FALL 2023
SENIOR CENTER

SCHEDULE OF CLASSES

AHMANSON SENIOR CENTER  CALL (213) 763-0118

HOURS of OPERATION  Mon. - Fri.  8:00am - 4:00pm
MONTHLY PROGRAM FEE:  $10.00 - 55 years old and up  |  $15.00 - 18-54 years old

CLASSES included with Monthly Program Fee - Due 1st of each Month  (Checks payable to the City of LA)
Some activities, programs, or events may have additional fees. All classes and programs listed may be subject
to change or cancellation.

Persons with disabilities are encouraged to participate in our programs and classes. Reasonable accommodations will be made with prior arrangements.

EDUCATION

COMPUTER CLASS
Mon. / Wed.  9:30am - 11:00am
Learn from an instructor on how to use a computer.

COMPUTER OPEN LAB
Tues.  9:00am - 12:00pm
Come in and use the computers to sharpen your skills. An instructor will not be available.
Location:  Ahmanson Computer Lab

ENGLISH NOW - ESL CLASS
Students develop listening and speaking skills in English. It is a multi-level class FREE to Ahmanson Senior Center members.
Thu.  9:30am - 10:30am
Fri.  10:30am - 11:30am

CREATIVE WRITING CLASS
Fri.  12:00pm - 2:00pm
Come in and learn how to enhance your writing skills.

BOOK CLUB
Fri.  12:00pm - 2:00pm
Come in to read exciting new books, and engage in discussions.

SOCIAL CAFÉ  (Members Only)
Mon. - Fri.  9am - 4pm
Come enjoy yourself in our Social Café. You can watch TV, play games, read books/magazines, or simply socialize with friends.
Contact Senior Center office for more information (213) 763-0118

HEALTH & FITNESS

SENIOR CIRCUIT TRAINING
Tone, shape, and sculpt in a class setting.
Improve your posture and get results.
Tue.  11:00am-12:00 pm  |  Thu.  11:00am-12:00pm

Sessions are instructed by a certified trainer in the fitness room at Roy A. Anderson Recreation Center.

MAMBO MANIA
Dance away the pounds with this fun, full-body workout-one hour of cardio dance.
Tue./ Thu.  9:30am - 10:30am

KNITTING & CROCHETING CLUB
Create something great while socializing
Wed.  10:00am - 3:00pm

CRAFT CLUB
Create fun craft projects
Fri.  10:00am – 12:00pm

ART CLASS
Create art projects
Mon.  10:00am – 12:00pm

QUILTING CLUB
Learn various styles of quilting while completing your projects.
Wed.  10:00am - 3:00pm

SALSA CLASS
Tues./Thu.  11:00am – 12:00pm

LINE DANCE
Mon.  12:30pm – 2:30pm

SQUARE DANCE
Thu.  7:30pm – 9:00pm

SENIORE PROGRAMS

MAMBO MANIA
Dance away the pounds with this fun, full-body workout-one hour of cardio dance.
Tue./ Thu.  9:30am - 10:30am

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Rev08-23-23
AQUACISE CLASS for ADULTS
This class offers low to high intensity workouts that promotes cardio vascular fitness, conditioning, increased flexibility, and range of motion.

Adults: 18-49yrs $5.00 per class
$40.00 per series*

Adults: 50+yrs $4.00 per class
$32.00 per series*
*(8 classes)

Mon./ Wed.
12:00pm – 1:00pm | 5:00pm – 6:00pm

Register for classes at Roy A. Anderson Recreation Center.