

HOURS OF OPERATION

M-F 8 am-4:30 pm, Sa 10 am-4 pm

SPECIAL EVENTS (Schedule subject to change)

- Lincoln Heritage Life Insurance Information Table Monday, February 6, 10:30 am - 12 pm in Lobby
- Forest Lawn Advanced Planning Information Table Monday, February 6, 10:30 am - 12 pm in Lobby
- Long Beach Health Department Healthy Active Food Tuesday, February 7, 10:30 am - 11:30 pm in Room 108
- HAIRCUTS - Caremore in Lobby Wednesday, February 8, 10:30 am— 12 pm
- Valentine's Day Celebration Friday, February 10, 10:00 am - 1:00 pm in Room 108
- Anthem Blue Cross Information Table Monday, February 13, 10:30 am - 12 pm in Lobby
- BLACK HISTORY MONTH - 'TASTE' OF SOUL Thursday, February 16, 10 am in Room 108
- Facility Closed-Monday, February 20th.
- Connect Hearing in Room 108 Wednesday, February 22, 10:30 am— 12 pm
- HAIRCUTS - Caremore in Lobby Wednesday, February 22, 10:30 am— 12 pm
- BLACK HISTORY MONTH - 'Night of the Apollo Friday, February 24, 1 pm– 3:30 pm in Room 108
- Orange County Foodbank Saturday, February 25 , 9:30 am— 1:00 pm in Rm 108
- Lincoln Heritage Life Insurance Information Table Monday, February 27, 10:30 am - 12 pm in Lobby
- Forest Lawn Advanced Planning Information Table Monday, February 27, 10:30 am - 12 pm in Lobby
- Long Beach Health Department Healthy Active Food Monday, Feb. 27, 10:30 am - 11:30 am in Room 108
- MARDI GRAS DESSERT IN LOBBY Tuesday, February 28, 10 am - 11 am

INCOME TAX

AARP in Computer Lab
Monday - Friday 9am - 2pm

DAILY ACTIVITIES

Monday—Friday

- 8 am-2 pm Friendly Cup Café open to all ages
- 8 am-4:30 pm Billiards, Table Tennis, Games & Cards
- 10 am-2 pm Gift & Thrift Shop /Library Open
- 12 pm H.S.A. Senior Lunch \$

Monday—Wednesday

- 7-11 pm Round Dance \$
- 8 am-7 pm Fitness Gym

Thursday- Friday

- 8 am– 3 pm Fitness Gym

1st & 3rd Tuesday

- 6:15 pm - 7:15 pm Zumba Gold Class \$

Every Tuesday— 9:00 am, Cal Fresh Representative

Every Tuesday— 10:00 am, Tai Chi Moving for Better Balance

Every Thursday—9:30 am, HICAP Representative, by Appt.

Every Saturday— 10 am– 2 pm Fitness Gym

\$= Nominal Fee

February 2017
Long Beach

Winter in

The staff at Long Beach Senior Center is committed to maintaining a safe productive environment for people 50 years of age and older participating in senior programming.

Long Beach Senior Center

The Place Where Fun Begins!

1150 E. 4th Street, Long Beach, CA 90802 (562) 570-3500



SENIOR CITIZEN ADVISORY COMMISSION WILL BE MEETING:
Wednesday, February 15th
@ 9 am in room # 202



	MON	TUE	WED	THU	FRI	SAT
American Heart Month			8 Wood Carving 1 9 Variety Band 9 Knit & Crochet 9:30 Body Works 10:30 Chair Aerobics 11:30 Beg. Spanish 1 Moving Easy Exercise	8 Senior Striders 2 8:30 Meditation in Motion 9 Drawing & Painting 9:30 Stretch n' Flex 10 Sewing 11 Senior Striders 1 Tai Chi 1 Beg. Weaving	9 Tap Dnc Class 17 9 Reading Group 9:30 Body Works 10 Lapidary 1 Moving Easy Exer	10 Weaving 4 10 Lapidary 10 Gray Panther 11 Bingo 11:30 ZUMBA Gold \$
Black History Month	8 Wood Carving 6 9:30 Body Works 10 Sewing 1 Wii Bowling 1 Moving Easy Exercise 2 Sudoku Class 5 Karaoke Cafe 7 Courage to Change	8 Senior Striders 7 8:30 Meditation in Motion 9:30 Stretch n' Flex 10 Flower Making 101 1 Social Dnc Class \$ 1 Tai Chi 1 Sing Along	8 Brown Bag 8 8 Wood Carving 9 Variety Band 9 Knit & Crochet 9:30 Body Works 10:30 Chair Aerobics 11:30 Beg. Spanish 1 Moving Easy Exercise	8 Senior Striders 9 8:30 Meditation in Motion 9 Drawing & Painting 9:30 Stretch n' Flex 10 Sewing 11 Senior Striders 1 Tai Chi 1 Karaoke Café 1 Beg. Weaving	9 Tap Dnc Class 10 9 Reading Group 9:30 Body Works 10 Lapidary 1 Moving Easy Exer.	10 Weaving 11 10 Lapidary 11 Bingo 11:30 ZUMBA Gold \$ 12 Round Dance Clinic \$
Valentine's Day	8 Wood Carving 13 9:30 Body Works 10 Sewing 1 Wii Bowling 1 Moving Easy Exercise 2 Sudoku Class 5 Karaoke Cafe 7 Courage to Change	8 Senior Striders 14 8:30 Meditation in Motion 9:30 Stretch n' Flex 10 Flower Making 101 1 Social Dnc Class \$ 1 Tai Chi 1 Sing Along	8 Wood Carving 15 9 Variety Band 9 Knit & Crochet 9:30 Body Works 10:30 Chair Aerobics 11:30 Beg. Spanish 1 Moving Easy Exercise	8 Senior Striders 16 8:30 Meditation in Motion 9 Drawing & Painting 9:30 Stretch n' Flex 10 Sewing 11 Senior Striders 1 Tai Chi 1 Beg. Weaving	9 Tap Dnc Class 17 9 Reading Group 9:30 Body Works 10 Lapidary 1 Moving Easy Exer	10 Weaving 18 10 Lapidary 11 Bingo 11:30 ZUMBA Gold \$ 11:30 Filipino/Amer. Dance
President's Day	FACILITY CLOSED 	8 Senior Striders 21 8:30 Meditation in Motion 9:30 Stretch n' Flex 10 Flower Making 101 1 Social Dnc Class \$ 1 Tai Chi 1 Sing Along	8 Brown Bag 22 8 Wood Carving 9 Variety Band 9 Knit & Crochet 9 Senior Citizen Advisory Commission Meeting 9:30 Body Works 10:30 Chair Aerobics 11:30 Beg. Spanish 1 Moving Easy Exercise	8 Senior Striders 23 8:30 Meditation in Motion 9 Drawing & Painting 9:30 Stretch n' Flex 10 Sewing 10 Senior Striders 1 Tai Chi 1 Karaoke Café 1 Beg. Weaving	9 Tap Dnc Class 24 9 Reading Group 9:30 Body Works 10 Lapidary 1 Moving Easy Exer.	9 OC Food Bank 10 Weaving 10 Lapidary 11 Bingo 11:30 ZUMBA Gold \$
Mardi Gras	8 Wood Carving 27 9:30 Body Works 10 Sewing 1 Wii Bowling 1 Moving Easy Exercise 2 Sudoku Class 5 Karaoke Cafe 7 Courage to Change	8 Senior Striders 28 8:30 Meditation in Motion 9:30 Stretch n' Flex 10 Flower Making 101 1 Social Dnc Class \$ 1 Tai Chi 1 Sing Along				