



at Burns Community Center

The Burns Community Center is located at 5510 Clark Avenue, Lakewood. Active adults ages 50 and over can find a slate of various class offerings to keep both mind and body sharp! For more information on Active+ programs, please call 562-925-7512.



Burns Community Center Hours of Operation:
M-F 7 a.m. – 6:30 p.m.

AARP Smart Driver Online Course

Due to pandemic restrictions the AARP Smart Driver Course will be offered online only.

To register visit www.aarpdriversafety.org

For a 25% discount use promo code: **DRIVINGSKILLS** (valid through 12/31/21)

Free

Fitness Class Schedule

Mondays	Step Aerobics *No class September 13	9-10 a.m.
Tuesdays	Walking Club	8:30 - 9:30 a.m.
	Stretch & Tone *Class on September 14 meets at Mayfair Park	10-11 a.m.
Wednesdays	Pickleball	9-11 a.m.
	Chair Volleyball* at Mayfair Park Beginning October 6	10-11 a.m.
Thursdays	Walking Club	8:30 - 9:30 a.m.
	Stretch & Meditate *Class on September 9 & 16 meets at Mayfair Park	10-11 a.m.
Fridays	Pickleball	9-11 a.m.
	Chair Volleyball* at Mayfair Park Beginning October 8	10-11 a.m.

Texas Hold 'Em Poker Club

Mondays and Thursdays, 12:30-2:30 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 September 9, 13, 16 and November 6.

Tech Talk

Every other Thursday, 4-5 p.m.

Dates: September 23, October 7 & 21, November 4 & 18, December 2 & 16, January 13 & 27. 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 Quilters Group

Last Wednesday of the month, 9:30 a.m. - 1 p.m.

Dates: September 29, October 27, November 24, December 29, January 26. Come join this friendship group to socialize and work on your favorite quilting project. Participants will need to bring their own fabric and supplies. Bring your own lunch as the group works through the lunch hour.



Virtual Workshops Presented by Lakewood Regional

Medicare 101 & How to Read Your ANOC - VIRTUAL

This workshop is designed to provide simple answers to complex questions. You will learn the basics of Medicare and how to use our free 'worksheet' to help you prepare for Medicare, and make an educated decision regarding your coverage. Presented by: Lakewood Regional Medicare Staff

20436 W 10:00am-11:00am 9/29 Free

Benefit Review for '22

Choosing a health care plan for the year ahead is an important decision. This workshop is designed to give you a first look at some of the 2022 Medicare Advantage plans and help you prepare for Medicare Annual Enrollment (October 15 & December 7). Learn about expanded, non-medical benefits available in 2022. Presented by: Lakewood Regional Medicare Staff

20437 M 10:00am-11:00am 10/4 Free

Burns Book Club

October 6, November 3, December 1 & January 5

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 **The Last Flight** by Julie Clark before the first class. The remaining books will be selected by the class each month.

All classes will be held from 1 – 3 p.m. in the Burns Activity Room.





Bunco Party

Come out for a fun Friday night and play Bunco at the Burns Community Center! This social dice game involves 100% luck and no skill, anyone can play. Prizes will be awarded to players with the most buncos, the most wins and the most losses. Snack while you play with treats from our nacho and dessert bar.

Instructor: City Staff

• **This class will be in line with Public Health regulations in effect at the time to provide a safe experience. For more information call the Recreation and Community Services Department at 562-866-9771 ext. 2408.**

21030	F	5:30pm-8:00pm	10/29	BCC	\$3/1 Mtg
21031	F	5:30pm-8:00pm	1/14	BCC	\$3/1 Mtg

Beginning Spanish with Gerald Lunderville

Basic conversational Spanish with topics such as ordering in a restaurant, airport terminology, bargaining and asking directions.

Instructor: Gerald Lunderville

• **This class will be in line with Public Health regulations in effect at the time to provide a safe experience. For more information call the Recreation and Community Services Department at 562-866-9771 ext. 2408.**

21016	M	3:00pm-4:15pm	9/27-11/1	BCC	\$30/6 Mtgs
-------	---	---------------	-----------	-----	-------------

Etymology with Gerald Lunderville

Find out the derivation of such words and terms as hoodlum, OK and bless you! This class focuses on the origin of words with a little linguistics thrown in. For example, learn what is meant by palindromes, metathesis and rebracketing (cavalry vs. calvary).

Instructor: Gerald Lunderville

• **This class will be in line with Public Health regulations in effect at the time to provide a safe experience. For more information call the Recreation and Community Services Department at 562-866-9771 ext. 2408.**

21023	F	3:00pm-4:00pm	11/5	BCC	\$5/1 Mtg
-------	---	---------------	------	-----	-----------

Gentle Yoga

This class consists of 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: Yvonne Kim

• **Please bring your own yoga mats, blocks and cushions to class.**

• **This class will be in line with Public Health regulations in effect at the time to provide a safe experience. For more information call the Recreation and Community Services Department at 562-866-9771 ext. 2408.**

• **No class October 20 & 25.**

21024	M,W	5:15pm-6:15pm	9/29-10/27	BCC	\$56/7 Mtgs
21025	M,W	5:15pm-6:15pm	11/1-11/24	BCC	\$64/8 Mtgs
21026	M,W	5:15pm-6:15pm	12/1-12/13	BCC	\$32/4 Mtgs
21027	M,W	5:15pm-6:15pm	1/3-1/26	BCC	\$64/8 Mtgs

Lives of U.S. Presidents with Gerald Lunderville

Join the discussion about each of our presidents' lives, from childhood to retirement, administration and highlights, hobbies, wives and children. Instructor: Gerald Lunderville

• **This class will be in line with Public Health regulations in effect at the time to provide a safe experience. For more information call the Recreation and Community Services Department at 562-866-9771 ext. 2408.**

21022	F	3:00pm-4:15pm	10/1-10/22	BCC	\$20/4 Mtgs
-------	---	---------------	------------	-----	-------------

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 senior programs, please call 562-630-6141.

Senior Programs & Class Information

All classes, programs, and daily activities are held at the Weingart Senior Center. Fitness classes include such activities as aerobic fitness, chair exercise, and yoga. Artistic programming incorporates such courses as Chinese brush painting, plastic canvas needlepoint, crochet, knitting, arts and crafts and 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, Stamina and more Fitness Room Hours:

Monday-Friday 9 a.m.-5:30 p.m.

Equipment includes: four computerized stationary bikes, two treadmills, a multi-weight station and free weights, all of which can be used free of charge. Participation form required.

Fitness Class Schedule

Mondays	Cardio Salsa	9-10 a.m.
	Stretch & Meditate	10:15-11:15 a.m.
Tuesdays	Low Impact Aerobics	9-10 a.m.
	Chair Exercise	10:30-11:30 a.m.
Wednesdays	Mat Exercise	9-10 a.m.
Thursdays	Low Impact Aerobics	9-10 a.m.
	Chair Exercise	10:30-11:30 a.m.
Fridays	Mat Exercise	9-10 a.m.
Saturdays	Low Impact Aerobics	9-10 a.m.
	Chair Exercise	10:30-11:30 a.m.

Benefits Information Fair

The Weingart Senior Center will be hosting its 13th annual Older Adults Benefits Fair on Monday, October 18th from 10 a.m. to 12 noon. During this 2-hour time frame, adult 50+ will be invited to pick up health insurance and benefit related materials and speak with company representatives.

Older Adult Programming Hours:

Weingart Senior Center (WSC)

M – F 9 a.m. – 5:30 p.m.

Sat 9 a.m. – 1 p.m.

Closed Thanksgiving Day and Christmas Day

39th Annual Fall Craft Festival

On Saturday, September 25, from 10 a.m. - 3 p.m., the Weingart Senior Center will host its 39th Annual Fall Craft Festival. 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. Pre-packaged refreshments will be on sale throughout the day. For table prices and further information, please contact the Weingart Senior Center at 562-630-6141.

Human Services

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. DASH has decreased its vehicle capacity to maintain social distancing. All drivers and passengers are required to wear masks on all DASH vehicles. DASH is temporarily adjusting hours to accommodate COVID-19 vaccine appointments. For information about this free service, or to register, call the DASH office at 562-924-0149, Monday - Friday between 8:30 a.m. – 5 p.m.



Human Services Association Senior Lunch Program

Come and enjoy a wonderful meal with friends at the Weingart Senior Center. Lunches are provided by the 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 \$6.00 fee. Everyone is welcome with a reservation made 24 hours in advance. Lunch is served beginning at 11:30 a.m. For more information, please call:

- **Weingart Senior Center Nutrition Site**
5220 Oliva Ave.
562-630-6210

Human Services Association "Where Caring Becomes Doing"

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.

Fees listed represent the registration cost for Lakewood residents. Non-residents should refer to the chart on page 38 for additional fees.