

AHMANSON SENIOR CENTER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

| | | | | | |
|--|---|---|--|--|------------------|
| <p>FOR MORE INFORMATION: Ahmanson Senior Center 3990 Bill Robertson Ln. Los Angeles, CA 90037 213.763.0119 www.laparks.org/expo Facebook.com/expocenterla</p> | <p>IMPORTANT ANNOUNCEMENT MONTHLY MEMBERSHIP IS REQUIRED TO PARTICIPATE IN SENIOR CLASSES AND EVENTS</p> | | | <p>1 Zumba 9:30am-10:30am CRAFT CLUB 10am-12pm Book Club 12:30pm- 2:30pm</p> | <p>2</p> |
| <p>4 Computer Class 9:30am-11am Art Class 10:00am-12:00pm CREATIVE WRITING 11:00AM-1:00PM Beginners Line Dance 11am-12pm Line Dance 12:30pm-2:30pm</p> | <p>5 MAMBO CLASS 9:30am-1030am SALSA CLASS 11am-12pm Circuit Training 11:00am-12:00pm</p> | <p>6 Natural History Museum Garden Stroll and Bird Watching 8am Computer Class 9:30am-11am KNITTING & CROCHETT CLUB 10am-3pm Beginner SALSA CLASS 11am-12pm</p> | <p>7 MAMBO MANIA 9:30am-1030am SALSA CLASS 11am-12pm CIRCUIT TRAINING 11am-12pm Square Dance 7:30pm-9pm</p> | <p>8 Zumba 9:30am-10:30am CRAFT CLUB 10am-12pm Book Club 12:30pm- 2:30pm</p> | <p>9</p> |
| <p>11 Computer Class 9:30am-11am Art Class 10:00am-12:00pm CREATIVE WRITING 11:00AM-1:00PM Beginners Line Dance 11am-12pm Line Dance 12:30pm-2:30pm</p> | <p>12 MAMBO CLASS 9:30am-1030am SALSA CLASS 11am-12pm Circuit Training 11:00am-12:00pm</p> | <p>13 Computer Class 9:30am-11am KNITTING & CROCHETT CLUB 10am-3pm Beginner SALSA CLASS 11am-12pm</p> | <p>14 Emotional Wellbeing and Stress Presentation 12pm MAMBO MANIA 9:30am-1030am SALSA CLASS 11am-12pm CIRCUIT TRAINING 11am-12pm Square Dance 7:30pm-9pm</p> | <p>15 Zumba 9:30am-10:30am CRAFT CLUB 10am-12pm Book Club 12:30pm- 2:30pm</p> | <p>16</p> |
| <p>18 Computer Class 9:30am-11am Art Class 10:00am-12:00pm CREATIVE WRITING 11:00AM-1:00PM Beginners Line Dance 11am-12pm Line Dance 12:30pm-2:30pm</p> | <p>19 MAMBO CLASS 9:30am-1030am English Now(ESL) 10am-12pm SALSA CLASS 11am-12pm Circuit Training 11:00am-12:00pm</p> | <p>20 Computer Class 9:30am-11am KNITTING & CROCHETT CLUB 10am-3pm Beginner SALSA CLASS 11am-12pm</p> | <p>21 March Movie of the Month 12pm MAMBO MANIA 9:30am-1030am SALSA CLASS 11am-12pm CIRCUIT TRAINING 11am-12pm English Now (ESL) CLASS 10am-12pm Square Dance 7:30pm-9pm</p> | <p>22 Zumba 9:30am-10:30am CRAFT CLUB 10am-12pm Book Club 12:30pm- 2:30pm</p> | <p>23</p> |
| <p>25 Facility Closed For Cesar Chavez Birthday</p> | <p>26 MAMBO CLASS 9:30am-1030am English Now(ESL) 10am-12pm SALSA CLASS 11am-12pm Circuit Training 11:00am-12:00pm</p> | <p>27 Computer Class 9:30am-11pam KNITTING & CROCHETT CLUB 10am-3pm Beginner SALSA CLASS 11am-12pm</p> | <p>28 Spring Health Fair Event 12pm MAMBO MANIA 9:30am-1030am SALSA CLASS 11am-12pm CIRCUIT TRAINING 11am-12pm English Now (ESL) CLASS 10am-12pm Square Dance 7:30pm-9pm</p> | <p>29 Zumba 9:30am-10:30am CRAFT CLUB 10am-12pm Book Club 12:30pm- 2:30pm</p> | <p>30</p> |

AHMANSON SENIOR CENTER

Winter 2024







SCHEDULE OF CLASSES/ HORARIO DE CLASES



EXPO CENTER



PARK PROUD LA

| MONDAY LUNES | TUESDAY MARTES | WEDNESDAY MIERCOLES | THURSDAY JUEVES | FRIDAY VIERNES |
|--|---|---|---|--|
| <p>Computer Class 9:30 AM - 11AM</p> <p>Art Class 10am-12pm</p> <p>CREATIVE WRITING 11:00AM –1:00PM</p> <p>Beginners Line Dance 11am-12pm</p> <p>Line Dance 12:30pm-2:30pm</p>   | <p>MAMBO MANIA 9:30AM-10:30AM</p> <p>English Now(ESL) 10:00AM-12:00PM</p> <p>SALSA CLASS 11:00AM– 12:00PM</p> <p>CIRCUIT TRAINING 11:00AM-12:00PM</p>  | <p>Computer Class 9:30 AM - 11AM</p> <p>QUILTING 10:00AM-3:00PM</p> <p>KNITTING & CROCHETING 10:00AM-3:00PM</p> <p>BEGINNER SALSA CLASS 11:00AM– 12:00PM</p>  | <p>MAMBO MANIA 9:30AM-10:30AM</p> <p>English Now(ESL) 10:00AM-12:00PM</p> <p>SALSA CLASS 11:00AM– 12:00PM</p> <p>CIRCUIT TRAINING 11:00AM-12:00PM</p>  | <p>ZUMBA 9:30AM-10:30AM</p> <p>CRAFT CLUB 10:00AM-12:00PM</p> <p>Book Club 12:30pm– 2:30pm</p>  |

IMPORTANT INFORMATION

Parking Decal **REQUIRED** for EXPO Parking . Request one at the Senior Center Office

Programming can be changed at anytime without notice depending on mandates from the City of Los Angeles

Your patience at this time is greatly appreciated

Natural History Museum Garden Stroll and Bird Watching 8am
Wednesday, March 6,2024 8am

Emotional Wellbeing and Stress Presentation 12pm
Thursday, March 14,2024 12pm

Monthly Movie
Thursday, March 21,2024 12pm

Fall Prevention Presentation Facility Closed for Cesar Chavez Birthday
Monday March 25,2024

www.laparks.org/expo facebook.com/expocenterla For more Information/Para mas Informacion:

MUST BE A MEMBER TO PARTICIPATE. TIENE QUE SER MIEMBRO PARA