

# SENIOR POST

MARCH 2020

NEWSLETTER

VOLUME 27 ISSUE 3



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

## SENIOR PROM 2020

Come join us for our Luncheon with food, dancing and take your picture in the photo booth.



## Monday, March 16th

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

## MOVIE DAY

“JUDY”

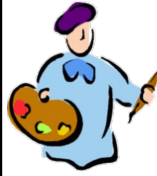


THURSDAY, MARCH 26th  
1:15pm  
Main Event Room



# MONTHLY EVENTS

## KNITTING, RELAXATION COLORING & SCRAPBOOKING



Become a part of our friendly group and participate in , relaxation coloring, knitting or scrapbooking. Most supplies are provided for seniors who join.

**FREE:**  
**MON., March 2nd & 16th**  
**(1:30-3:00pm)**  
**MEETING ROOM 1**



# REGISTRATION INFORMATION

**Monthly Activity Sign-Ups:**  
 Walk in registration 7 AM  
**\*\*Call in registration 10 AM**

**Residents Only**  
**Monday, March 2nd**  
**Tuesday, March 3rd**

**Non-Residents**  
**Wednesday, March, 4th**



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

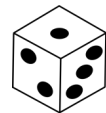


## BUNCO **ATTENTION SENIORS:**

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., March 9th & 23rd**  
**(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 26th (12 NOON)**  
**COST: \$3.00**  
**COMMUNITY CENTER, MAIN EVENT ROOM**

## 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

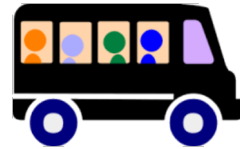
## Case Management and Social Service Referrals

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.**



**SENIOR PROM 2020 CELEBRATION**  
**MONDAY, MARCH 16TH**  
**11 AM - 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**  
**(9:30 AM - 10:30 AM)**  
**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**  
**(7:30 AM - 8:30 AM)**  
**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 AM - 9 AM)**  
**FRI., (9 AM - 10 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 AM - 8:30 AM)**  
**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 AM - 10 AM)**  
**DANCE ROOM**

## YOGA

Work on your flexibility and relaxation as you stretch your muscles And practice strength and posture.

**With Amalea**  
**FREE**  
**WEDNESDAYS**  
**(9 AM - 10 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 AM - 10 AM)**  
**DANCE ROOM**

# SMALL BUS EXCURSIONS

## BEACH WALK-Redondo Beach

Come and enjoy a walk at the beach.

**Thurs. MARCH., 12th (11:00 AM)**

## 2020 SENIOR Transportation :

**Transportation provided to the Community Center is only for lunch program and case management appointments.**

**\*\*\* (Residents that need a ride to the Community Center for a trip are able to get picked up only during the lunch program "pick-ups" which the time varies between 10:00am-11:00am)**

**Seniors attending trips must meet at the Community Center.**

**Driver will drop off all seniors to the Community Center after the trips.**

**\*\*\* Doctor appointments are a priority and must be booked 48 hours in advance.**

**Trip times are subject to change due to the driver's schedule.**

## CHINA TOWN - LOS ANGELES

**Come enjoy the different food restaurants , downtown LA , or walk around.**



**THURS. MARCH 19th (10:00 AM)**

# 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 once a week . For more information contact the Community Services Department.

**310-973-3270**



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