

# LONG BEACH DEPARTMENT PARKS, RECREATION & MARINE COMMUNITY RECREATION SERVICES CALIFORNIA RECREATION SENIOR PROGRAM AT MCBRIDE PARK

1550 MARTIN LUTHER KING JR. AVENUE LONG BEACH, CA 90813 (562) 570-1605



OPEN MONDAY – FRIDAY 9-2 P.M.

STAFF ARE COMMITTED TO MAINTAINING A SAFE AND PRODUCTIVE ENVIRONMENT FOR PEOPLE 50 YEARS OF AGE AND OVER PARTICIPATING IN SENIOR PROGRAMMING.

## MARCH 2026: ACTIVITIES

- Chair Aerobics:**  
Mon & Wed 9:30am-10:30am
- Walking Class:**  
Tues & Thurs 9:30am-10:30am
- Tai Chi With Mr. Peter:**  
Mon & Fri 9am-10:30am
- Line Dancing With Mr. David**  
Mon, Wed & Fri 11am-12:30pm
- Yoga: Thursday's w/Phoumea**  
10:30am - 11:15am
- Social Time & Game Room:**  
Mon-Fri 9am-1:30pm
- Weight Room :**  
Mon- Fri 9:30am - 10:30am  
Mon - Thurs 5:30pm-7:30pm
- Zumba With Mrs. Gina**  
Friday's at 9:30am-10:30am
- Coffee Social Hour**  
Wednesday's 9:00-11am
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- H.S.A Lunch Program**  
**Cambodian Meal**  
Mon-Fri 11am-1pm

Human Services Association (H.S.A) provides nutritional lunch's for ages 60+, for menus call (562) 806-5400

MON	TUE	WED	THU	FRI
2 CHAIR AEROBICS LINE DANCING TAI CHI SOCIAL TIME GAME ROOM	3 WALKING CLASS SOCIAL TIME GAME ROOM <b>END OF LUNAR NEW YEAR</b>	4 <b>REGISTRATION DAY</b> COFFEE HOUR CHAIR AEROBICS LINE DANCING TAI CHI GAME ROOM	5 <b>WALKING CLASS@BEACH 9-2PM</b> SOCIAL TIME GAME ROOM YOGA	6 ZUMBA WITH MRS. GINA LINE DANCING TAI CHI GAME ROOM
9 CHAIR AEROBICS LINE DANCING TAI CHI SOCIAL TIME GAME ROOM	10 WALKING CLASS SOCIAL TIME GAME ROOM	11 COFFEE HOUR CHAIR AEROBICS LINE DANCING TAI CHI SOCIAL TIME GAME ROOM	12 WALKING CLASS SOCIAL TIME GAME ROOM YOGA	13 <b>PI DAY PIZZA PARTY</b> ZUMBA WITH MRS. GINA LINE DANCING TAI CHI GAME ROOM
16 CHAIR AEROBICS LINE DANCING TAI CHI SOCIAL TIME GAME ROOM	17 WALKING CLASS SOCIAL TIME GAME ROOM <b>ST. PATRICK'S DAY</b> 	18 COFFEE HOUR CHAIR AEROBICS LINE DANCING TAI CHI SOCIAL TIME GAME ROOM	19 WALKING CLASS SOCIAL TIME GAME ROOM YOGA	20 ZUMBA WITH MRS. GINA LINE DANCING TAI CHI GAME ROOM <b>BIRTHMONTH CELEBRATION</b>
23 CHAIR AEROBICS LINE DANCING TAI CHI SOCIAL TIME GAME ROOM	24 WALKING CLASS SOCIAL TIME GAME ROOM	25 COFFEE HOUR CHAIR AEROBICS LINE DANCING TAI CHI SOCIAL TIME GAME ROOM	26 WALKING CLASS SOCIAL TIME GAME ROOM YOGA	27 ZUMBA WITH MRS. GINA LINE DANCING TAI CHI GAME ROOM
30 <b>NO HSA</b> CHAIR AEROBICS LINE DANCING TAI CHI SOCIAL TIME GAME ROOM	31 WALKING CLASS SOCIAL TIME GAME ROOM			



**Long Beach Commission on Aging meeting**  
**Wednesday, March 11 @ 10 am**  
**Location: Long Beach Senior Center, 1150 E. 4th Street – Room#202**