

SENIOR POST

OCTOBER 2019

NEWSLETTER

VOLUME 25 ISSUE 10



City of Lawndale
NEWSLETTER
SENIOR POST

HALLOWEEN LUNCHEON

Come join us for our
Luncheon with food, games,
and popcorn!

Wear a costume and
enjoy the day!



TUESDAY OCTOBER 29, 2019

Doors open at
10:30 AM
MAIN EVENT ROOM

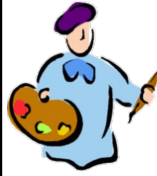


SUGGESTED DONATION:
\$2.25 FOR SENIORS AND AREA AGENCY ON AGING
MEMBERS



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

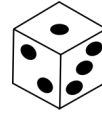
others.

FREE:
MON., October 7th & 21st
(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., OCT. 14th & 28th
(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, October 24th (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

Tuesday, October 1st

Wednesday, October 2nd

Non-Residents

Thursday, October 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

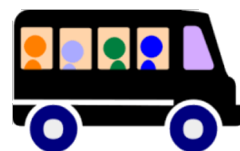
Case Management and Social Service Referrals

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.



HALLOWEEN LUNCHEON

OCTOBER 29, 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

BEGINNING 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
(9:30am- 10:30AM)
DANCE ROOM

INTERMEDIATE 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
WEDNESDAYS
(7:30am- 8:30AM)
DANCE ROOM
NEW CLASS*****

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

All Class Participants
 Must fill out a waiver and registration form.

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

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
(9:00am-10:00am)
DANCE ROOM


YOGA
 Work on your flexibility and relaxation as you stretch your muscles And practice strength and posture.
With Amalea
FREE
WEDNESDAYS
(9:00 AM - 10:00 AM)
DANCE ROOM

YOGA
 This class incorporates yoga, stretch and different movements that emphasize balance, strength, and mobility (range of motion or flexibility).
With Sunny
FREE
MONDAYS
(9:00 AM - 10:00 AM)
DANCE ROOM

 Come and enjoy a

SMALL BUS EXCURSIONS

AQUARIUM OF THE PACIFIC SENIOR FREE DAY
 Explore wonders of the ocean and see more than 12,000 animals at the aquarium in Long Beach.

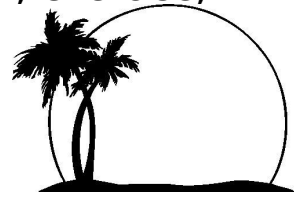


MON., OCT. 7th (8:30am)

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.

BEACH WALK-Redondo Beach
 Enjoy a day at the beach, exercise, relax or get a snack.



THURS., OCT. 17th (11:00am)

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
(310) 973-3278



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 - 1:00 AM)
(310) 973-3270

