

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

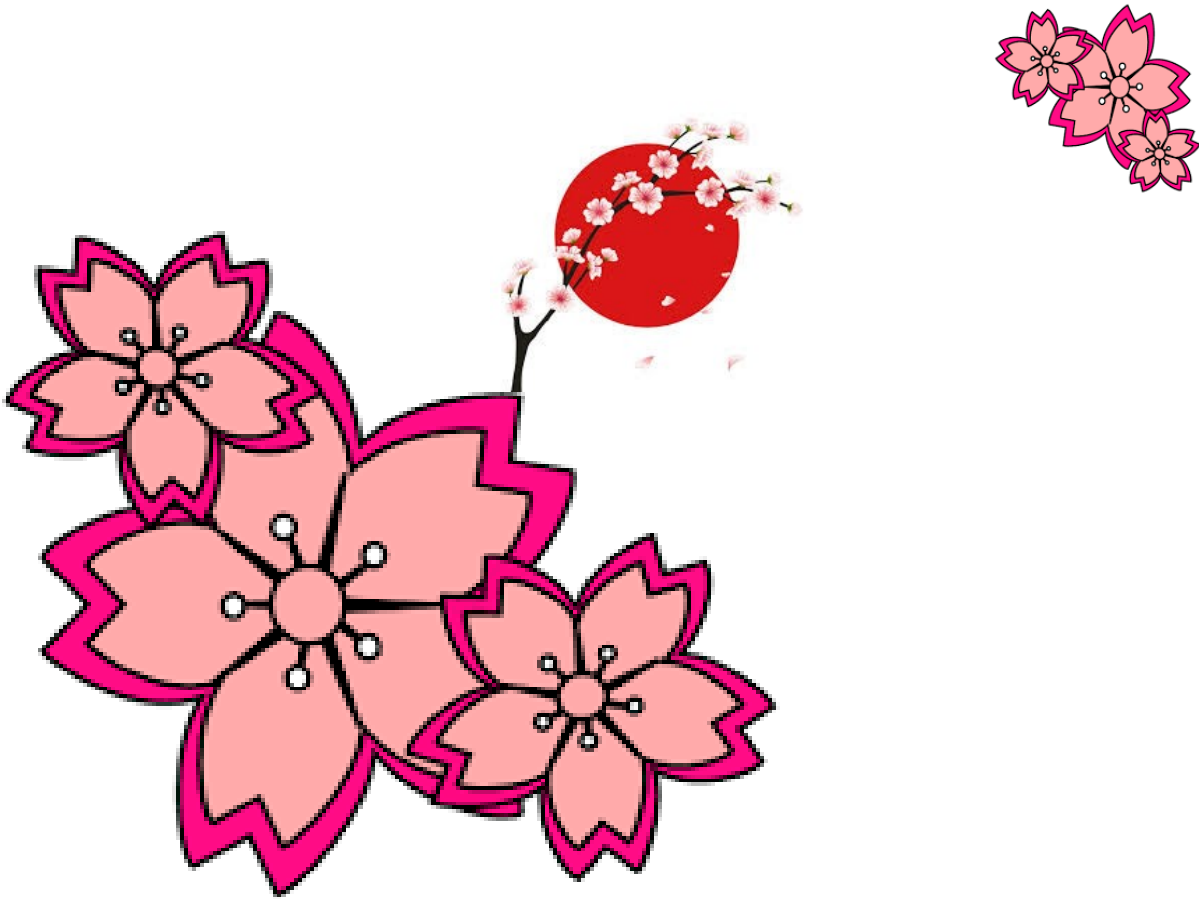
Anderson Memorial Senior Citizen Center

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

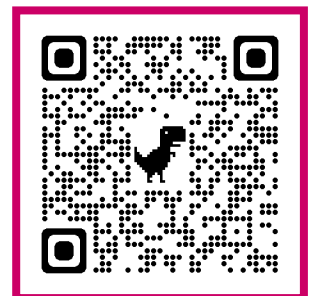
Ages: 50+ Club

E-mail: anderson.seniorcenter@lacity.org

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



Spring Program 2024
April to June



• Class Schedules

• Registration Dates

• Event Calendar

Class Registration Procedure

1. **Registration begins: Winter-11/15/2023, Spring-2/15/2024, Summer-5/15/2024, Fall-8/15/2023.**
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 \$10 comes with a parking permit starting 2024** (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)

You are invited to

Parents Night Out

Dinner, movie, and snack

Thursdays, 5:00 PM to 9:00 PM

2/1, 3/7, 4/4, 5/2, 6/6, 8/1,
9/5, 10/3, 11/7 & 12/5/2024

11/7 & 12/5 picture with Santa!

Ages: 4-12 years old, toilet trained please

Fee: \$30* per child/Art Walk in San Pedro

\$50 for 2 kids special March and April!

\$250 for 10 months/child (no July-city holiday)

\$120 for 5 months/child-Feb, Mar, Apr, May & Jun

\$120 for 5 months/child-Aug, Sep, Oct, Nov & Dec

*Please sign up after Friday before the event or \$35 per child

Space is limited! First come first serve!

Monthly Social

It's a Potluck!

Everyone is welcome

Let's Party Every Month at 10:00 am

New Year Celebration on January 25

Valentine's Day Party on February 8

Egg Hunt Party on March 7

Spring Party on April 11

Mother's Day Party on May 9

Father's Day Party on June 6

Independence's Day Party on July 3

Luau Party on August 22

Fun by the Harbor on September 5

Halloween Party on October 31

Thanksgiving Party on November 22

Winter Showcase on December 12

Field Trip for 50+ Club members

Palm Spring in April 2024

Getty Center in June 2024

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 8 to May 31, 2024

Monday Classes meet on: 4/8, 4/15, 4/22, 4/29, 5/6, 5/13, 5/20/2024
(make up class 6/3/2024 if any)

Tai Chi

10 to 11 AM for \$5 /7 weeks

Slow movement that is easy on our body.

Chair Yoga

12 to 1 PM for \$5 /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 \$10 /7 weeks

We will begin our journey similar to a Chinese scholar.

Tuesday Classes meet on:

4/9, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28
(make up class 6/4/2024 if any)

Badminton (Free for members)

10 AM to 12 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 \$40 /8 weeks

Material Fee: \$20 (for clay)

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

Piano-all ages

30 min. private lesson

30 minutes/week for \$100 /8 weeks

Our instructor tailored the lessons according to student's level in a spacious private room using a baby grand piano.

Chair Exercise/Int'l Dance

1:30 to 2:30 PM for \$5 /8 weeks

This is the easiest method to combat dementia and it is fun!

Ballet-ages 5 to 10

3 to 4 PM for \$40 /8 weeks

Instructor is a professional dancer who loves children.

Pickleball

3:30 to 4:30 PM for \$10 /8 weeks

4:30 to 5:30 PM for \$10 /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 1 pm (Free play)

Ball game similar in principle to lawn tennis and played on a flat table divided into two equal courts by a net fixed across its width at the middle. **We have everything, just come and play!**

8 Weeks Winter Classes-April 8 to May 31, 2024

Wednesday Classes meet

on: 4/10, 4/17, 4/24, 5/1, 5/8, 5/15, 5/22, 5/29/2024 (make up class 6/5/2024 if any)

Badminton (Free for members)

9 AM to 11AM

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 \$40 /8 weeks

Material Fee: \$20 (for clay)

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

Ping Pong Class

3 PM to 4 PM for \$5 /8 weeks

Maybe we can play as good as Forest Gump!
We have everything, just come and play!

Watercolor

2 to 4 pm for \$5 /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.

Line Dancing

4 pm to 5 pm for \$5 /8 weeks

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

Thursday Classes meet on:

4/11, 4/18, 4/25, 5/2, 5/9, 5/16, 5/23, 5/30/2024 (make up class 6/6/2024 if any)

Tai Chi

9 to 10 AM for \$5 /8 weeks

Slow movement that is easy on our body.

Badminton (Free for members)

10 AM to 12 PM

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

Sewing (Free for members)

9:30 am to 12 noon /8 weeks

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 \$40 /8 weeks

Material Fee: \$20 (for clay)

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

Pickleball

1 to 2 PM for \$10 /8 weeks

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



8 Weeks Spring 2024 4/8-5/31 Classes, Bingo and Nutrition Program

Friday Classes meet on:

1/12, 1/19, 1/26, 2/2, 2/9, 2/16,
2/23 & 3/1 (make up class
3/8/2024 if any)

Badminton (Free for members)

10 AM to 12 PM

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

Acrylic Painting

9 to 10:30 AM for \$10 /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.

Social Media (Free for members)

2 PM to 4 PM

We can help you navigate with tiktok and Instagram



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, all others \$5

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



Senior Bingo

Wednesdays

11 AM to 12:30 PM

\$0.25 a card

Maximum 6 cards per game



Nutrition Program Menu from April 1 to June 28, 2024

2024	Monday	Tuesday	Wednesday	Thursday	Friday
4/1-4/5	Spaghetti Meatballs	Roast Beef	Country Chicken	Beef Picadillo	Chicken Adobe
4/8-4/12	Quiche	Pork Chop Suey	Cabbage Rolls	BBQ Chicken	Baked Fish Taco
4/15-4/19	Enchilada Turkey	Pepper Steak	Chicken Tahitian	Lemon Fish	Spaghetti Meatballs
4/22-4/26	Chicken	Roast Pork	Cheese Burger	Grilled Chicken	Meatloaf
4/29-5/3	Turkey Caserole	Beef Tip	Baked Fish	BBQ Beef	Chicken Milanese
5/6-5/10	Tuna Salad	Chicken Alfredo	Beef Pot Roast	Cod Sandwich	Pork Carnitas
5/13-5/17	Spaghetti Meatballs	Roast Beef	Country Chicken	Beef Picadillo	Chicken Adobe
5/20-5/24	Quiche	Pork Chop Suey	Cabbage Rolls	BBQ Chicken	Baked Fish Taco
5/27-5/31	Holiday No Lunch	Enchilada Turkey	Chicken Tahitian	Lemon Fish	Spaghetti Meatballs
6/3-6/7	Chicken	Roast Pork	Cheese Burger	Grilled Chicken	Meatloaf
6/10-6/14	Turkey Caserole	Beef Tip	Baked Fish	BBQ Beef	Chicken Milanese
6/17-6/21	Tuna Salad	Chicken Alfredo	Beef Pot Roast	Cod Sandwich	Pork Carnitas
6/24-6/28	Spaghetti Meatballs	Roast Beef	Country Chicken	Beef Picadillo	Chicken Adobe

(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

Belinda Jackson, 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

Cheryl Gray, Acting Harbor District Supervisor

Anderson Memorial Senior Citizen Center

Hua Ling, Recreation Facility Director

Recreation Staff

Winston Tan, Lisa Ferguson, Teyahna Hall and Rose Fall

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, 5/27/2024

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