



Cynthia Rosedale

MEMORIAL SPORTS TALK SERIES

SECOND MONDAYS
OF EVERY MONTH
AT 4:00 P.M.

NEW!

ONLINE



ASK THE ATHLETES



Join us for a panel discussion and Q & A with Olympians, senior athletes and coaches focusing on a different Senior Games sport each month. Get tips from the experts on how to keep mentally and physically fit in sport and in life. Co-presented by the California Senior Games Association. Upcoming programs will feature:

Track & Field (January 11),

Pickleball (February 8)

Swimming (March 8)



**INFORMATION &
REGISTRATION AT**
www.PasadenaSeniorCenter.org
(626) 795-4331, or
Annie Laskey at
AnnieL@PasadenaSeniorCenter.org

FREE
registration
required