



SENIOR NEWS

CALL 562.220.2090 | VISIT US AT PARAMOUNTCITY.COM

14400 PARAMOUNT BLVD. PARAMOUNT, CA 90723

AUGUST 2024

COMMUNITY CENTER HOURS

Mon-Thurs: 8:00 a.m. to 5:30 p.m.

Friday: 8:00 a.m. to 5:00 p.m.

IMPORTANT PHONE NUMBERS

SoCal Gas CARE Program
(800) 427-2200

SoCal Edison Energy Savings Assistance Program
(800) 736-4777

California Phones
English (800) 806-1191
Spanish (800) 949-5650

Adult Protective Services
(213) 351-5401

City Hall
(562) 220-2000

Paramount in Motion Taxi One Card
(877) 933-3396

Go-Go Grandparent
(855) 464-6872

Elder Abuse Hotline
(877) 477-3646

In-Home Support Services
(888) 944-4477

Medicare
(800) 633-4227
www.medicare.gov

Paramount Sheriff Station
(562) 220-2002 (Non-Emergency)

Social Security
(800) 772-1213

H.S.A. (Meals on Wheels)
(562) 806-5400 x4

Luau Celebration

- **Friday, August 9, 2024**
- **Residents:** July 8, 2024 - \$5.00 / person
- **Non-Residents:** July 22, 2024 - \$7.00 / person
- **Under 60 years:** \$9.00 / person
- **Deadline for cancellations:** August 2, 2024



Celebración de Luau

- **viernes, 9 de agosto del 2024**
- **Residentes:** 8 de julio, 2024 - \$5.00 / persona
- **No Residentes:** 22 de julio, 2024 - \$7.00 / persona
- **Menores de 60 años:** \$9.00 / persona
- **Plazo para cancelaciones:** 2 de agosto del 2024.

Mexican Independence Day Celebration

- **Thursday, September 12, 2024**
- **Residents:** August 5, 2024 - \$3.00 / person
- **Non-Residents:** August 19, 2024 - \$4.00 / person
- **Under 60 years:** \$7.00 / person
- **Deadline for cancellations:** September 5, 2024



Celebración del Día de la Independencia de México

- **jueves, 12 de septiembre del 2024**
- **Residentes:** 5 de agosto, 2024 - \$3.00 / persona
- **No Residentes:** 19 de agosto, 2024 - \$4.00 / persona
- **Menores de 60 años:** \$7.00 / persona
- **Plazo para cancelaciones:** 5 de septiembre del 2024.

Halloween Celebration

- **Thursday, October 24, 2024**
- **Residents:** Sept. 17, 2024 - \$3.00 / person
- **Non-Residents:** Oct. 1, 2024 - \$4.00 / person
- **Under 60 years:** \$7.00 / person
- **Deadline for cancellations:** June 26, 2024



Celebración de Halloween

- **jueves, 24 de octubre del 2024**
- **Residentes:** 17 de sept., 2024 - \$3.00 / persona
- **No Residentes:** 1 de octubre, 2024 - \$4.00 / persona
- **Menores de 60 años:** \$7.00 / persona
- **Plazo para cancelaciones:** 26 de junio del 2024.

Birthday Celebration

Join us to celebrate on August 28, 2024, at 12:00 p.m. Birthday recipients will receive a treat!

Augustin Alvarez
Ramona Argomaniz
Maria Becerra
Bertha Cardenas S.
Ricardo Cedeno
Virginia Chavez
Esperanza de Haro
Teresa Fuentes
Jose L. Guerrero

Alicia Herrera
Carlota Magnasco
Julio Maldonado
Maximiliano Morando
Jose Y. Nunez
Rosa Ochoa
Barbara Perez
Irma Ramirez
Mary Roberson

Alejandrina Rodriguez
Ana Sarabia
Victoria Solis
Helen Vanegas
Rosemary Vasquez
Asuncion Viera
Maria E. Villa
Ana T. Young

SENIOR EXCURSIONS

AUGUST



Orange County Fair

Wednesday, August 7, 2024

10:00 a.m. – 5:00 p.m.

Prices: Resident: \$11.00 - July 5, 2024

Non-Resident: \$13.00 - July 19, 2024

Deadline for cancellations with refunds:

July 31, 2024



Morongo Casino

Wednesday, August 28, 2024

9:00 a.m. – 5:00 p.m.

Price: Resident: \$15.00 - July 26, 2024

Non-Resident: \$17.00 - August 9, 2024

Deadline for cancellations with refunds:

August 21, 2024

SEPTEMBER



L.A. Dodger Game

Sunday, September 8, 2024

10:30 a.m. – 4:30 p.m.

Prices: Resident: \$37.00 - August 2, 2024

Non-Resident: \$39.00 - August 16, 2024

Deadline for cancellations; non-refundable:

August 30, 2024



Olvera Street

Monday, September 16, 2024

10:00 a.m. – 3:00 p.m.

Price: Resident: \$7.00 - August 5, 2024

Non-Resident: \$9.00 - August 19, 2024

Deadline for cancellations with refunds:

September 9, 2024

OCTOBER



Aquarium of the Pacific

Monday, October 7, 2024

9:00 a.m. – 3:00 p.m.

Prices: Resident: \$9.00 - September 3, 2024

Non-Resident: \$11.00 - September 17, 2024

Deadline for cancellations with refunds:

October 1, 2024



Americans with Disabilities Act

The City of Paramount, in compliance with the Americans with Disabilities Act (ADA), does not discriminate on the basis of disability in admission or access to, or participation or employment in its programs or activities. Administrative Services, 16400 Colorado Ave., Paramount, CA 90723, has been designated to coordinate compliance with the nondiscrimination requirements contained in Section 35.107 of the Department of Justice regulation. Information regarding the provisions of the ADA Coordinator (562) 220-2027.

Refund policy for trips and special events are as follows:

- Participants are entitled to a refund if a program/activity is cancelled by the City of Paramount. • Partial refunds will be issued ONLY if a participant becomes incapacitated. Otherwise, no partial refunds will be granted. •No refund will be given if you cancel the day of the event or trip. • Refunds totaling more than \$5 (minus the administrative fee) can be held on account up to six (6) months for future use. If participant chooses to have fees held on account rather than be issued a refund, administrative fee will be waived. •Events/Trips cannot be transferred to someone else.
- Cancellations that occur after the deadline will not receive a refund.

SENIOR ACTIVITIES

Registration required before activity begins, first come first serve.
Materials not provided for Sewing, Crochet & Art Club.



Join us Monday – Friday for Loteria!
1:00 p.m. - 3:00 p.m.

There will be no loteria on Friday, August 9th
& August 30th.



Join us Thursday for Art Club!
9:00 a.m. - 12:00 p.m.



Join us Tuesday for Bingo!
Card sales / Venta de Cartas:
9:30 a.m. - 10:00 a.m.

4 – pack - \$2.00

6 – pack - \$4.00

Pull Tabs - \$1.00

Games/Juegos:

10:00 a.m. - 11:45 a.m.

\$5.00 Annual Membership Fee

Cash prizes / Premios en efectivo



Join us Thursday for Lunch & Dancing!
Doors open: 9:00 a.m.

Music & dance: 10:00 – 12:00 p.m.

Lunch: 12:00 p.m.

Must pre-register with Maria

There will be no dance on August 8th.

Table Reservation System

Table reservations available for Paramount Residents on Dance Days at the front desk. **Non-residents will have first come first serve on available tables the day of.** **Meal reservations are required through Maria in order to hold the table reservation otherwise it will be available for first come first serve.**

Sistema de Reservación de Mesa

Reservación de mesa disponible para los jueves día de baile en la recepción para los residentes de Paramount. **Los no residentes dispondrán de las mesas disponibles por orden de llegada el día del baile.** **Se requiere reservación de almuerzo a través de María para mantener la reservación de mesa; de lo contrario, estará disponible por orden de llegada.**



Join us Monday & Wednesday for
Sewing & Crochet Club!
9:00 a.m. - 12:00 p.m.

FITNESS ACTIVITIES

Registration required before class begins, first come first serve.



Exercise Classes / Clases de Ejercicio

Location: Paramount Park Gym

Monday's & Wednesday's: 10:00 a.m. - 11:00 a.m.



Folklorico Class / Clase de Folklorico

Thursday's: 2:00 p.m. - 3:00 p.m.

****Limit 20 people / de 20 personas****



Paramount Road Runners / Club de Caminata

Tuesday's: 9:00 a.m. - 10:00 a.m.



Zumba Class / Clase de Zumba

Location: Paramount Park Gym

Friday's: 9:45 a.m. - 10:45 a.m.



Chair Yoga Class / Clase de Yoga en Silla

Tuesday's: 1:00 p.m. - 2:00 p.m.



Breathwork Training Class / Clase de Entrenamiento de Respiración

Friday's: 1:00 p.m. - 2:00 p.m.



Tai Chi Class / Clase de Tai Chi

Wednesday's: 1:00 p.m. - 2:00 p.m.

****The class is video instruction / La clase es de
instruccion por video****

Jump into Fitness 55+

Paramount residents or non-residents ages 55 and older registered in our Senior Program. Open to the first 50 participants. If you are part of the weekly fitness activities, you will automatically be enrolled. If you choose not to participate, please let us know.

PARAMOUNT HAPPENINGS

Join us on **August 17th** for **Senior Recreation Saturday's**. from **9:00 a.m. to 1:00 p.m.** Coffee is provided. Billiards and board games are available.



The **Summer Candy Guessing Game** begins on **August 2nd**. Participants can guess the number of candies in the weekly jars Monday through Thursday. Winners are announced on Friday's. Join the fun and win some sweet treats!



The L.A. County Department of Mental Health will be hosting a series of mental health classes on **August 7th and August 14th** from **11:00 a.m. to 12:00 p.m.**



Independence at Home will be hosting a presentation on the topic of **"Music Appreciation: Genres of Music"** on **Monday, August 12, 2024**, from **11:00 a.m. to 12:00 p.m.**



Food Bank / Banco de Alimentos
Monday, August 19, 2024
1:00 p.m. - 2:00 p.m.

For more information, please call the L.A. County Food Bank at (323) 234-3030.



A representative from St. Francis Medical Center will be here on **Monday, August 19, 2024**, from **1:00 p.m. to 2:00 p.m.** to host a presentation on the topic of "Urinary Health".



Celebrate National Senior Citizen Day with us on **Wednesday, August 21st** from **9:00 a.m. to 12:00 p.m.** We will celebrate alongside Pathways with a delicious ice cream social.



H.S.A. Meal Reservation

Please call in your reservation a week in advance from **Monday through Friday**. To make or cancel a reservation, please call **Maria at (562) 220-2096** from **9:00 a.m. to 11:45 a.m.** or visit the center in person.



H.S.A. Reservación de Almuerzo

Por favor de llamar para reservar una semana con anticipación de **lunes a viernes**. Para hacer o cancelar una reservación, llame a **María al (562) 220-2096** de **9:00 a.m. a 11:45 a.m.** o visite el centro en persona.

Representatives from JAR Insurance will be here on **Wednesday, August 28th**, from **10:00 a.m. to 12:00 p.m.** to host a resource table and sponsor our birthday celebration.



Join us **Friday, August 30, 2024**, for our Friday Night Dance! Doors open at 3:00 p.m. Music and dance from 4:00 p.m. to 6:00 p.m. Registration is as follows:

Residents - July 30, 2024 – Free

Non-Residents – August 6, 2024 - \$5.00

The deadline for cancellations with refunds is August 23, 2024.



RECIPES OF THE MONTH



Buffalo Shrimp Lettuce Wraps

4 tbsp of butter; 2 minced garlic cloves; ¼ cup of hot sauce; 1 tbsp of extra virgin olive oil; 1 lb of peeled, deveined shrimp; kosher salt; ground black pepper; 1 head of romaine lettuce, leaves separated; ¼ red onion, chopped; 1 rib celery, thinly sliced; ½ cup of crumbled blue cheese

1. In small saucepan over medium heat, melt the butter. Once the butter is melted, add the garlic and cook for 1 minute. Add the hot sauce and stir to combine. Turn the heat to low.
2. In a large skillet over medium heat, heat the olive oil. Add the shrimp and season with salt and pepper. Cook, flipping halfway, until pink or over 2 minutes. Turn off the heat and add the buffalo sauce. Toss to coat evenly and remove from the heat.
3. Add a small scoop of the shrimp to the center of the lettuce leaf. Top with the red onion, celery, and blue cheese.
4. Serve and enjoy!

Envolturas de Camarón y Búfalo

4 cucharadas de mantequilla; 2 dientes de ajo picados; ¼ de taza de salsa picante; 1 cucharada de aceite de oliva virgen extra; 1 libra de camarones pelados y desvenados; sal kosher; pimienta negra; 1 cabeza de lechuga romana, con las hojas separadas; ¼ de cebolla morada, picada; 1 costilla de apio, en rodajas finas; ½ taza de queso azul desmoronado

1. En una cacerola pequeña a fuego medio, derrita la mantequilla. Una vez que la mantequilla se derrita, agrega el ajo y cocina por 1 minuto. Agregue la salsa picante y revuelva para combinar. Baja el fuego.
2. En un sartén grande a fuego medio, calienta el aceite de oliva. Agrega los camarones y sazona con sal y pimienta. Cocine, volteando hasta la mitad, hasta que esté rosado o más de 2 minutos. Apagar el fuego y agregar la salsa búfalo. Mezcle para cubrir uniformemente y retire del fuego.
3. Agrega una cucharada pequeña de camarones al centro de la hoja de lechuga. Cubra con la cebolla morada, el apio y el queso azul.
4. ¡Servir y disfrutar!

Grilled Pineapple Sundaes

4 pineapple slices; 4 scoops of vanilla ice cream; dulce de leche/caramel (for drizzling); 2 tbsp of sweetened, shredded coconut



1. On a griddle or large skillet, grill the pineapple with medium high heat. Grill both sides for 1 minute or until charred.
2. Remove the pineapple slices from the grill.
3. Top each slice with a scoop of vanilla ice cream and drizzle with dulce de leche or caramel.
4. Top with shredded coconut, serve and enjoy!

Helados de Piña a la Parrilla

4 rodajas de piña; 4 bolas de helado de vainilla; dulce de leche/caramelo (para rociar); 2 cucharadas de coco rallado, endulzado

1. En una plancha o sartén grande, asa la piña a fuego medio alto. Ase ambos lados durante 1 minuto o hasta que se quemen.
2. Retire las rodajas de piña de la parrilla.
3. Cubra cada rebanada con una bola de helado de vainilla y rocíe con dulce de leche o caramelo.
4. ¡Cubra con coco rallado, sirva y disfrute!



MONTHLY CALENDAR

HUMAN SERVICES ASSOCIATION
"Where Caring Becomes Doing"

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

August

**SUGGESTED
CONTRIBUTION:**

**FOR SENIORS 60 YEARS
& OLDER - \$3.00 FEE**

**FOR NON-SENIORS -
MANDATORY \$7.00 FEE**

Art Club - 9:00-12:00 **1**
Dancing (DJ Tejada) -
10:00 - 12:00
Exercise - 10:00-11:00
Lunch - 12:00-1:00
CHICKEN MOLE

Zumba - 9:45-10:45 **2**
Lunch - 12:00-1:00
Breathwork - 1:00-2:00
Loteria - 1:00-3:00
STUFFED BELL PEPPER

Sewing & Crochet **5**
Club - 9:00-12:00
Exercise - 10:00-11:00
Lunch - 12:00-1:00
Loteria - 1:00-3:00
SWEDISH MEATBALLS

Running Club - **6**
9:00-10:00
Bingo - 10:00-12:00
Lunch - 12:00-1:00
Chair Yoga - 1:00-2:00
Loteria - 1:00-3:00
OVEN BAKED CHICKEN

OC Fair - 10:00-5:00 **7**
Sewing & Crochet
Club - 9:00-12:00 
Mental Health Class -
11:00-12:00
Lunch - 12:00-1:00
Tai-Chi - 1:00 - 2:00
Loteria - 1:00-3:00
TUNA SALAD

Art Club - 9:00-12:00 **8**
Lunch - 12:00-1:00
Loteria - 1:00-3:00
Folklorico - 2:00-3:00
BEEF PICADO

Zumba - 9:45-10:45 **9**
Luau Celebration:
Entertainment - 3:00-4:00
Dancing (Gilbert) -
4:00-6:00
Dinner - 6:00-7:00
TERIYAKI CHICKEN

Sewing & Crochet **12**
Club - 9:00-12:00
Exercise - 10:00-11:00
Independence at Home
Presentation - 11:00 - 12:00
Lunch - 12:00-1:00
Loteria - 1:00-3:00
BAKED ZITI (TURKEY)

Running Club - **13**
9:00-10:00
Bingo - 10:00-12:00
Lunch - 12:00-1:00
Chair Yoga - 1:00-2:00
Loteria - 1:00-3:00
**ROSEMARY CHICKEN W/
CREAMY GARLIC SAUCE**

Sewing & Crochet **14**
Club - 9:00-12:00
Exercise - 10:00-11:00
Mental Health Class -
11:00-12:00
Lunch - 12:00-1:00
Tai-Chi - 1:00 - 2:00
Loteria - 1:00-3:00
MEATLOAF W/ GRAVY

Art Club - 9:00-12:00 **15**
Dancing (Baltazar) -
10:00-12:00
Lunch - 12:00-1:00
Loteria - 1:00-3:00
Folklorico - 2:00-3:00
BBQ CHICKEN

Congresswoman **16**
Barragan Health Fair -
8:00 - 3:00 
Zumba - 9:45-10:45
Lunch - 12:00-1:00
Breathwork - 1:00-2:00
Loteria - 1:00-3:00
**GARLIC BUTTER FISH
OR SWEET & SOUR PORK**

Sewing & Crochet **19**
Club - 9:00-12:00
Exercise - 10:00-11:00
Lunch - 12:00-1:00
Food Bank - 1:00-2:00
St. Francis Presentation -
1:00-2:00
Loteria - 1:00-3:00
BBQ HAMBURGER

Running Club - **20**
9:00-10:00
Bingo - 10:00-12:00
Lunch - 12:00-1:00
Chair Yoga - 1:00-2:00
Loteria - 1:00-3:00
**CHICKEN MARSALA W/
MUSHROOM & WHITE
WINE SAUCE**

National Senior **21**
Citizen Day!
Sewing & Crochet Club -
9:00-12:00
Exercise - 10:00-11:00
Lunch - 12:00-1:00
Tai-Chi - 1:00 - 2:00
Loteria - 1:00-3:00
**BEEF STEW W/ CELERY,
ONION & POTATOES**

Art Club - 9:00-12:00 **22**
Dancing (DJ Tejada) -
10:00-12:00
Lunch - 12:00-1:00
Loteria - 1:00-3:00
Folklorico - 2:00-3:00
**HAWAIIAN CHICKEN W/
PINEAPPLE**

Zumba - 9:45-10:45 **23**
Lunch - 12:00-1:00
Breathwork - 1:00-2:00
Loteria - 1:00-3:00
BREADED FISH

Sewing & Crochet **26**
Club - 9:00-12:00
Exercise - 10:00-11:00
Lunch - 12:00-1:00
Loteria - 1:00-3:00
**TURKEY CHILI W/ BARLEY
OR VEGETARIAN CHILI W/
BARLEY**

Running Club - **27**
9:00-10:00
Bingo - 10:00-12:00
Lunch - 12:00-1:00
Chair Yoga - 1:00-2:00
Loteria - 1:00-3:00
**CREAMY CILANTRO
BAKED FISH**

Morongo Casino - **28**
9:00-5:00
Exercise - 10:00-11:00
B-day Celebration - 12:00
Lunch - 12:00-1:00 
Tai-Chi - 1:00 - 2:00
Loteria - 1:00-3:00
CHICKEN SALAD BOWL

Art Club - 9:00-12:00 **29**
Dancing (DJ Tejada) -
10:00-12:00
Lunch - 12:00-1:00
Loteria - 1:00-3:00
Folklorico - 2:00-3:00
ROAST BEEF W/ GRAVY

Zumba - 9:45-10:45 **30**
Lunch - 12:00-1:00
Breathwork - 1:00-2:00
Friday Night Dance -
3:00-6:00 
CHILI HOT DOG



WORD SEARCH OF THE MONTH



LUAU WORD SEARCH



V	O	A	A	P	V	F	L	A	M	E	S	R	L	Q	X	T	Y	H	H	N	H	M	W
D	O	O	F	A	E	S	D	Q	K	H	L	A	C	T	O	T	E	S	C	G	C	U	P
V	P	K	V	G	V	L	D	R	K	A	Y	Q	E	E	S	J	Z	E	R	G	A	A	M
E	D	I	I	N	S	D	E	L	F	M	E	A	R	A	H	J	C	M	O	K	E	F	A
F	E	A	G	T	Q	K	K	I	Z	E	W	X	E	B	V	N	P	A	T	V	B	B	N
Q	O	N	E	R	A	P	E	S	M	Q	S	F	R	O	A	C	E	A	I	U	P	E	S
P	Y	A	A	I	O	K	Q	T	U	E	C	D	J	D	K	L	O	X	K	A	B	O	S
X	H	H	Z	K	B	A	R	B	E	Q	U	E	A	H	P	Z	F	E	I	A	G	U	U
E	P	O	G	S	E	L	S	P	X	Y	L	L	U	P	M	O	L	C	T	N	C	G	E
A	Q	Q	Y	S	R	C	I	T	L	I	U	P	A	P	O	E	S	V	A	S	H	E	W
I	H	F	Q	S	B	P	G	L	M	H	V	E	U	D	L	U	Y	M	I	D	R	J	Z
Y	N	I	E	A	Z	O	L	B	F	C	N	O	L	U	R	N	B	B	I	T	Q	W	A
U	S	I	T	R	E	Z	O	L	U	I	X	Y	K	F	H	Y	I	F	M	D	T	P	Y
Z	J	K	H	G	C	K	K	W	P	N	K	U	I	P	Z	H	X	L	T	Z	D	N	Z
G	A	E	L	C	R	I	C	M	U	R	D	N	M	U	M	U	A	A	H	A	F	H	A
E	M	G	S	J	S	U	N	S	E	T	G	H	R	X	M	P	V	V	M	F	M	H	I
R	L	R	K	P	C	F	K	F	J	O	W	U	P	U	Z	D	U	M	A	H	A	L	O
I	F	L	O	W	E	R	S	K	C	O	C	O	N	U	T	P	L	B	F	A	H	U	N
F	Q	I	A	V	B	I	N	Y	M	W	T	N	D	P	U	P	C	B	L	B	V	U	T
N	P	B	B	K	S	J	H	G	X	T	A	O	Q	G	K	X	L	M	C	R	H	C	O
O	X	H	D	L	M	R	V	S	F	N	W	Q	S	K	Y	R	B	P	Y	Q	E	Z	W
B	A	Q	A	H	R	B	Y	C	I	C	O	N	A	C	L	O	V	I	I	A	W	A	H
L	W	N	I	D	N	A	S	Y	S	F	P	O	Z	M	L	V	D	P	K	C	B	J	U
U	D	G	J	Z	B	B	F	U	S	T	R	O	P	I	C	A	L	O	H	A	X	Y	P



grass skirt	drumcircle	hula dance	tiki torch	palm tree	pig roast
pineapple	barbeque	hibiscus	tropical	bonfire	coconut
flowers	seafood	surfing	ukulele	volcano	flames
Hawaii	island	mahalo	mangos	sunset	aloha
beach	feast	limbo	ohana	fish	food
luau	sand	lei			