

SENIOR POST

September 2016

NEWSLETTER

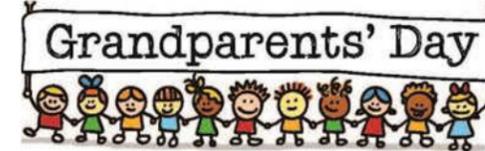
VOLUME 22, ISSUE 9



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

SENIOR POST

Grandparent's Day Luncheon
**In celebration of all
Grandparents', join us for
delicious food and
entertainment.**



**Monday,
September 12th**
**Doors open at
10:30 am**
MAIN EVENT ROOM
**Entertainment
By Clarence Ulrich**

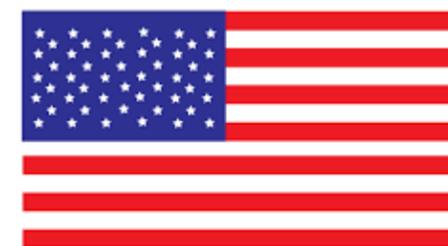


SUGGESTED DONATION:

\$2.25 FOR SENIORS AND AREA AGENCY ON AGING MEMBERS

\$4.00 FOR NON-SENIORS AND NON-AREA AGENCY ON AGING MEMBERS

Community Center Closed
Monday, September 5th, 2016
In observance of Labor Day



HAPPY LABOR DAY

**Lawndale Blues & Jazz
Music Festival**

Saturday, September 24
11 AM
Jane Addams Park



MONTHLY EVENTS

SENIOR SCRAP BOOKING, KNITTING & ART



Become a part of our friendly group and participate in painting, scrap booking, or knitting. Most supplies are provided for seniors who join. This is a work on your own class while enjoying the company of others.

FREE:
MON., (Closed on September 5th) & 19th
(1:30-3 PM)
COMMUNITY CENTER, MEETING ROOM 2



REGISTRATION INFORMATION

Monthly Activity Sign-Ups:

Walk in registration 7 AM
 Call in registration 10 AM

Residents Only

Thursday, September 1st
Friday, September 2nd

Non-Residents

Tuesday, September 6th



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



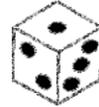
BUNCO

ATTENTION SENIORS:
We need new players!

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., September 12th & 26th
(1:30 - 3:30 PM)
COMMUNITY CENTER,
MEETING ROOM 1
REGISTRATION RE-
QUIRED



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, ice cream, salad, and a drink. Please register at least 24-hours in advance.



THURS., September 22nd (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
 (310) 973-3274

Frank Hogan Tot Lot
 4045 W. 167th St.
 Lawndale, CA 90260



Dan McKenzie Gardens
 4324 W. 160th St.
 Lawndale, CA 90260

ASSISTANCE CORNER

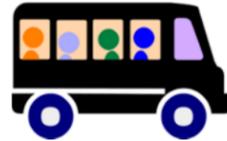
Case Management and Social Service Referrals

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

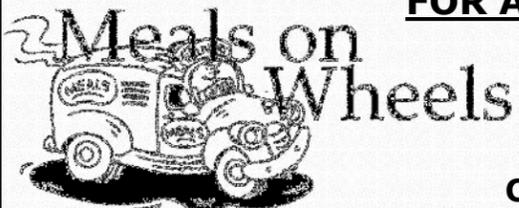


Meals on Wheels

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: \$4.00 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.*

We accept donations of clean, unbroken plastic bags for distribution of food goods.



Wednesdays (10 AM – until food is gone)
COMMUNITY CENTER, MAIN EVENT ROOM



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.

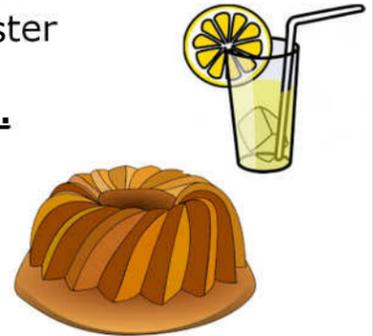


GRANDPARENT'S DAY LUNCHEON

MONDAY, SEPTEMBER 12th

11 - 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.

**Fourth WEDNESDAY of every
 month (2 PM)**

**COMMUNITY
 CENTER
 MEETING
 ROOM 2**



Calling All Seniors!

LAWNDALE FARMERS MARKET

Lawndale Farmers Market is a Certified farmers market. Visit the market for whole fruits and vegetables, nuts, popcorn, BBQ, and more. Come and enjoy the new selection of vendors.

WEDNESDAYS

(2 PM - 7 PM)

**Burin Street,
 North of City Hall**



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

BREATHING WELLNESS

Come join a relaxation class for seniors where you can practice breathing, focusing and stress reduction.



With Harlika
FREE
TUESDAYS
(10:30 AM - 11 AM)
COMMUNITY CENTER,
MEETING ROOM

FITNESS ROOM

Please visit the 2nd floor front desk to fill out a waiver form. **You must have a picture I.D. & Towel to receive a badge. Wear your badge at all times while in the fitness room.** When you are finished with your work out, return the badge **immediately** to the front desk. Ages 16 and over.

FREE
MON.-THURS. (8 AM - 7 PM)
FRI. (8 AM - 3 PM)
SAT. (10 AM - 1 PM)
COMMUNITY CENTER



CARDIO RHYTHM

An exciting fitness class that is modified for seniors of all exercise levels!

With Christina
FREE
MON., (8:30 - 9:30 AM)
FRI., (9:00 - 10:00 AM)
MAIN EVENT ROOM

Senior Fitness Class

An exciting fitness class that is modified for seniors of all exercise levels!

With Marc
FREE
WED. (7:30-8:30am)
MAIN EVENT ROOM

Senior ZUMBA

A fitness class with Latin music and a variety of modified exercises including the use of balls.

With Layne
FREE
TUES. (7:30- 8:30AM)
MAIN EVENT ROOM

MINDFUL MOVEMENT YOGA

This class incorporates yoga, stretch and different movements that emphasize balance, strength, and mobility (range of motion or flexibility).

With Christina
FREE
MONDAYS
(9:30 AM - 10:30 AM)
MAIN EVENT ROOM

YOGA & FUNCTIONAL FITNESS

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

With Christina
FREE
THURSDAYS(8:00-9:00am)
Fridays(10:00-11:00am)

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 - 10:15 AM)
DANCE ROOM

SMALL BUS EXCURSIONS

RODIUM SWAPMEET - TORRANCE

Come with us, as we walk along this 15-acre outdoor swapmeet.



Please wear comfortable shoes and bring money for lunch.
Thurs., Sept. 8th
(10 AM)

OLVERA STREET - LOS ANGELES

Join us in celebration of Mexican Independence from Spain with popular and traditional entertainment, and shopping.



Please wear comfortable shoes and bring money for lunch.
Fri., Sept. 16th
(10 AM)

CENTRAL LIBRARY - LOS ANGELES

Explore the art and architecture of the 1926 Bertram Goodhue Building with its distinctive sphinxes and rooftop Pyramid.



Please bring comfortable shoes.
Wed., Sept. 21st
(10 AM)

SMALL BUS EXCURSION PARTICIPANTS:

It is very important that you arrive on time to the Community Center second floor lobby for all trips. New waiver forms are required in July

If you need to cancel a reservation, please call the front office 24 HOURS IN ADVANCE

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

\$4.00 Non-Senior

MON. - FRI. (NOON)
COMMUNITY CENTER
MAIN EVENT ROOM



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. For more information and an application, please visit the Lawndale Community Center.



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