



Long Beach Department Parks, Recreation & Marine
Community Recreation Services

November 2009



Houghton Park - Senior Activity Calendar

Our staff is committed to maintaining a safe and productive environment for people 50 years of age and over participating in Senior Programming.

Special Events/Services

- Veteran's Day Parade November 7th 10 am to 1 pm
- Facility Closed- November 11th Veterans Day

Senior Trip

- **November 14 - Disney's Christmas Carol- at El Capitan Theater in Hollywood 2 pm to 8 pm**

Daily Activities

- Open Computer Lab Monday- Friday 9 am to 2 pm (Closed Tues. & Thurs. 9 am-11:30 am for computer class)
- Weight Room M-F 9-2 pm —Free
- Light Chair Aerobics M/W/F 9 am —Free
- Intro to Spanish M/W 10 am —Free
- Intro to English M/W 12:30 pm—Free
- 1st and 3rd Tues. Jewelry Class 12:30 pm- \$2 p/p
- 1st Wed.- Flower Arranging, 12:30 pm
- 2nd Thurs-Card Making \$2 per person, 12:30 pm
- Movie—Wed & Fri 12:30 pm —Free (movies are subject to change)
- 1st Fri. Book Cluck 12:30 pm
- Quilting Class Tues 10 am—\$2 per person
- Jewelry Class Tues 12:30 pm
- Computer Class Tues Inter.-\$5 p/p
- Computer Class Thurs Beg.—\$5 p/p
- Spanish Computer Class Mon.—\$ 5 p/p
- Bingo Friday- 10:30—11:30 am-Free

HSA -Human Services Association Senior Service
Department "Where Caring Becomes Doing"
Dining Mon-Fri 11:30 am (562) 428-6538.

6301 Myrtle Ave
Long Beach, CA 90805
Ph. (562) 570-1640 * Fax (562) 570-1644

Hours of Operation
Monday - Friday 9 a.m. - 2 p.m.

Sunday	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Spanish Computer Class 1 pm	3 Jewelry Making Class 12:30 pm	4 Silk Flower Class 12:30 pm	5 Begining Computer Class 9:30 am	6 Bingo Book Club	7 Veteran's Day Parade 10 am -1 pm
8	9 English Class 12:30 pm	10 Intermediate Computer Class	11 Family Recreation 12 pm -6 pm	12 Card Making Class 1 pm- 3 pm	13 Bingo	14 Disney's Christmas Carol Trip
15	16 Light Chair Aerobics 9 am	17 Jewelry Making Class 12:30 pm	18 Fresh Flower Class 12:30 pm	19 Begining Computer Class 9:30 am	20 Bingo	21
22	23 Spanish Computer Class 1 pm	24 Quilt Class 10 am	25 Bingo with Pumpkin Pie 10 am	26 Facility Closed Happy Thanksgiving	27 Family Recreation 12 pm -6 pm	28
29	30 Light Chair Aerobics 9 am					