

SILVERADO PARK SENIOR CENTER

1545 WEST 31 ST STREET
Long Beach (Corner of Santa Fe & 31st)

HOURS OF OPERATION:

MONDAY-FRIDAY: 9 AM-2 PM
PHONE: (562) 570-1675 FAX: (562) 570-8532

SPECIAL EVENTS:

CHOLESTEROL SCREENING BY CAREMORE:

TIME: 10AM-NOON DATE: 11/02/09

CRAFT CLASS: DATE: 11/05/09
TIME: 9:30-11:30 AM COST: \$4

BLOOD PRESSURE SCREENING: LBCC STUDENTS

TIME: 10AM-NOON DATE: 11/11/09

WINTER STORMS AMERICAN RED CROSS

TIME: NOON-1PM DATE: 11/12/09

THANKSGIVING POTLUCK

TIME: 10-11:30AM DATE: 11/23/09

PRESENTATION ON MANAGING STRESS:

TIME: NOON-1PM DATE: 11/30/09

BROWN BAG PROGRAM 1ST & 3RD WEDNESDAY OF EACH MONTH!

DAILY ACTIVITIES:

DANCE AEROBICS

M-W: 9AM-10AM

SENIOR STROLLERS:

FRIDAYS: 9-9:30AM

BINGO

FRIDAYS: 10AM-11:30AM

HSA LUNCH

MONDAY-FRIDAY, NOON-1PM

NUTRITIONAL LUNCH PROVIDED BY HUMAN SERVICES ASSOCIATION (HSA) MONDAY-FRIDAY AT NOON. CALL (562) 424-4819. (60+) \$2, UNDER 60 \$4 SUGGESTED DONATION.

CITY OF LONG BEACH PARKS, RECREATION & MARINE COMMUNITY RECREATION SERVICES

NOVEMBER 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 DANCE AEROBICS: 9-10AM CHOLESTEROL SCREENING 10AM-NOON	3 CROCHET CLUB: 10AM-NOON MOVIE DAY: 12:30-2:30PM	4 DANCE AEROBICS: 9-10AM INTRO. TO ENGLISH CLASS 10-11:30AM	5 CHAIR AEROBICS 9-10AM CRAFTS CLASS: 9:30-11:30AM \$4.00	6 SENIOR STROLLERS: 9-9:30AM BINGO: 10-11AM
9 DANCE AEROBICS: 9-10AM "COFFEE TALK" 10AM-NOON	10 CROCHET CLUB: 10AM-NOON MOVIE DAY: 12:30-2:30PM	11 DANCE AEROBICS: 9-10AM BLOOD PRESSURE SCREENING: 10AM-NOON	12 CHAIR AEROBICS 9-10AM WINTER STORMS 12:15-12:45PM	13 SENIOR STROLLERS: 9-9:30AM BINGO: 10-11AM
16 DANCE AEROBICS: 9-10AM POOL: 10AM-NOON	17 CROCHET CLUB: 10AM-NOON MOVIE DAY: 12:30-2:30PM	18 DANCE AEROBICS: 9-10AM CLARK PHARMACY: 12:30-2:30 PM	19 CHAIR AEROBICS 9-10AM CROCHET CLUB: 10AM-NOON	20 SENIOR STROLLERS: 9-9:30AM BINGO: 10-11AM
23 DANCE AEROBICS: 9-10AM THANKSGIVING POTLUCK 10-11:30AM	24 CROCHET CLUB: 10AM-NOON MOVIE DAY: 12:30-2:30PM	25 DANCE AEROBICS: 9-10AM INTRO. TO ENGLISH CLASS 10-11:30AM	26 CLOSED THANKSGIVING HOLIDAY	27 SENIOR STROLLERS: 9-9:30AM BINGO: 10-11AM
30 DANCE AEROBICS: 9-10AM MANAGING STRESS: 12:15-12:45PM		STAFF AT SILVERADO PARK SENIOR CENTER IS COMMITTED TO MAINTAINING A SAFE AND PRODUCTIVE ENVIRONMENT FOR PEOPLE 50 YEARS OF AGE AND OVER PARTICIPATING IN SENIOR PROGRAMMING.		