**September 2022**

**Long Beach Senior Center**

**The Place Where Fun Begins!**

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

### FACILITY CLOSED

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
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**September 2022**

### Fun Dates to Celebrate in Sept.

7th: Senior Striders
9:30  Senior Striders
10:30 Soul Tai Chi
12:30 Billiards & Ping Pong
1:30  Arts & Crafts with Kelly

8th: Wood Carving
9:30  Wood Carving
10:30 Senior Striders
12  Beg. Sewing
12:30 Games
12:30 Billiards & Ping Pong
1:30  Arts & Crafts with Kelly

9th: Wood Carving
10:30 Senior Striders
12  Beg. Sewing
12:30 Games
12:30 Billiards & Ping Pong
1:30  Arts & Crafts with Kelly

10th: Wood Carving
10:30 Senior Striders
12  Beg. Sewing
12:30 Games
12:30 Billiards & Ping Pong
1:30  Arts & Crafts with Kelly

12th: Senior Striders
9:30  Soul Tai Chi
10:30 Senior Striders
10:40 Meditation
12  Beg. Sewing
12:30 Games
12:30 Billiards & Ping Pong
1  Beg. Weaving
1:30  Harmonica Club

13th: Senior Striders
9:30  Soul Tai Chi
10:30 Senior Striders
10:40 Meditation
12  Beg. Sewing
12:30 Games
12:30 Billiards & Ping Pong
1  Beg. Weaving
1:30  Harmonica Club

14th: Senior Striders
9:30  Soul Tai Chi
10:30 Senior Striders
10:40 Meditation
12  Beg. Sewing
12:30 Games
12:30 Billiards & Ping Pong
1  Beg. Weaving
1:30  Harmonica Club

15th: Senior Striders
9:30  Soul Tai Chi
10:30 Senior Striders
10:40 Meditation
12  Beg. Sewing
12:30 Games
12:30 Billiards & Ping Pong
1  Beg. Weaving
1:30  Harmonica Club

16th: Senior Striders
9:30  Soul Tai Chi
10:30 Senior Striders
10:40 Meditation
12  Beg. Sewing
12:30 Games
12:30 Billiards & Ping Pong
1  Beg. Weaving
1:30  Harmonica Club

17th: Senior Striders
9:30  Soul Tai Chi
10:30 Senior Striders
10:40 Meditation
12  Beg. Sewing
12:30 Games
12:30 Billiards & Ping Pong
1  Beg. Weaving
1:30  Harmonica Club

18th: Senior Striders
9:30  Soul Tai Chi
10:30 Senior Striders
10:40 Meditation
12  Beg. Sewing
12:30 Games
12:30 Billiards & Ping Pong
1  Beg. Weaving
1:30  Harmonica Club

19th: Senior Striders
9:30  Soul Tai Chi
10:30 Senior Striders
10:40 Meditation
12  Beg. Sewing
12:30 Games
12:30 Billiards & Ping Pong
1  Beg. Weaving
1:30  Harmonica Club

20th: Senior Striders
9:30  Soul Tai Chi
10:30 Senior Striders
10:40 Meditation
12  Beg. Sewing
12:30 Games
12:30 Billiards & Ping Pong
1  Beg. Weaving
1:30  Harmonica Club

21st: Senior Striders
9:30  Soul Tai Chi
10:30 Senior Striders
10:40 Meditation
12  Beg. Sewing
12:30 Games
12:30 Billiards & Ping Pong
1  Beg. Weaving
1:30  Harmonica Club

22nd: Senior Striders
9:30  Soul Tai Chi
10:30 Senior Striders
10:40 Meditation
12  Beg. Sewing
12:30 Games
12:30 Billiards & Ping Pong
1  Beg. Weaving
1:30  Harmonica Club

23rd: Senior Striders
9:30  Soul Tai Chi
10:30 Senior Striders
10:40 Meditation
12  Beg. Sewing
12:30 Games
12:30 Billiards & Ping Pong
1  Beg. Weaving
1:30  Harmonica Club

24th: Senior Striders
9:30  Soul Tai Chi
10:30 Senior Striders
10:40 Meditation
12  Beg. Sewing
12:30 Games
12:30 Billiards & Ping Pong
1  Beg. Weaving
1:30  Harmonica Club

25th: Senior Striders
9:30  Soul Tai Chi
10:30 Senior Striders
10:40 Meditation
12  Beg. Sewing
12:30 Games
12:30 Billiards & Ping Pong
1  Beg. Weaving
1:30  Harmonica Club

**FACILITY CLOSED**

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### POP-UP EVENT

Monday, September 26th from 10:30 am to 12:30 pm, join us when we welcome the Walk & Roll Program, The Healthy Aging Center and the Healthy Active Long Beach programs of the Long Beach Health Department to the Long Beach Senior Center. Check out the “goodies” they have for you.

**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 and can be made by calling 562-570-3520. Lunch is a $2.25 donation for those 60 years of age and over.

**FITNESS ROOM:** 562-570-3515

**FRIENDLY CAFÉ CAFE IS OPEN**

The Friendly Cup Café is open from 9 am to 11:30 am, Monday through Friday. A limited breakfast menu is available for a nominal charge. Come on in and check us out again!

**FOOD PROGRAMS**


Food Finders Distribution: Mon., Wed., Fri. at 11 am

Brown Bag Program Food Distribution: 1st and 3rd Wednesdays at 8:30 am. Applications are available at the Reception Desk.

Activities and Programs will be added when we are able to include them. Keep checking in with us to see what is offered! (562) 570-3500