

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		MONTHLY SENIOR ACTIVITY SIGN-UPS: <u>RESIDENTS ONLY: 7 AM</u> Senior Fitness 7:30 - 8:30 AM Commodities 10 AM	MONTHLY SENIOR ACTIVITY SIGN-UPS: <u>RESIDENTS ONLY: 7 AM</u> 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	Cardio Rhythm 9 -10 AM Functional Fitness & Yoga 10 -11 AM English Class 10:45 - 11:45 AM
6	7	8	9	10
MONTHLY SENIOR ACTIVITY SIGN-UPS: <u>NON-RESIDENTS ONLY: 7 AM</u> Cardio Rhythm 7:30 - 8:30 AM Mindful Yoga 9:30 - 10:30 AM Scrap Booking, Knitting, & Art Class 1:30 - 3 PM	Senior Fitness 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	Senior Fitness 7:30 - 8:30 AM Commodities 10 AM	Functional Fitness & Yoga 8 - 9 AM Case Manager 11 AM - 1 PM Game Room 8 AM - 1PM	Cardio Rhythm 9 -10 AM Functional Fitness & Yoga 10 -11 AM English Class 10:45 - 11:45 AM PIZZA & BIRTHDAYS 12 PM
13	14	15	16	17
Cardio Rhythm 7:30 - 8:30 AM Mindful Yoga 9:30 - 10:30 AM Bunco 1:30 - 3:30 PM	Senior Fitness 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	Senior Fitness 7:30 - 8:30 AM Commodities 10 AM	Functional Fitness & Yoga 8 - 9 AM Case Manager 11 AM -1 PM Game Room 8 AM - 1PM <p style="text-align: center;">BEACH WALK 10 AM</p>	Cardio Rhythm 9 -10 AM Functional Fitness & Yoga 10 - 11 AM English Class 10:45 - 11:45 AM
20	21	22	23	24
Cardio Rhythm 7:30 - 8:30 AM Mindful Yoga 9:30 - 10:30 AM Scrap Booking, Knitting, & Art Class 1:30 - 3 PM <p style="text-align: center;">THANKSGIVING LUNCHEON 11AM</p>	Travel Club General Meeting 1:30 PM Senior Fitness 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	Senior Fitness 7:30 - 8:30 AM Commodities 10 AM <p style="text-align: center;">SCAC MEETING 2PM</p>	<p style="text-align: center;">COMMUNITY CENTER WILL BE CLOSED</p> <p style="text-align: center;"><i>Happy Thanksgiving</i></p>	Cardio Rhythm 9-10 AM Functional Fitness & Yoga 10 - 11 AM English Class 10:45 - 11:45 AM <p style="text-align: center;">SENIOR LUNCH PROGRAM CLOSED</p>
27	28	29	30	
Cardio Rhythm 7:30 - 8:30 AM Mindful Yoga 9:30 - 10:30 AM Bunco 1:30 - 3:30 PM	Senior Fitness 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 style="text-align: center;">TEA PARTY 2PM " FANCY HATS "</p>	Mindful Yoga 9:30 - 10:30 AM Commodities 10 AM	Functional Fitness & Yoga 8 - 9 AM Case Manager 11 AM -1 PM Game Room 8 AM - 1PM <p style="text-align: center;">Torrance Memorial Holiday Festival 9:30 AM</p>	<h1 style="font-size: 4em;">2017</h1>

LAWNDALE TRAVEL CLUB

NOVEMBER 2ND SIGN-UPS THURSDAY, 8:00 - 9:00 A.M.

OPENINGS AT 8:00 A.M. ARE SUBJECT TO AVAILABILITY DUE TO LINES FORMING EARLY

NOVEMBER 21ST 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

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

SANTA CLAUS IS COMING TO TOWN
ALMANSOR COURT

HOLIDAY LUNCHEON AND MUSICAL
REVIEW

SOLD OUT. CALL ESCORT TO BE ON WAITING LIST
Wednesday, December 6, 2017
\$70.00

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

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.

SOLD OUT. CALL ESCORT TO BE ON WAITING LIST
Friday, November 10, 2017
\$48.00

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

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

MARGE HEINNEMAN: (310)370-7792

DECEMBER 7TH SIGN-UPS

ELVIS IS BACK
THE EARLY YEARS
ALMANSOR COURT
SCOT BRUCE AS ELVIS

Lunch & Wine Included

Wednesday, February 21, 2018
\$68.00

Depart 10:30 a.m. Return 6:00 p.m.
Marcia McMahon: (310) 675-3248

JANUARY 4TH SIGN-UPS

TEHACHAPI ALPACAS
AND
CESAR CHAVEZ NATIONAL MONUMENT

Lunch at The Shed's Soul Kitchen in
Tehachapi

Friday, March 23, 2018
\$56.00

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

~~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.

BOARD MEMBERS ELECTIONS FOR VICE
PRESIDENT, TREASURER, AND MEMBER-
SHIP PERSON WILL BE ON
NOVEMBER 21, 2017 AT OUR GENERAL
MEETING.

TO SIGN UP FOR ANY 2018 TRIP, YOU MUST
HAVE ALREADY DONE YOUR MEMBER-
SHIP RENEWAL.

1. HAVING YOUR 2018 WAIVER FORM COMPLETED.
2. PAID THE \$5.00 MEMBERSHIP DUES FOR 2018.

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.