Stuffing	11 Baked Fish W/ Dijon Herbed Potato Salad Coleslaw Apple Roll	12
15 Martin Luther King Day	16 Stuffed Bell Pepper Mixed Vegetables Romaine Salad Apple	17 Vegetable Frittata Lima Beans & Corn Spinach, Cabbage & Brussels Sprouts Salad Pear or Nectarine Roll	<b>BINGO Day</b> <b>No lunch service</b>	
22 Turkey Vegetable Stir Fry Cabbage, Cucumber, Radish Salad Poached Ginger Pear Brown Rice	23 Minestrone Soup Meatloaf W/ Ls Gravy Garlic Mashed Potatoes Green Beans Cantaloupe or Orange Roll	24 Caribbean Chicken Broccoli Carrot, Bell Pepper Salad Brown Rice Pilaf	25 Butternut Squash/Pumpkin Soup** Fish Taco Pinto Beans Chopped Mixed Salad Peach or Plum	26
29 Southwest Shredded Chicken Pinto Beans Spinach Salad Peaches/Melon Corn Tortilla	30 Shepherds Pie Carrots Mixed Salad Greens Orange/Kiwi Roll	31 Mushroom Soup Baked Fish Almondine Green Beans W/ Herbs Coleslaw Barley W/ Herbs Parfait	<b>YWCA IS ON A MISSION</b>  Administered by YWCA San Gabriel Valley and funded in part by the Los Angeles County Area Agency on Aging through the Older Americans Act of 1965 as amended.  YWCA San Gabriel Valley Senior Services Department 101 S. Barranca Avenue, Covina, CA 91724 phone: 626-244-9456	

\*\*\* SUBJECT TO CHANGE WITHOUT NOTICE\*\*\*ALL ENTREES INCLUDE A 8OZ CARTON OF MILK\*\*\*SUGGESTED DONATION OF \$3\*\*\*

Yvonne North Hills



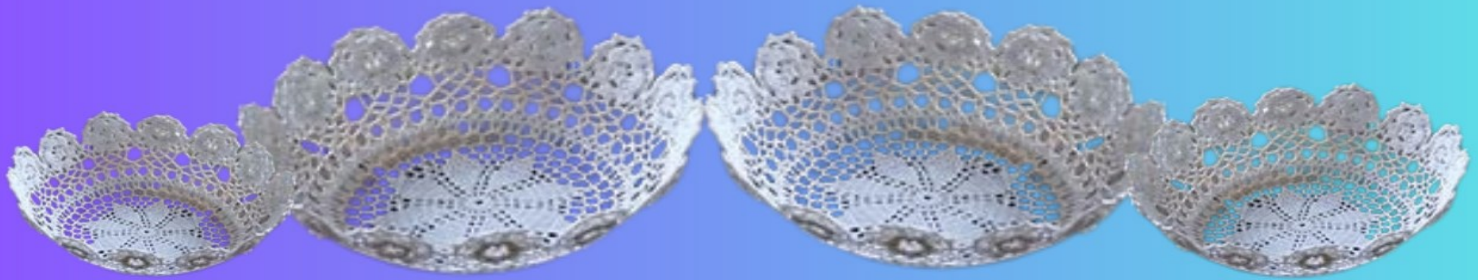
# January Craft

Thursday, January 11, 2024

1:30pm-2:30pm

Join us as we make lace doily decorative bowls.  
All materials are provided.

Limited space available.  
Call 626-355-5278 to reserve your spot.



## ***Hula and Polynesian Dancing***

***Beginner***

***Every Thursday***

***10:00am-11:00am***

***Intermediate***

***Every Friday***

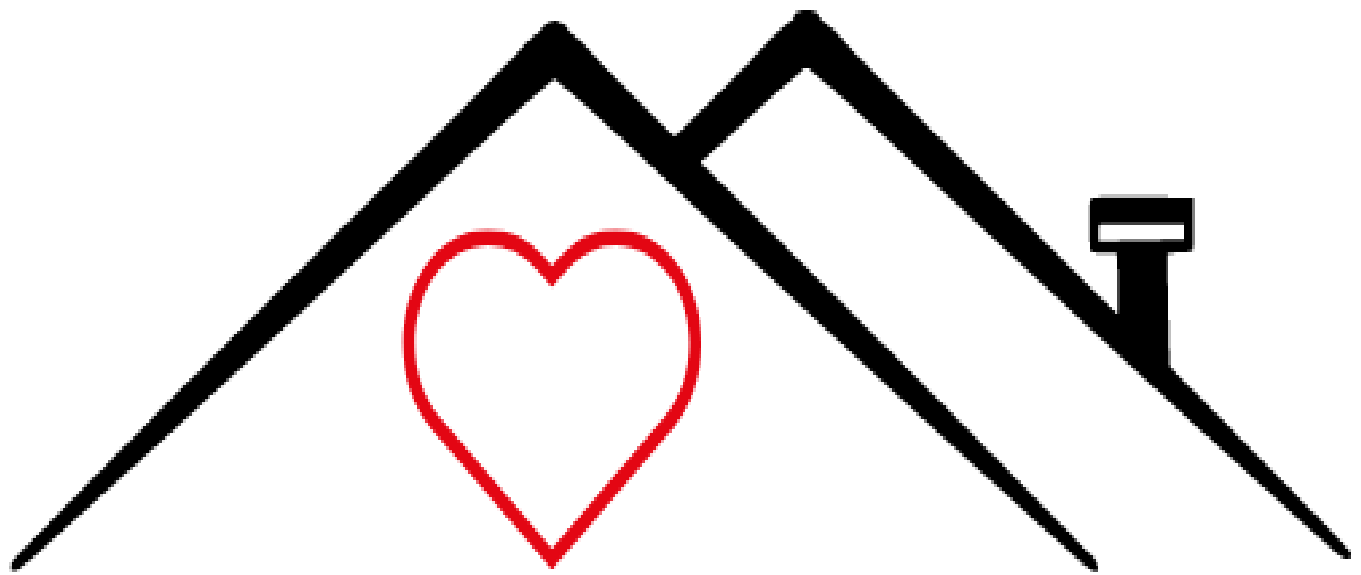
***10:00am-11:00am***

***Bring your lei, flower skirt and your  
desire to dance!***

***Join in on the fun in the Memorial Park  
Covered Pavilion on Thursday and the  
Hart Park House on Friday.***

**Call 626-355-5278 for  
more information**





Hart Park House Senior Center  
**Sierra Madre**

For information on  
Hart Park House Senior Center  
programs and activities  
please call 626-355-5278