



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p><b>3</b> Art Class 10:00am-12:00pm</p> <p>Nutrition Class 12pm-1pm</p> <p>Beginners Line Dance 11am-12pm</p> <p>Line Dance 12:30pm-2:30pm</p>	<p><b>4</b> MAMBO CLASS 9:30am-1030am English Now(ESL)10am-12pm SALSA CLASS11am-12pm Circuit Training 11:00am-12:00pm</p>	<p><b>5</b> <b>Natural History Museum Stroll 8am</b> Self Defense Class 9am-10am KNITTING &amp; CROCHETT CLUB QUILTING CLUB 10am-3pm Beginner SALSA CLASS 11am-12pm</p>	<p><b>6</b> MAMBO MANIA 9:30am-10:30am English Now(ESL)10am-12pm Music Class 10am-12pm SALSA CLASS 11am-12pm CIRCUIT TRAINING 11am-12 Matter of Balance 12pm-2pm Square Dance 7:30pm-9pm</p>	<p><b>7</b> <b>Read Across America with the Pre Schoolers at 9am</b> Creative Writing 9am-11am CRAFT CLUB 10am-12pm Book Club 12:30pm- 2:30pm Yoga 12pm-1pm African Dance and Drumming 1pm-3pm Beginners Spanish 1pm-230pm</p>	
<p><b>10</b> Art Class 10:00am-12:00pm</p> <p>Nutrition Class 12pm-1pm</p> <p>Beginners Line Dance 11am-12pm</p> <p>Line Dance 12:30pm-2:30pm</p>	<p><b>11</b> MAMBO CLASS 9:30am-1030am English Now(ESL)10am-12pm Circuit Training 11:00am-12:00pm</p>	<p><b>12</b> Self Defense Class 9am-10am</p> <p>KNITTING &amp; CROCHETT CLUB QUILTING CLUB 10am-3pm</p>	<p><b>13</b> MAMBO MANIA 9:30am-10:30am Music Class 10am-12pm SALSA CLASS 11am-12pm CIRCUIT TRAINING 11am-12pm Matter of Balance 12pm-2pm</p> <p>Square Dance 7:30pm-9pm</p>	<p><b>14</b> Creative Writing 9am-11am CRAFT CLUB 10am-12pm Book Club 12:30pm- 2:30pm Yoga 12pm-1pm African Dance and Drumming 1pm-3pm Beginners Spanish 1pm-230pm</p>	
<p><b>17</b> Computer Class (Beginners) 9:30am-11am Art Class 10:00am-12:00pm</p> <p>Nutrition Class 12pm-1pm</p> <p>Beginners Line Dance 11am-12pm</p> <p>Line Dance 12:30pm-2:30pm</p>	<p><b>18</b> MAMBO CLASS 9:30am-1030am English Now (ESL) 10am-12pm SALSA CLASS11am-12pm Circuit Training 11:00am-12:00pm</p>	<p><b>19</b>Self Defense Class 9am-10am Computer Class (Returners) 9:30am-11am KNITTING &amp; CROCHETT CLUB QUILTING CLUB 10am-3pm Beginner SALSA CLASS 11am-12pm</p>	<p><b>20</b> MAMBO MANIA 9:30am-10:30am iPhone 9am/Android 10:30am Music Class 10am-12pm SALSA CLASS 11am-12pm CIRCUIT TRAINING 11am-12pm</p> <p>Square Dance 7:30pm-9pm</p>	<p><b>21</b> Creative Writing 9am-11am CRAFT CLUB 10am-12pm Book Club 12:30pm- 2:30pm Yoga 12pm-1pm African Dance and Drumming 1pm-3pm Beginners Spanish 1pm-230pm</p>	
<p><b>24</b> Computer Class (Beginners) 9:30am-11am</p> <p>Art Class 10:00am-12:00pm Nutrition Class 12pm-1pm</p> <p>Beginners Line Dance 11am-12pm Line Dance 12:30pm-2:30pm</p>	<p><b>25</b> MAMBO CLASS 9:30am-1030am SALSA CLASS11am-12pm Circuit Training 11:00am-12:00pm</p>	<p><b>26</b> Self Defense Class 9am-10am Computer Class (Returners) 9:30am-11am KNITTING &amp; CROCHETT CLUB QUILTING CLUB 10am-3pm Beginner SALSA CLASS 11am-12pm</p>	<p><b>27</b> MAMBO MANIA 9:30am-10:30am iPhone 9am/Android 10:30am English Now(ESL)10am-12pm Music Class 10am-12pm SALSA CLASS 11am-12pm CIRCUIT TRAINING 11am-12pm</p> <p>Square Dance 7:30pm-9pm</p>	<p><b>28</b> Creative Writing 9am-11am CRAFT CLUB 10am-12pm Book Club 12:30pm- 2:30pm Yoga 12pm-1pm African Dance and Drumming 1pm-3pm Beginners Spanish 1pm-230pm</p>	

**31** Facility Closed  
Cesar Chavez Day

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

# AHMANSON SENIOR CENTER

## SPRING 2025







### SCHEDULE OF CLASSES/ HORARIO DE CLASES



**EXPO CENTER**



**PARK PROUD LA**

<b>MONDAY LUNES</b>	<b>TUESDAY MARTES</b>	<b>WEDNESDAY MIERCOLES</b>	<b>THURSDAY JUEVES</b>	<b>FRIDAY VIERNES</b>
<p>Computer Class (Beginners) 9:30 AM - 11AM</p> <p>Art Class 10am-12pm</p> <p>Nutrition Class 12pm-1pm</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 (Returners) 9:30 AM - 11AM</p> <p>QUILTING 10:00AM-3:00PM</p> <p>CREATIVE WRITING 11:00AM -1:00PM</p> <p>KNITTING &amp; 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>MUSIC CLASS 10 AM-12PM</p> <p>SALSA CLASS 11:00AM- 12:00PM</p> <p>CIRCUIT TRAINING 11:00AM-12:00PM <i>Matter of Balance 12pm-2pm(1/23 to 3/13)</i></p> <p>Square Dance 7:30 PM-9PM</p>	<p>CREATIVE WRITING 9:00AM-11:00AM</p> <p>CRAFT CLUB 10:00AM-12:00PM</p> <p>Yoga 12pm-1pm</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> 

### IMPORTANT INFORMATION

**Parking Decal REQUIRED for EXPO Parking . Request one at the Senior Center Office**

**Programming can be changed at anytime without notice depending on mandates from the City of Los Angeles**

Wednesday, March 5 , 2025  
Natural History Museum Stroll  
8am

Friday March 7,2025  
Read Across America  
With the Preschoolers 9am

March 31,2025  
Facility Closed  
Cesar Chavez Day

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