

# LONG BEACH PARKS, RECREATION & MARINE COMMUNITY RECREATION SERVICES

## EL DORADO SENIOR CENTER

**2800 STUDEBAKER ROAD  
LONG BEACH, CA 90815  
(562) 570 - 3225**

NOVEMBER 2009

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

### Senior Center Hours

**Monday through Friday: 9:00 am - 3:00 pm**

### Special Events Planned

11/23/09 Turkey Trot Dance

### Programs/Activities

#### **Crochet & Knitting Club**

**Meets Fridays, 10am-Noon. Bring your yarn and hook. Share your ideas. Call 570-3227 to sign up.**

#### **Nutritional Lunch Provided by Human Services Association (HSA)**

**Monday-Friday at 11:30 am call (562)429-4283 (60+)-\$2.25, Under 60 \$4.00 donation.**

#### **Senior Financial Services**

**Damon DeVault of Guarding Financial Group, volunteers his time to assist seniors with services including: retirement planning, living trust...etc. Damon is here every Wednesday from 12-2:30. For appointments please call (800) 281-8407.**

Monday	Tuesday	Wednesday	Thursday	Friday
<sup>2</sup> Big Band Dance 12-2pm Line Dancing 2:30-3:30 Bridge Noon-3pm	<sup>3</sup> Senior Fitness 10am-11am Card Games 11am-3pm	<sup>4</sup> Big Band Dance 12:30-2:30 Ballroom Dance 10:30 - 11:30am	<sup>5</sup> Senior Fitness 10am-11am Bridge Noon - 3pm Line Dance Class 1pm-3:30pm	<sup>6</sup> Ballroom Dance 1pm-2pm Longevity Stick Class 9am-10am
<sup>9</sup> Big Band Dance 12-2pm Line Dancing 2:30-3:30 Bridge Noon-3pm	<sup>10</sup> Senior Fitness 10am-11am Card Games 11am-3pm	<sup>11</sup> Big Band Dance 12:30-2:30 Ballroom Dance 10:30-11:30am	<sup>12</sup> Senior Fitness 10am-11am Bridge Noon - 3pm Line Dance Class 1pm-3:30pm	<sup>13</sup> Ballroom Dance 1pm-2pm Longevity Stick Class 9am-10am
<sup>16</sup> Big Band Dance 12-2pm Line Dancing Class 2:30-3:30 Bridge Noon-3pm	<sup>17</sup> Senior Fitness 10am-11am Card Games 11am-3pm	<sup>18</sup> Big Band Dance 12:30-2:30 Ballroom Dance 10:30am-11:30am	<sup>19</sup> Senior Fitness 10am-11am Bridge Noon - 3pm Line Dance Class 1pm-3:30pm	<sup>20</sup> Ballroom Dance 1pm-2pm Longevity Stick Class 9am-10am
<sup>23</sup> Big Band Dance 12-2pm Line Dancing Class 2:30-3:30 Bridge Noon-3pm	<sup>24</sup> Senior Fitness 10am-11am Card Games 11am-3pm	<sup>25</sup> Big Band Dance 12:30-2:30 Ballroom Dance Class 10:30am-11:30am	<sup>26</sup> CLOSED HAPPY THANKSGIVING	<sup>27</sup> Open 10am-4pm
<sup>30</sup> Big Band Dance 12-2pm Line Dancing Class 2:30-3:30 Bridge Noon-3pm				