

Lynwood Senior Services

Senior Citizens' Hot Meal Program

*Seniors must make reservations the day before or they may call the Senior Kitchen at (310) 886-0416 to sign up.

Suggested Donation for seniors lunch 60-years and older is: \$2.25
Fee for non-seniors: \$4.50

Lynwood Senior Center Multipurpose Room
Meals served Monday-Friday from 11:30 a.m. to 12:00 p.m.

Provided by: Human Services Association
*Please check with the site manager for the menu availability.
Lynwood Senior Center Kitchen (310) 886-0416

Lynwood Dial-A-Taxi Program

For Pre-Qualified Participants Only

Lynwood Senior Citizens 65-years and older and/or disabled residents.
Please visit the Lynwood Senior Center or call (310) 886-0425 for more information.

Lynwood Community Center
11301 Bullis Road, Lynwood, CA 90262
(310) 886-0425

Senior METRO Bus Pass Program

ELIGIBILITY CRITERIA: Ages 62+

Complete a LACTOA Disabled TAP application
(available online at metro.net or at Metro Customer Centers)

Provide valid documentation of disability status

Photocopy of your California identification card, driver license or passport

Obtain a 2" x 2" or 1" x 1-1/4" photo

Submit all the above at a TAP Service Center, PO Box 811310, Los Angeles, CA 90081

For Disabled: Metro Reduced Fare Office, Mail Stop
99-PL-4, One Gateway Plaza, Los Angeles, CA 90012

Los Angeles Regional Food Bank

Registration required for Seniors 60-years & older
Lynwood Community Center Gymnasium
11301 Bullis Road, Lynwood, CA 90262

Tuesday, November 21, 2016
9:00 a.m. to 10:30 a.m.

The Los Angeles Regional Food Bank is advising you to be present when your number is called or you will miss your turn, and a new number will have to be issued. No Exceptions.!

Senior Life

November 2016 • City of Lynwood Senior Citizens' Newsletter • Volume 11 Issue 11

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SENIOR CENTER HOURS

Open Monday - Thursday
8:00 a.m. - 4:00 p.m.

Open on Friday
8:00 a.m. - 1:00 p.m.

Closed on Saturday & Sunday

Recreation & Community Services Department & Senior Services Division

Recreation Director
Mark A. Flores

Deputy Director
Jose Trejo

Recreation Superintendent II
Rozie Carrillo

Recreation Coordinator
Ilu Johnson

Recreation Specialist
Cecilia Amezcua

Recreation Specialist
Lillian Bratton

Have A Happy

Thanksgiving

Closed November 24 & 25, 2016

For information contact (310) 886-0425 or recinfo@lynwood.ca.us
Lynwood Senior Citizen Center, 11329 Ernestine Avenue, Lynwood, CA 90262
Senior Life Newsletter is also available online at www.lynwood.ca.us/residents/senior-community



MONDAY / LUNES

Health & Fitness	9:00 a.m. - 10:00 a.m.
Aqua Aerobics	10:30 a.m. - 11:15 a.m.
Visual Arts Class	11:00 a.m. - 1:00 p.m.
<small>\$2.00 per class</small>	
Computer Class	12:30 p.m. - 3:30 p.m.
Bingo Club	1:00 p.m. - 3:00 p.m.
<small>\$4.00 buy-in</small>	

TUESDAY / MARTES

Walking Club	8:00 a.m. - 8:30 a.m.
Mayor Tuesday	9:00 a.m. - 10:00 a.m.
<small>Every 1st Tuesday of the month</small>	
Calm Yoga	9:15 a.m. - 10:30 a.m.
<small>\$4.00 per class</small>	
Golden Voices Choir	10:00 a.m. - 11:00 a.m.
Crochet Class	11:00 a.m. - 12:00 p.m.
Garden Club	11:30 a.m. - 12:30 p.m.
<small>Every 1st Tuesday</small>	
Social Hands	2:30 p.m. - 4:00 p.m.
Line Dancing	4:00 p.m. - 5:00 p.m.
<small>\$2.00 per class</small>	
Latin Dance Class	6:00 p.m. - 9:00 p.m.
<small>Lynwood Community Center</small>	

WEDNESDAY / MIERCOLES

Health & Fitness	9:00 a.m. - 10:00 a.m.
Aqua Aerobics	10:30 a.m. - 11:15 a.m.
La Familia Club	11:00 a.m. - 11:30 a.m.
<small>Every 1st Wednesday</small>	
Visual Arts Class	11:00 a.m. - 1:00 p.m.
<small>\$2.00 per class</small>	
Computer Class	12:30 p.m. - 3:30 p.m.
Bingo Club	1:00 p.m. - 3:00 p.m.
Card Club	3:00 p.m. - 6:00 p.m.
Domino Club	3:00 p.m. - 6:00 p.m.
Regal Red Hatters	3:15 p.m. - 4:15 p.m.
<small>Every 4th Wednesday</small>	

THURSDAY / JUEVES

Walking Club	8:00 a.m. - 8:30 a.m.
Calm Yoga	9:15 a.m. - 10:30 a.m.
<small>\$4.00 per class</small>	
Sewing Class	9:00 a.m. - 11:30 a.m.
Friendship Club	1:30 p.m. - 3:00 p.m.
<small>Every 4th Thursday</small>	
Travelers Club	2:00 p.m. - 4:00 p.m.
<small>Every 2nd Thursday</small>	
Latin Dance Class	6:00 p.m. - 9:00 p.m.
<small>Lynwood Community Center</small>	
Hat & Mustache Club	12:00 p.m. - 2:00 p.m.
<small>Every Thursday 2nd & 4th</small>	
Karaoke Divas + More	1:00 p.m. - 4:00 p.m.
<small>Every 1st & 3rd Thursday</small>	
Senior Movie Day	2:00 p.m. - 4:00 p.m.
<small>Every 2nd & 4th Thursday</small>	

FRIDAY / VIERNES

Health & Fitness	9:00 a.m. - 10:00 a.m.
Sewing Class	9:00 a.m. - 11:30 a.m.
Aqua Aerobics	10:30 a.m. - 11:15 a.m.

Tuesday
November 1, 2016
9A.M. - 10A.M.



Edwin Hernandez

Coffee with THE MAYOR

Let's have a talk over a cup of Coffee!

AND SPECIAL GUEST
STATE SENATOR ISADORE HALL, III



Senior Flu Shot here!



sponsored by
St. Francis Medical Center

November 10, 2016
10:00 a.m. to 1:00 p.m.

Free vaccine subject to availability
First-come, first-served, ages 55 yrs. & older

Turkey Give-Away



Free for Lynwood Senior Residents 65 yrs. & older

Registration begins Monday
November 7, 2016 ~ 8:00 a.m.

Give-Away on Tuesday, Nov. 22, 2016 ~ 9AM - 11AM



American Red Cross

Blood Drive
City of Lynwood
Give Thanks, Give Life!

Community Center Room #2
11301 Bullis Rd
Lynwood, CA 90262

Wednesday, November 23, 2016
9:00 AM to 3:00 PM

Lincoln Heritage Funeral Advantage

LIFE INSURANCE

ALFREDO JIMENEZ
WEDNESDAY
NOVEMBER 2, 2016
10:30 AM - 11:30 AM

SOUTHERN CALIFORNIA EDISON

SAVING ENERGY



VALERIE SHAW
TUESDAY
NOVEMBER 15, 2016
10:30 AM - 11:30 AM

St. Francis Medical Center

Senior & Circle



WEDNESDAY
NOVEMBER 16, 2016
10:30 AM - 11:30 AM

Lynwood Senior Services Division Presents

Virgin of Guadalupe

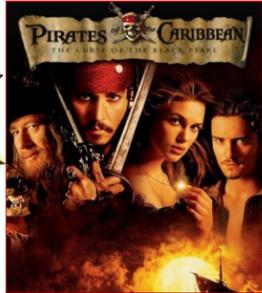


IMAGES IN COLONIAL MEXICO

The Bowers Museum
Tuesday, November 29, 2016
10AM - 3PM. / Senior Tickets \$22.00

THURSDAY
NOVEMBER 10, 2016
2:00 PM - 4:00 PM

SENIOR MOVIES DAY



Lynwood BINGO Club

PECHANGA
RESORT • CASINO

Thursday
December 8, 2016
9:30 a.m. - 6:30 p.m.
Cost: \$16.00



SENIOR NOVEMBER BIRTHDAYS

Thursday
November 17, 2016
12:00 p.m. - 12:30 p.m.

Cake will be provided for November Birthdays
First-come, first-served

