

City of Lawndale Community Services Department - Senior Services



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p style="text-align: right;">1</p> <p>MONTHLY SENIOR ACTIVITY SIGN-UPS: <u>RESIDENTS: 7 AM</u> Cardio Rhythm 9 -10 AM Functional Fitness & Yoga 10 -11 AM English Class 10:45 - 11:45 AM</p>
<p style="text-align: right;">4</p> <p>Community Center will be CLOSED!</p>	<p style="text-align: right;">5</p> <p>MONTHLY SENIOR ACTIVITY SIGN-UPS: <u>RESIDENTS: 7 AM</u> Senior Zumba 7:30 - 8:30 AM Tai Chi 9:30 - 10:15 AM Breathing Wellness 10:30 - 11 AM Game Room 8 AM - 3:30 PM</p> <p style="text-align: center;"><u>LABOR DAY LUNCHEON</u> 11AM</p>	<p style="text-align: right;">6</p> <p>MONTHLY SENIOR ACTIVITY SIGN-UPS: <u>NON-RESIDENTS: 7 AM</u> Senior Fitness 7:30 - 8:30 AM Commodities 10 AM</p>	<p style="text-align: right;">7</p> <p>Travel Club Sign-Ups 8 - 9:30 AM Functional Fitness & Yoga 8 - 9 AM Case Manager 11 AM - 1 PM Game Room 8 AM - 1PM</p> <p style="text-align: center;"><u>BEACH WALK</u> 10AM</p>	<p style="text-align: right;">8</p> <p>Cardio Rhythm 9 -10 AM Functional Fitness & Yoga 10 -11 AM English Class 10:45 - 11:45 AM</p>
<p style="text-align: right;">11</p> <p>Cardio Rhythm 8:30 - 9:30 AM Mindful Yoga 9:30 - 10:30 AM Bunco 1:30 - 3:30 PM</p>	<p style="text-align: right;">12</p> <p>Senior Zumba 7:30 - 8:30 AM Tai Chi 9:30 - 10:15 AM Breathing Wellness 10:30 - 11 AM Game Room 8 AM - 3:30 PM</p>	<p style="text-align: right;">13</p> <p>Senior Fitness 7:30 - 8:30 AM Commodities 10 AM</p>	<p style="text-align: right;">14</p> <p>Functional Fitness & Yoga 8 - 9 AM Case Manager 11 AM -1 PM Game Room 8 AM - 1PM</p> <p style="text-align: center;"><u>FIDM MUSEUM</u> (Institute of Design & Merchandising) 10 AM</p>	<p style="text-align: right;">15</p> <p>Cardio Rhythm 9 -10 AM Functional Fitness & Yoga 10 - 11 AM English Class 10:45 - 11:45 AM</p>
<p style="text-align: right;">18</p> <p>Cardio Rhythm 8:30 - 9:30 AM Mindful Yoga 9:30 - 10:30 AM Scrap Booking, Knitting, & Art Class 1:30 - 3 PM</p>	<p style="text-align: right;">19</p> <p>Travel Club General Meeting 1:30 PM Senior Zumba 7:30 - 8:30 AM Tai Chi 9:30 - 10:15 AM Breathing Wellness 10:30 - 11 AM Game Room 8 AM - 3:30 PM</p>	<p style="text-align: right;">20</p> <p>Senior Fitness 7:30 - 8:30 AM Commodities 10 AM</p>	<p style="text-align: right;">21</p> <p>Functional Fitness & Yoga 8 - 9 AM Case Manager 11 AM -1 PM Game Room 8 AM - 1PM</p>	<p style="text-align: right;">22</p> <p>Cardio Rhythm 9-10 AM Functional Fitness & Yoga 10 - 11 AM English Class 10:45 - 11:45 AM</p>
<p style="text-align: right;">25</p> <p>Cardio Rhythm 8:30 - 9:30 AM Mindful Yoga 9:30 - 10:30 AM Bunco 1:30 - 3:30 PM</p>	<p style="text-align: right;">26</p> <p>Senior Zumba 7:30 - 8:30 AM Tai Chi 9:30 - 10:15 AM Breathing Wellness 10:30 - 11 AM Game Room 8 AM - 3:30 PM</p>	<p style="text-align: right;">27</p> <p>Senior Fitness 7:30 - 8:30 AM Commodities 10 AM</p> <p style="text-align: center;"><u>SCAC MEETING 2 PM</u></p>	<p style="text-align: right;">28</p> <p>Functional Fitness & Yoga 8 - 9 AM Case Manager 11 AM -1 PM Game Room 8 AM - 1PM</p> <p style="text-align: center;"><u>PIZZA & BIRTHDAYS 12 PM</u></p>	<p style="text-align: right;">29</p> <p>Cardio Rhythm 9-10 AM Functional Fitness & Yoga 10 - 11 AM English Class 10:45 - 11:45 AM</p>

LEGEND

Meetings &

Senior Fitness Classes

Senior Activities

Arts/Crafts

Commodities

Case Manager

SMALL BUS EXCURSIONS

LUNCHEONS

“Creating communities through people, parks and programs.”

LAWNDALE TRAVEL CLUB

SEPTEMBER 7TH SIGN-UPS
THURSDAY, 8:00 - 9:00 A.M.
OPENINGS AT 8:00 A.M. ARE SUBJECT
TO AVAILABILITY DUE TO LINES
FORMING EARLY

SEPTEMBER 19TH GENERAL
MEETING, TUESDAY, 1:30 P.M.
MEMBERSHIP RENEWALS & TRIP SIGN-UPS
MUST BE DONE BETWEEN 12:30 - 1:15 P.M.
BEFORE THE GENERAL MEETING

SEPTEMBER 7TH SIGN-UPS

OAK GLEN ESCAPE **WITH TOUR OF THE GRABER OLIVE HOUSE**

Enjoy a hayride at Riley's Farm & make your own
taper-candle.
Family style lunch at the Hawk's Head
Tavern.
Stop at Los Rios Rancho.

Friday, November 10, 2017

\$48.00
Depart 9:00 a.m. Return 5:30 p.m.
Wayne Wong: (310) 539-9435

OKTOBERFEST IN BIG BEAR

German lunch at the Big Bear Convention
Center

Sunday, October 8, 2017

\$48.00
Depart 7:30 a.m. Return 6:30 p.m.
Sandy Tofflemire: (310) 675-2524

LAS VEGAS- FOUR QUEENS HOTEL & CASINO

Wednesday-Friday, October 18, 19, 20, 2017

SOLD OUT
CALL ESCORT TO BE PUT ON WAITING LIST
\$98.00 p/p Double Occupancy
\$148.00 Single

Depart 8:30 a.m. Return 6:00 p.m.
Marcia McMahon: (310) 675-3248

TASTE OF ROUTE 66 **GUIDED TOUR**

Lunch at Northwood's Inn Included

Wednesday, September 20, 2017

SOLD OUT
CALL ESCORT TO BE PUT ON WAITING LIST

Depart 8:00 a.m. Return 4:30 p.m.
Marge Heinemann: (310) 370-7792

IN ORDER TO CONTINUE
RECEIVING THE "LAWNDALE SENIOR POST" IN
THE MAIL, 2017 MEMBERSHIP RENEWALS MUST
BE DONE.

CALL MEMBERSHIP CHAIRPERSON
MARGE HEINEMAN: (310)370-7792

OCTOBER 5TH SIGN-UPS

SANTA CLAUS IS COMING TO TOWN
ALMANSOR COURT

HOLIDAY LUNCHEON AND MUSICAL
REVIEW

Wednesday, December 6, 2017
\$70.00

Depart 10:30 a.m. Return 4:30 p.m.
Marge Heinemann: (310) 370-7792

NOVEMBER 2ND SIGN-UPS

RIVERSIDE CASINO, LAUGHLIN
NEW YEAR'S CELEBRATION

Includes 2 breakfast buffets
& 1 dinner buffet

Wednesday- Friday, January 10, 11, 12, 2018

\$73.00 p/p Double Occupancy
\$97.00 Single

Depart 8:30 a.m. Return 6:00 p.m.
Phyllis Hatcher: (310) 370-6578

GLENDALE CENTRE THEATRE
"BARE FOOT IN THE PARK"

Lunch at The Tam O'Shanter Inn

Saturday, January 20, 2018
\$75.00

Depart 11:00 a.m. Return 6:30 p.m.
Wayne Wong: (310) 539-9435

MEMBERSHIP PRIVILEGES MAY BE RE-
VOKED IF A MEMBER FAILS TO OBEY
RULES AND PROCEDURES.

IF A MEMBER NEEDS TO CANCEL A TRIP,
YOU MUST CONTACT THE TRIP ESCORT.

ELECTIONS OF NEW OFFICERS ON
NOVEMBER 21, 2017, GENERAL MEETING

TRAVEL CLUB POLICY: All refund requests must be in writing. Refunds are
subject to the availability of a replacement. Finding a replacement is the
responsibility of the Payee. The Travel Club assumes no responsibility for
refunds. No person will be allowed to sign-up more than two members per trip.