Burns Community Center Hours of Operation
Monday-Friday 7 a.m. – 6:30 p.m.

Burns Quilters Group
Last Wednesday of the month, 9:30 a.m. - 1 p.m.
Dates: February 26, March 25, April 29, May 27.
Come join this friendship group to socialize and work on your favorite quilting project. Participants will need to bring their own fabric and supplies. Bring your own lunch as the group works through the lunch hour.

Bunco Party
Come out for a fun Friday night and play Bunco at the Burns Community Center! This social dice game involves 100% luck and no skill, anyone can play. Prizes will be awarded to players with the most buncos, the most wins and the most losses. Snack while you play with treats from our nacho and dessert bar. Instructor: City Staff
16940 F 5:30pm-8:00pm 4/3 BCC $3/1 Mtg

Trivia Night
Join us for a fun and competitive night of trivia! Participants will be placed into teams and put their knowledge to the test. Prizes will be awarded to the winning team. Snacks and light refreshments will be provided. Instructor: City Staff
17039 Th 6:00pm – 7:30 pm 3/5 BCC $3/1 Mtg

Canvas and Cupcake Party
If you are interested in a fun night out and releasing some creativity, join us for our canvas painting party! With step by step instructions you don’t have to be an artist to succeed in this class. Supplies will be provided, just paint, snack on some treats, and bring home your masterpiece! Instructor: City Staff
• A $5 materials fee is payable to the instructor at the beginning of class.
• Class on March 20 will be painting a Daffodil Bunny. Please register by March 16.
• Class on May 22 will be painting a Nighttime Firefly. Please register by May 18.
16394 F 6:30pm-8:30pm 3/20 BCC $10/1 Mtg
16395 F 6:30pm-8:30pm 5/22 BCC $10/1 Mtg

Texas Hold ‘Em Poker Club
Mondays and Thursdays, 12:30-2:30 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 May 25.

Tech Talk
Every other Thursday, 4-5 p.m.
Dates: January 30, February 13 & 27, March 12 & 26, April 9 & 23, May 7 & 21, June 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.

FOR LEASE
The Burns Community Center has office space available for lease and is seeking potential human service agencies as tenants, pending approval. Agencies should primarily serve the Lakewood community. For more information call (562) 866-9771 ext. 2418.
Gentle Pilates
This exercise class will help improve your posture, balance and flexibility with an emphasis on core strengthening. Through precise movements, concentration and specific breathing techniques you will improve your general fitness and overall well-being. This class is appropriate for all levels and modifications will be provided. Instructor: Barbara McEnroe

• No class February 21 and May 27 & 29.

17034 F 8:30am-9:30am 2/14-3/20 BCC $40/5 Mtgs
17033 W 8:30am-9:30am 2/14-3/20 BCC $32/4 Mtgs
17035 W 8:30am-9:30am 3/25-4/22 BCC $40/5 Mtgs
17036 F 8:30am-9:30am 3/27-4/24 BCC $40/5 Mtgs
17037 W 8:30am-9:30am 5/6-6/10 BCC $40/5 Mtgs
17038 F 8:30am-9:30am 5/6-6/12 BCC $40/5 Mtgs

Gentle Yoga
This class consists of 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: Yvonne Kim

• Please bring your own yoga mats, blocks and cushions to class.

• No class May 25.

16456 M,W 5:15pm-6:15pm 2/2-3/26 BCC $48/8 Mtgs
16456 M,W 5:15pm-6:15pm 3/2-3/30 BCC $54/9 Mtgs
16460 M,W 5:15pm-6:15pm 4/1-4/29 BCC $54/9 Mtgs
16462 M,W 5:15pm-6:15pm 5/4-5/27 BCC $42/7 Mtgs
16464 M,W 5:15pm-6:15pm 6/1-6/29 BCC $54/9 Mtgs

Senior Safety Seminar
Wednesday, February 12
10 a.m. – 12 p.m.

Come and learn about the services that the Lakewood Public Safety Department and L.A. County Sheriff’s Department provide to Lakewood. Deputies will inform attendees on how to access these services, and be an involved member of the community. Also learn how to safeguard yourself and your home to prevent becoming a victim of a crime. The presentation will be followed by a Q&A session with a deputy sheriff and a city representative.

Coffee with a Deputy

Join Us for a Morning of Casual Conversation
Get to know the deputy sheriffs in your neighborhoods. Presented by the City of Lakewood Public Safety Department and the Lakewood Sheriff’s Station.

Wednesday, April 8 9-11 a.m.

Coffee and Pastries will be provided by Panera Bread
Burns Community Center
5510 Clark Ave. Lakewood 90712

AARP Smart Driver Course
March 9 & 10 from 1-5:15 p.m.
May 4 & 5 from 1-5:15 p.m.

This two-part class will teach you the newest safety features in vehicles, strategies that can reduce your likelihood of having a crash, increase your confidence when driving, and much more. Please bring a pen.

Fee: $15 for AARP Members
$20 for Non-AARP Members

Please call Burns Community Center at 562-925-7512 to register, space is limited. Fee must be paid by check or money order to AARP, and will be collected at the beginning of the first class. Must attend both days. AARP Certified Instructor: Jim Jang

Burns Book Club
February 5, March 4, April 1, May 6
1 – 3 p.m.

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 Bad Blood by John Carreyrou before the first class. The remaining books will be selected by the class each month.

Alzheimer Association Educational Series
Every Monday in April
10 a.m.

April 6: Video & Discussion: Lost Memories
April 13: Memory Loss & Alzheimer’s: Let’s Talk
April 20: Keeping Your Brain Healthy
April 27: Dementia Friends

For more information and to RSVP call the Burns Community Center at 562-925-7512.

Protecting Your Family With Pre-Planning
Wednesday, March 11
10 a.m.

Get answers to your questions about cemetery & funeral services at this free information seminar. Call the Burns Community Center at 562-925-7512 for more information.
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 activities such 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 and 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
Fitness Room Hours:
Monday-Friday 9 a.m.-5:30 p.m.
Equipment includes: four computerized stationary bikes, two treadmills, a multi-weight station and free weights, all of which can be used free of charge. Participation form required.

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<tr>
<th>Mondays</th>
<th>Cardio Salsa Stretch &amp; Meditate</th>
<th>9-10 a.m. 10:15-11:15 a.m.</th>
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<tr>
<td>Tuesdays</td>
<td>Low Impact Aerobics Chair Exercise</td>
<td>9-10 a.m. 10:30-11:30 a.m.</td>
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<td>Wednesdays</td>
<td>Mat Exercise</td>
<td>9-10 a.m.</td>
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<td>Thursdays</td>
<td>Low Impact Aerobics Chair Exercise</td>
<td>9-10 a.m. 10:30-11:30 a.m.</td>
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<td>Fridays</td>
<td>Mat Exercise</td>
<td>9-10 a.m.</td>
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<td>Saturdays</td>
<td>Low Impact Aerobics Chair Exercise</td>
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Lakewoodcity.org
Click to the city’s website for access to Lakewood’s 24-hour city hall. You’ll find recreation classes, an events calendar, online forms for city services and news about Lakewood.

Older Adult Programming Hours:
Weingart Senior Center (WSC)
Monday – Friday 9 a.m. – 5:30 p.m.
Saturday 9 a.m. – 1 p.m.

Human Services

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 more information about this free service, or to register, call the DASH office at (562) 924-0149, Monday – Friday 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 age 60 and older and their spouses for a suggested donation of $2.25 per meal. Persons 59 and younger are required to pay a $6 fee. Everyone is welcome with a reservation made 24 hours in advance. For more information, please call:
- Weingart Senior Center Nutrition Site
  5220 Oliva Ave.
  (562) 630-6210

Human Services Association – “Where Caring Becomes Doing”

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.

Annual Grandparents Easter Party
The Weingart Senior Center will hold its annual Easter Eggstravaganza on Thursday, April 9th from 3:30-5 p.m. Grandparents are welcome to bring grandchildren and great-grandchildren 10 years old and younger to join in the fun. Pre-registration is required. Please bring hard boiled eggs for dyeing. To register, or for more information, call the Weingart Senior Center office at (562) 630-6141.