

SENIOR POST

NEWSLETTER

City of Lawndale
14700 Burin Ave.
Lawndale, CA 90260



SENIOR POST

MARCH 2019

NEWSLETTER

VOLUME 25 ISSUE 3

ST. PATRICK'S DAY LUNCHEON

Come join us for our Luncheon with food, entertainment, and dancing.



MARCH 15, 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

"GREEN BOOK"

Friday, March 22, 2019
Main Event Room
1:15 PM -3:30 PM

MEALS ON WHEELS

FOR LAWDALE 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., March. 4th & 18th

(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., March. 11th & 25th

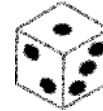
(1:30 - 3:30 PM)

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, March 28th (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, March 4th
Tuesday, March 5th

Non-Residents

Wednesday, March 6th



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

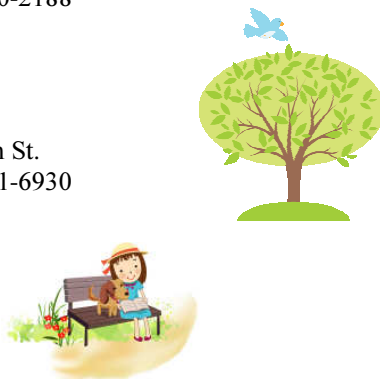
Jane Addams Park 15114 Firmona Ave.
Lawndale, CA 90260 (310) 970-2188

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

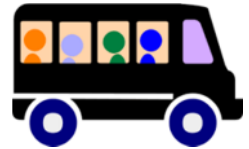
Case Management and Social Service Referrals

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.



ST PATRICK'S DAY LUNCHEON

MARCH 15, 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 ?

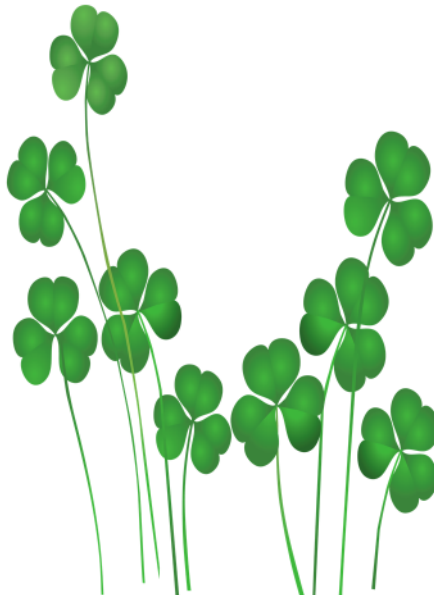
**Pick up application at City
Hall**

**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., MARCH 7th (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.**

LONG BEACH TOWN CENTER

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

THURS., MARCH 21ST (11AM)

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