



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Computer Class
9:30am-11am
Art Class
10:00am-12:00pm

Beginners Line Dance
11am-12pm
Line Dance 12:30pm-2:30pm

2 MAMBO CLASS
9:30am-1030am
English Now(ESL)10am-12pm

SALSA CLASS11am-12pm
Circuit Training
11:00am-12:00pm

3 Self Defense Class 9am
Computer Class (advanced)
9:30am-11am
KNITTING &
CROCHETT CLUB
QUILTING CLUB
10am-3pm
Beginner SALSA CLASS
11am-12pm

4 MAMBO MANIA
9:30am-10:30am
Smart Phone Class
iPhone 9am/Android 10:30am
English Now(ESL)10am-12pm
SALSA CLASS 11am-12pm
CIRCUIT TRAINING 11am-12pm
Square Dance 7:30pm-9pm

5 Creative Writing 9am-11am
CRAFT CLUB 10am-12pm
Music Class 12pm-2pm
Yoga 12pm-1pm
African Dance and Drumming
1pm-2pm
Book Club 1pm-2:30pm

6

8 Computer Class
9:30am-11am
Art Class
10:00am-12:00pm

Beginners Line Dance
11am-12pm
Line Dance 12:30pm-2:30pm

9 MAMBO CLASS
9:30am-1030am
English Now(ESL)10am-12pm

SALSA CLASS11am-12pm
Circuit Training
11:00am-12:00pm

10 Self Defense Class 9am
Computer Class (advanced)
9:30am-11am
KNITTING &
CROCHETT CLUB
QUILTING CLUB
10am-3pm
Beginner SALSA CLASS
11am-12pm

11 MAMBO MANIA
9:30am-10:30am
Smart Phone Class
iPhone 9am/Android 10:30am
English Now(ESL)10am-12pm
SALSA CLASS 11am-12pm
CIRCUIT TRAINING 11am-12pm
Square Dance 7:30pm-9pm

12 Creative Writing 9am-11am
CRAFT CLUB 10am-12pm
Music Class 12pm-2pm
Yoga 12pm-1pm
African Dance and Drumming
1pm-2pm
Beginners Spanish 1pm-2:30pm

13

15 Computer Class
9:30am-11am
Art Class
10:00am-12:00pm

Beginners Line Dance
11am-12pm
Line Dance 12:30pm-2:30pm

16 MAMBO CLASS
9:30am-1030am
English Now(ESL)10am-12pm

SALSA CLASS11am-12pm
Circuit Training
11:00am-12:00pm

17 Self Defense Class 9am
Computer Class (advanced)
9:30am-11am
KNITTING &
CROCHETT CLUB
QUILTING CLUB
10am-3pm
Beginner SALSA CLASS
11am-12pm

18 Latino Heritage Month
Senior Day Presentation 12pm
MAMBO MANIA
9:30am-10:30am
Smart Phone Class
iPhone 9am/Android 10:30am
English Now(ESL)10am-12pm
SALSA CLASS 11am-12pm
CIRCUIT TRAINING 11am-12pm
Square Dance 7:30pm-9pm

19 Creative Writing 9am-11am
CRAFT CLUB 10am-12pm
Music Class 12pm-2pm
Yoga 12pm-1pm
African Dance and Drumming
1pm-2pm
Beginners Spanish 1pm-2:30pm

20

22 Computer Class
9:30am-11am
Art Class
10:00am-12:00pm

Beginners Line Dance
11am-12pm
Line Dance 12:30pm-2:30pm

23 MAMBO CLASS
9:30am-1030am
English Now(ESL)10am-12pm

SALSA CLASS11am-12pm
Circuit Training
11:00am-12:00pm

24 Self Defense Class 9am
Computer Class (advanced)
9:30am-11am
KNITTING &
CROCHETT CLUB
QUILTING CLUB
10am-3pm
Beginner SALSA CLASS
11am-12pm

25 MAMBO MANIA
9:30am-10:30am
Smart Phone Class
iPhone 9am/Android 10:30am
English Now(ESL)10am-12pm
SALSA CLASS 11am-12pm
CIRCUIT TRAINING
11am-12pm
Square Dance 7:30pm-9pm

26 Creative Writing 9am-11am
CRAFT CLUB 10am-12pm
Music Class 12pm-2pm
Yoga 12pm-1pm
African Dance and Drumming
1pm-2pm
Book Club 1pm-2:30pm
Beginners Spanish 1pm-2:30pm

27

29 Computer Class
9:30am-11am
Art Class
10:00am-12:00pm
Beginners Line Dance
11am-12pm
Line Dance 12:30pm-2:30pm

30 MAMBO CLASS
9:30am-1030am
English Now(ESL)10am-12pm

SALSA CLASS11am-12pm
Circuit Training
11:00am-12:00pm

**MONTHLY MEMBERSHIP
IS REQUIRED TO
PARTICIPATE IN
SENIOR CLASSES
AND EVENTS**

FOR MORE INFORMATION:
Ahmanson Senior Center
3990 Bill Robertson Ln.
Los Angeles, CA 90037
213.763.0118
www.laparks.org/expo
Facebook.com/expocenterla

**IMPORTANT
ANNOUNCEMENT**
Please check the board and sign in
table for information to get FREE
Grand Parents Day tickets to attend
The Natural History Museum
Sunday, September, 2025
9:30am-5pm








AHMANSON SENIOR CENTER

Summer 2025

SCHEDULE OF CLASSES/ HORARIO DE CLASES



MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIERCOLES	THURSDAY JUEVES	FRIDAY VIERNES	IMPORTANT INFORMATION
<p>Computer Class Beginners 9:30 AM - 11AM</p> <p>Art Class 10am-12pm</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) 10am-12pm</p> <p>SALSA CLASS 11:00AM- 12:00PM</p> <p>CIRCUIT TRAINING 11:00AM-12:00PM</p> 	<p>Self Defense Class 9:00 AM</p> <p>Computer Class Advanced 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>Smart Phone Class iPhone 9am Android 10:30am</p> <p>English Now (ESL) 10am-12pm</p> <p>MAMBO MANIA 9:30AM-10:30AM</p> <p>SALSA CLASS 11:00AM- 12:00PM</p> <p>CIRCUIT TRAINING 11:00AM-12:00PM</p> <p>Chronic Pain 7:30pm-9pm</p> 	<p>CREATIVE WRITING 9:00AM -11:00AM</p> <p>CRAFT CLUB 10:00AM-12:00PM</p> <p>Book Club 12:30pm- 2:30pm</p> <p>Beginners Spanish Class 1:00pm-2:30pm</p> <p>African Dance and Drumming 1:00pm-3:00pm</p>	<p>IMPORTANT INFORMATION</p> <p>Programming can be changed at anytime without notice depending On mandates from the City of Los Angeles</p> <p>Thursday, September 18,2025 Latino Heritage Month Senior Day Presentation 12pm</p>

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

www.laparks.org/expo facebook.com/expocenterla For more Information/Para mas Informacion: 213.763.0118
All classes and programs are subject to cancellation. Todas las clases y los programas están sujetos a cancelación.