

Active+ at Burns Community Center

The Burns Community Center is located at 5510 Clark Avenue, Lakewood. Active adults ages 50 and over can find a slate of various class offerings to keep both mind and body sharp! For more information on Active+ programs, please call (562) 925-7512.

Renovations are coming at the Burns Community Center. Many of your favorite activities will be temporarily relocated until the construction is complete in 2018.

You can look forward to the following upgrades coming soon to the Burns Community Center:

- ✓ Upgraded activity room for Active+ recreation classes and meetings
- ✓ Expanded lobby with a new elevator that meets disability requirements
- ✓ New automatic sliding doors at the building's east entrance
- ✓ Upgraded outdoor areas that include new hardscape, additional seating with shade and drought tolerant landscaping
- ✓ New air conditioning units that will service the entire building

Free Programs and Activities

Texas Hold 'Em Poker Club

*Temporarily relocated to The Centre at Sycamore Plaza Art Studio-5000 Clark Ave., Lakewood.

Mondays and Thursdays, 12:30 p.m. - 2:30 p.m.

Join the Active+ Poker Group! New poker players are wanted to expand the group. Just bring your poker skills; chips and poker table are provided.

- No class November 23, December 25.

Walking Club

Tuesdays and Thursdays, 11 a.m. - 12 p.m.

If you are interested in getting healthy and joining others with the same goal, join our club! All you need is a bottle of water and your walking shoes. Route will begin and end at Burns Community Center.

- No class November 23.

Stretch and Meditate

*Temporarily relocated to Mayfair Park Sierra Room-5720 Clark Ave., Lakewood.

Thursdays, 9 a.m.

Instructor: City Staff

This class is designed to relax your mind, body and spirit. Increase your flexibility and get rid of unwanted stress while listening to tranquil music. Hot tea will be provided after class.

Please bring a floor mat with you to class.

- No class November 23.

Tech Talk

*Class relocated to second floor.

Every other Thursday, 4 p.m.-5 p.m.

Dates: September 28, October 12 & 26, November 9, December 7 & 21, January 4 & 18. Do you have a gadget (smartphone, ipad, ipod, etc.) that is making you crazy? Bring it in and let our technological experts show you some tricks to make life with your gadget easier.

Burns Community Center Hours of Operation

M-F 7:00 a.m. – 6:30 p.m.

Sat 8:00 a.m. – 12:00 p.m.

Pickleball

Mayfair Park Basketball Courts
Wednesdays and Fridays from 9 a.m. – 11 a.m.
What is pickleball?

- Pickleball is a fun, athletic sport that combines elements of badminton, ping pong, and tennis.
- Pickleball is played in doubles on a badminton sized court.
- Players use a paddle and whiffle ball.

Four pickleball courts are available for participants to play on. Nets, balls, and paddles are provided. Please call Burns Community Center at (562) 925-7512 for questions and additional information.



Burns Book Club

Free

October 4, November 1, December 6, January 3

***Burns Book Club has been temporarily relocated to the Mae Boyar Park Conference Room, 6701 Del Amo Blvd., Lakewood.**

Come have stimulating conversation with others who love to read. Bring your favorite mug and tea to drink with the group. Hot water will be provided.

Please read **The Stars are Fire** by Anita Shreve before the first class. The remaining books will be selected by the class each month.

Classes: All classes will be held from 1:00 p.m. – 3:00 p.m. in the Mae Boyar Park Conference Room.

Head to Toe Senior Health Fair

Sponsored by
Lakewood Regional Medical Center
Wednesday, October 18
9 a.m. – 12 p.m.

Please RSVP to 844-673-4327
Free screening for seniors 55+

Available screenings:

- Blood Pressure
- Body Mass Index
- Bone Density
- Carotid Artery Screening (Stroke)
- Cholesterol
- Glucose (Diabetes)



NEW

Beginning Spanish with Gerald Lunderville

Let Gerald take you on an adventure in language where you will learn useful terms and phrases, including greetings, days of the week, expressions in a restaurant and familiar place names.

• No class November 24.

8870	F	4:00pm-5:15pm	9/29-10/20	PLMS	\$20/4 Mtgs
8871	F	4:00pm-5:15pm	11/10-12/8	PLMS	\$20/4 Mtgs

Lives of U.S. Presidents with Gerald Lunderville

Come learn about each of our presidents' lives, everything from their childhood, education, wives, administration, and how they spent their declining years.

■ Session 1: Madison - Jackson

8869	T	1:00pm-2:15pm	9/26-10/17	PLMS	\$20/4 Mtgs
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■ Session 2: Van Buren - Taylor

8872	T	1:00pm-2:15pm	11/7-11/28	PLMS	\$20/4 Mtgs
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Master Artists: Their Private Lives & Works with Jack King

Learn more about the lives and masterpieces of history's greatest artists in this riveting seminar. Take part in interactive presentations that reveal the private, intimate lives of the master artists behind the most recognizable works in the world. Instructor: Jack King

8569	M	1:00pm-2:30pm	10/2-10/23	LYC	\$20/4 Mtgs
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Volunteers Needed!

Volunteers are needed for the annual Tax Assistance Program at the Weingart Senior Center. This program provides free assistance for older adults and individuals in preparing simple State and Federal Income Tax Returns. Volunteers are trained in January and volunteer once a week through April 15th. If you are interested in being trained as a volunteer, sign up at www.aarp.org/taxvolunteer.

Nifty After Fifty (562) 677-3700



Silver Lining

This Line Dance class is designed for participants who are with or without a partner! Come and experience how much fun you can have moving in a line! All levels welcome. Instructor: Nifty After Fifty Staff

8670	Th	10:30am-11:00am	9/28-10/19	BCC	\$12/4 Mtgs
8671	Th	10:30am-11:00am	10/26-11/16	BCC	\$12/4 Mtgs
8672	Th	10:30am-11:00am	11/30-12/21	BCC	\$12/4 Mtgs
8873	Th	10:30am-11:00am	12/28-1/18	BCC	\$12/4 Mtgs

Silver Salsa

Join this dance and movement class that features a variety of easy to follow dance moves and combinations. Moves are set to international beats that will energize your every move! Instructor: Nifty After Fifty Staff

8673	T	10:30am-11:00am	9/26-10/17	BCC	\$12/4 Mtgs
8674	T	10:30am-11:00am	10/24-11/14	BCC	\$12/4 Mtgs
8675	T	10:30am-11:00am	11/21-12/12	BCC	\$12/4 Mtgs
8874	T	10:30am-11:00am	12/19-1/9	BCC	\$12/4 Mtgs

Silver Sneakers - Set the Tone

This is a full body workout designed to increase muscular strength and endurance using resistance tubing or bands, helping you set the tone for all areas of the body! Instructor: Nifty After Fifty Staff
Note: This class is free to Silver Sneakers members. Contact Nifty After Fifty Staff for more details.

8677	T	3:30pm-4:00pm	9/26-10/17	BCC	\$12/4 Mtgs
8676	W	9:00am-9:30am	9/27-10/18	BCC	\$12/4 Mtgs
8678	Th	3:30pm-4:00pm	9/28-10/19	BCC	\$12/4 Mtgs
8679	F	9:00am-9:30am	9/29-10/20	BCC	\$12/4 Mtgs
8681	T	3:30pm-4:00pm	10/24-11/14	BCC	\$12/4 Mtgs
8680	W	9:00am-9:30am	10/25-11/15	BCC	\$12/4 Mtgs
8682	Th	3:30pm-4:00pm	10/26-11/16	BCC	\$12/4 Mtgs
8683	F	9:00am-9:30am	10/27-11/17	BCC	\$12/4 Mtgs
8685	T	3:30pm-4:00pm	11/21-12/12	BCC	\$12/4 Mtgs
8684	W	9:00am-9:30am	11/22-12/13	BCC	\$12/4 Mtgs
8686	Th	3:30pm-4:00pm	11/30-12/21	BCC	\$12/4 Mtgs
8687	F	9:00am-9:30am	12/1-12/22	BCC	\$12/4 Mtgs
8958	T	3:30pm-4:00pm	12/19-1/9	BCC	\$12/4 Mtgs
8879	W	9:00am-9:30am	12/20-1/10	BCC	\$12/4 Mtgs
8959	Th	3:30pm-4:00pm	12/28-1/18	BCC	\$12/4 Mtgs
8880	F	9:00am-9:30am	12/29-1/19	BCC	\$12/4 Mtgs

Yoga-Lite

This class will teach you a sequence of traditional yoga postures and breathing techniques that help to improve flexibility, balance and strength as you learn relaxation techniques proven to reduce stress and improve health. Instructor: Nifty After Fifty Staff

• No class December 25 and January 1.

8739	M	5:15pm-6:15pm	9/25-10/16	BCC	\$20/4 Mtgs
8740	T	12:00pm-1:00pm	9/26-10/17	BCC	\$20/4 Mtgs
8741	W	5:15pm-6:15pm	9/27-10/18	BCC	\$20/4 Mtgs
8742	Th	12:00pm-1:00pm	9/28-10/19	BCC	\$20/4 Mtgs
8743	M	5:15pm-6:15pm	10/23-11/13	BCC	\$20/4 Mtgs
8744	T	12:00pm-1:00pm	10/24-11/14	BCC	\$20/4 Mtgs
8745	W	5:15pm-6:15pm	10/25-11/15	BCC	\$20/4 Mtgs
8746	Th	12:00pm-1:00pm	10/26-11/16	BCC	\$20/4 Mtgs
8747	M	5:15pm-6:15pm	11/20-12/11	BCC	\$20/4 Mtgs
8748	T	12:00pm-1:00pm	11/21-12/12	BCC	\$20/4 Mtgs
8749	W	5:15pm-6:15pm	11/22-12/13	BCC	\$20/4 Mtgs
8750	Th	12:00pm-1:00pm	11/30-12/21	BCC	\$20/4 Mtgs
8875	M	5:15pm-6:15pm	12/18-1/22	BCC	\$20/4 Mtgs
8876	T	12:00pm-1:00pm	12/19-1/9	BCC	\$20/4 Mtgs
8877	W	5:15pm-6:15pm	12/20-1/10	BCC	\$20/4 Mtgs
8878	Th	12:00pm-1:00pm	12/28-1/18	BCC	\$20/4 Mtgs

Older Adult Programs & Services

The Weingart Senior Center is located at 5220 Oliva Avenue, Lakewood. Recreational activities are open to adults age 50 or older. For more information on senior programs, please call (562) 630-6141.

Senior Programs & Class Information

All classes, programs, and daily activities are held at the Weingart Senior Center. Classes include such activities as line dancing, ballroom dancing, aerobic fitness classes, hula, and yoga. Artistic programming incorporates such courses as Chinese brush painting, plastic canvas needlepoint, crochet, knitting, arts and crafts, plus much more. Educational seminars and social engagement classes such as lip/speech reading are also available. Many classes are free or low cost. Some classes require a nominal materials fee. A complete schedule of programs and classes can be obtained at the Weingart Senior Center office.

Improve Balance, Stamina and more

The Weingart Senior Center fitness room is open to adults 50 years and older. Fitness room equipment includes four computerized stationary bikes, two treadmills, a multi-weight station and free weights, all of which can be used free of charge. A current participation form is required to use the fitness room and some medical conditions require a physician's clearance.

Fitness Classes at Weingart are Free!

Did you know that there is a different free exercise class held every day at Weingart? The schedule is as follows:

- **Mondays: Cardio Salsa – 9 - 10 a.m.**
- **Mondays: Stretch and Meditate – 10:30 - 11:30 a.m.**
- **Tues./Thurs./Sat.: Low Impact Aerobics – 9 - 10 a.m.**
- **Tues./Thurs./Sat.: Chair Exercise – 10:30 - 11:30 a.m.**
- **Wed./Fri.: Mat Exercise – 9 - 10 a.m.**

All classes are free and there is no need to pre-register.

Meals on Wheels

Lakewood Meals on Wheels provides nutritious meals for seniors who are frail or homebound. Meals are delivered by friendly volunteers. For more information, or if you would like to volunteer, please contact the Lakewood Meals on Wheels office at (562) 925-8747.

Benefits & Information Fair

The Weingart Senior Center will be hosting its 9th annual Older Adults Benefits Fair on Monday, October 16th from 10:00 a.m. to 12 noon. During this 2-hour time frame, seniors will be invited to pick up health insurance and benefit related materials and speak with company representatives.

Free Flu Shot Clinic

A free, walk-in flu shot clinic will be held this fall at the Weingart Senior Center. The clinic is sponsored by the Los Angeles County Health Department and the City of Lakewood. For specific date and time, please call 562-630-6141.

Finished with this Brochure?

Don't throw it away! Pass it along to a friend. We rely upon our friends to help us spread the word about our programs.

Older Adult Programming Hours:

Weingart Senior Center (WSC)

M – F 9:00 a.m. – 5:30 p.m.

Sat 9:00 a.m. – 1:00 p.m.

Closed Thanksgiving Day and Christmas Day

DASH Transportation

DASH Transportation offers FREE rides to Lakewood residents (age 60 and older) who are without transportation or to residents with a physical or mental disability. Eligible residents can use DASH for any purpose, within the City of Lakewood. Transportation is also provided within limited extended boundaries for medical purposes and to Cerritos College and Long Beach City College for certain educational programs. DASH vehicles accommodate multiple passengers and are wheelchair accessible. For information about this free service, or to register, call the DASH office at (562) 924-0149, Monday - Friday between 7:30 a.m. – 5 p.m.



Human Services Association Senior Lunch Program

Come and enjoy a wonderful meal with friends at the Weingart Senior Center. Lunches are provided by the Human Services Association for seniors 60 and older and their spouses for a suggested donation of \$2.25 per meal. Persons 59 and younger are required to pay a \$4.50 fee. Everyone is welcome with a reservation made 24 hours in advance. Lunch is served beginning at 11:30 a.m. For more information, please call:

- **Weingart Senior Center Nutrition Site**
5220 Oliva Ave.
(562) 630-6210

36th Annual Fall Craft Festival

On Saturday, September 30, from 10 a.m. - 3 p.m., the Weingart Senior Center will host its 36th Annual Fall Craft Festival. A variety of handmade items will be on sale at reasonable prices. This is a great place to get a jump on your holiday shopping. **Only sellers age 50+ are invited to sign up for table space.** Refreshments will be on sale throughout the day. For table prices and further information, please contact the Weingart Senior Center at (562)630-6141.

Hearing Assistive Technology (H.A.T.) Hands-on Showcase

Do you struggle to hear in some situations? Work? Home? On the phone? Hearing assistive devices can help. Come try for yourself vibrating/flashing alarm clocks, alerting devices (smoke alarm, doorbell, etc.), wireless devices for TV/computer listening and personal amplifiers that clarify conversations – to name a few. No sales pitch; we demonstrate only. This is a free monthly event with over 50 items that may help you hear better. Demos are 10:30 a.m. to 12:30 p.m. at the Weingart Senior Center on Sep. 23, Oct. 28, Nov. 18, and Dec. 16. Sponsored by the Long Beach/Lakewood Chapter of the Hearing Loss Association of America. For more information call (323) 205-6794.