December 2022

Long Beach Senior Center

The Place Where Fun Begins!

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

HOURS OF OPERATION
M-F 8 am - 4:30 pm, Sat 10 am - 2 pm

SPECIAL EVENTS (Activities are subject to change)

Check the flip side of this schedule for Our Holiday Happenings when you see the snowflake (see right).

**BINGO PARTY**
Join 2nd District Councilwoman Cindy Allen on Friday, December 9th for BINGO and snacks. The Councilwoman has generously sponsored our prizes for the day. BINGO starts at 12:30 pm in Room 108.

**HOLIDAY LIGHTS TRIP**
We’re off to enjoy the Holiday Lights in Long Beach on Thursday, December 15th. This is an evening trip so you should dress in warm layers. Cost: $15 per person. See flyer or call us for more information. Space is limited.

**LABSC COMPUTER LAB OPENS**
Our Computer Lab will be open beginning this month for Lab Time Monday through Friday, 10 am to 3 pm and Saturdays, 10 am to 1 pm. Instructional classes will begin in 2023.

**ARK CLINICAL RESEARCH**
On Friday, December 9th between 10 am and 12 pm come to talk to Beverly from ARK Clinical Research at their information table in the Auditorium.

**CAREMORE HEALTH CHECK**
Monday, December 19th at 11 am, Jerrod from Caremore Live for Ear Lavage (AKA Ear wash/cleanings) at no charge.

**FLOWER ARRANGING WORKSHOP**
Live flowers, vases and instruction will be given for you to beautify your home. This month’s workshop will be on Tuesday, December 20th at 1 pm. Reservations for each workshop are required by the Friday the week before. A $2.00 donation for flowers is recommended. Please call for reservations, 562-570-3500.

**CALLING ALL VOLUNTEERS OF THE LBSC!**
If you have been or would like to be a Volunteer at the LBSC, please plan join us on Thursday, January 12, 2023 at 1 pm. We look forward to working together 2023.

**FRIENDLY CUP CAFE IS OPEN**
The Friendly Cup Café is open from 9 am to 11 am, Monday through Friday. A limited breakfast menu is available for a nominal charge. Come check us out!

**H.S.A. LUNCH PROGRAM**
H.S.A. serves a seated lunch in the Long Beach Senior Center Mondays through Fridays (Wednesdays are “Grab & Go” frozen meals). Serving time is at 11:30 am. Reservations are REQUIRED, please call 562-570-3520. Lunch is a $2.25 donation for those 60 years and over.

**FOOD PROGRAMS**
Food Finders Distribution: Mon., Wed., Fri. at 11 am
Brown Bag Program Food Distribution: 1st and 3rd Wednesday mornings at 8:30 am. Applications are at the Reception Desk.

**FITNESS ROOM**
ROOM 108

**WEEKLY ACTIVITIES**

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<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
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<tbody>
<tr>
<td>8:30 Wood Carving</td>
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<td>8:30 Brown Bag Proc.</td>
<td>8:30 Senior Striders</td>
<td>8:30 Billiards/Ping Pong 1</td>
<td>8:30 Billiards/Ping Pong 2</td>
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<td>8:30 Billiards &amp; Ping Pong</td>
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<td>8:30 Wood Carving</td>
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<td>9:30 Tap Dance Group</td>
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<td>9:30 Body Works</td>
<td>9:30 Soul Tai Chi</td>
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<td>11 LIVE Music Monday</td>
<td>10:30 Senior Striders</td>
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<td>10: Lapidary</td>
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<td>12:30 Games</td>
<td>10:30 Arts &amp; Crafts with Kelly</td>
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<td>1 Karaoke</td>
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<td>7 Courage to Change</td>
<td>12:30 Games</td>
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<td>10:40 Wellness Meditation</td>
<td>12:30 Games</td>
<td>11:30 ZUMBA Gold</td>
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<td>7 Adv. Round Dance Class</td>
<td>12:30 Games</td>
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<td>13:00 Harmony Club</td>
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December Activities:

Week 1: Let the holiday fun begin!
December 1- Deck the halls; Come help us make decorations for the center @ 10:30 am in Rm 102
December 2- Make or address your holiday cards. Rm 102 @ 10:30 am

Week 2: Let it snow!
December 6- Make a snow globe. Rm 102 @ 10:30 am
December 7- 10:30 am Caroling practice Rm 210; Join us as we get ready to carol on the 16th. & 20th.
December 8- Cookie decorating 10 am-12 pm in Rm 108
December 9- BINGO with Councilwomen Allen in Rm 108 @ 12:30 pm-3 pm.

Week 3: Merry & Bright!
December 12- Holiday light ornaments. 10:30 am Rm 102.
December 13- Cinnamon ornaments. 10:30 am Rm 102
December 14- Caroling practice Rm 210 @ 10:30 am Join us as we get ready to carol on the 16th. & 20th
December 15- Gingerbread House @ 10:30 am in Rm 108.
December 16- Tea, Cookies, and Caroling in the lobby and throughout the building @ 10:30 am

Week 4: Holiday Fun!
December 19- Wear your holiday PJ's. Make stove top potpourri for gifts to give out while we carol. Rm 102 @ 10 am.
1 pm - Listen to a holiday story read by staff and enjoy milk and cookies Rm 108.
December 20- Wear your ugly sweater. Caroling at 10:30 am. meet in the lobby.
December 21- Bring Something Musical for Make Music Day and enjoy music throughout the Center
December 22- Dress like an elf. 10:30 am room 102 Elf Craft
1 pm. Watch The Movie Elf room 108.
December 23- Santa hat or accessories. 12 pm.-3 pm. Room 108- Popcorn and a holiday movie

Week 5: Ring in the new year!
December 27- Make a noise maker to ring in the new year. 10:30 Room 102
December 28- Hot Cocoa/Hot Cider 11 am. Room 108 (Anthem Blue Cross)