

Long Beach Department Parks, Recreation & Marine
Community Recreation Services



February 2017

El Dorado - Senior Activity Calendar



Our staff is committed to maintaining a safe and productive environment for people 50 years of age and over participating in Senior Programming.

2800 Studebaker Road
Long Beach, CA 90815
Ph. (562) 570-3225

Hours of Operation
Monday - Friday
9 a.m. - 2 p.m.

Special Events/Services

- 2/8 LA Metro Reduced Fare TAP Cards 10 a.m.
- 2/15 Fresh Flower Class 10 a.m. or 12:30 p.m.
- 2/17 Card Making with Susan 9:30 a.m.
- 2/20 Facility Closed
- 2/21 Designer Jewelry Making 10 a.m.
- 2/22 Mini-Craft Workshop 12 p.m.

Weekly Activities

- Big Band Concert & Dance
Mondays 12-2 p.m.
Wednesdays 12:30-2:30 p.m.
- Boutique Sale
Tuesdays and Fridays 9-11 a.m.
- Bingo
February 7 & 21 12:15 p.m.

Groups and Club Meetings

- Quilting Club
Wednesdays (except 3rd) 9:30-12:30p.m.
- Crochet & Knitting Club
Fridays 10 a.m.-12 p.m.
- Cronit Club
Tuesdays 10-11:30 a.m.
- Book Club
1st Tuesday of the month (2/7) 1-2:30 p.m.

HSA Senior Lunch Program

Lunches are served Monday-Friday at 1:30am. Lunches must be ordered 24 hours before the day the lunch is needed. Please stop by or call (562) 429-4283.

	Monday	Tuesday	Wednesday	Thursday	Friday
			1 Ballroom Dancing \$4 10:30 a.m. Zumba Gold Toning \$3 9 a.m.	2 Senior Fitness \$3 10 a.m. Contract Bridge 12 p.m. Line Dancing \$ 1-2pm	3 Zumba Gold \$ 3 8 a.m. Longevity Stick Class 9 a.m. Card Games 11am Light Chair Stretching 10 a.m. Almost Ballet \$ 10 a.m.
	6 Longevity Stick Class 9 a.m. Contract Bridge 12 p.m.	7 Senior Fitness \$3 10 a.m. Light Chair Stretching 10 a.m. Card Games 11 a.m.	8 Ballroom Dancing \$4 10:30 a.m. Zumba Gold Toning \$3 9 a.m.	9 Senior Fitness \$3 10 a.m. Contract Bridge 12 p.m. Line Dancing \$ 1 p.m.	10 Zumba Gold \$3 8 a.m. Longevity Stick Class 9 a.m. Card Games 11am Light Chair Stretching 10 a.m. Almost Ballet \$ 10 a.m.
	13 Longevity Stick Class 9 a.m. Contract Bridge 12 p.m.	14 Senior Fitness \$3 10 a.m. Light Chair Stretching 10 a.m. Card Games 11 a.m.	15 Ballroom Dancing \$4 10:30 a.m. Zumba Gold Toning \$3 9 a.m.	16 Senior Fitness \$3 10 a.m. Contract Bridge 12 p.m. Line Dancing \$ 1 p.m.	17 Zumba Gold \$3 8 a.m. Longevity Stick Class 9 a.m. Card Games 11am Light Chair Stretching 10 a.m. Almost Ballet \$ 10 a.m.
	20 FACILITY CLOSED	21 Senior Fitness \$3 10 a.m. Light Chair Stretching 10 a.m. Card Games 11 a.m.	22 Ballroom Dancing \$4 10:30 a.m. Zumba Gold Toning \$3 9 a.m.	23 Senior Fitness \$3 10 a.m. Contract Bridge 12 p.m. Line Dancing \$ 1 p.m.	24 Zumba Gold \$3 8 a.m. Longevity Stick Class 9 a.m. Card Games 11am Light Chair Stretching 10 a.m. Almost Ballet \$ 10 a.m.
	27 Longevity Stick Class 9 a.m. Contract Bridge 12 p.m.	28 Senior Fitness \$3 10 a.m. Light Chair Stretching 10 a.m. Card Games 11 a.m.			