

**CITY OF LONG BEACH PARKS, RECREATION & MARINE
COMMUNITY RECREATION SERVICES**

CALIFORNIA RECREATION CENTER
ERNEST SAMUEL MCBRIDE, SR. PARK
 1550 MARTIN LUTHER KING, JR. AVENUE
 LONG BEACH, CA 90813
 (562) 570 - 1605

Senior Center Hours
Monday through Fridays
9:00 a.m. to 2:00 p.m.

FEBRUARY 2017

Staff at California Recreation Center's Senior Center is Committed to maintaining a safe and productive environment for people 50 years of age and over participating in Senior Programming.

SPECIAL EVENTS PLANNED
Birthday Celebrations February 10th
Black History Celebration February 17th

PROGRAMS/ACTIVITIES

Blood Pressure & Diabetes Screening:
 Third Wednesdays, 9:30—11:30 am.

Brown Bag Program:
 First & Third Wednesday 8:30—9:30 am
 Food distributed through Long Beach Food Bank

City Council Food Distribute 3rd Friday of the month 9 am

F.A.M.E. Taxi Vouchers & Bus Token Assistance:
 For qualified Seniors 55 & Adults
 Monthly when available

H.S.A Lunch Program. Mon-Fri. 12 pm
 Human Services Association (H.S.A) provides a nutritional lunch for ages 62+, for menus call (562) 806-5400
Quilting Class, Fridays 9—11 am
Tec. Class 11 am—12 noon
Exercise M-W-Th-Fri 10 am—11am

Dance/Exercise with David Ong Mondays & Fridays

Time: 10—12

Yoga with Peter Tan Tuesdays 10am -11am

Tai Chi with Peter Tan Thursdays 10 am—12 noon

ESL Class For Khmer Tuesdays 11 am—12 noon

Support Group by LACDMH Wednesdays 10 am—11 am

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <i>Sr. Exercise 10 am—11 am Brown Bag 8 am</i>	2 <i>Knowing your Electronics 10 am—11 am</i>	3 <i>Sr. Exercise 10 am—11 am</i>
6 <i>Sr. Exercise 10 am—11 am</i>	7 <i>Bingo 10 am Arts n Crafts 1030—1130</i>	8 <i>Sr. Exercise 10 am—11 am</i>	9 <i>Arts N Crafts 10:30 am</i>	10 <i>Sr. Exercise 10 am—11 am Birthday Celebration</i>
13 <i>Sr. Exercise 10 am—11 am</i>	14 <i>Bingo 10 am Sweet Treats</i>	15 <i>Red Cross Blood Pressure Check 10 am Sr. Exercise 10 am—11 am</i>	16 <i>Knowing your Electronics 10 am—11 am</i>	17 <i>Black History Program Taste Of Soul</i>
20 <i>Sr. Exercise 10 am—11 am</i>	21 <i>Bingo 10 am Arts n Crafts 11 am—12 noon</i>	22 <i>Sr. Exercise 10 am—11 am</i>	23 <i>Arts N Crafts 10:30 am</i>	24 <i>Sr. Exercise 10 am—11 am</i>
27 <i>Sr. Exercise 10 am—11 am</i>	28 <i>Bingo 10 am Arts n Crafts 11 am—12 noon</i>			