

# SENIOR POST

November 2016

NEWSLETTER

VOLUME 22, ISSUE 11



## Thanksgiving Luncheon

Come join us for our  
Thanksgiving Luncheon.  
Enjoy delicious food,  
entertainment, and  
company!



WEDNESDAY  
NOVEMBER 23rd

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

### ANGEL TREE LIGHTING CEREMONY

Monday, November 28th  
4:00pm-8:00pm  
Lawndale Civic Center Plaza



### The Community Center will be CLOSED

Thursday, November 24, 2016  
In observance of Thanksgiving Day  
THE SENIOR LUNCH PROGRAM  
WILL BE CLOSED  
November, Thursday 24th  
November, Friday 25th

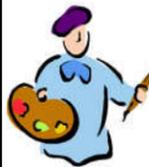
### LADIES TEA PARTY

Tuesday, November 15th  
2 pm - 3:15 pm  
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., November 7th & 21st**  
**(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

**Tuesday, November 1st**  
**Wednesday, November 2nd**

### Non-Residents

**Thursday, November 3rd**



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., November 14th & 28th**  
**(1:30 - 3:30 PM)**  
**COMMUNITY CENTER,**  
**MEETING ROOM 1**  
**REGISTRATION**  
**REQUIRED**



## 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.



**FRI., November 11th (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

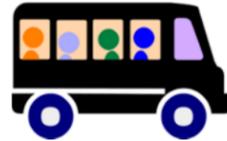
## Case Management and Social Service Referrals

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**

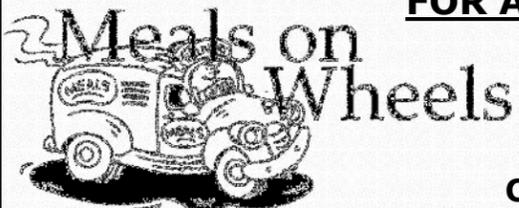


## Meals on Wheels

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: \$4.50 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

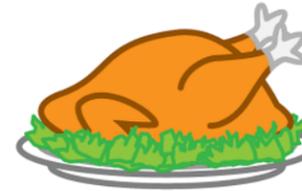
## SPECIAL SENIOR LUNCHEON

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.**

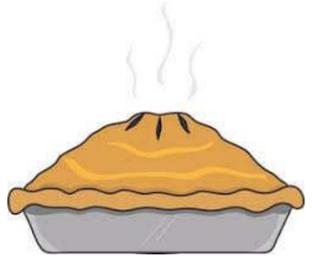


## THANKSGIVING LUNCHEON

**Wednesday, November 23rd**

**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**

## 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**

# SMALL BUS EXCURSIONS

## NO TRIPS THIS MONTH



### 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**