

SEPTEMBER

SENIOR POST  
NEWSLETTER  
City of Lawndale  
14700 Burin Ave.  
Lawndale, CA 90260

# SENIOR POST

SEPTEMBER 2019

NEWSLETTER

VOLUME 25 ISSUE 9

## GRANDPARENTS LUNCHEON

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

Grandparents Day



## MONDAY SEPTEMBER 9, 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  
"The Best Exotic Marigold Hotel"  
Friday, September 13, 2019

Main Event Room  
1:15 PM -3:30 PM

## COMMUNITY CENTER CLOSED

Monday, September 2, 2019  
**In observance of Labor Day.**

# 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., September 16th**  
**( 1:30-3:30 )**  
**MEETING ROOM 1**



# REGISTRATION INFORMATION

## Monthly Activity Sign-Ups:

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

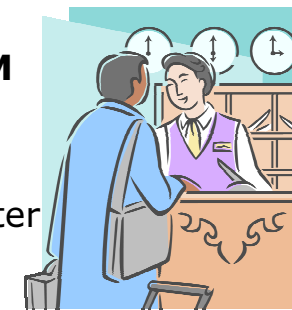
**Residents Only**  
**Tuesday, September 3rd**  
**Wednesday, September 4th**

**Non-Residents**  
**Thursday, September 5th**



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

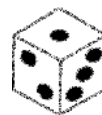


## BUNCO **ATTENTION SENIORS:**

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., SEPT. 9th & 23rd**  
**(1:30 - 3:30 PM)**  
**COMMUNITY CENTER,**  
**MEETING ROOM 1**  
**REGISTRATION**  
**REQUIRED**



## 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



## 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, September 26<sup>th</sup> (12 NOON)**  
**COST: \$3.00**  
**COMMUNITY CENTER, MAIN EVENT ROOM**



# ASSISTANCE CORNER

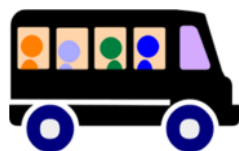
## Case Management and Social Service Referrals

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.**



## **GRANDPARENTS LUNCHEON**

**SEPTEMBER 9, 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**

# SMALL BUS EXCURSIONS

## BEACH WALK-Redondo Beach

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

**THURS., SEPT. 5th (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.**

## EXPOSITION PARK MUSEUMS

Come and walk through the rose garden or visit a museum. Bring money for lunch or bring a lunch.

\*\*Some museums charge an entrance fee.

**Thurs. Sept. 19th (10:30am)**

## 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**