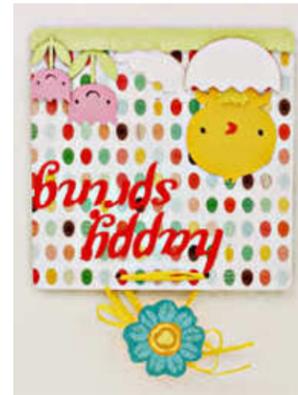


SENIOR POST

APRIL 2016

NEWSLETTER VOLUME 22, ISSUE 4

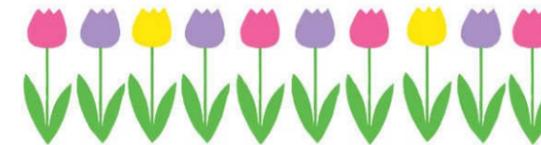


NEWSLETTER
City of Lawndale
14700 Burin Ave.
Lawndale, CA 90260

SENIOR POST

Spring Luncheon

Come and join us for a spring
Celebration and enjoy
delicious food and entertainment.
Don't forget to wear pink or yellow!



 **Thursday,** 
April 14th
Doors open at
10:30 am
MAIN EVENT ROOM



SUGGESTED DONATION:

\$2.25 FOR SENIORS AND AREA AGENCY ON AGING MEMBERS
\$4.00 FOR NON-SENIORS AND NON-AREA AGENCY ON AGING MEMBERS

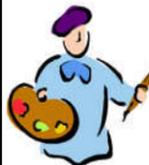
**LAWNDALE YOUTH DAY
PARADE
SATURDAY APRIL, 23rd**

Blood Pressure Check for Seniors
First Wednesday of every month by
Registered Nurse / Doris Hofmann
11 AM - 12 PM / Before lunch in the
Main Event Room



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., April 4th & 18th (1:30-3 PM)
COMMUNITY CENTER, MEETING ROOM 2



BUNCO

ATTENTION SENIORS:
We need new players!

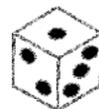
Come and join us for an exciting game of Bunco! If you are new to the game come and learn.

ONLY ONE PRIZE PER PARTICIPANT.

FREE: MON., April 11th & 25th

(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.

★HAPPY★
BIRTHDAY!

THURS., April 28th (12 NOON)
COST: \$3.00
COMMUNITY CENTER, MAIN EVENT ROOM



REGISTRATION INFORMATION

Monthly Activity Sign-Ups:

Walk in registration 7 AM
 Call in registration 10 AM

Residents Only
Monday, April 4th
Tuesday, April 5th

Non-Residents
Wednesday, April 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



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

William Green Park
 4558 W. 168th St.
 Lawndale, CA 90260
 (310) 371-6930

Hopper Park
 4418 W. 162nd St.
 Lawndale, CA 90260

Lawndale Dog Park
 14725 Larch Ave.
 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.

For ages 60 and over.

Thursdays (11 AM - 1 PM) Please call for an appointment (310) 973-3270

Stroke Victims Support Group

If you or a loved one has been a victim of a stroke, there is help available.

The Torrance Memorial Medical Group offers a monthly group meeting.

Transportation can be provided by calling Lawndale Senior Transit 48 hrs. in advance (310) 973-3287.

1st Wednesday of every month (10 AM - 11 AM)

Call for Reservation (310) 517-4667

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

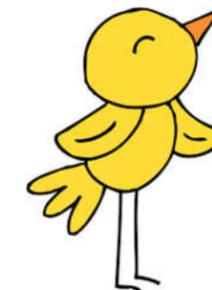
As part of the Senior Lunch Program, the City of Lawndale Community Services Department hosts a monthly Special Luncheon. These events are celebrated with a specific theme and entertainment is provided for your enjoyment. Don't forget to sign up for these events.

Pre-registration is required. Please register at the Community Center front desk.

Must be 60 years or older to participate.



**SPRING LUNCHEON
THURSDAY, APRIL 14th
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**



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.



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!



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

TAI CHI

This ancient Chinese martial art can improve strength and balance. This class is a low-intensity form of Tai Chi that can help build strong knees, ankles, and improve flexibility.



FREE TUESDAYS (9:30 - 10:15 AM) DANCE ROOM

MINDFUL MOVEMENT YOGA

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



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.



FREE THURS., (8:00 - 9:00 AM) FRI., (10 - 11 AM) MAIN EVENT ROOM



SENIOR FITNESS CLASS

This class is an instructor - led and emphasizes stretching, aerobics, and muscle toning.



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

SMALL BUS EXCURSIONS

REDONDO BEACH STRAND-REDONDO BEACH

Let's enjoy a walk amongst friends by the ocean

Please wear comfortable shoes and bring money for lunch.

Thurs., April 7th (10 AM)



PARAMOUNT SWAP MEET-PARAMOUNT

Join us for a day of walking, eating, and shopping.

Cost: \$1.00

Please wear comfortable shoes.

Tues., April 12th (10 AM)



PETERSEN AUTOMOTIVE MUSEUM - LOS ANGELES

Through a ground-breaking partnership with Disney/Pixar visitors can be part of an amazing experience that will teach you the science and technology behind designing an aerodynamic racecar.

Cost: \$10.00

Please bring money for lunch.

Wed., April 27th (10 AM)

(Newly Renovated)



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