

8th District Senior Activities at the Expo

Tuesdays and Thursdays 10:00 AM – 2:00 PM

November 2017 Expo Arts Center 4321 Atlantic Ave.

Free Senior Activities for older adults 50+

Tuesday, October 31

10:00 a.m. – Qigong by Elizabeth Preston
11:00 a.m. – *Movie Time: A Nightmare before Christmas*
12:00 noon – Lunch
1:00 p.m. – Social Hour: Lunch, Games & Cards

Tuesday, November 7

10:00 a.m. – Qigong by Elizabeth Preston
11:00 a.m. – *Councilmember Al Austin II - Mission to China*
12:00 noon – Lunch
1:00 p.m. – Social Hour: Games & Cards

Tuesday, November 14

10:00 a.m. – Qigong by Elizabeth Preston
11:00 a.m. – *Dr. Jean-Jacques Jura - Author of Balboa Films*
12:00 noon – Lunch
1:00 p.m. – Social Hour: Games & Cards

Tuesday, November 21

CLOSED- in observance of Thanksgiving

Tuesday, November 28

CLOSED- in observance of Thanksgiving

Thursday, November 2

10:00 a.m. – Yoga by Veronica Silva
11:00 a.m. – Arts & Crafts; knitting led by Wini Carter
12:00 noon – Lunch
1:00 p.m. – Social Hour: Lunch, Games & Cards

Thursday, November 9

10:00 a.m. – Yoga by Veronica Silva
11:00 a.m. – Prime Time Players (No Arts & Crafts)
1:00 p.m. – Social Hour: Games & Cards

Thursday, November 16

10:00 a.m. – Yoga by Veronica Silva
11:00 a.m. – **Thanksgiving Potluck**

Thursday, November 23

CLOSED- in observance of Thanksgiving

Thursday, November 30 – RE-OPEN

10:00 a.m. – Yoga by Veronica Silva
11:00 a.m. – Arts & Crafts; knitting led by Wini Carter
12:00 noon – Lunch
1:00 p.m. – Social Hour: Lunch, Games & Cards

Happy Thanksgiving!!!

****ACTIVITIES ARE SUBJECT TO CHANGE AT ANY TIME****

For more info, please contact (562) 570-1326 or
district8@longbeach.gov

