

HOURS OF OPERATION

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

SPECIAL EVENTS

- **DIABETES ACADEMY**-Novo Nordisk
Tuesday, November 3, 12:30-2 pm
- **SPIROMETRY (Lung Function)**-Caremore
Wednesday, November 4, 11 am-1 pm
- PRIMETIME PLAYERS "HALLOWEEN BALL"**
Wednesday, November 4, 1-2:30 pm
- **COOKING DEMO**—Farmers Markets
Thursday, November 5 10:30-11:30 am
- **EATING RIGHT NOW**.-Joseph Asaro, CSULB
Monday, November 9, 11-11:45 am
- **HOW TO HANDLE THE HOLIDAYS**-BHS
Tuesday, November 10, 10:30 am-12 pm
- **8-HOUR SAFE DRIVING COURSE**-AARP
Tuesday/Thursday, November 10/12, 9 am-1 pm
- **SENIOR WELLNESS**-Senior Helpers
Thursday, November 12, 11 am-12 pm
- **ADVANCED PLANNING**-Forest Lawn
Tuesday, November 17, 11 am-12 pm
- **MANAGING NUTRITION**-Haven Health
Wednesday, November 18 1-2 pm
- **THANKSGIVING CELEBRATION**
Wednesday, November 25, 10 am-2 pm

DAILY ACTIVITIES

Monday—Friday

- 8 am-2 pm Café open
- 8 am-4 pm Fitness Gym open
- 8 am-4:30 pm Table Games & TV9 am-3 pm Weaving
- 10 am-2 pm Gift & Thrift Shop Open

Monday—Saturday

- 12 pm Senior Lunch

Monday—Wednesday

- 6-8:15 pm Computer Classes
- 7 pm Round Dance

Tuesday

- 8:30 am LB City College Exercise
- 1 pm Spanish

Tuesday—Thursday

- 10 am Stretch & Flex
- 2:30 pm Computer Class

Tuesday/Thursday

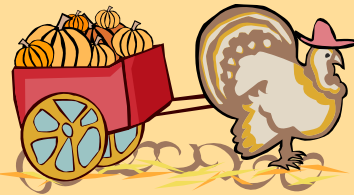
- 10 am Body Works
- 11 am & 1 pm Tai Chi

Wednesday

- 9 am Knit & Crochet
- 9 am Financial Advising
- 7:30 Mineral & Gem Society (2nd Wed)

Friday

- 10 am Chair Aerobics



November 2009

Autumn in Long Beach



Long Beach Senior Center

The Place Where Fun Begins!

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



The staff at Long Beach Senior Center is committed to maintaining a safe productive environment for people 50 years of age and older participating in senior programming.

	MON	TUE	WED	THU	FRI	SAT
Fall Colors Abounding	8 Wood Carv'g 9:30 Body Works 10 Adv. Beg. ESL 10:30 Theater Class 11 Housing Issues 1 Strength Fitness 6:30 Karaoke 7 Courage to Chg	2 9 Fd Stamp Prog 10 Sr. Singles 1 Sing Along 1 Social Dance 1 Card Making	3 8 Brown Bag 8 Wood Carving 9 Variety Band 9:30 Body Works 10:30 Theater Class 11 Yoga 1 Strength Fitness	4 9 Wire Wrap 9 Drwg & Ptg 9:30 HICAP 10 Taji 13 Postures 10 Sewing 1 Karaoke	5 9 Drwg & Ptg 9:30 HICAP 10:30 Beg. Tap 10 Sewing 1 Karaoke	6 10 Sewing 10 Wire Weave/Bead'g 10:15 Gray Panthers 11 Bingo 1 Lapidary
Driving Safety Saves Lives!	8 Wood Carv'g 9:30 Body Works 10 Adv. Beg. ESL 10:30 Theater Class 11 Housing Issues 1 Strength Fitness 6:30 Karaoke 7 Courage to Chg	9 9 Fd Stamp Prog 1 Sing Along 1 Social Dance 1 Card Making	10 8 Wood Carving 9 Variety Band 9:30 Body Works 10:30 Theater Class 11 Yoga 1 Strength Fitness	11 9 Drwg & Ptg 9:30 HICAP 10 Taji 13 Postures 10 Sewing 1 Karaoke	12 9 Drwg & Ptg 9:30 HICAP 10:30 Beg. Tap 10 Sewing 1 Karaoke	13 10 Council of Blind 10 Sewing 10 Wire Weave/Bead'g 11 Bingo 12 Round Dance Clinic 1 Lapidary
Preparing for the Holidays	8 Wood Carv'g 9:30 Body Works 10 Adv. Beg. ESL 10:30 Theater Class 11 Housing Issues 1 Strength Fitness 6:30 Karaoke 7 Courage to Chg	16 9 Fd Stamp Prog 10 Sr. Singles 1 Sing Along 1 Social Dance 1 Card Making	17 8 Brown Bag 8 Wood Carving 9 Variety Band 9:30 Body Works 10:30 Theater Class 11 Yoga 1 Strength Fitness	18 9 Wire Wrap 9 Drwg & Ptg 9:30 HICAP 10 Taji 13 Postures 10 Sewing 1 Karaoke	19 9 Drwg & Ptg 9:30 HICAP 10:30 Beg. Tap 10 Sewing 1 Karaoke	20 10 Sewing 10 Wire Weave/Bead'g 11 Bingo 1 SE Asian Taskforce 1 Lapidary
Attitude of Gratitude	8 Wood Carv'g 9:30 Body Works 10 Adv. Beg. ESL 10:30 Theater Class 11 Housing Issues 1 Strength Fitness 6:30 Karaoke 7 Courage to Chg	23 9 Fd Stamp Prog 1 Sing Along 1 Social Dance 1 Card Making	24 8 Wood Carving 9 Variety Band 9:30 Body Works 10:30 Theater Class 11 Yoga 1 Strength Fitness	25 CLOSED FOR THANKSGIVING HOLIDAY	26 & 27 CLOSED FOR THANKSGIVING HOLIDAY	28 9:30 OC Fd Bank 10 Sewing 10 Wire Weave/Bead'g 11 Bingo 1 Lapidary
Healthy Eating = Healthy Body	8 Wood Carv'g 9:30 Body Works 10 Adv. Beg. ESL 10:30 Theater Class 11 Housing Issues 1 Strength Fitness 6:30 Karaoke 7 Courage to Chg	30				