

City of Lawndale Community Services Department - Senior Services



LEGEND

Meetings & Sign-Ups

Senior Fitness Classes

Senior Activities

Arts/Crafts

Commodities

Case Manager

SMALL BUS EXCURSIONS

LUNCHEONS & TEA PARTY

HAPPY
FATHER'S
Day!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	JUNE 2018			1 Zumba Gold 9 -10 AM English Class 10:45 - 11:45 AM
4 MONTHLY SENIOR ACTIVITY SIGN-UPS: <u>RESIDENTS ONLY: 7 AM</u> Zumba Gold 7:30 - 8:30 AM Mindful Yoga 9:00 - 10:00 AM Scrap Booking, Knitting, & Art Class 1:30 - 3 PM	5 MONTHLY SENIOR ACTIVITY SIGN-UPS: <u>RESIDENTS ONLY: 7 AM</u> Senior Fitness 7:30 - 8:30 AM Tai Chi 9:30 - 10:15 AM Breathing Wellness & Fall Prevention 10:30 - 11 AM Game Room 8 AM - 3:30 PM	6 MONTHLY SENIOR ACTIVITY SIGN-UPS: <u>NON-RESIDENTS ONLY: 7 AM</u> Senior Fitness 7:30 - 8:30 AM Functional Fitness & Yoga 9-10 AM Commodities 10 AM - 11 AM	7 <u>Travel Club Sign-Ups 8 - 9:30 AM</u> Functional Fitness & Yoga 8 - 9 AM Case Manager 11 AM - 1 PM Game Room 8 AM - 1PM <u>NUTRITION CLASS</u> 10:30-11:30am REGISTRATION REQUIRED !!	8 Zumba Gold 9 -10 AM English Class 10:45 - 11:45 AM 
11 Zumba Gold 7:30 - 8:30 AM Mindful Yoga 9:00 - 10:00 AM Bunco 1:30 - 3:30 PM	12 Senior Fitness 7:30 - 8:30 AM Tai Chi 9:30 - 10:15 AM Breathing Wellness & Fall Prevention 10:30 - 11 AM Game Room 8 AM - 3:30 PM	13 Senior Fitness 7:30 - 8:30 AM Functional Fitness & Yoga 9-10 AM Commodities 10 AM - 11 AM	14 Functional Fitness & Yoga 8 - 9 AM Case Manager 11 AM - 1 PM Game Room 8 AM - 1PM <u>BEACH WALK</u> 11 AM	15 Zumba Gold 9 -10 AM English Class 10:45 - 11:45 AM <u>FATHER'S DAY LUNCHEON</u> 11 AM <i>*doors open at 10:30 am</i>
18 Zumba Gold 7:30 - 8:30 AM Mindful Yoga 9:00 - 10:00 AM Scrap Booking, Knitting, & Art Class 1:30 - 3 PM	19 <u>Travel Club General Meeting 1:30 PM</u> Senior Fitness 7:30 - 8:30 AM Tai Chi 9:30 - 10:15 AM Breathing Wellness & Fall Prevention 10:30 - 11 AM Game Room 8 AM - 3:30 PM	20 Senior Fitness 7:30 - 8:30 AM Functional Fitness & Yoga 9-10 AM Commodities 10 AM - 11AM	21 Functional Fitness & Yoga 8 - 9 AM Case Manager 11 AM -1 PM Game Room 8 AM - 1PM <u>Marine Mammal Care Center</u> 11 AM	22 Zumba Gold 9 -10 AM English Class 10:45 - 11:45 AM <u>SENIOR MOVIE DAY</u> "JUSTICE LEAGUE" 1:15
25 Zumba Gold 7:30 - 8:30 AM Mindful Yoga 9:00 - 10:00 AM Bunco 1:30 - 3:30 PM	26 Senior Fitness 7:30 - 8:30 AM Tai Chi 9:30 - 10:15 AM Breathing Wellness & Fall Prevention 10:30 - 11 AM Game Room 8 AM - 3:30 PM	27 Senior Fitness 7:30 - 8:30 AM Functional Fitness & Yoga 9-10 AM Commodities 10 AM - 11AM <u>SCAC MEETING</u> 2 PM	28 Functional Fitness & Yoga 8 - 9 AM Case Manager 11 AM -1 PM Game Room 8 AM - 1PM <u>PIZZA & BIRTHDAYS 12 PM</u>  	29 Zumba Gold 9 -10 AM English Class 10:45 - 11:45 AM

LAWNDALE TRAVEL CLUB

JUNE 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

JUNE 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

JUNE 7TH SIGN-UPS

WALT DISNEY CONCERT HALL
Music from the most favorite cinematic
experiences

John Williams greets the Orchestra

Lunch included at HMS Bounty Restaurant

Sunday, August 19, 2018
\$78.00

Depart 10:30 a.m. Return 5:30 p.m.
Sandy Tofflemire: (310) 675-2524

RIVERSIDE CASINO, LAUGHLIN
SUMMER LUAU SPECIAL

Wednesday– Friday, July 11,12,13, 2018
\$85.00 p/p Double Occupancy
\$120.00 Single

SOLD OUT! STAND-BY ONLY

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

AMERICAN RIVIERA TOUR
OF SANTA BARBARA

Lunch at Enterprise Fish Co. Restaurant
Santa Barbara Mission Tour

Friday, June 15, 2018
\$78.00

ALMOST SOLD OUT

Depart 8:30 a.m. Return 7:30 p.m.
Wayne Wong: (310) 539-9435

CORONADO'S HOTEL SAN DIEGO TOUR
RIDE ON THE CORONADO FERRY

Lunch at Hunter Steakhouse

Friday, July 20, 2018
\$70.00

LIMITED SEATS AVAILABLE

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

**IN ORDER TO CONTINUE
RECEIVING THE "LAWNDALE SENIOR POST"
IN THE MAIL, 2018 MEMBERSHIP RENEWALS
MUST BE DONE.**

**CALL MEMBERSHIP CHAIRPERSON
MARGE HEINNEMAN: (310)370-7792**

JULY 5TH SIGN-UPS

KING TUT

TREASURES OF THE GOLDEN PHARAOH

LUNCH AT OASIS
MEDITERRANEAN RESTURANT

Friday, September 14, 2018
\$73.00

Depart 10:30 a.m. Return 5:30 p.m.
Mary Ann McFarland : (310) 542-7161

AUGUST 2ND SIGN-UPS

CAMELS TO CABERNET

LUNCH INCLUDED
AT THE LAKE CUYAMACA RESTAURANT

WINE TASTING AT ORFILA WINERY

Friday, October 26,2018
\$64.00

Depart 7:30 a.m. Return 6:30 p.m.
Marge Heineman : (310) 370-7792

LAS VEGAS

FOUR QUEENS HOTEL & CASINO

Wednesday–Friday, October 17,18,19,,2018
\$120.00 P/P Double Occupancy
\$190.00 Single

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

**MEMBERSHIP PRIVILEGES MAY BE
REVOKED IF A MEMBER FAILS TO
OBEY RULES AND
PROCEDURES.**

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

**TO SIGN UP FOR ANY 2018 TRIP, YOU
MUST HAVE ALREADY DONE YOUR
MEMBERSHIP RENEWAL.**

**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.**