



DUARTE SENIOR CENTER NEWSLETTER NOVEMBER/DECEMBER 2024

SPECIAL EVENTS

Thanksgiving Breakfast *Sponsored by the Duarte Rotary Club*

Wednesday, November 13 | 9 AM

Available to the first 100 people who sign up

Members of the Duarte Rotary Club will cook and serve a special breakfast, including pancakes, scrambled eggs, sausage, potatoes, and juice.

Note, pre-registration is required and there will be no lunch served on this day.



Thanksgiving Dinner

Friday, November 22 | 5 - 7 PM
\$20 Residents/\$25 Non-Resident



It's time to eat, drink, and be thankful! Join us for an in-person dining experience with live entertainment and a fully catered meal. Pre-registration is required.

Register for these events at the Senior Center or online at ACCESSDUARTE.COM.

1610 HUNTINGTON DRIVE
DUARTE, CA 91010 | (626) 357-3513

HOURS OF OPERATION

MONDAY - FRIDAY | 9 AM - 2 PM
CLOSED NOVEMBER 28 & 29 AND
DECEMBER 24, 25 & 31

Pre-register for special events at ACCESSDUARTE.COM or visit the front desk in the Duarte Senior Center.



A Week of Holiday Magic

Christmas Carolers and Visit from Santa

Monday, December 9 | 1 - 3 PM

Sing-Along Performance by the Silver Strings

Tuesday, December 10 | 1 - 2:30 PM

Festive Arts & Crafts

Wednesday, December 11 | 1 - 3 PM

Holiday Dance With DJ Rudy

Thursday, December 12 | 1 - 4 PM

We invite you to visit us during our week of Holiday Magic! Pre-registration required for all activities. Register at ACCESSDUARTE.COM or at the Duarte Senior Center.

Christmas Entertainment Dinner and a Show

Friday, December 13

5:30 - 7:30 PM

\$15 Resident

\$20 Non-Resident

Performance by the Brighter Side Singers and Chicken Marsala dinner provided by the Bashful Butler.



Christmas Concert (Instrumental)

Monday, December 16

12:15 - 1:15 PM | FREE

Shalom Saxophone Group will entertain us with Christmas music.



SPECIAL EVENTS CONTINUED

FREE HAIRCUTS

Provided by:
Citrus College Cosmetology

Thursday, November 7
9 AM - 12 PM | FREE

Take advantage and get your haircut for free from one of the many talented cosmetology students. Walk-ins only.



LEGAL WORKSHOP

THE MOST COMMON PLANNING MISTAKES PEOPLE MAKE

Tuesday, November 12 | 10 - 11:30 AM

Presented by:

Sara Polinsky, J D Attorney at Law

Come and learn about the most common mistakes people make when dealing with their property, Living Trusts, Wills, Incapacity planning and more! For reservations, contact the Duarte Senior Center at (626) 357-3513.

VINYL RECORD LISTENING PARTY

Relive Some of Your Favorite Music Memories

Wednesday, November 20
12:15 - 1:15 PM



Do you have favorite records hiding in your closet or garage but no way to play them? Are you ready for some nostalgia? Bring your vinyl records to our Vinyl Records Listening Party. Ben Rushing will be here with his record player and he's going to play your records for you on his professional sound system. Grab your record albums (LP's and 45"s) and join us. A sign up sheet will be provided so that everyone has a chance to hear their favorite record played.

FLORAL ARRANGEMENT WORKSHOPS

Tuesday, November 19 and December 3
9 - 11 AM | \$15

Unleash your creativity and join us for a hands-on experience where you'll learn helpful tips and tricks while creating a beautiful floral arrangement! Learn from a local florist, Maria Rice, who brings 45 years of experience on how to prepare your flowers, mix and match, embrace greenery, and how to care for your arrangements to make them last longer. At the end of the workshop, you will get to take your beautiful self made arrangement home to enjoy!

Register at the Duarte Senior Center or online at ACCESSDUARTE.COM

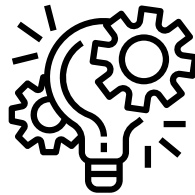


TECH HELP

Wednesday, November 13 &
December 11

10 AM - 11:30 AM | FREE

Book your free 15-minute appointment with John Sechini at the front counter.



HOW TO USE OUR QR CODE

Monday, December 2 | 10 - 10:45 AM

Do you keep seeing those funny square things with the Duarte d logo in the middle of them on our Newsletters and flyers and don't know what they're for? Come to this class and we will show you how easy it is to register for certain activities that have the QR code included on their advertisements.



SOCIAL ACTIVITES

BINGO

Tuesdays | 1 – 2:30 PM | \$1 per card
Prizes awarded to winners.

BIRTHDAY CELEBRATIONS

November 6 & December 4 | 12 PM | FREE
Come celebrate with us! There will be birthday cake and music to celebrate birthdays.

BOOK CLUB

Monday, November 18 & December 16
1:30 PM | MODERATOR: Janet Rietow
Do you enjoy reading? Join the Book Club. Contact the Senior Center for upcoming book selections. Copies of the monthly book are available at the Duarte County Library, as they have the books on hold for us.

BUNCO

Wednesday, November 6 & December 4
12:30 – 3 PM | \$2
Roll the dice and take a chance at BUNCO. Make new friends or visit with current friends.

CRIBBAGE

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.

FUN & GAMES

2nd & 4th Wednesday | 12:30 - 2:30 PM | FREE
Engage in a variety of fun activities such as Jeopardy, Wheel of Fortune, and Trivia.

LOTERIA

Thursdays and Fridays | 12:30 - 1:45 PM | \$2
Prizes awarded to winners. Change is appreciated.

MOVIE MONDAYS

12:30 PM | FREE

November 4 - Sahara PG13
November 11 - The Moth Man Prophecies PG13
November 18 - Next PG13
November 25 - Forgotten PG13
December 2 - Interpreter PG13
December 9 & 16 - No Movies
December 23 - Tremors PG13
December 30 - Philadelphia Rated R



THE MOVIE GUY

Learn about each film and watch the movie.

"Butch Cassidy and Sundance Kid"

Thursday, November 14 | 1 PM
The film is based on the real outlaws Robert Leroy Parker, aka Butch Cassidy, and Harry Longabaugh, aka The Sundance Kid. Redford named his film institute and festival based in Utah after his character, Sundance. The screenplay by William Goldman was bought by Twentieth Century Fox for \$400,000, the highest that had ever been paid at that time for a script. Learn about these interesting facts and many more from the Movie Guy as we talk about "Butch Cassidy and the Sundance Kid" with Robert Redford, Paul Newman, and Katharine Ross.



"White Christmas"

Thursday, December 5 | 1 PM
This 1954 musical has become a seasonal classic shown around the holidays every year. It features songs by Irving Berlin including a new version of the title song introduced to audiences by Bing Crosby in the 1942 movie, "Holiday Inn." "White Christmas" was intended to reunite Bing Crosby and Fred Astaire for their third Irving Berlin musical showcase. The film was the number one film at the box office for 1954 and was the highest grossing musical at the time. Learn about these and other interesting behind the scenes information as the Movie Guy talks about the 1954 musical with Bing Crosby, Danny Kaye, and Rosemary Clooney.

TRAVEL TOGETHER - EXCURSION PROGRAM

Register for all excursions online at ACCESSDUARTE.COM beginning December 9 at 6 AM or in person at the Duarte Senior Center at 9 AM . Bus will pick up on Huntington Drive and Pops Road. Parking is available in the Duarte Civic Center parking lot.

We accept Visa, MasterCard, and Discover.

MISSION INN FESTIVAL OF LIGHTS

Thursday, December 5 | 3 - 9:30 PM

\$35 Resident | \$45 Non-Resident

Join us on a trip to the magical Mission Inn Festival of Lights. Bask in the array of beautiful lights decorated both inside and out of the famous Mission Inn hotel. We will start our trip at the Duarte Senior Center where we will enjoy live entertainment from Duarte's very own Abraham Martinez and a meal provided by Claro's Italian Market to get you in the holiday spirit. Extensive walking.

HUNTINGTON HARBOR CRUISE OF LIGHTS IN HUNTINGTON BEACH

Wednesday, December 18 | 3 - 9 PM

\$35 Resident | \$45 Non-Resident

Cruise the Huntington Harbor with us for "The most spectacular holiday light show on water!" See thousands of lights on boats, decks, docks, and homes, plus incredible animation on a 50-minute narrated boat tour! Claro's Italian Market will provide a meal of lasagna with all the sides at the Senior Center before we depart to the harbor. Rigatoni will be available as a vegetarian option. Extensive walking.



ROSE PARADE



Wednesday, January 1

5:30 - 11:30 AM

\$85 Resident | \$95 Non-Resident

Start the New Year off with us at the 136th Tournament of Roses Parade! Enjoy the parade, in-person, as it showcases some of the most colorful, creative floats, marching bands, and equestrian units in the world! This year's theme is "Best Day Ever". We have prime seating on Colorado Blvd. Seats are ADA compliant with restrooms nearby. Extensive walking.

WICKED at the PANTAGES

Wednesday, January 29

5:30 - 10:30 PM

\$75 Resident | \$85 Non-Resident



Join us on a trip to the Pantages Theater in Hollywood to enjoy this Broadway sensation! The musical takes a look at what happened in the Land of Oz, but from a different angle.

Long before Dorothy arrives, there is another young woman, born with emerald-green skin—smart, fiery, misunderstood, and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikeliest of friendships, until the world decides to call one "good," and the other one "wicked."

TRAVEL TOGETHER - EXCURSION PROGRAM CONTINUED

PALA CASINO

Thursday, February 20 | 12 - 9:30 PM

\$25 Resident | \$35 Non-Resident

Pala Casino is home to over 2,000 of the latest reel slots, video poker, video keno, roulette, and progressive machines. Luis Rey's, Noodles, and Bar Meets Grill are just some of the tasty dining options for your choosing at the casino. New players will receive \$20 of free play! (subject to change)



THE CHEECH MUSEUM & RIVERSIDE ART MUSEUM

Wednesday, March 19 | 10:30 AM - 4:30 PM

\$25 Resident | \$35 Non-Resident

Why don't you come along and take a little ride to Riverside to explore the Cheech Museum and Riverside Art Museum. Cheech Marin is one of the world's foremost collectors of Chicano art, and The Cheech is the showcase center of not only Chicano paintings, but sculptures, photography, and video arts! The Riverside Art Museum has a wide range of exhibitions that provoke thought, explore various themes, perspectives, and artistic movements. We will stop to grab a bite before our visits. Don't let this chance to visit two of the most vibrant museums in Southern California go up in smoke! Register today! Extensive walking.

TRAVEL TOGETHER - EXTENDED EXCURSIONS

Spotlight on South Dakota

7 Days * 9 Meals | May 16 - 22, 2025

Book Now and Save \$200 Per Person

Double Occupancy-Per Person: ~~\$3,199~~ Now: \$2,999

Single Occupancy: ~~\$3,999~~ Now: \$3,799

Triple Occupancy-Per Person: ~~\$3,169~~ Now \$2,969

Book now and save - price goes up \$200 after November 6.

Highlights: Mount Rushmore, Oglala Lakota Living, History Village, Badlands National Park, Wall Drug, Deadwood, High Plains Heritage Center, Off Road Jeep Safari at Custer State Park, Crazy Horse Memorial, and Devils Tower National Monument



Spotlight on Cultural Treasures of Japan

14 Days * 18 Meals | October 5 - 18, 2025

Double Occupancy-Per Person: \$8,499

Single Occupancy: \$9,999

Triple Occupancy-Per Person: \$8,399

Highlights: Tokyo, Ginza, Asakusa Sensoji Shrine, Tea Ceremony, Hakone, Lake Ashi Cruise, Matsumoto Castle, Takayama, Sake Tasting and Hida Beef Dinner, Choice on Tour: Takayama Jinya or Takayama Matsuri Yatai Kaikan, Kaiseki Dinner, Shirakawa-Go, Kanazawa, Kyoto, Bullet Train, Hiroshima, Maiko Show

Special travel presentation: Thursday, January 9 | 1 PM at the Duarte Senior Center.

BLOOD PRESSURE CHECKS - FREE PROVIDED BY CITY OF HOPE

Tuesdays: November 19 and December 17
10 AM - 12 PM

CHAIR VOLLEYBALL

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

Tuesdays | 10 - 11:30 AM

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

PICKLEBALL

Tuesday, Thursday & Saturday | 8 - 10 AM

Location: Duarte Park, 1344 Bloomdale Street
Let's get active! Come try out a game of pickleball. All levels welcome.

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.

GREETING CARD MAKING

Wednesday, November 20 & December 18
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.

WORD SEARCH CHALLENGE

Pick up November and December's word search from the front desk! Be sure to complete and submit your word search by November 20 & December 18 to be entered into a raffle. All submissions will be entered in a drawing and names will be chosen randomly.



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. 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

Wednesday, November 13 & December 11
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

Thursday, November 14 & December 5
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.

CLASSES

Beadweaving Jewelry Making Class **Students must pay for their own kits - approximately \$15 per month**

Please come to the front desk on December 4 where we will have some samples on hand. The class meets on the 2nd Thursday of each month. All are welcome - beginners as well as intermediate students.

Thursday, January 9 | 1 - 4 PM

Ceramics

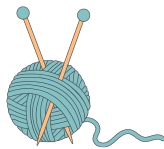
Currently, this class is full. Please add your name to the wait list at the front desk. Students must purchase their own supplies.

Tuesdays | 9:30 - 11:30 AM

Needle Crafting

Come work on your projects and share your talents with the club. Bring your own supplies.

Mondays | 9 - 10 AM



Watercolor

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

Mondays | 1 - 3 PM

CLASSES FOR A FEE

Registration begins December 9.
Visit ACCESSDUARTE.COM to register

Latin & Ballroom Dance

8-week session | Instructor: Chris Chuc
In this class you will learn 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: 1/9 | 1 - 2 PM | Thu

Resident \$36/Non-Resident \$46

CLASSES FOR A FEE CONT.

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 Chuc

Starts: 1/9 | 12 - 1 PM | Thu

Resident \$36/Non-Resident \$46

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!

Ongoing | 9 - 9:45 AM | Wed/Fri | \$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: 1/10 | Fri

11 AM - 12 PM, 12:15 - 1:15 PM or 1:30 - 2:30 PM

Resident \$55/Non-Resident \$65

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 are welcome.

Ongoing | 10:30 AM - 12:30 PM | Mon | \$8/week

Slow Flow Yoga

Slow Flow Yoga will not be offered for Winter 2025. See you in the Spring!

Tai Qi/QiGong

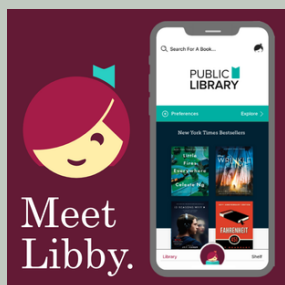
8-week session | Instructor: Chris Tucker
Strengthen and balance the body while calming the mind.

Starts: 1/6 | 9:30 - 10:30 AM | Mon & Fri

Resident \$60/Non-Resident \$70

Free Audio Books Through the LA County Library System - Libby on Your Device

**Thursday,
November 7
12:30 PM**



Want to get the latest eBook, audiobook, or digital magazine to enjoy on your tablet or smartphone? Discover how your phone, tablet, or laptop can be used to access over 100,000 digital items on Duarte Library's Libby service free with your library card! Learn about using your library card to download audiobooks right onto your phone. Our Duarte Librarians will be on site to assist you in connecting your device to the virtual resources available with your library card. Make sure you have a LA County library card along with your pin number. If you do not have a library card, please visit the Duarte Library and bring a valid ID to receive a library card and pin number. For questions, please call Duarte Library (626) 358-1865 Tue.-Sat. If you have headphones, bring them so they can be paired up to your devices.

HEALTH PRESENTATIONS



LA Co. Department of Mental Health, Mental Wellness Series for Older Adults

Pre-register online: ACCESSDUARTE.COM, or at the Duarte Senior Center.

Presentations are held on Wednesdays at 10 AM

Depression and Anxiety November 6
Learn to recognize the symptoms of depression and anxiety in seniors. Find out what contributes to these problems and more.

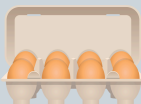
How Much is Too Much November 13
Learn about the different forms of substance use and how their use can affect seniors physically and emotionally.

Stress Management November 20
This presentation defines stress and describes different forms of stress and explains the ways in which stress can impact one's life.

GRIEF AND LOSS December 4
Grief that comes with loss is a common stressor facing older adults and can be a challenging experience.

RESILIENCY December 11
We all have challenging events that occur in our lives, but how can we better cope with the stress of these life events?

HOLIDAY BLUES December 18
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" during the winter holidays.



Wanted....Egg Shells

Please bring in your eggshells (in a carton) to be made into confetti eggs to be sold at the City's EGGFEST 2025 and City Picnic. Please remember to rinse the shell out otherwise they have a terrible smell. Also make sure the hole on the one end is big enough that we can fill with confetti.

Citrus College Older Adult Class

Registration begins Monday, November 4 | 9 AM
Class begins the week of January 6.

Cardio and Strength
Mon/Tue/Thu | 9 - 10:50 AM

Space is limited for this free class. We will have registration forms you can pick up at the front desk to fill out, which you will need to return so we can forward to Citrus College.