

# **FSCC NOVEMBER NEWS**

FAIRFAX SENIOR CITIZENS CENTER 7929 MELROSE AVE LA CA 90046 (323) 653-1824

https://www.laparks.org/scc/fairfax

OF LOS ANG

WEEKLY CLASS SCHEDULE ON BACK-SIDE

RONALD EVANS CENTER DIRECTOR

### BINGO

EVERY WEDNESDAY 1:00PM TO 3:00PM BL# S1015

## MAH JONGG CLUB

Every Mon. & Fri, 12:30PM TO 3:00PM

## **ART CLASS**

TUES & THURS 11:30AM TO 12:45PM

### **TECH TUESDAYS**

COMPUTER HELP 11:30AM TO 12:30PM

#### **FAMILY RESEARCH**

MONDAY, NOV. 22ND 1:00PM TO 2:30PM PLEASE SEE STAF TO SIGN-TO UP TODAY.

### <u>DISASTER</u> PREPAREDNESS

MONDAY. DEC 16TH
1:00PM TO 2:30PM
RAFFLES & PRIZES
FIRE SAFETY
EARTHQUAKE PREP
AND MORE
SIGN-UP TODAY

### **HOLIDAY PARTY**

TUESDAY DEC 17TH
12:30PM TO 3:00PM
DANCING, FOOD, PRIZES &
ENTERTAINMENT

## EYE CARE YOGA

EVERY FRIDAY
12:030PM TO 2:00PM
FOCUS ON
WELLBEING

### **MEDITATION**

TUES & THURS
1:00PM TO 2:00PM
MEDITATIVE YOGA AND
SOUNDBATH

### <u>YOGA</u>

WED & FRI
10:00AM TO 12:00PM
THIS AN ADVANCED YOGA
CLASS
STRENGTH & YOGA
\$7 PER DAY OR
\$40 MONTH

#### MONDAY

- > 9:00 AM TO 3:30 PM PUZZLE CLUB & GAME TIME (FREE)
- > 10:30 AM TO 1:30 PM COMPUTER LAB (FREE)
- > 10:30 AM TO 1:30 PM MAH JONGG CLUB (FREE)

### TUESDAY

- > 9:00 AM TO 3:30 PM PUZZLE CLUB & GAME TIME (FREE)
- > 11:30 AM TO 12:30 PM TECH HELP WITH BILL (FREE)
- > 1:00 PM TO 2:00 PM TRIVIA CLUB (FREE)
- > 11:30 AM TO 12:30 PM MULTIMEDIA ART CLASS WITH TESHA (FREE)
- > 12:15 PM TO 12:45 PM WALK WITH EASE WITH RON (FREE)
- > 1:00 PM TO 2:00 PM CHAIR YOGA WITH MARUCA (FREE)
- ➤ 1:00 PM TO 2:00 PM SOUND BATH & MEDITATION YOGA WITH TESHA (FREE)

### WEDNESDAY

- > 9:00 AM TO 3:30 PM PUZZLE CLUB & GAME TIME (FREE)
- > 10:00 AM TO 12:00 PM STRENGTH YOGA WITH MARUCA (\$7.00 PER CLASS OR \$40 PER MONTH)
- > 10:30 AM TO 1:30 PM COMPUTER LAB (FREE)
- > 1:00 PM TO 3:00 PM BINGO (WIN PRIZES) (\$0.25 PER CARD, 6 CARDS MAXIMUM, LIC # S1015)

#### **THURSDAY**

- > 9:00 AM TO 3:30 PM PUZZLE CLUB & GAME TIME (FREE)
- ➤ 10:30 AM TO 1:30 PM COMPUTER LAB (FREE)
- > 11:30 AM TO 12:30 PM MULTIMEDIA ART CLASS WITH TESHA (FREE)
- > 12:15 PM TO 12:45 PM WALK WITH EASE WITH RON (FREE)
- > 1:00 PM TO 2:00 PM CHAIR YOGA WITH MARUCA (FREE)
- > 1:00 PM TO 2:00 PM SOUND BATH & MEDITATION YOGA WITH TESHA (FREE)

### **FRIDAY**

- > 9:00 AM TO 3:30 PM PUZZLE CLUB & GAME TIME (FREE)
- > 10:00 AM TO 12:00 AM STRENGTH YOGA WITH MARUCA (\$7.00 PER CLASS OR \$40 PER MONTH)
- > 10:30 AM TO 1:30 PM COMPUTER LAB (FREE)
- ▶ 12:30 PM TO 3:00 PM MAH JONGG CLUB (Free)
- > 12:30 PM TO 2:00 PM EYE CARE YOGA (\$7 PER CLASS OR \$20 PER MONTH)
- > 1:00 PM TO 3:30 PM MOVIE TIME & POPCORN (FREE)

#### SPECIAL EVENTS

- > 1:00 PM NOV 22ND FAMILY RESEARCH WITH SCOTT JONES
- > 1:00 PM DEC 16TH DISASTER PREPAREDNESS
- > 12:30 PM DEC 17TH HOLIDAY PARTY



Classes & Event flyers are available to view or print at: <a href="https://www.laparks.org/scc/fairfax">https://www.laparks.org/scc/fairfax</a> or scan this QR code