



APRIL
Senior Moments

Hart Park House *Senior Center*

222 W. Sierra Madre

626-355-5278

Monday-Thursday

7:30am-5:30pm



April Craft

04/17/2024
1:00 pm

Come join us in making a pressed flower vase perfect for spring flowers to brighten up any room.
All Supplies will be provided.



For more information Please call Hart Park Senior Center at
626-355-5278



Senior Cinema

Movies begin at 1:00pm

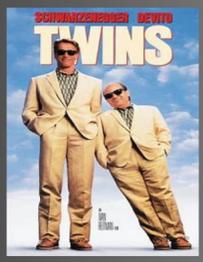
4/10 Mamma Mia PG-13



The story of a bride-to-be trying to find her real father told using hit songs by the popular 1970's group ABBA.

4/24 Twins PG

A physically perfect but innocent man goes in search of his long-lost twin brother, who is a small-time crook.



Medicare Presentation

Your Health Is Our Priority

Coming In April
Date and Time TBD



Why Us?

- ✓ What is Medicare?
Who can get Medicare?
How much does it cost?
What does Medicare cover?
What is not covered?
- ✓ Medicare Advantage Plans
Prescription Drug Plans
- ✓ When can I enroll in Medicare?
Where do I go for help?

Call 626-355-5278 for more information.

ANNUAL
Community Yard Sale

SATURDAY, JUNE 15

8 AM - 12 PM

MEMORIAL PARK

222 W SIERRA MADRE BLVD.

Vendor registration opens April 15, 2024

\$35 per 20x15ft stall



Sponsored by the Senior Community Commission

Call the Community Services Department for more information at 626-355-5278



HOP IN FOR
**BUNNY
BINGO**

APRIL 18TH, 2024
12:30 PM - 2:30 PM
\$7

Fee includes BINGO games, a light lunch and prizes! Payment must be made at the time of registration. Door Open at 12:15 pm

FOR MORE INFORMATION PLEASE VISIT
WWW.CITYOFSIERRAMADRE.COM
OR CALL
626-355-5278

Real Estate with Esther



**SENIOR LIVING & PLANNING FOR
THE FUTURE**

**4/16 11:30 AM
LUNCH AND LEARN**

Do you ever think about the future, where you will live, or if it makes sense to downsize to a small home or into a community? Are you wondering if you need to sell your home to offset costs for assisted living? Come learn how to prepare now and sell later while learning tips and tools on what you can do now while you live in the home and create a plan for the future.

Please arrive by 11:00 AM to sign up for the YWCA lunch service or bring your own lunch.

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 in the Hart Park House Senior Center.

Call 626-355-5278 for more information

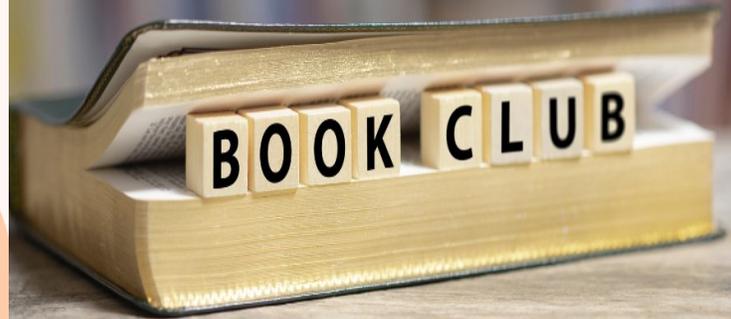


Wednesday, April 10 & 24, 2024

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.



Beginner

Every Tuesday
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.

Intermediate

Every Friday
10:00am-11:00am

Call 626-355-5278 for more information.

Hula and Polynesian Dance

Nutrition Series

Eat Smart

Learn some helpful tips to eating healthy & smart.

Monday, March 18, 2024 at 11 am

The Benefits of Drinking Water

Learn why it's important to stay hydrated & how you can get enough water throughout the day.

Monday, April 1, 2024 at 11 am

Nutrition Bingo

Learn some nutrition facts while playing a fun game.

Monday, April 15, 2024 at 11 am



Location: Hart Park House Senior Center

**For more information, call Christina Capul, YWCA SGV
at (626) 960-2995.**



SENIOR LUNCH

In the Hart Park House Senior Center!!!

Hot meals are served

Monday-Thursday and a frozen meal for Friday. Ages 60+.

Meals will be served on a first come first served basis with a \$3.00 suggested donation

Meals will be served at **11:30am**
 please arrive no later than **11:00am**
 to secure your spot

CALL 626-355-5278 FOR MORE INFORMATION

eliminating racism
 empowering women
ywca
 San Gabriel Valley



Monday, Tuesday, Wednesday, Thursday
 At 11:30am

April 2024

Wednesday

Tuesday

Monday

222 W. Sierra Madre Blvd.
 Sierra Madre, CA 91024

1	Tuscan Vegetable Soup Spaghetti W/ Meat Sauce Broccoli Mesclun Salad Fresh Pear or Peach	2	Mediterranean Chicken Roasted Vegetables Lentil Salad Cantaloupe or Tangerine Brown Rice Pilaf Pita Bread	3	Corn Chowder Roast Turkey Breast Butternut Squash Green Peas W/ Mushrooms Kiwi Or Orange Stuffing	4	Baked Fish W/ Dijon Herbed Potato Salad Coleslaw Apple Roll
8	Chicken Dijon Rosemary Mashed Potatoes Chopped Salad Fresh Fruit Roll	9	Stuffed Bell Pepper Mixed Vegetables Romaine Salad Apple	10	Vegetable Frittata Lima Beans & Corn Spinach, Cabbage & Brussels Sprouts Salad Pear or Nectarine Roll	11	Korean BBQ Sauté Zucchini W/ Sesame Seeds Broccoli Salad Pineapple Herbed Brown Rice
15	Turkey Vegetable Stir Fry Cabbage, Cucumber, Radish Salad Poached Ginger Pear Brown Rice	16	Minestrone Soup Meatloaf W/ Ls Gravy Garlic Mashed Potatoes Green Beans Cantaloupe or Orange Roll	17	Caribbean Chicken Broccoli Carrot, Bell Pepper Salad Brown Rice Pilaf	BINGO	
22	Southwest Shredded Chicken Pinto Beans Spinach Salad Peaches/Melon Corn Tortilla	23	Shepherds Pie Carrots Mixed Salad Greens Orange/Kiwi Roll	24	Mushroom Soup Baked Fish Almandine Green Beans W/ Herbs Coleslaw Barley W/ Herbs Parfait	25	Chicken Adobo Green Peas Masclun Salad Pineapple/Mango Fruit Cup Brown Rice
29	Chicken Soup Baked Pollock W/ Lemon Sauce Mixed Veg Blend Broccoli Salad Cinnamon Applesauce Roll	30	Cashew Chicken Green Peas Beet & Mandarin Salad Fresh Fruit Lo Mein Noodles Roll	<p>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.</p> <p>YWCA IS ON A MISSION</p> <p>YWCA San Gabriel Valley Senior Services Department 101 S. Barranca Avenue, Covina, CA 91724 Phone: 626-214-9456</p>			

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

Trío - NH