


City of Long Beach: Department of Parks, Recreation and Marine Community Recreation Services

March 2024 El Dorado West Senior Program

Monday	Tuesday	Wednesday	Thursday	Friday
				
4 Longevity Stick 8:45-9:45 Chair Stretching 10:15-11:15 Mahjong 10:00-1:30 Little Big Band 12:00-2:00	5 Tech Support 9:00-11:00 Senior Fitness \$5 11:00-12:00 Board/Card Games 11:00-1:30 Karaoke 12:00-1:30	6 Zumba Gold \$5 9:00-10:00 Quilting 10:00-1:00 Chair Stretching 10:15-11:15 Every Wednesday Band 12-2	7 Longevity Stick 8:45-9:45 Bridge 10:00-2:00 Senior Fitness \$5 11:00-12:00 Bingo 12:30-1:30 Line Dancing \$5 1:00-2:00	1 Crochet & Knitting 9:30-11:30 Chair Stretching 10:00-11:00 Almost Ballet 10-11 \$5 T'ai Chi Chih with Elizabeth 12:30-1:30 Senior Crafts 12:30-1:30
11 Longevity Stick 8:45-9:45 Cardmaking \$5 9:30-12:30 Chair Stretching 10:15-11:15 Mahjong 10:00-1:30 Little Big Band 12:00-2:00	12 Tech Support 9:00-11:00 Cardmaking \$5 9:30-12:30 Senior Fitness \$5 11:00-12:00 Board/Card Games 11:00-1:30 Karaoke 12:00-1:30	13 Zumba Gold \$5 9:00-10:00 Quilting 10:00-1:00 Chair Stretching 10:15-11:15 Every Wednesday Band 12-2PM	14 Longevity Stick 8:45-9:45 Bridge 10:00-2:00 Senior Fitness \$5 11:00-12:00 Bingo 12:30-1:30 Painting w/ Sophia 12:30-2 Line Dancing \$5 1:00-2:00	15 Crochet & Knitting 9:30-11:30 Chair Stretching 10:00-11:00 Almost Ballet 10-11 \$5 Heart of Ida 11am-1pm T'ai Chi Chih with Elizabeth 12:30-1:30 Senior Crafts 12:30-1:30
18 Longevity Stick 8:45-9:45 Cardmaking \$5 9:30-12:30 Chair Stretching 10:15-11:15 Mahjong 10:00-1:30 Little Big Band 12:00-2:00	19 Tech Support 9:00-11:00 Senior Fitness \$5 11:00-12:00 Board/Card Games 11:00-1:30 Karaoke 12:00-1:30	20 Zumba Gold \$5 9:00-10:00 Ageless Ambition Workshop 9:30-11AM Quilting 10:00-1:00 Chair Stretching 10:15-11:15 Every Wednesday Band 12-2	21 Longevity Stick 8:45-9:45 Bridge 10:00-2:00 Senior Fitness \$5 11:00-12:00 Bingo 12:30-1:30 Line Dancing \$5 1:00-2:00	22 Crochet & Knitting 9:30-11:30 Chair Stretching 10:00-11:00 Almost Ballet 10-11 \$5 T'ai Chi Chih with Elizabeth 12:30-1:30
25 Longevity Stick 8:45-9:45 Chair Stretching 10:15-11:15 Mahjong 10:00-1:30 Little Big Band 12:00-2:00	26 Tech Support 9:00-11:00 Senior Fitness \$5 11:00-12:00 Board/Card Games 11:00-1:30 Karaoke 12:00-1:30	27 Zumba Gold \$5 9:00-10:00 Quilting 10:00-1:00 Chair Stretching 10:15-11:15 Every Wednesday Band 12-2	28 Longevity Stick 8:45-9:45 Bridge 10:00-2:00 Senior Fitness \$5 11:00-12:00 Bingo 12:30-1:30 Painting w/ Sophia 12:30-2 Line Dancing \$5 1:00-2:00	29 Crochet & Knitting 9:30-11:30 Chair Stretching 10:00-11:00 Almost Ballet 10-11 \$5 T'ai Chi Chih with Elizabeth 12:30-1:30 Senior Crafts 12:30-1:30

El Dorado Park West

2800 N. Studebaker Rd
Long Beach, CA 90815
562-570-3227

Monday to Friday **9am-2pm**

Staff at El Dorado Park West Community Center are committed to maintaining a safe and productive environment for people 50 years of age and over participating in Senior Programming.

Requirements

RSVP/Sign-In may be required to attend any class or activity. RSVP may be done over the phone or in person.

HSA Senior Lunch Program

DINE IN MEALS are served from 11:30-12:30 for those 60+.

Please call 562-429-4283

Monday to Friday from 9:00am-11:30am. MEALS MUST BE ORDERED AT LEAST 24 HRS AHEAD (one business day)!!

****Calendar/Menu Subject to Change Without Notice****



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	VOLUNTARY CONTRIBUTION FOR SENIORS 60 YRS & OLDER \$3.00 FEE FOR NON-SENIORS \$7.00			1 OVEN BAKED FISH Cornbread Stuffing Cauliflower Mashed Sweet Potato Pear Rainbow Sherbet
4 Tomato Soup FISH LEMON DILL SAUCE Barley Pilaf Fiesta Corn Garden Salad w/ Red Onion Cantaloupe	5 Mexican Vegetable Soup CHICKEN MOLE (L&T) Brown Spanish Rice Pinto Beans Carrot & Raisin Salad Orange	6 BAKED ZITI (TURKEY) WG Pasta Sourdough Bread Peas & Carrots Green Beans Kiwi	7 BEEF STROGANOFF WG Roll Egg Noodle Zucchini Medley Mesclun Mix Salad Tropical Fruit Sugar Cookie	8 <i>Choice of Entrée</i> PORK LOIN w/MUSTARD SAUCE OR BAKED FISH WG Bread Stuffing Corn Spinach/Kale Salad w/Tomato Apple or Applesauce
11 ROSEMARY CHICKEN w/CREAMY GARLIC SAUCE Brown Rice California Mix Chopped Salad Apple or Applesauce Red Manhattan Gelatin	12 MEATLOAF w/GRAVY WG Bread Mashed Potatoes Green Beans Ambrosia Salad	13 Happy March Birthdays! Turkey Rice Soup BBQ CHICKEN (L&T) WG Dinner Roll Broccoli Baked Beans Pear or Pears w/Cinnamon “Cake” 	14 St. Patrick's Day Celebration! !CORNEED BEEF! Whole Rye Bread Boiled New Potatoes Steamed Cabbage Carrot & Pineapple Salad Orange Green Manhattan Gelatin 	15 <i>Choice of Entrée</i> GARLIC BUTTER FISH OR SWEET & SOUR PORK Biscuit Barley Pilaf Peas / Tricolor Slaw Banana
18 BEEF STEW w/ POTATOES, CELERY, ONION WG Dinner Roll Carrots Garden Salad w/Iceberg, Cucumber & Tomatoes Orange	19 Lentil Soup CHICKEN MARSALA w/MUSHROOM & WHITE WINE SAUCE WG Penne Pasta Peas & Onions Marinated Beet Salad Kiwi	20 PORK LOIN APPLE BERRY SAUCE Brown Rice Zucchini Medley Romaine Caesar Salad w/Croutons Tangerine	21 Chicken Cilantro Soup BBQ HAMBURGER WG Bun Broccoli Macaroni Salad Plum or Pear Fruited Yogurt	22 <i>Choice of Entrée</i> TURKEY CHILLI w/BARLEY OR VEGETARIAN CHILI w/BARLEY Cornbread / Baked Potato Chopped Kale & Spinach Salad w/Tomatoes Apple or Applesauce
25 SPAGHETTI w/ MEATBALLS Sourdough Bread w/ Garlic Spread WG Spaghetti Broccoli Mesclun Mix Salad Pear	26 ROAST BEEF W/GRAVY WG Roll Mashed Potatoes Collard Green Waldorf Salad Oatmeal Cookie	27 Cream of Corn Soup TUNA SANDWICH WG Bread Carrot Pineapple Slaw Shredded Brussels Sprouts & Cabbage Salad Apple	28 Easter Luncheon! Orange Juice !GLAZED HAM ! Whole Grain Roll Baked Sweet Potato Green Beans Spinach Salad Melon / Rainbow Sherbet 	29 Tomato Bisque Soup LEMON DIJON BAKED FISH Rice Pilaf Zucchini Medley Coleslaw Banana