

# SENIOR POST

NEWSLETTER

City of Lawndale  
14700 Burin Ave.  
Lawndale, CA 90260



# SENIOR POST

APRIL 2019

NEWSLETTER

VOLUME 25 ISSUE 4

## SPRING LUNCHEON

Come join us for our Luncheon with food and dancing.

Bring your cell phone and take pictures with friends (or take a “selfie”) in the Spring photo backdrop.



APRIL 11, 2019

Doors open at  
10:30 AM  
MAIN EVENT ROOM



### SUGGESTED DONATION:

\$2.25 FOR SENIORS AND AREA AGENCY ON AGING MEMBERS  
**COST**: \$4.00 FOR NON-SENIORS AND GUESTS

## SENIOR MOVIE DAY

“ CREED II ”

Friday, April 12, 2019  
Main Event Room  
1:15 PM -3:30 PM

## MEALS ON WHEELS

FOR LAWNSDALE RESIDENTS 60 YEARS  
& OVER

For more information, please call:  
**(310) 973-3270**

# MONTHLY EVENTS



## SENIOR SCRAP BOOKING, KNITTING & ART

Become a part of our friendly group and participate in painting, scrap booking, or knitting. Most supplies are provided for seniors who join. This is a work on your own class while enjoying the company of others.

**FREE:**

**MON., April. 1st & 15th**

**( 1:30-3:30 )**

**MEETING ROOM 1**



## BUNCO

### **ATTENTION SENIORS:**

Come and join us for an exciting game of Bunco! If you are new to the game come and learn.

**ONLY ONE PRIZE PER PARTICIPANT.**

**FREE: MON., April. 8th & 22nd**

**(1:30 - 3:30 PM)**

**COMMUNITY CENTER,**

**MEETING ROOM 1**

**REGISTRATION**

**REQUIRED**



## SENIOR BIRTHDAY PIZZA PARTY

If you are having a birthday, we would love to celebrate with you. Join us for lunch, which includes pizza, cake, fruit, salad, and a drink. Please register at least 24-hours in advance.



**Thursday, April 18<sup>th</sup> (12 NOON)**

**COST: \$3.00**

**COMMUNITY CENTER, MAIN EVENT ROOM**

# REGISTRATION INFORMATION

## **Monthly Activity Sign-Ups:**

Walk in registration 7 AM  
**\*\*Call in registration 10 AM**

### **Residents Only**

**Monday, April 1st**  
**Tuesday, April 2nd**

### **Non-Residents**

**Wednesday, April 3rd**



Phone-in Registration  
(310) 973-3270  
**10 AM - 7:30 PM**



In-Person Registration  
Lawndale Community Center  
14700 Burin Ave.  
Lawndale, CA 90260

## **Contact Information**

### **City Hall**

14717 Burin Ave.  
Lawndale, CA 90260  
(310) 973-3200

### **Harold E. Hofmann Lawndale Community Center**

14700 Burin Ave.  
Lawndale, CA 90260  
(310) 973-3270



## **City Parks**

Rogers/ Anderson Park 4161 W. Manhattan Beach Blvd.  
Lawndale, CA 90260 (310) 970-2189

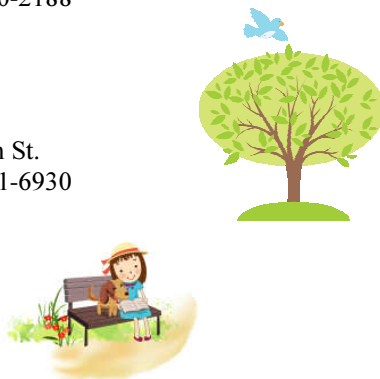
Jane Addams Park 15114 Firmona Ave.  
Lawndale, CA 90260 (310) 970-2188

Hopper Park 4418 W. 162nd St.  
Lawndale, CA 90260

William Green Park 4558 W. 168th St.  
Lawndale, CA 90260 (310) 371-6930

Rudolph Park 14725 Larch Ave.  
Lawndale, CA 90260

Hogan Park 4045 W. 167th St.  
Lawndale, CA 90260



## **City Facilities**

Bollinger Memorial Gymnasium  
4040 W. 154th St.  
Lawndale, CA 90260

Hogan Park  
4045 W. 167th St.  
Lawndale, CA 90260



Dan McKenzie Gardens  
4324 W. 160th ST  
Lawndale, CA 90260

# ASSISTANCE CORNER

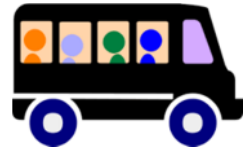
## Case Management and Social Service Referrals

Along with the City of Gardena, we provide assistance in transportation, meals, house cleaning, form completion, health benefits, counseling or housing. First come, first served. Please call for an appointment.



CASE MANAGEMENT

**For ages 60 and over.**  
**Thursdays (11 AM - 1 PM)**  
**Please call for an appointment**  
**(310) 973-3270**



## Meals on Wheels

For senior residents of Lawndale who are unable to prepare their own meals due to a disability or health issue. The program is offered in conjunction with the Salvation Army and meals are delivered to their home.

### **FOR AGES 60 YEARS & OVER**

Monday through Friday.  
For more information,  
please call:

**(310) 973-3270**  
**COST: \$4.50 per meal**



## Commodities Program

USDA approved food is given out to those who qualify. Guideline sheets are available at the time of pick-up. Commodities are distributed on a first-come, first-served basis. *Please arrive early, food often goes quickly.*

*\*You must bring your own reusable bags to pick up goods.\**

**Wednesdays (10 AM - 11 AM)**

**COMMUNITY CENTER, MAIN EVENT ROOM**

**\* This institution is an equal opportunity provider .**



## Special Transit

We have a Special Transit Bus for Lawndale senior residents who need transportation for medical and dental appointments, shopping, banking, etc. Our driver has restricted boundaries to stay within at all times.

Please call in advance to confirm your destination.

**MON. - FRI. (8 AM - 4 PM)**

**Ages 60 and over only, 48 hrs. in advance notice required!**

**Reshonda Everage (310) 973-3287**





# ACTIVITIES

## SPECIAL SENIOR LUNCHEON

As part of the Senior Lunch Program, the City of Lawndale Community Services Department hosts a monthly Special Luncheon. These events are celebrated with a specific theme and entertainment is provided for your enjoyment.

Don't forget to sign up for these events.

Pre-registration is required. Please register at the Community Center front desk.

**Must be 60 years or older to participate.**



## SRING LUNCHEON

**APRIL 11, 2019**

**11 - 1 PM**

**MAIN EVENT ROOM**



## COMPUTER ROOM

Our computer room is open to all seniors. Please follow posted rules regarding computer use.

**Ear phones are required while viewing websites with music or speaking.**

**MON.-THURS. (8 AM - 7 PM)**

**FRI. (8 AM - 3 PM)**

**SAT. (10 AM - 1 PM)**

**COMMUNITY CENTER  
COMPUTER LAB**



## GAME ROOM

Available for open play are Ping Pong, Chess, Checkers & Foosball.

**FREE**

**TUESDAYS (8 AM - 3:30 PM)**

**THURSDAYS (8 AM - 1PM)**

**MEETING ROOM 1**

**COME PLAY  
CHESS, CHECKERS &  
SCRABBLE CLUB!**

*\*Only during Game  
Room hours\**



**WARNING: GAME  
ROOM HOURS ARE  
SUBJECT TO CHANGE  
DUE TO THE NEEDS  
OF THE  
COMMUNITY  
CENTER**

## SENIOR CITIZEN ADVISORY COMMITTEE

Come and see what ideas and topics the Senior Citizen Advisory Committee is discussing.

**Interested in joining ?**

**Pick up application at City  
Hall**

**Fourth WEDNESDAY of every  
month (2 PM)**

**COMMUNITY  
CENTER  
CONFERENCE  
ROOM**



*Calling All Seniors!*



## ENGLISH CLASS

Learn basic English curriculum, including grammar, vocabulary, listening and speaking.



**FREE: FRIDAYS**

**(10:45 AM - 11:45 AM)**

**COMMUNITY CENTER  
MEETING ROOM 2**

# FITNESS CENTER

## TAI CHI

This ancient Chinese martial art can improve strength and balance. This class is a form of Tai Chi that can help build strong knees, ankles, and improve flexibility.

**With Marc**

**FREE**

**TUESDAYS**

**(9:30 - 10:15 AM)**

**DANCE ROOM**

## All Class Participants

Must fill out a waiver and registration form.

Please come to the 2nd floor office for more information or for forms.



## BREATHING WELLNESS & FALL PREVENTION

Come join a relaxation class for seniors where you can practice breathing, and fall prevention

**With Harlika**

**FREE**

**TUESDAYS**

**(10:30 AM - 11 AM)**

**COMMUNITY CENTER, MEETING ROOM**

## ZUMBA GOLD

An exciting fitness class that is modified for seniors of all exercise levels!

**With Sunny**

**Free**

**MON., 8:00AM-9:00AM**

**FRI., (9:00 - 10:00 AM)**

**MAIN EVENT ROOM**

## Senior Toning and Sculpting Class

A fitness class modified exercises including the use of balls, bands and light weights.

**With Layne**

**FREE**

**WED. (7:30-8:30am)**

**MAIN EVENT ROOM**

## Senior Toning and Fitness class

A fitness class modified exercises including the use of balls, bands and light weights.

**With Layne**

**FREE**

**TUES. (7:30- 8:30AM)**

**MAIN EVENT ROOM**

## YOGA

Reduce stress and work on your flexibility.

Enjoy this class with modified movements for all levels

**With Amalea**

**FREE**

**THURSDAYS**

**(8:00am-9:00am)**

**MAIN EVENT ROOM**

## YOGA & FUNCTIONAL FITNESS

Work on your flexibility and relaxation as you stretch your muscles

And practice strength and posture.

**With Christina**

**FREE**

**WEDNESDAYS**

**(9:00 AM - 10:00 AM)**

**DANCE ROOM**

## MINDFUL MOVEMENT YOGA

This class incorporates yoga, stretch and different movements that emphasize balance, strength, and mobility (range of motion or flexibility).

**With Christina**

**FREE**

**MONDAYS**

**(9:00 AM - 10:00 AM)**

**DANCE ROOM**

# SMALL BUS EXCURSIONS

## BEACH WALK-Redondo Beach

Enjoy a day at the beach, exercise, relax or get a snack.

**THURS., APRIL 25th (11:00am)**

### PLEASE NOTE:

- **Times are subject to change due to driver's schedule.**
- **For safety reasons, requests to be dropped off in other areas not close to the general location of the excursion will not be honored.**

## THE GROVE

Come and enjoy a day of shopping, eating, and plenty of stores.

**TUES., APRIL 9TH ( 11 AM )**

### SMALL BUS EXCURSION PARTICIPANTS:

**It is very important that you arrive on time to the Community Center second floor lobby for all trips. New waiver forms are required every July.**

**If you need to cancel a reservation, please call the front office  
24 HOURS IN ADVANCE  
(310) 973-3270**

# NUTRITION PROGRAM

## SENIOR DAILY NUTRITION PROGRAM

Monday through Friday Lawndale Senior Services offers a nutritious lunch program for seniors. All meals meet the minimum dietary requirements. Enjoy a meal which contains all five food groups and even dessert! Milk also included. All lunches are served in the Community Center Main Event Room promptly at noon.

### FOR AGES 60 and OVER.

Pre-registration is required.

**Seniors must call the Front desk or sign up at the Main Event Room desk the day before to receive a meal.**

**\$2.25 Suggested Donation (Senior)**

**\$4.00 Non-Senior Cost**

**MON. - FRI. (NOON)  
COMMUNITY CENTER  
MAIN EVENT ROOM**



## TELECARE PROGRAM

Telecare is a program offered to Lawndale residents. This is a telephone reassurance program for seniors 55 years of age and older. This calling service provides telephone contact to check on the safety and well-being of senior citizens living alone. For more information and an application, please visit the Lawndale Community Center.



**FREE**

**MON. - THURS. (8:30 AM - 11:30 AM)  
(310) 973-3270**