

COMMUNITY AND SOCIAL ENGAGEMENT

(Updated 08/2022)

Many opportunities for community and social engagement have blossomed in 2020. Consider activities for connecting, exercising, and learning with others. While we cannot endorse these resources, they may help you explore new and accessible offerings available for little to no cost.

The **USC-VHH Community Resource Center for Aging** can be reached by telephone at **818.949.4033** to discuss options and further assist in narrowing in on solutions right for your situation.

Name of Service/Contact	Description	Notes
AARP Smart Driver Online Course aarpdriversafety.org/why-take-our-course.html 800-350-7025	<ul style="list-style-type: none"> Multi-year discount on their auto insurance. Refresh driving skills and knowledge of the rules and hazards of the road. 60 days to complete the course. 	<ul style="list-style-type: none"> Non-member: \$27.95 Members: \$21.95
AARP Soul Steppers states.aarp.org/california/leave-the-couch-join-soul-steppers 800-350-7025	<ul style="list-style-type: none"> Walking Group Los Angeles, CA. Please consult your physician before beginning any exercise program. 	<ul style="list-style-type: none"> Online Only Free
AARP TEK Academy videos.aarp.org/category/videos/aarp-tek-technology-resource-center 800-350-7025	<ul style="list-style-type: none"> Free 30 min webinar on technology skills for seniors. Offers tools and resources to help seniors be safe online. 	<ul style="list-style-type: none"> Free
Descanso Gardens descansogardens.org/ 818-949-4200	<ul style="list-style-type: none"> Descanso Gardens is a 150-acre botanical garden located in La Cañada Flintridge, CA 	<ul style="list-style-type: none"> Admission \$15 Seniors \$11 Free – 3rd Tuesday of the month (ticket needed)

USC Verdugo Hills Hospital

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Community Resource Center for Aging

<p>GetSetup getsetup.io/ 888-559-1614</p>	<ul style="list-style-type: none"> • Senior to senior interactive educational platform offering classes and social opportunities to live healthier, happier, and more connected. • Over 175 topics from using smartphones and iPads to using apps like Uber and fun activities like meditation and journaling. 	<ul style="list-style-type: none"> • Free - nominal fees \$4.99+
<p>Pasadena Village pasadenavillage.org/ 626-765-6037</p>	<ul style="list-style-type: none"> • Virtual group provides friendship, volunteer opportunities, and practical services that allow members to remain independent and engaged in their community. • Peers provide extra assistance with tasks that are no longer easy as they once were. 	<ul style="list-style-type: none"> • Annual membership (approx. \$700/year) • Sliding scale & scholarships
<p>Senior Planet seniorplanet.org/get-involved/online/ 888-713-3495</p>	<ul style="list-style-type: none"> • An online resource with Zoom events, such as fitness, arts, and technology to aid in staying active and connected. 	<ul style="list-style-type: none"> • Free
<p>Tia Chucha's Centro Cultural tiachucha.org/programming 818-939-3433</p>	<ul style="list-style-type: none"> • Non-profit center and bookstore with a mission to transform communities through ancestral knowledge, arts, literacy, and creative engagement. • Offers virtual literary events, art classes, music, yoga, and poetry classes. 	<ul style="list-style-type: none"> • Free • Some events by donation
<p>The Getty Museum getty.edu/visit/ 310-440-7300</p>	<ul style="list-style-type: none"> • A cultural and philanthropic institution • Offers virtual tours of their art galleries 	<ul style="list-style-type: none"> • Free
<p>The Huntington Library, Art Museum & Botanical Gardens huntington.org/ 626-405-2100</p>	<ul style="list-style-type: none"> • As a collections-based educational and research institution, The Huntington maintains independent research libraries as well as a distinguished collection of European and American art. • 120 acres botanical gardens 	<ul style="list-style-type: none"> • Admission: \$25-\$29 • Senior: \$21-\$24 • Free – 1st Thurs of the month (ticket needed)
<p>Well Connected, Covia Corp covia.org/programs/well-connected/ 800-233-3709</p>	<ul style="list-style-type: none"> • A virtual community consisting of participants, staff, facilitators, presenters, and other volunteers. • Topics include art, zoology, music, meditation, and more. 	<ul style="list-style-type: none"> • Free • Spanish & English

<p>Altadena Senior Center</p> <p>560 E Mariposa St Altadena 91001 626-798-0505</p> <p>Mon-Fri 8am-5pm *No congregate meals</p>	<ul style="list-style-type: none"> The center offers fitness classes, billiard room, arts and crafts class, progressive rummy card game, book club, bingo, and much more (all activities in person). <p>*Call to inquire about current days/times for activities.</p>	<ul style="list-style-type: none"> Fee may be required for classes
<p>Adult Recreation Center</p> <p>201 E Colorado St Glendale 91205 818-548-3775</p> <p>Mon-Thurs 8am-7:30pm Fri-Sat 8am-4:30pm *Offers congregate meals</p>	<ul style="list-style-type: none"> The center provides backgammon, billiards, senior mixer, and other activities (all activities in person). <p>Additional services:</p> <ul style="list-style-type: none"> The ARC provides health screenings and wellness programs, housing, and legal assistance. Case manager available Monday-Friday by appointment 	<ul style="list-style-type: none"> Fee required Older adults 60+ pay \$10.00 per year for discounted or free classes and activities
<p>Sparr Heights Community Center</p> <p>1613 Glencoe Way Glendale 91208 818-548-2187</p> <p>Mon-Thurs 8am-4pm Fri 8am-3pm *Offers congregate meals</p>	<ul style="list-style-type: none"> The center offers billiards, card games, knitting, arts/crafts (all in person). 	<ul style="list-style-type: none"> Free
<p>Pacific Community Center</p> <p>501 W Pacific Ave Glendale 91204 818-548-4098</p> <p>Mon-Thurs 9am-9pm Fri-Sat 9am-5pm *Offers congregate meals</p>	<ul style="list-style-type: none"> The center offers line dancing (in person) Pickle ball Pool For additional programming see Adult Recreation Center located at 201 E. Colorado St., Glendale 91205 	<ul style="list-style-type: none"> A \$10/year membership card for discounted or free classes and activities

<p>Highland Park Adult Senior Center</p> <p>6152 N Figueroa St Los Angeles 90042 323-256-6867</p> <p>Mon-Fri 9am-12pm and 1pm-4pm *No congregate meals</p>	<ul style="list-style-type: none"> • The center offers exercise classes, gardening class, bingo, arts and crafts, crochet, knitting (in person) 	<ul style="list-style-type: none"> • Fee may be required for classes
<p>Community Center of La Canada Flintridge</p> <p>4469 Chevy Chase Dr La Canada Flintridge 91011 818-790-4353</p> <p>Mon-Fri 8:30am-5pm *No congregate meals</p>	<ul style="list-style-type: none"> • Center offers ballroom dancing, bridge, and ceramics classes 	<ul style="list-style-type: none"> • Fee may be required for classes
<p>Glassell Park Senior Center</p> <p>3650 Verdugo Rd Los Angeles 90065 323-550-8809</p> <p>Mon-Wed 9am-1pm Thurs 11:30am-3:30pm *Congregate meals offered</p>	<ul style="list-style-type: none"> • The center does not offer structured social programming, but members are free to play dominos and chess 	<ul style="list-style-type: none"> • Free
<p>St. Barnabas Senior Services</p> <p>5170 Santa Monica Blvd Los Angeles 90029 323-957-2222</p> <p>Mon-Fri 8am-4pm *Congregate meals offered</p>	<ul style="list-style-type: none"> • Social programs: Exercise class, dance class, arts/crafts, karaoke, bingo, loteria (all in person) <p>Additional services:</p> <ul style="list-style-type: none"> • Partners with local hospitals to offer blood pressure screenings and medication review • Offers transportation to medical appointments • Case manager on site to help with housing, government benefit review, and much more 	<ul style="list-style-type: none"> • Fee may be required for classes

<p>South Pasadena Senior Center</p> <p>1102 Oxley St South Pasadena 91030 626-403-7360</p> <p>Mon-Fri 8am-5pm *No congregate meals</p>	<ul style="list-style-type: none"> • The center offers watercolor classes, line dancing, chess, bridge, book club, and much more (in person) 	<ul style="list-style-type: none"> • A \$25/year membership for discounted or free classes and activities
<p>Pasadena Senior Center</p> <p>85 E Holly Street Pasadena 91103</p> <p>626-795-4331</p> <p>Mon-Fri 8am-4:30pm *No congregate meals</p>	<ul style="list-style-type: none"> • The center offers tap class, movie matinee, line dancing, running club, and much more 	<ul style="list-style-type: none"> • A \$45/year membership for discounted or free classes and activities
<p>Don Tuttle Senior Center</p> <p>1731 N Ontario St Burbank 91505 818-238-5367</p> <p>Mon–Fri 9am-2:30pm *Congregate meals offered (space limited). Call to reserve.</p>	<ul style="list-style-type: none"> • Center offers guitar class, exercise classes, Texas hold ‘em, line dancing (in person) 	<ul style="list-style-type: none"> • A \$25/year membership for discounted or free classes and activities
<p>San Fernando Senior Center</p> <p>208 Park Ave San Fernando 91340 818-898-1287</p> <p>Mon-Fri 9am-1pm *Congregate meals offered</p>	<ul style="list-style-type: none"> • The center offers exercise classes, bingo, music classes, chess, billiards, and much more 	<ul style="list-style-type: none"> • Fee may be required for classes
<p>Joselyn Adult Center</p> <p>1301 W Olive Ave Burbank 91506 818-238-5353</p> <p>Mon-Thurs 8am-8pm Fri 8am-6pm Sat 9am-1pm Sun 12pm-4pm *No congregate meals</p>	<ul style="list-style-type: none"> • The center offers karaoke, Texas hold ‘em, chess club, knitting, table tennis, line dancing, quilting, and much more (all in person) <p>Additional services:</p> <ul style="list-style-type: none"> • Hearing screenings • Fall risk assessments • Medicare counseling • Notary 	<ul style="list-style-type: none"> • A \$25/year membership for discounted or free classes and activities

<p>Alicia Broadous-Duncan Multipurpose Senior Center</p> <p>11300 Glenoaks Blvd. Pacoima 91331 818-834-6100</p> <p>Mon-Fri 8:30am-4pm *Congregate meals offered</p>	<ul style="list-style-type: none"> • The Center offers line dancing, crochet, knitting, arts and craft, bingo, and much more <p>Additional Services:</p> <ul style="list-style-type: none"> • Case management • Transportation services • Medical screenings • In-home support services 	<ul style="list-style-type: none"> • Fees may apply to some classes
<p>Bernardi Multipurpose Senior Center</p> <p>6514 Sylmar Ave Van Nuys 91401 818-781-1101</p> <p>Mon-Fri 9am-1:30pm *No congregate meals</p>	<ul style="list-style-type: none"> • Center offers exercise classes, crochet, coffee, and talk, loteria, bingo <p>*Most activities in person. Activities change every month</p>	<ul style="list-style-type: none"> • Fees may apply to some classes