



LINCOLN HEIGHTS SENIOR CENTER

WEEKLY SCHEDULE/HORARIO SEMANAL

OCTUBRE-DICIEMBRE
2024

(323) 225-9339



MONDAY/LUNES

CAFE, TE Y ARTE
FREE
9AM-10AM

Arthritis Senior
Exercise Class
9am-11am Free

Art and Book Club
Class, Arte Y Club de
Lectores
\$5.00
Cada mes
12PM-1PM

Lunch Program
Programa de
Almuerzo
11:00pm-12:00pm
Registration Required

TUESDAY/MARTES

Arthritis Senior
Exercise Class
9am-9:45am Free
08/19/24-09/23/24

Loteria
9:30am-11:00am
.25 CENTS CARD

Health Presentation
11:30pm-12pm
LA County Health
Dept.

WEDNESDAY/ MIERCOLES

Music Class/Open Play
FREE
10:00am-1:00pm

Clase de Ingles
English 101
FREE/GRATIS
10:00am-11:00am

Zumba
9:00am-9:45am

Computer/Cell Phones 101
Clase de Computación
FREE/GRATIS
10:45am-11:30am

Dicho al Hecho
Game/Juego
FREE/GRATIS
Con Bernardo
12:30am-1:30pm

THURSDAY/ JUEVES

Zumba
8:45am-9:45am

Loteria
9:30AM-11:00AM
.25 CENTS CARD

LUNCH
Programa de
Almuerzo
11:00pm-12:00pm
Registration Required

FRIDAY/VIERNES

Clase de Ingles
English 101
10am-10:45am

Computer/Cell
Phones 101
Clase de
Computación
10:45am-11:30am

Art and Book Club
Class, Arte Y Club de
Lectores
\$5.00
Cada mes
12PM-1PM

SPECIAL EVENTS

Coming Soon!
December Dance
12/10/24
11am-3pm
\$5.00 Per Person

COMING SOON!
THANKSGIVING DANCE
@
MONTECITO SENIOR
CENTER
9am-2pm
11/21/24

PERSONAS CON
DISCAPACIDADES PUEDEN
PARTICIPAR EN NUESTRAS
CLASES Y PROGRAMAS. SE
REALIZARAN AJUSTES
RAZONABLES CON PREVIO
ACUERDO.

IMPORTANT INFORMATION

Registration
required for all
programming.
Schedule time and
dates subject to
change.

Se requiere
registro para todos
los programas.
Horario sujeto a
cambios.

PERSONS WITH DISABILITIES
ARE WELCOME TO
PARTICIPATE IN OUR
CLASSES AND PROGRAMS.
REASONABLE ADJUSTMENTS
WILL BE MADE WITH PRIOR
ARRANGEMENTS.