

MONTHLY EVENTS

SENIOR SCRAP BOOKING AND KNITTING CLASS

****NEW MEMBERS NEEDED****

Come and join our scrap booking group, knitting group or both. Most supplies are provided for seniors who join, so bring your pictures and albums or your yarn!

HOURS (1:30-3 pm)**

**MON. June 6th & 20th
Community Center Annex**

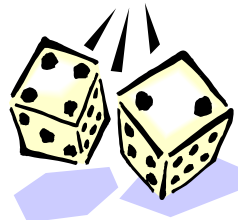


BUNCO

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. Prizes and fun provided.



**FREE
MON., June 13th & 27th
(1:30-3:30 pm)**

ART CLASS

Come on down and learn about various styles of art as we explore painting, drawing, origami and more. Join us in a friendly, relaxing activity.

No experience necessary!

All art supplies will be provided.

**FREE
Fridays (1:30-2:30 pm)
Community Center Annex**



LADIES TEA PARTY

If you are interested in spending an afternoon with friends or making new friends, then this is the program for you.



**Theme: Summer at the Beach Tea Party
Colors: Blue and Yellow
TUES., June 28th (2-3:30 pm)
Community Center Annex**

SENIOR BIRTHDAY PIZZA PARTY

If you are having a birthday we would love to celebrate with you. Come and join us for an afternoon lunch. Lunch includes pizza, birthday cake, salad, and a drink. Please register 24-hours in advance.



**COST: \$3.00
THURS., June 30th (Noon—1 pm)
Community Center Annex**

ACTIVITIES

SPECIAL SENIOR LUNCHEONS

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 required.

Please call 310-973-3270 to register.



Father's Day Luncheon
Thursday, June 16, 2011
at 11 am



LAWNDALE FARMERS MARKET

Lawndale Farmers Market is a certified farmers market. Visit the farmers market for whole fruits and vegetables, nuts, popcorn, peanuts, barbeque, hot dogs, and more. Come and enjoy the new selection of vendors.



FREE
Wednesdays (2 pm—7 pm)
147th Street East of City Hall

POOL ROOM HOURS

All seniors are welcome to open pool play. There is one pool table located in the Community Center for everyone's enjoyment.



FREE
MON.(11 am - 3 pm)
TUES.-THURS. (9 am - 3 pm)
Lawndale Community Center

KARAOKE HOUR

1st Wednesday of the month
from 1:30 pm -2:30 pm
in the
Community Center
Annex



COMPUTER ROOM

Our computer room is open to all seniors. Please follow posted rules regarding computer use.

All participants must wear earphones while viewing websites with music or speaking.



Thursday-(7:30 am—4 pm)
Monday-Wednesday (7:30 am-5:30 pm)

SMALL BUS EXCURSIONS

VENICE BEACH

Kick off the summer with a day of walking and exploring the many vendors and interesting people of Venice Beach. Bring a lunch or money for lunch.



FRIDAY, JUNE 10th (9:30 AM)

GETTY VILLA MUSEUM-MALIBU

Take a guided tour around this scenic museum and enjoy the many Roman and Greek inspired art.

MONDAY, JUNE 13th (12:30 PM)

BIG SAVER SHOPPING TRIP & TOUR

Enjoy a behind-the-scenes look as we tour our local Big Saver Market. Watch tortillas being made by hand while having fun shopping.

THURSDAY, JUNE 30th (10 AM)

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 and juice are also included. All lunches are served in the Community Center Annex promptly at noon.

Pre-registration is required. Seniors must call by noon the day before to receive a meal. Come everyday and enjoy the food and good company.

**\$2.25 Suggested Donation
MON.-FRI. (NOON)
Community Center Annex
(310) 973-3270**



INTERNET CLASSES NEW DAYS AND HOURS

Come learn the basics: logging onto the computer, using a mouse, surfing the web, and opening an e-mail account.

Seniors can only attend these classes for two months. Seniors must register to participate.

COMPUTER CLASSES ARE NOW HELD ONCE A WEEK

****Thursdays (4 pm-5 pm)****



**FREE
Community Center Computer Lab**

TELECARE PROGRAM

Telecare is a program offered for 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 citizen's living alone. For more information and an application, please visit the Community Center.

**FREE
MON.-THUR.
(8:30 am -11:30 am)**

FITNESS CENTER

LINE DANCING

The City of Lawndale has partnered with L.A. County to bring you a line dancing class. Come ready to kick up those heels!

\$3.00 Per Class
Tuesdays (10 am)
Alondra Park Gymnasium
3535 Redondo Beach Blvd.
Torrance, 90504



WALKING CLASS

Want to step out into the fresh air at the park? The City of Lawndale and L.A. County hosts a Senior walking class at Alondra Park.

FREE
MON., WED., FRI.
(9:30-10:30 am)
Alondra Park Gymnasium
3535 Redondo Beach Blvd.
Torrance, 90504

SENIOR FITNESS CLASS

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

FREE
MON. & WED.
(7:30-8:30 am)
Community Center Annex



ZUMBA

Learn Latin dances like salsa and Meringue while experiencing the benefits of exercise. You won't want to miss this exciting new fitness class that is modified for seniors of all exercise levels.
Please bring water.

FREE
Thursdays (8-9 am)
Fridays (10 am-10:45 am)



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 (9:15-10:15 am)
Community Center Annex

Remember to bring water.



YOGA CLASS

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

FREE
Mondays (8:45-9:45 am)
Fridays (9-9:45 am)
Community Center Annex



SENIOR BEACH WALK (Transit Bus)

PLEASE NOTE:
**** Beach walk will be cancelled when it rains!**

Join us on the Redondo Beach Strand for a walking class.

FREE (Min. of 5 people)
Tuesdays and Thursdays
(8-10 am)

AEROBICS TO MUSIC

Come and exercise while grooving along to some music. We invite seniors of all fitness levels.

FREE
Tuesdays (8-9 am)
Community Center Annex



ASSISTANCE CORNER

Home Owners, Renters Assistance & Case Management

Along with the City of Gardena, we provide assistance in transportation, meals, house cleaning, form completion, health benefits, counseling or housing. First come first serve. Please call for an appointment.

Thursdays (11 am–1 pm)

Call for Appointment

(310) 973-3270

Community Center

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 WED. Every month (10 am–11 am)

Call for Reservation

(310) 517-4667

Commodities

USDA 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 serve basis. **Please arrive early, food often goes quickly.**

Wednesdays (10 AM–until food is gone)

Legal Assistance With Don Lake

Don provides assistance by appointment only. Appointments must be made **1 week in advance.**

4th TUES. Every month (12:30–1:30 pm)

(310) 973-3270

Daily Senior Lunch Program

Come and enjoy a nutritious lunch, pre-registration is required.

Seniors must call by noon the day before to reserve a meal.

\$2.25 Suggested Donation

\$4.00 for Non-Senior & Non-Area

Agency on Aging Members

MON.– FRI. (NOON)

(310) 973-3270



Meals on Wheels

For 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 Monday-Friday.

For more information, please call.

COST \$4.00 per meal

(310) 973-3278



Special Transit

For senior residents of Lawndale who need transportation for medical and dental appointments, shopping, banking, etc.

Call 48 hrs in advance.

MON.– FRI. (8 am–4 pm)

Reshonda Everage (310) 973-3287



Housing Improvement Program

The City of Lawndale, through its Community Development Department, provides various residential rehabilitation programs under the Great Neighborhoods Program to improve housing conditions for Lawndale residents. Funding is available for housing improvements. For further information, or to request an application, please contact

Art Gomez at (310) 973-3238

REGISTRATION INFORMATION

Monthly Activity Sign-Ups:

Walk in registration 7am
Call in registration 10am

Residents Only

Wednesday, June 1st and
Thursday, June 2nd

Non-Residents

Monday, June 6th



Phone-in Registration
(310) 973-3270
10am-6pm

In-Person Registration
Lawndale Community Center
14616 Grevillea Ave.
Lawndale, CA 90260



Contact Information

City Hall

14717 Burin Ave.
Lawndale, CA 90260
(310) 973-3200

Lawndale Community Center

14616 Grevillea Ave
Lawndale, CA 90260
(310) 973-3270

Community Center Annex

14616 1/2 Grevillea Ave
Lawndale, CA 90260



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

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

SENIOR POST

NEWSLETTER

City of Lawndale

Senior Services

14616 Grevillea Ave.

Lawndale, CA 90260