**WINTER 2023**

**SENIOR CENTER**

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**SCHEDULE OF CLASSES**

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**AHMANSON SENIOR CENTER**

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**COMPUTER OPEN LAB**

Mon. / Wed. 9:30am - 12:00pm

*Computer Lab access for Ahmanson Senior Center registered members

**Location:** Ahmanson Computer Lab

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**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

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**CREATIVE WRITING CLASS**

Come in and learn how to enhance your writing skills.

**Fri.** 12:00pm - 2:00pm

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**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

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**SENIOR CIRCUIT TRAINING**

Tone, shape, and sculpt in a class setting. Improve your posture and get results.

**Tue.** 11am - 12 pm  |  **Thu.** 11am - 12 pm

Sessions are two times per week with a trainer who will assist in the fitness room in Roy Anderson Building.

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**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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**VIDEO EXERCISE CLASS**

Fun way to exercise while working on balance and hand eye coordination.

**Tues.** 12:00pm - 1:00pm

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**KNITTING & CROCHETING CLUB**

Sewing and crafting while socializing

**Wed.** 10am - 3pm

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**CRAFT CLUB**

Create fun craft projects while socializing with your friends.

**Fri.** 10am – 12pm

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**QUILTING CLUB**

Learn various styles of quilting while completing your projects.

**Wed.** 10am - 3pm

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

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**CO-SPONSORSHIP**

**Call (213) 763-0118**

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**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.

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Ahmanson Senior Center  |  Hours of Operation:  Mon. - Fri. 8:00am - 4:00pm  |  Sat. and Sun. Closed
3990 Bill Robertson Lane, Los Angeles, CA 90037  |  laparks.org/expo  |  @expocenterla
City of Los Angeles Department of Recreation and Parks

All classes and programs are subject to cancellation. All refunds will be assessed an 15% fee.

11-09-22
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
Adults: 50+yrs $4.00 per class
*(8 classes)

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

Register for classes at Roy A. Anderson Recreation Center.