



# Long Beach Department Parks, Recreation & Marine Community Recreation Services



## August 2019 Senior Program Activity Calendar

### Silverado Park

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

1545 W. 31 Street  
Long Beach, CA 90810  
Ph. (562) 570-1675

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

#### Special Events/Services

- Jewelry Making Class, 8/2, 11am - 1pm
- Senior Dance 8/9, 11am - 2pm
- Birthday Celebration 8/14 10am - 11am
- Fresh Flower Class 8/15, 10 am - 12pm
- Painting Class 8/27 - 8/29, 11 am - 1 pm
- Tech Talk 8/15 & 8/29, 11am - 1pm
- Utility User Tax Refund Application  
Mon. - Fri. 9 a.m. - 2 p.m. (not Available)

#### Daily Activities

Monday - Friday

- Open Computer Lab, Monday- Friday 9 a.m. - 2 p.m.
- Dance Aerobics, Mon/Wed 10 a.m. - Free
- Crochet Circle, Tuesday 10 a.m. - Free
- Jewelry Class, 2nd Tues, 12:30 p.m. - \$ Various
- Beginners Computer Class, Tues. 11am - 12pm - Free
- Internet Computer Class Thurs. TBA
- Flower Arranging, 3rd Thurs, 10:00 a.m.- \$10 per person
- Bingo, Thursday 11 a.m. - Free
- Pinterest Interest, Wednesday 11am - 1pm - Free

**Women In Action - Meal Program**  
Monday - Friday 12 p.m. to 1pm \$1

| Monday                        | Tuesday                                           | Wednesday                                           | Thursday                            | Friday                                 |
|-------------------------------|---------------------------------------------------|-----------------------------------------------------|-------------------------------------|----------------------------------------|
|                               |                                                   |                                                     | Fitness Class<br>Bingo<br>Tech Talk | Senior Recreation Day<br>(group games) |
| Dance Aerobics<br>Social Time | Longevity Stick<br>Crochet Club<br>Computer Class | Dance Aerobics<br>Social Time<br>Pinterest Interest | Fitness Class<br>Bingo<br>Tech Talk | <b>Senior Dance</b>                    |
| Dance Aerobics<br>Social Time | Longevity Stick<br>Crochet Club<br>Computer Class | Dance Aerobics<br>Social Time<br>Pinterest Interest | <b>Floral Arranging Class</b>       | Senior Recreation Day<br>(group games) |
| Dance Aerobics<br>Social Time | Longevity Stick<br>Crochet Club<br>Computer Class | Dance Aerobics<br>Social Time<br>Pinterest Interest | Fitness Class<br>Bingo<br>Tech Talk | Senior Recreation Day<br>(group games) |
| Dance Aerobics<br>Social Time | Longevity Stick<br>Crochet Club<br>Computer Class | Dance Aerobics<br>Social Time<br>Pinterest Interest | Fitness Class<br>Bingo<br>Tech Talk | Senior Recreation Day<br>(group games) |

