

SENIOR POST

July 2016

NEWSLETTER

VOLUME 22, ISSUE 7



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

SENIOR POST

Independence Day Luncheon

Come and celebrate with us!
We will be serving delicious
ice cream & food.



Tuesday,
July 5th
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



The Community Center will be
CLOSED July 4th in observance of
Independence Day.



JULY REQUIREMENTS FOR SENIORS

All seniors attending the senior lunch program will have to fill out a new intake form for the new fiscal year beginning July 1st, **NO EXCEPTIONS.**

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



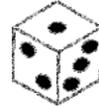
BUNCO

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., July 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., July 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
Tuesday, July 5th
Wednesday, July 6th

Non-Residents
Thursday, July 7th



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
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Hopper Park 4418 W. 162nd St. Lawndale, CA 90260	Lawndale Dog Park 14725 Larch Ave. Lawndale, CA 90260
Rudolph 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

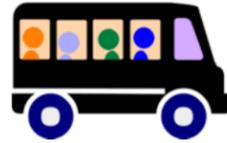
Case Management and Social Service Referrals

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.



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.



INDEPENDENCE DAY LUNCHEON

TUESDAY, JULY 5th
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.



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



SMALL BUS EXCURSIONS

MOTHER'S BEACH - LONG BEACH

Located in a beautiful marina setting, marine park has walking trails and picnic sites.

Please wear comfortable shoes.

Thurs., July 14th
(10 AM)



SOUTH COAST BOTANIC GARDENS - PALOS VERDES PENINSULA

Covering 87 acres, the Garden offers a wide variety of blooming trees, shrubs, and flowers all year.



Please wear comfortable shoes and no food is prohibited in the garden.

Tues., July 19th
(9 AM)

DINNER AND LUNCH AT THE ARTS - REDONDO BEACH

Come and enjoy a variety of food selections made from different gourmet food trucks, meals range from \$6 and up.

Please wear comfortable shoes and bring lunch money.

Thurs., July 21st
(11 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

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

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

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)

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