

## Houghton Park

6301 Myrtle Ave  
 Long Beach, CA 90805  
 Phone: (562) 570-1640

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

### Special Events/Services

- ♥ Flower Class 2/1, 10am, \$10
- ♥ Jewelry Class, 2/2 & 2/16, 12:30pm, \$3
- ♥ Mini-Craft, 2/8 & 2/22, 12:30pm, FREE!
- ♥ Diabetes Workshop, 2/10, 12pm, FREE!
- ♥ Valentine's Celebration, 2/14, 10am
- ♥ Lincoln Heritage, 2/14, 10am
- ♥ HRBC Blood Pressure, 2/21, 10am, FREE!

### Daily Activities

Monday - Friday

- ♥ Open Computer Lab, **M - F** 9 am - 2 pm
- ♥ Cardio & Weight Room, **M - F** 9 am - 2pm
- ♥ Light Chair Aerobics, **M/W/F** 9 am - Free
- ♥ Spanish Class, **M/W** 10:15 am - Free
- ♥ Spanish Computer Class **Monday**  
**Beg.1-9:30am/ Beg.2- 12pm - \$5 (3 weeks)**
- ♥ Knitting Circle, **Monday**, 12pm - Free
- ♥ Tai Chi, **M/W** 11:15 am - Free
- ♥ Quilting Class, **1st & 2nd Tue**, 10 am - \$2
- ♥ Art Class, **Tuesday**, 12pm
- ♥ Beginning 1 & 2 Computer Class, **Tuesday**  
**Beg.1 -9am/ Beg.2- 12pm - \$5 (3 weeks)**
- ♥ Zumba, **Tue/Thurs** 9:00 am
- ♥ Card Making, **2nd Thursday**, 12:30 pm - \$2
- ♥ Yoga, **Thursdays** 10:00 am - Free
- ♥ Yoga, **Fridays** 9:00 am - Free

### Activities Subject to Change Without Notice

HSA -Human Services Association Senior Service  
 Department "Where Caring Becomes Doing"  
 Dining Mon-Fri 11:30 am (562) 428-6538

## Houghton Park - Senior Program

# FEBRUARY 2017

**Hours of Operation: Monday - Friday 9:00a.m. - 2:00 p.m.**

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>1                      *Light Chair Aerobics                      *Intro to Spanish                      *Tai Chi                      *Flower Class</p>	<p>2                      *Zumba                      *Yoga                      *Jewelry Class</p>	<p>3                      *Light Chair Aerobics                      *Yoga                      *Bingo</p>		
<p>6                      *Light Chair Aerobics                      *Intro to Spanish                      *Tai Chi</p>	<p>7                      *Zumba                      *Quilt Class                      *Art Class</p>	<p>8                      *Light Chair Aerobics                      *Intro to Spanish                      *Tai Chi                      *Mini-Craft</p>	<p>9                      *Zumba                      *Yoga                      *Designer Card Making</p>	<p>10                      *Light Chair Aerobics                      *Yoga                      *Bingo                      *Diabetes Workshop</p>
<p>13                      *Light Chair Aerobics                      *Intro to Spanish                      *Tai Chi</p>	<p>14                      *Zumba                      *Quilt Class                      *Art Class                      *Lincoln Heritage                      *Valentine's Celebration</p>	<p>15                      *Light Chair Aerobics                      *Intro to Spanish                      *Tai Chi</p>	<p>16                      *Zumba                      *Yoga                      *Jewelry Class</p>	<p>17                      *Light Chair Aerobics                      *Yoga                      *Bingo                      *Diabetes Workshop</p>
 <p>20</p>	<p>21                      *Zumba                      *Quilt Class                      *Art Class                      *HRBC Blood Pressure</p>	<p>22                      *Light Chair Aerobics                      *Intro to Spanish                      *Tai Chi                      *Mini-Craft</p>	<p>23                      *Zumba                      *Yoga                      *Fabulous nails</p>	<p>24                      *Light Chair Aerobics                      *Yoga                      *Bingo                      *Diabetes Workshop</p>
<p>27                      *Light Chair Aerobics                      *Intro to Spanish                      *Tai Chi</p>	<p>28                      *Zumba                      *Quilt Class                      *Art Class</p>			