

HOURS OF OPERATION

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

SPECIAL EVENTS (Activities are subject to change)

Senior Center Facility Improvements Continuing
Programming, Classes and Parking May Be Affected.

Beginning Computer Class NOW on Mondays & Wednesdays. Begins on March 9th. FREE 3-week class. Both Days, 1 pm to 2:30 pm. Sign up at Reception Desk.

Prime Time Players- Performance
"Music From Around The World in 60 Minutes"
Monday, March 30th, 1 pm.
Room 108. FREE.

New Activity- Accordion Meet Up
1st Saturday, 1 pm to 3 pm. For Accordion Enthusiasts to Meet Up and Play. This is Not an Instructional Activity.

LB Health Department- Greenlight LB Cannabis Education Program
Tuesday, March 10th, 10 am to 11 am
Room 108. Be In The Know About Cannabis in LB.

Anthem Blue Cross/ Caremore- HAIRCUTS
Wednesday, March 11th, 10:30 am to 12 pm.
Lobby. FREE

Healthy Active Long Beach Nutrition Class and Cooking Demonstration- LB Health Department
Friday, March 13th, 10:30 am to 12 pm
Room 108. FREE

Field Trip To: LBCC for a FREE Planetarium Show
Friday, March 13th, 11:30 am to 4:30 pm (approx.)
Plus Bus Fare On LB Transit Bus or TAP Card.
Sign-Up in Room 107. We Will Stop at The Exchange for Lunch (OYO) on Our Return to LBSC.

St. Patrick's Day Celebration
Tuesday, March 17th, The Fun Begins at 11 am.
Room 108. FREE

FREE Concert- Blinded By The Blues
Join Us on Friday, March 20th, As We Chase Away the Winter Blues and Say Hello to Springtime!
1 to 2 pm. Room 108. FREE

Anthem Blue Cross/ Caremore- ROOT BEER FLOATS
Wednesday, March 25th, 10:30 am- 11:30 am.
Room 108. FREE

Field Trip To: Cesar Chavez Celebration at the California Science Center
Saturday, March 28th, 10 am to 2 pm (Approx.) FREE
Lunch Included. Offered by South Coast AQMD.
Sign up in Room 107 By March 5th.

DAILY ACTIVITIES

Monday-Friday

8 am- 2 pm Friendly Cup Café Open to All Ages \$
8 am- 4 pm Billiards, Table Tennis, Games & Cards
10 am- 2 pm Gift Shop & Library Open
12 pm H.S.A. Senior Lunch \$ (\$2.25 Donation)

Monday, Wednesday & Friday 11 am, Food Finders
Monday-Wednesday 7-9 pm, Round Dance Classes \$
Monday-Wednesday 8 am- 7 pm, Fitness Gym
Every Friday 8 am- 3 pm, Fitness Gym
Tuesday & Thursday 10 am- 2 pm Thrift Shop

Every Tuesday 9:00 am, Cal Fresh Representative
Every Tuesday 9:00 am, Tai Chi: For Better Balance
Every Saturday 10 am- 3 pm, Fitness Gym
\$ = Nominal Fee

March 2020



Long Beach Senior Center

The Place Where Fun Begins!

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

SENIOR CITIZEN ADVISORY COMMISSION MEETING:

Wednesday, March, 11th - 9 AM, Room 202. Open meeting. Members of the public encouraged to attend.

MON	TUE	WED	THUR	FRI	SAT
8 Wood Carving 2 9:30 Body Works 10 Sewing 10 Crafts with Phadre 1 Moving Easy Exercise 5 Karaoke Cafe 7 Courage to Change The GRILL is Open 5 to 7 pm To All Ages. Hamburgers, Fries & More \$	8 Senior Striders 3 9:30 Stretch n' Flex 10 Flower Making 10:30 Senior Striders 1 Social Dance Class \$ 1 Sing Along NATIONAL ANTHEM DAY	8 Brown Bag Prog. 4 8 Wood Carving 9 The Band 9 Knit & Crochet 9:30 Body Works 10:30 Chair Aerobics 11:30 Spanish Class 1 Moving Easy Exercise	8 Senior Striders 5 9 Drawing & Painting 9:30 Stretch n' Flex 10 Sewing 10:30 Senior Striders 10:30 Meditation Wellness 1 Chair Yoga 1 Beg. Weaving \$ 5:30 ZUMBA Gold \$	9 Tap Dance Class 6 9:30 Body Works 10 Lapidary 10:30 Chair Weights 1 Moving Easy Exercise	10 Lapidary 7 10 Acoustic Guitar Jam 10 Gray Panthers Meeting 11 BINGO 11:30 ZUMBA Gold \$ 1 Accordion Meet Up
8 Wood Carving 9 9:30 Body Works 10 Sewing 10 Arts & Crafts w/ Rosetta 1 Moving Easy Exercise 5 Karaoke Cafe 7 Courage to Change The GRILL is Open 5 to 7 pm To All Ages. Hamburgers, Fries & More \$	8 Senior Striders 10 9:30 Stretch n' Flex 10 Flower Making 10:30 Senior Striders 1 Social Dance Class \$ 1 Sing Along INTERNATIONAL DAY OF AWESOMENESS	8 Wood Carving 11 9 The Band 9 Knit & Crochet 9:30 Body Works 10:30 Chair Aerobics 1 Moving Easy Exercise	8 Senior Striders 12 9 Drawing & Painting 9:30 Stretch n' Flex 10 Sewing 10:30 Senior Striders 10:30 Meditation Wellness 1 Chair Yoga 1 Beg. Weaving \$ 5:30 ZUMBA Gold \$	9 Tap Dance Class 13 9:30 Body Works 10 Lapidary 10:30 Chair Weights 1 Moving Easy Exercise	10 Lapidary 14 11 BINGO 11:30 ZUMBA Gold \$ 12 Red Hats Society Mtg. \$ 1 Round Dance Clinic \$
8 Wood Carving 16 9:30 Body Works 10 Sewing 10 Crafts with Phadre 1 Moving Easy Exercise 5 Karaoke Cafe 7 Courage to Change The GRILL is Open 5 to 7 pm To All Ages. Hamburgers, Fries & More \$	8 Senior Striders 17 9:30 Stretch n' Flex 10 Flower Making 10:30 Senior Striders 1 Social Dance Class \$ 1 Sing Along ST. PATRICK'S DAY	8 Brown Bag Prog. 18 8 Wood Carving 1 The Band 9 Knit & Crochet 9:30 Body Works 10:30 Chair Aerobics 11:30 Spanish Class 1 Moving Easy Exercise	8 Senior Striders 19 9 Drawing & Painting 9:30 Stretch n' Flex 10 Sewing 10:30 Senior Striders 10:30 Meditation Wellness 1 Chair Yoga 1 Beg. Weaving 1 Ceramics Class \$ 5:30 ZUMBA Gold \$	9 Tap Dance Class 20 9:30 Body Works 10 Lapidary 10:30 Chair Weights 1 Moving Easy Exercise WORLD STORYTELLING DAY	10 Lapidary 21 11 BINGO 11:30 ZUMBA Gold \$ 11:30 Filipino American Club Monthly Dance \$
8 Wood Carving 23 9:30 Body Works 10 Sewing 10 Crafts with Phadre 1 Moving Easy Exercise 5 Karaoke Cafe 7 Courage to Change The GRILL is Open 5 to 7 pm To All Ages. Hamburgers, Fries & More \$	8 Senior Striders 24 9:30 Stretch n' Flex 10 Flower Making 10:30 Senior Striders 1 Social Dance Class \$ 1 Sing Along	8 Wood Carving 25 9 The Band 9 Knit & Crochet 9:30 Body Works 10:30 Chair Aerobics 1 Moving Easy Exercise	8 Senior Striders 26 9 Drawing & Painting 9:30 Stretch n' Flex 10 Sewing 10:30 Senior Striders 10:30 Meditation Wellness 1 Chair Yoga 1 Beg. Weaving 1 Ceramics Class \$ 5:30 ZUMBA Gold \$	9 Tap Dance Class 27 9:30 Body Works 10 Lapidary 10:30 Chair Weights 1 Moving Easy Exercise WORLD THEATER DAY	9 O C Food Bank 28 10 Lapidary 11 BINGO 11:30 ZUMBA Gold \$
8 Wood Carving 30 9:30 Body Works 10 Sewing 10 Crafts with Phadre 1 Moving Easy Exercise 5 Karaoke Cafe 7 Courage to Change The GRILL is closed on the last Monday of each month.	8 Senior Striders 31 9:30 Stretch n' Flex 10 Flower Making 10:30 Senior Striders 1 Social Dance Class \$ 1 Sing Along NATIONAL CRAYON DAY	 HAPPY ST. PATRICK'S DAY		AARP INCOME TAX PREPARATION TUES, THURS & FRI 8:30 AM FEB. 4 - APRIL 14 NO APPOINTMENT REQUIRED	Computer Classes and Open Lab Times- Check at Reception Desk

