

# Active+ at Burns Community Center



Welcome to Active+ - where active adults aged 50 and over can find a slate of varying class offerings to keep both mind and body sharp! Most classes take place at the Burns Community Center, located at 5510 Clark Ave., Lakewood. For more information on classes and programs on this page, please call (562) 925-7512.

**Renovations are coming at the Burns Community Center. Many of your favorite activities will be temporarily relocated until the construction is complete in 2018.**

**You can look forward to the following upgrades coming soon to the Burns Community Center:**

- ✓ Upgraded activity room for Active+ recreation classes and meetings
- ✓ Expanded lobby with a new elevator that meets disability requirements
- ✓ New automatic sliding doors at the building's east entrance
- ✓ Upgraded outdoor areas that include new hardscape, additional seating with shade and drought tolerant landscaping
- ✓ New air conditioning units that will service the entire building

## Free Programs and Activities

### Texas Hold 'Em Poker Club

\*Temporarily relocated to The Centre at Sycamore Plaza Art Studio- 5000 Clark Ave., Lakewood

**Mondays and Thursdays, 12:30 p.m.-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 June 26, August 21 and September 4.

### Walking Club

**Tuesdays and Thursdays, 11 a.m.-12 p.m.**

If you are interested in getting healthy and joining others with the same goal, join our club! All you need is a bottle of water and your walking shoes. Route will begin and end at Burns Community Center.

- No class July 4.

### Stretch and Meditate

\*Temporarily relocated to Mayfair Park Sierra Room- 5720 Clark Ave., Lakewood

**Thursdays, 9 a.m.**

Instructor: City Staff

This class is designed to relax your mind, body and spirit. Increase your flexibility and get rid of unwanted stress while listening to tranquil music. Hot tea will be provided after class.

Please bring a floor mat with you to class.

### Tech Talk-Now with Wi Fi!

**Every other Thursday, 4 p.m.-5 p.m.**

Dates: June 22, July 6, 20, August 3, 17, 31, September 14. 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.

### Burns Community Center Hours of Operation

**M-F 7:00 a.m. – 6:30 p.m.**

**Sat 8:00 a.m. – 12:00 p.m.**

## Pickleball

**Mayfair Park Basketball Courts  
Wednesdays and Fridays from 9 a.m. – 11 a.m.  
What is pickleball?**

- Pickleball is a fun, athletic sport that combines elements of badminton, ping pong, and tennis.
- Pickleball is played in doubles on a badminton sized court.
- Players use a paddle and whiffle ball.

Four pickleball courts are available for participants to play on. Nets, balls, and paddles are provided. Please call Burns Community Center at (562) 925-7512 for questions and additional information.



### Burns Book Club

Free

**July 5, August 2, September 6**

**\*Burns Book Club has been temporarily relocated to the Mae Boyar Park Conference Room, 6701 Del Amo Blvd., Lakewood.**

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 **Zookeeper's Wife** by Diane Ackerman before the first class. The remaining books will be selected by the class each month.

**Classes: All classes will be held from 1:00 p.m. – 3:00 p.m. in the Mae Boyar Park Conference Room.**

# Active+ at Burns Community Center



**Water-Wise Gardening**

A FREE workshop on water efficient landscape.  
Sign-up Today!

This class is open to all residents interested in replacing their grass with drought tolerant plants.

You will learn the necessary steps to remove grass and in its place install water efficient irrigation and create a beautiful garden that will cost less to maintain.

A starter kit will be provided to all participants while supplies last!

**Weingart Senior Center**

**Saturday, July 22, 2017**  
From 8:30 a.m. - 12:30 p.m.  
5220 Oliva Ave.  
Lakewood, CA 90712

Seating is limited, participation is first come first served.  
Lunch will be provided to all participants.

**FREE EVENT**  
To RSVP, call (562) 866 - 9771 ext. 2700

This program is made possible in partnership with:



## Master Artists: Their Private Lives & Works

Learn more about the lives and masterpieces of history's greatest artists in this riveting seminar. Take part in interactive presentations that reveal the private, intimate lives of the master artists behind the most recognizable works in the world. Instructor: Jack King

6968 M 1:00pm-2:30pm 8/7-8/28 LYC \$20/4 Mtgs



## Nifty After Fifty Classes

### Silver Lining

This Line Dance class is designed for participants who are with or without a partner! Come and experience how much fun you can have moving in a line! All levels welcome. Instructor: Nifty After Fifty Staff



7118	Th	10:30am-11:00am	6/22-7/13	BCC	\$12/4 Mtgs
7119	Th	10:30am-11:00am	7/20-8/10	BCC	\$12/4 Mtgs
7120	Th	10:30am-11:00am	8/17-9/7	BCC	\$12/4 Mtgs

### Silver Salsa

Join this dance and movement class that features a variety of easy to follow dance moves and combinations. Moves are set to international beats that will energize your every move! Instructor: Nifty After Fifty Staff

• No class July 4.

7023	T	10:30am-11:00am	6/20-7/18	BCC	\$12/4 Mtgs
7024	T	10:30am-11:00am	7/25-8/15	BCC	\$12/4 Mtgs
7025	T	10:30am-11:00am	8/22-9/12	BCC	\$12/4 Mtgs

### Silver Sneakers - Set the Tone

This is a full body workout designed to increase muscular strength and endurance using resistance tubing or bands, helping you set the tone for all areas of the body! Instructor: Nifty After Fifty Staff

• Note: This class is free to Silver Sneakers members.

Contact Nifty After Fifty Staff for more details.

• No class July 4 and September 4.

7122	M	9:00am-9:30am	6/19-7/10	BCC	\$12/4 Mtgs
7123	T	3:30pm-4:00pm	6/20-7/18	BCC	\$12/4 Mtgs
7124	Th	3:30pm-4:00pm	6/22-7/13	BCC	\$12/4 Mtgs
7125	F	9:00am-9:30am	6/23-7/14	BCC	\$12/4 Mtgs
7126	M	9:00am-9:30am	7/17-8/7	BCC	\$12/4 Mtgs
7128	Th	3:30pm-4:00pm	7/20-8/10	BCC	\$12/4 Mtgs
7129	F	9:00am-9:30am	7/21-8/11	BCC	\$12/4 Mtgs
7127	T	3:30pm-4:00pm	7/25-8/15	BCC	\$12/4 Mtgs
7657	M	9:00am-9:30am	8/14-9/11	BCC	\$12/4 Mtgs
7659	Th	3:30pm-4:00pm	8/17-9/7	BCC	\$12/4 Mtgs
7660	F	9:00am-9:30am	8/18-9/8	BCC	\$12/4 Mtgs
7658	T	3:30pm-4:00pm	8/22-9/12	BCC	\$12/4 Mtgs

### Yoga-Lite

This class will teach you 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: Nifty After Fifty Staff

• No class July 4 and September 4.

7249	M	5:15pm-6:15pm	6/19-7/10	BCC	\$20/4 Mtgs
7250	T	12:00pm-1:00pm	6/20-7/18	BCC	\$20/4 Mtgs
7251	W	5:15pm-6:15pm	6/21-7/12	BCC	\$20/4 Mtgs
7252	Th	12:00pm-1:00pm	6/22-7/13	BCC	\$20/4 Mtgs
7253	M	5:15pm-6:15pm	7/17-8/7	BCC	\$20/4 Mtgs
7254	T	12:00pm-1:00pm	7/18-8/8	BCC	\$20/4 Mtgs
7255	W	5:15pm-6:15pm	7/19-8/9	BCC	\$20/4 Mtgs
7256	Th	12:00pm-1:00pm	7/20-8/10	BCC	\$20/4 Mtgs
7257	M	5:15pm-6:15pm	8/14-9/11	BCC	\$20/4 Mtgs
7258	T	12:00pm-1:00pm	8/15-9/5	BCC	\$20/4 Mtgs
7259	W	5:15pm-6:15pm	8/16-9/6	BCC	\$20/4 Mtgs
7260	Th	12:00pm-1:00pm	8/17-9/7	BCC	\$20/4 Mtgs

Fees listed represent the registration cost for Lakewood residents. Non-residents should refer to the chart on Registration Information page for additional fees.

# 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 older adult programs, please call (562) 630-6141.

## Older Adult Programs

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, Endurance and more

The Weingart Senior Center fitness room is open to adults 50 years and older. Fitness room equipment includes four computerized stationary bikes, two treadmills, a multi-weight station and free weights, all of which can be used free of charge. A current participation form is required to use the fitness room.

## Fitness Classes at Weingart are Free!

Did you know that there is a different free exercise class held every day at Weingart? The schedule is as follows:

- **Mon. – Cardio Salsa**
- **Mon. – Stretch and Meditate**
- **Tues./Thurs./Sat. – Low Impact Aerobics**
- **Tues./Thurs./Sat. – Chair Exercise**
- **Wed./Fri. – Mat Exercise**

All classes are free and there is no need to pre-register.

## 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.



## Older Adult Programming Hours:

**Weingart Senior Center (WSC)**  
**M – F 9:00 a.m. – 5:30 p.m.**  
**Sat 9:00 a.m. – 1:00 p.m.**

## 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 information about this free service, or to register, call the DASH office at (562) 924-0149, Monday - Friday, between 7:30 a.m. – 5:00 p.m.

## 26th Annual Senior Health Fair

On Friday, June 16, from 10 a.m. – 12 noon, the Weingart Senior Center is hosting its 26th Annual Senior Health Fair. The Fair is free and open to the public. Health related information and free screenings will be available throughout the afternoon. Lunch is available for those over the age of 60 and will be provided by Human Services Association at a cost of \$2.25. Persons 59 and younger are required to pay a \$4.50 fee. For a lunch reservation call (562) 630-6210 after June 12. For specific Health Fair information call the Center office at (562) 630-6141 after June 5.

## 36th Annual Fall Crafts Show

On Saturday, September 30, from 10 a.m. - 3 p.m., the Weingart Senior Center will host its 36th Annual Fall Crafts Show. A variety of handmade items will be on sale at reasonable prices. This is a great place to get a jump on your holiday shopping. **Only sellers age 50+ are invited to sign up for table space.** A valid seller's permit is required. Refreshments will be on sale throughout the day. For table prices and further information, please contact the Weingart Senior Center after August 1 at (562) 630-6141.

## Human Services Association Senior Lunch Program



Come enjoy a wonderful meal and spend time with friends at the Weingart Senior Center. Lunches are provided by Human Services Association for seniors 60 and older and their spouses for a suggested donation of \$2.25 per meal. Persons 59 and younger are required to pay a \$4.50 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, Lakewood  
(562) 630-6210

Human Services Association "Where Caring Becomes Doing"

[Lakewoodcity.org](http://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.