

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

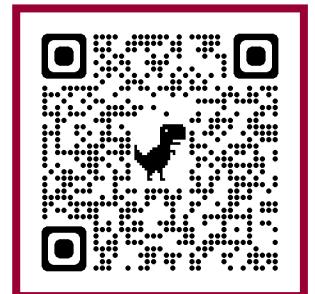
E-mail: anderson.seniorcenter@lacity.org

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



Fall Program 2024

October to December



● Class Schedules

● Registration Dates

● Event Calendar

Class Registration Procedure

1. **Registration begins: Winter-11/15, Spring-3/15, Summer-5/15, Fall-8/15.**
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 comes with a parking permit starting 2025** (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



Events and Activity Announcement (subject to change)

Monthly Social 2024

It's a Potluck!

Everyone is welcome

Every Month at 10:00 am

Let's Party 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 only

Secret field trip in Fall 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 Fall Classes-October 7 to December 6, 2024

Monday Classes meet on:

10/7, 10/21, 10/28, 11/4, 11/18,
12/6/2024 (make up class 12/9/2024 if
any)

Tai Chi

10 to 11:15 AM for \$10 /6 weeks

Slow movement that is easy on our body.

Chair Yoga

12 to 1:15 PM for \$10 /6 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. Be-
tween running, lunging, diving and ball hitting
(burns ~450 calories per hour).

Chinese Calligraphy

2 PM to 3:30 PM for \$20 /6 weeks

We will begin our journey similar to become a
Chinese scholar.

Tuesday Classes meet on:

10/8, 10/15, 10/22, 10/29, 11/5, 11/12,
11/19, 12/3(make up class 12/10/2024 if
any)

Badminton (Free for members)

10 AM to 12 PM

Badminton is a great body-toning workout. Be-
tween running, lunging, diving and ball hitting.

Ceramic

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

Material Fee: \$30 (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 \$110 /8 weeks

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

Chair Exercise

1:30 to 2:30 PM for \$10 /8 weeks

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

Ballet - ages 5 to 10

3 to 4 PM for \$50 /8 weeks

Instructor is a professional dancer who loves
children.

Pickleball

3:30 to 4:30 PM for \$20 /8 weeks

4:30 to 5:30 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)

9am - 10am, 12pm - 4pm

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 Fall Classes-October 7 to December 6, 2024

Wednesday Classes meet

on: 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4/2024 (make up class 12/11/2024 if any)

Badminton (Free for members)

9 AM to 1 PM

Badminton is a great body-toning workout. Between running, lunging, diving and ball hitting

Social Media (Free for members)

9:30 AM to 10:30 AM

We can help you navigate with tiktok and Instagram

Ceramic

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

Material Fee: \$30 (for clay)

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

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.

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!

Thursday Classes meet on:

10/10, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 12/5/2024 (make up class 12/12/2024 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 /8 weeks

Sewing is one of the oldest of the textile arts, arising in the Paleolithic era.

Ceramic

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

Material Fee: \$30 (for clay)

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

Pickleball

2:30 to 3:30 PM for \$20 /8 weeks

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



8 Weeks Summer 10/7-12/6 Classes, Bingo and Nutrition Program

Friday Classes meet on:

10/11, 10/18, 10/25, 11/1, 11/8,
11/15, 11/22, 12/6/2024 (make up
class 12/13/2024 if any)

Badminton (Free for members)

10 AM to 12 PM

Badminton is a great body-toning workout.
Between running, lunging, diving and ball hit-
ting

Acrylic Painting

9 to 10:30 AM 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 res-
in, 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.

Trivia (Free for members)

1 PM to 2:30 PM

Interesting and amusing facts that makes life
special.

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 nutri-
tion program for senior members of Anderson Memo-
rial 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 September 30 2024 - January 3, 2025

2024	Monday	Tuesday	Wednesday	Thursday	Friday
9/30-10/4	<i>Chicken Curry</i>	Beef Stew	Chicken Marsala	Breaded Fish	BBQ Hamburger
10/7-10/11	Turkey Chili	Creamy Cilantro Baked Fish	Roast Beef	<i>Chicken Salad Bowl</i>	Tuna Sandwich
10/14-10/18	HOLIDAY NO LUNCH	Spaghetti W/Meatballs	Fish Vera Cruz	Pork Loin w/ Black Peppercorn	Beef Stroganoff
10/21-10/25	<i>Turkey & Cranberry Salad</i>	Beef Teriyaki	Roast Pork Mustard Sauce	Chicken Mole	Stuffed Bell Peppers
10/28-11/1	Beef Picado	<i>Tuna Salad</i>	Oven Baked Chicken	Polish Sausage	Beef Lasagna
11/4-11/8	Baked Ziti (Turkey)	Rosemary Chicken	Meatloaf W/Gravy	BBQ Chicken	Sweet & Sour Pork
11/11-11/15	HOLIDAY NO LUNCH	Hawaiian Chicken	Chicken Marsala	Breaded Fish	BBQ Hamburger
11/18-11/22	Turkey Chili	Creamy Cilantro Baked Fish	Roast Beef	Herb Chicken	Tuna Sandwich
11/25-11/29	Spaghetti W/Meatballs	Chicken Enchilada	Roast Turkey	HOLIDAY NO LUNCH	HOLIDAY NO LUNCH
12/2-12/6	Roast Turkey	Beef Teriyaki	Roast Pork Mustard Sauce	Chicken Mole	Stuffed Bell Peppers
12/9-12/13	Beef Picado	Ginger Fish	Oven Baked Chicken	Turkey Meatloaf	Beef Lasagna
12/16-12/20	Baked Ziti (Turkey)	Rosemary Chicken	Meatloaf W/Gravy	BBQ Chicken	Garlic Butter Fish
12/23-12/27	Chicken Curry	Roast Beef	HOLIDAY NO LUNCH	Breaded Fish	BBQ Hamburger
12/30-1/3	Turkey Chili	Bake Ham	HOLIDAY NO LUNCH	Chicken Salad Bowl	Tuna Sandwich

(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

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

Indigenous Peoples Day, Monday, 10/14/2024	Veteran’s Day, Monday, 11/11/2024
Thanksgiving Days, Thursday & Friday, 11/28 & 11/29/2024	Christmas Day, Wednesday, 12/25/2024
New Year’s Day, Wednesday, 1/1/2025	

Important Numbers

Bulk Item pick up: (800) 773-2489	Bee Infestation: (800) 233-9279
Dead Animal pick-up: (800) 773-2489	DWP lines in trees: (800) 821-5278
Film Office: (323) 644-6220	Golf Reservation: (818) 291-9980
Graffiti Removal: (213) 978-0228	LAPD: (877) 275-5273 non-emergency
LA Police Department (Emergency)... Call 911	Pot Hole Repair: (800) 996-2489
Public Information: (213) 202-2700	Street Tree Trimming: (800) 996-2489
Street Lights Out: (213) 473-3231	L.A. Animal Services: (888) 452-7381