

City of Los Angeles Department of Recreation & Parks, Pacific Region-Harbor District

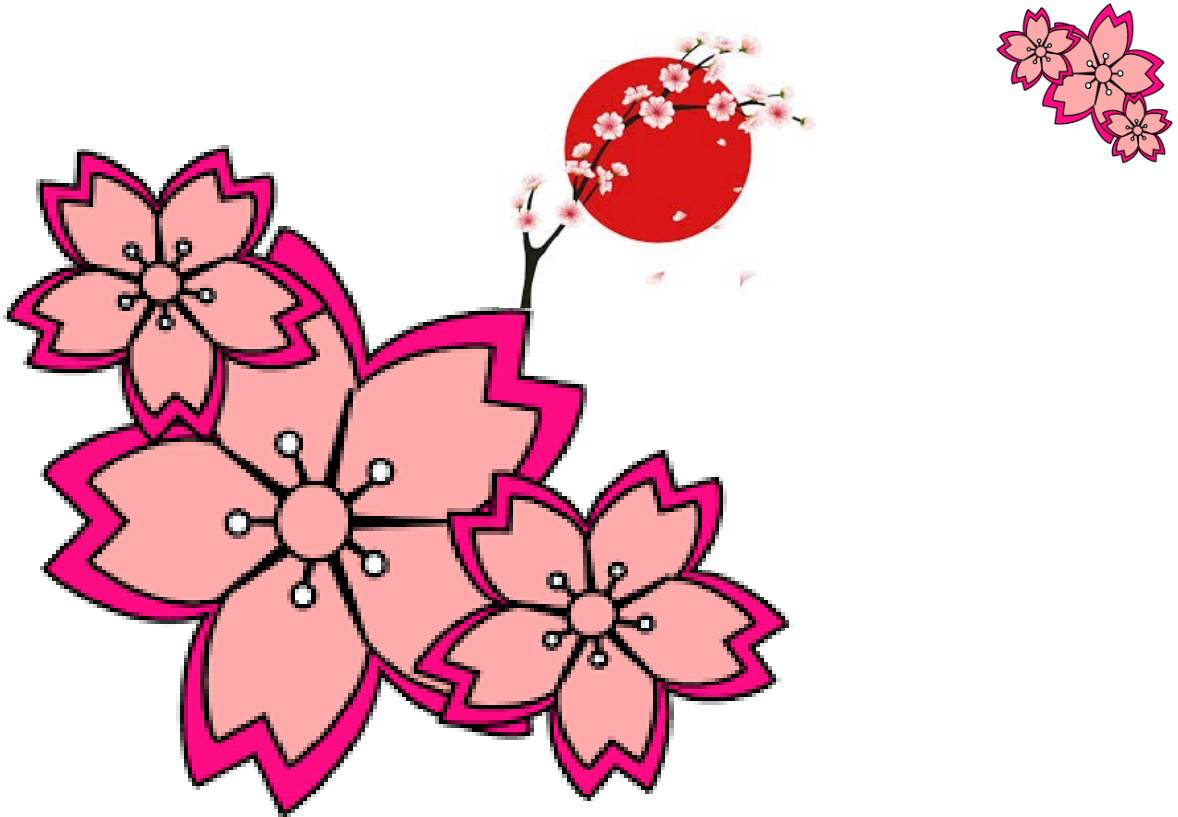
Anderson Memorial Senior Citizen Center

828 South Mesa Street, Los Angeles, CA, 91731, Phone: (310) 548-7596

Ages: 50+ Club

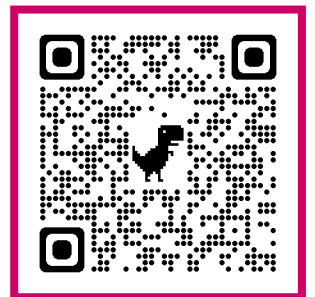
E-mail: anderson.seniorcenter@lacity.org

Website: www.laparks.org/scc/anderson-memorial



Spring Program 2025

April to June



● Class Schedules

● Registration Dates

● Event Calendar

Class Registration Procedure

1. **Registration begins: Winter-November 1, Spring-February 1, Summer-May 1, Fall-August 1.**
2. Payment by check or money order made to "City of Los Angeles, Department of Recreation and Parks." A collection fee will be charged for each returned check. Exact change for cash payments please.
3. Full payment is required at time of registration. No refunds unless class or activity is cancelled.
4. **Annual membership is \$20 with many benefits & a parking permit** (all others may be towed at owner's expense)
5. Registration fees are due the one week prior of the class/activity.
6. The City of Los Angeles does not provide insurance.
7. We may cancel the class or program when minimum enrollment is not meet.
8. The classes and programs in this brochure may be subject to change and or cancellation.
9. Refund policy: Refunds granted will assess a 15% administrative fee. No full refunds will be issued unless a program is cancelled by the facility. No refunds or credits issued on missed class days.
10. Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements.
11. The City of Los Angeles Department of Recreation and Parks (RAP) is not responsible for any injury to any person Suffered while warming up or participating in exercise and fitness classes for any reason whatsoever. Each adult participant certifies upon registration that he/she is physically capable of participating in a class.

Permit Information 310.548.7596

Welcome to Anderson Memorial Senior Citizen Center . Reservation to use our facility is made on a "first come, first served" basis with a deposit of 50% to place reservation on calendar. One initial meeting with a tour and second or final meeting one month ahead or whichever comes first to pay for the event with no balance remaining. Insurance that covers Anderson Memorial Senior Citizen Center is required. Reservation fee, non-refundable fee, staff, maintenance staff, utility hook-up, tables, chairs, kitchen and miscellaneous fees will be included in the permit.

Special Event:

- **Big event** (100 to 200 participants): Please inquire 3 to 6 months before the event.
- **Small event** (1-99 participants): Please inquire at 2 to 3 months before the event.
- **Auditorium** (200 persons maximum, \$75 per hour in addition to above underlined items)
- **Picnic:** First come first serve



Entrance-north side of the building on 8th Street



Auditorium
on Mesa Street



Courtyard
on 9th Street



West side of the
Building on Mesa Street

Events and Activity Announcement (subject to change)

FREE
SPRING DANCE
AT
ANDERSON SCC
SATURDAY
4/26/2025
@ 2 PM

Free lesson after 1 pm
Free Refreshment



Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements. The programs may be subject to change or cancellation.

COASTAL
SAN PEDRO
NEIGHBORHOOD COUNCIL



Monthly Social

It's a Potluck!
Everyone is welcome

2025 Every Month at 10 am

Let's Party

New Year Celebration on January 14
Valentine's Day Party on February 14
St. Patrick's Day Party on March 17
Egg Hunt Party on April 18
Mother's Day Party on May 9
Father's Day Party on June 10
Independence's Day Party on July 1
Luau Party on August 5
Fun by the Harbor on September 30
Halloween Party on October 31
Thanksgiving Party on November 21
Winter Showcase on December 9

Field Trip for 50+ Club members

Palm Spring in 2025

First come! First served!

Detail information to be announced soon.

This is a day trip, bus is free for Anderson Memorial Senior Citizen Center's members (sponsored by CD 15). There may be a fee to the event or activity or facility attending. Meals and misc. fees are not included.

8 Weeks Winter Classes-April 7 to May 30, 2025

Monday Classes meet on: 4/7, 4/14, 4/21, 4/28, 5/5, 5/12 & 5/19 (make up class 6/2/2025 if any)

Tai Chi

10 to 11 AM for \$10 /7 weeks

Slow movement that is easy on our body.

Line Dancing

11:30 to 12:30 PM for \$10 /7 weeks

A line dance is a choreographed dance in which a group of people dance along to a repeating sequence of steps in lines.

Chair Yoga

12:30 to 1:30 PM for \$10 /7 weeks

Simple stretching for our body sitting on a chair.

Badminton (Free for members)

12 PM to 4 PM

Badminton is a great body-toning workout. Between running, lunging, diving and ball hitting (burns ~450 calories per hour).

Chinese Calligraphy

2 to 3 PM for \$20 /7 weeks

We will begin our journey just like a Chinese scholar while enjoy time to ourselves.

Crochet

3:30 to 4:30 PM for \$10 /7 weeks

using a hook to create textiles by interlooping yarn



Tuesday Classes meet on:

4/8, 4/15, 4/22, 4/29, 5/6, 5/13, 5/20, 5/27 (make up class 6/3/2025 if any)

Badminton (Free for members)

10:30 AM to 1 PM

Badminton is a great body-toning workout. Between running, lunging, diving and ball hitting (burns ~450 calories per hour).

Ceramic

10 am to 12:30 pm for \$50 /8 weeks

Material Fee: \$30 (for clay & glaze)

This is the moment we take for ourselves, to be free and expressive. We create our pieces with just our hands.

Epoch Fitness

10 to 11 AM for \$20 /8 weeks

This is the easiest method to have a great time, combat dementia and it is dancing!

iPhone Help (Free for members)

10 AM to 12 PM

We can help you navigate with iPhone

Pickleball

3 to 4 PM for \$20 /8 weeks

4 to 5 PM for \$20 /8 weeks

This is the new in sport for everyone who used to play tennis. It is so easy!

Monday through Friday

Ping-Pong (Free for members)

9:30 am to 4 pm (Not during lunch time)

We have everything, just come and play!



8 Weeks Winter Classes-April 7 to May 30, 2025

Wednesday Classes meet

on: 4/9, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28 (make up class 6/4/2025 if any)

Badminton (Free for members)

10 AM to 1 PM

Badminton is a great body-toning workout. Between running, lunging, diving and ball hitting (burns ~450 calories per hour).

Ceramic

10 am to 12:30 pm for \$50 /8 weeks

Material Fee: \$30 (for clay & glaze)

This is the moment we take for ourselves, to be free and expressive. We create our pieces with just our hands.

iPhone Help (Free for members)

9:30 AM to 10:30 AM

We can help you navigate with iPhone

Ping Pong Class

3 PM to 4 PM for \$10 /8 weeks

Maybe we can play as good as Forest Gump!

We have everything, just come and play!

Watercolor

2 to 3:30 pm for \$10 /8 weeks

Watercolor paint is a translucent art medium, basically a colored pigment in a water-soluble binder. Vibrant and translucent nature, quick drying time, simple set up and clean up.

Meditation (Free for members)

4:15 pm /8 weeks

a practice that involves training the mind to focus and achieve a state of calmness and awareness.



Thursday Classes meet on:

4/10, 4/17, 4/24, 5/1, 5/8, 5/15, 5/22, 5/29/2025 (make up class 6/5/2025 if any)

Tai Chi

9 to 10 AM for \$10 /8 weeks

Slow movement that is easy on our body.

Sewing (Free for members)

9:30 am to 12 noon

Sewing is one of the oldest of the textile arts, arising in the Paleolithic era. Before the invention of spinning yarn or weaving fabric. Ladies bring crafts that they want to work on while socializing and share each other's life stories.

Ceramic

10 am to 12:30 pm for \$50 /8 weeks

Material Fee: \$30 (for clay & glaze)

This is the moment we take for ourselves, to be free and expressive. We create our pieces with just our hands.

Black & White Photography

1 to 2 PM for \$20 /8 weeks

the art of capturing images using only shades of gray. It's a timeless art form that emphasizes composition, contrast, and light.



8 Weeks Spring 2025 4/7-5/30 Classes, Loteria and Nutrition Program

Friday Classes meet on:

4/11, 4/18, 4/25, 5/2, 5/9, 5/16,
5/23, 5/30 (make up class
6/6/2025 if any)

Badminton (Free for members)

10 AM to 4 PM

Badminton is a great body-toning workout. Between running, lunging, diving and ball hitting (burns ~450 calories per hour).

Acrylic Painting

12 to 1:30 PM for \$20 /8 weeks

Acrylic paint is a type of paint that is mixed with a water-soluble resin. They are typically used to create a layer of paint on a surface. Acrylic paint is typically made from acrylic resin, pigment and dyes.

Tech Help (Free for members)

10:30 AM to 12:30 pm

We can help you navigate with your phone or laptop.

Senior Nutrition Program

First come! First served!

Mondays through Fridays
(except city holidays)

Hot lunch is served daily at 10:45 AM

Seniors 60+ is \$3/meal

All others \$5/meal

Department of Aging generously provided this nutrition program for senior members of Anderson Memorial Senior Citizen Center.



Loteria

Wednesdays

11:30 AM to 12:30 PM

Free for members (\$20/year)

Please bring a prize when you come!



Nutrition Program Menu from March 31 to June 27, 2025

2025	Monday	Tuesday	Wednesday	Thursday	Friday
3/31-4/4	Spaghetti W/Meatballs	Chicken Enchilada	Fish Vera Cruz	Pork Loin w/ Black Peppercorn	Beef Stroganoff
4/7-4/11	<i>Turkey & Cranberry Salad</i>	Beef Teriyaki	Roast Pork Mustard Sauce	Chicken Mole	Stuffed Bell Peppers
4/14-4/18	Beef Picado	<i>Tuna Salad</i>	Oven Baked Chicken	Turkey Meatloaf	Beef Lasagna
4/21-4/25	Baked Ziti (Turkey)	Rosemary Chicken	Meatloaf W/Gravy	BBQ Chicken	Sweet & Sour Pork
4/28-5/2	Chicken Curry	Hawaiian Chicken	Chicken Marsala	Breaded Fish	BBQ Hamburger
5/5-5/9	Turkey Chili	Creamy Cilantro Baked Fish	Roast Beef	Chicken Salad Bowl	Tuna Sandwich
5/12-5/16	Spaghetti W/Meatballs	Chicken Enchilada	Fish Vera Cruz	Pork Loin w/ Black Peppercorn	Beef Stroganoff
5/19-5/23	Turkey & Cranberry Salad	Beef Teriyaki	Roast Pork Mustard Sauce	Chicken Mole	Stuffed Bell Peppers
5/26-5/30	Holiday No Lunch	Tuna Salad	Oven Baked Chicken	Swedish Meatball	Beef Lasagna
6/2-6/6	Baked Ziti (Turkey)	Rosemary Chicken	Meatloaf W/Gravy	BBQ Chicken	Garlic Butter Fish
6/9-6/13	Hawaiian Chicken	Beef Stew	Chicken Marsala	Breaded Fish	BBQ Hamburger
6/16-6/20	Turkey Chili	Creamy Cilantro Baked Fish	Roast Beef	Chicken Salad Bowl	Tuna Sandwich
6/23-6/27	Spaghetti W/Meatballs	Chicken Enchilada	Fish Vera Cruz	Pork Loin w/ Black Peppercorn	Beef Stroganoff

(subject to change)



CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS

Karen Bass , Mayor

Tim McOsker, Councilmember, District 15



Recreation and Parks Commissioners

Renata Simril, President, Luis Sanchez, Vice President,

Fiona Hutton, Marie Lloyd, Benny Tran, Commissioner

Recreation and Parks Administration

Jimmy Kim, General Manager

Matthew Rutnick, Executive Officer & Chief of Staff

Chinyere Stoneham, Assistant General Manager - Recreational Service Branch

Cathie Santo-Domingo, Assistant General Manager - Planning, Maintenance and Construction Branch

Brenda Aguirre, Assistant General Manager, Special Operations Division

Pacific Region

Deanne Dedmon, Superintendent

Michael L. Harrison, Principal Recreation Supervisor II

Jose Monge , Principal Grounds Maintenance Supervisor II

Elaine Piha, Principal Recreation Supervisor I

Ramon Bernal, Senior District Supervisor

Anderson Memorial Senior Citizen Center

Hua Ling, Recreation Facility Director

Recreation Staff

Lisa Ferguson, Teyahna Hall, and Adrian Fernandez

Maintenance Staff

Berry Rankins, Maintenance Supervisor, Point Fermin District

Boris Rivera, Lead Senior Gardener, Allen Thomas, Senior Gardener

Teresa Reveles, SPA II

Park Advisory Board

Anderson Senior Center is looking for a few good volunteers who would volunteer a few hours a month and come to 4 (four) meetings a year with a term limit of one year at a time. If you are interested in getting donations and fundraising for Anderson SCC, please call (310) 548-7596.

Hours of Operation

Monday through Friday	9:00 a.m. - 5:00 p.m.
Saturday	Closed
Sunday and All Los Angeles City Holidays	Closed (There will be no classes on City of Los Angeles holidays)

City of Los Angeles Holiday

Memorial Day, Monday, 5/26/2025

Important Numbers

Bulk Item pick up: (800) 773-2489

Dead Animal pick-up: (800) 773-2489

Film Office: (323) 644-6220

Graffiti Removal: (213) 978-0228

LA Police Department (Emergency)...Call 911

Public Information: (213) 202-2700

Street Lights Out: (213) 473-3231

Bee Infestation: (800) 233-9279

DWP lines in trees: (800) 821-5278

Golf Reservation: (818) 291-9980

LAPD: (877) 275-5273 non-emergency

Pot Hole Repair: (800) 996-2489

Street Tree Trimming: (800) 996-2489

L.A. Animal Services: (888) 452-7381