



LEGEND

Meetings & Sign-Ups

Senior Fitness Classes

Senior Activities

Arts/Crafts

Commodities


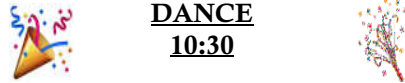




Case Manager

SMALL BUS EXCURSIONS

LUNCHEONS & TEA PARTY



City of Lawndale Community Services Department - Senior Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 COMMUNITY CENTER WILL BE CLOSED! 	2 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 10:30 - 11 AM Game Room 8 AM - 3:30 PM * ALL RESIDENTS & NON-RESIDENTS CAN SIGN UP FOR THE <u>LUNCHEON.</u>	3 MONTHLY SENIOR ACTIVITY SIGN-UPS: <u>RESIDENTS ONLY: 7 AM</u> Senior Fitness 7:30 - 8:30 AM Commodities 10 AM <u>NEW YEAR LUNCHEON DANCE</u> 10:30 	4 MONTHLY SENIOR ACTIVITY SIGN-UPS: <u>NON-RESIDENTS ONLY: 7 AM</u> <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	5 Zumba Gold 9 -10 AM Functional Fitness & Yoga 10 -11 AM English Class 10:45 - 11:45 AM <u>SENIOR MOVIE DAY</u> 1:30 PM <u>"Hidden Figures"</u>
8 Zumba Gold 7:30 - 8:30 AM Mindful Yoga 9:00 - 10:00 AM Bunco 1:30 - 3:30 PM	9 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 <u>SENIOR HEALTH FAIR</u> 10 AM - 1 PM	10 Senior Fitness 7:30 - 8:30 AM Commodities 10 AM	11 Functional Fitness & Yoga 8 - 9 AM Case Manager 11 AM - 1 PM Game Room 8 AM - 1PM <u>BEACH WALK</u> 10 AM 	12 Zumba Gold 9 -10 AM Functional Fitness & Yoga 10 -11 AM English Class 10:45 - 11:45 AM
15 COMMUNITY CENTER WILL BE CLOSED Martin Luther King Jr. Day (January 15, 1929 – April 4, 1968) "I Have A Dream" 	16 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 <u>CHINA TOWN</u> 10:30 AM	17 Senior Fitness 7:30 - 8:30 AM Commodities 10 AM	18 Functional Fitness & Yoga 8 - 9 AM Case Manager 11 AM - 1 PM Game Room 8 AM - 1PM	19 Zumba Gold 9 -10 AM Functional Fitness & Yoga 10 - 11 AM English Class 10:45 - 11:45 AM
22 Zumba Gold 7:30 - 8:30 AM Mindful Yoga 9:00 - 10:00 AM Bunco 1:30 - 3:30 PM	23 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	24 Senior Fitness 7:30 - 8:30 AM Commodities 10 AM <u>SCAC MEETING</u> 2 PM	25 Functional Fitness & Yoga 8 - 9 AM Case Manager 11 AM -1 PM Game Room 8 AM - 1PM <u>PIZZA & BIRTHDAYS 12 PM</u> 	26 Zumba Gold 9 -10 AM Functional Fitness & Yoga 10 - 11 AM English Class 10:45 - 11:45 AM
29 Zumba Gold 7:30 - 8:30 AM Mindful Yoga 9:00 - 10:00 AM	30 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	31 Senior Fitness 7:30 - 8:30 AM Commodities 10 AM		

January
2018

LAWNDALE TRAVEL CLUB

JANUARY 4TH SIGN-UPS THURSDAY, 8:00 - 9:00 A.M.

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

JANUARY 16TH 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

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

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

STILL OPEN

Lunch & Wine Included

Wednesday, February 21, 2018

\$68.00

Depart 10:30 a.m. Return 4:30 p.m.
Marcia McMahon: (310) 675-3248

**RIVERSIDE CASINO, LAUGHLIN
NEW YEAR'S CELEBRATION**

Includes 2 breakfast buffets & 1 dinner buffet

SOLD OUT. CALL ESCORT TO BE ON WAITING LIST

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

STILL OPEN

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

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

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

FEBRUARY 1ST SIGN-UPS

**GLENDALE CENTRE THEATRE
"WEST SIDE STORY"
Lunch at Taix French Restaurant**

Saturday, April 14, 2018

\$75.00

Depart 11:00 a.m. Return 7:00 p.m.
Mary Ann McFarland: (310) 542-7161

**RIVERSIDE CASINO, LAUGHLIN
SPRING INTO APRIL**

Three buffets included

Wednesday– Friday, April 18,19,20, 2018

\$73.00 p/p Double Occupancy

\$98.00 Single

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

**YOSEMITE
CHUCKCHANSI HOTEL & CASINO**

**GUIDED TOUR OF THE VALLEY FLOOR
SUGAR PINE RAILROAD**

**All Gratuities, Accommodations, transpor-
tation, Yosemite Tour, Sugar Pine Railroad
Admission, \$20 Slot Play & \$20 Food Credit
at Chukchansi Casino, 2 lunches**

Wednesday– Friday, May 23, 24, 25, 2018

\$280.00 p/p Double Occupancy

\$380.00 Single

Depart 8:30 a.m. Return 6:30 p.m.
Marcia McMahon: (310) 675-3248-6578

**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.**

**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.**