

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

**CALIFORNIA RECREATION CENTER**  
**ERNEST SAMUEL MCBRIDE, SR. PARK**  
 1550 MARTIN LUTHER KING, JR. AVENUE  
 LONG BEACH, CA 90813  
 (562) 570 - 1605

**Senior Center Hours**  
**Monday through Fridays**  
**9:00 a.m. to 2:00 p.m.**

Staff at California Recreation Center's Senior Center is committed to maintaining a safe and productive environment for people 50 years of age and over participating in Senior Programming.

**SPECIAL EVENTS PLANNED**

**Cooking with Kimberly Nov. 9th & Nov 25th**  
**11 am—12 noon**

**San Manuel Casino Trip \$15.00**  
**8 am-6 pm**

**PROGRAMS/ACTIVITIES**

**Blood Pressure & Diabetes Screening:** Third Wednesdays, 9:30—11:30 am.

**Brown Bag Program:** First & Third Wednesday 8:30—9:30 am Food distributed through Long Beach Food Bank

**E.S.L. For Khmer Speaking Seniors and Adults:** M/W/ Thursdays, 10:30 am

**F.A.M.E. Taxi Vouchers & Bus Token Assistance:** For qualified Seniors 55 and older

**H.S.A Lunch Program.** Mon-Fri. 11:30 am **Human Services Association (H.S.A) provides a nutritional lunch for ages 62+, for menus call (562) 806-5400**

**Crochet and Knitting Class,** Tuesdays 9 am—10 am

**Khmer Dance Class,** Tuesdays, 10 am—12 pm

**Quilting Class,** Fridays 9—11 am

**Senior Exercise Class,** M/W/F 10—11 am

**Line Dancing,** Thursdays 10 -11 am

**NOVEMBER 2009**

| <i>Monday</i>  | <i>Tuesday</i>                            | <i>Wednesday</i>   | <i>Thursday</i>   | <i>Friday</i>  | <i>Saturday</i>   |
|--|---|--|---|--|---|
| 2<br>Sr. Exercise<br>10 am—11 am<br>ESL Class<br>10:30 am  | 3<br>Khmer Dance<br>Class<br>10 am—11 am  | 4<br>Sr. Exercise<br>10 am—11 am<br>ESL Class<br>10:30 am  | 5<br>Line Dancing<br>10 am—11 am  | 6<br>Sr. Exercise<br>10 am—11 am<br>ESL Class<br>10:30 am  | 7<br>Game Room<br>12 pm—4 pm  |
| 9<br>Holiday<br>Cooking<br>Hints<br>11 am-12 pm            | 10<br>Mammogram<br>Mobile<br>8 am- 3 pm   | 11<br>Sr. Exercise<br>10 am—11 am<br>ESL Class<br>10:30 am | 12<br>Line Dancing<br>10 am—11 am   | 13<br>San Manuel<br>Casino<br>\$15.00<br>8 am- 6 pm        | 14<br>Game Room<br>12 pm—4 pm   |
| 16<br>Sr. Exercise<br>10 am—11 am<br>ESL Class<br>10:30 am | 17<br>Khmer Dance<br>Class<br>10 am—11 am | 18<br>Sr. Pool<br>Tournament<br>11 am -12 pm               | 19<br>Line Dancing<br>10 am—11 am   | 20<br>Sr. Exercise<br>10 am—11 am<br>ESL Class<br>10:30 am | 21<br>Game Room<br>12 pm—4 pm   |
| 23<br>Sr. Exercise<br>10 am—11 am<br>ESL Class<br>10:30 am | 24<br>Khmer Dance<br>Class<br>10 am—11 am | 25<br>Cooking<br>With<br>Kimberly<br>11 am-12 pm           | 26<br>Facility<br>Closed<br> | 27<br>Fun Day<br>12-6 pm                                   | 28<br>Game Room<br>12 pm—4 pm   |
| 29<br>Sr. Exercise<br>10 am—11 am<br>ESL Class<br>10:30 am | 30<br>Khmer Dance<br>Class<br>10 am—11 am |  |   |  |  |