

AHMANSON SENIOR CENTER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

FOR MORE INFORMATION:
 Ahmanson Senior Center
 3990 Bill Robertson Ln.
 Los Angeles, CA 90037
 213.763.0119
www.laparks.org/expo
[Facebook.com/expocenterla](https://www.facebook.com/expocenterla)

IMPORTANT ANNOUNCEMENT
 MONTHLY MEMBERSHIP IS REQUIRED TO PARTICIPATE IN SENIOR CLASSES AND EVENTS

1 **AltaMed Presentation 12pm**
 MAMBO MANIA
 9:30am-10:30am
 SALSA CLASS 11am-12pm
 CIRCUIT TRAINING
 11am-12pm
 Square Dance
 7:30pm-9pm

2 Zumba 9:30am-10:30am

 CRAFT CLUB 10am-12pm

 Book Club 12:30pm-2:30pm

3

5 Art Class
 10:00am-12:00pm

 CREATIVE WRITING
 11:00AM-1:00PM
 Beginners Line Dance
 11am-12pm
 Line Dance 12:30pm-2:30pm

6 MAMBO CLASS
 9:30am-1030am

 SALSA CLASS 11am-12pm

 Circuit Training
 11:00am-12:00pm

7 Self Defense Class 9am
 KNITTING &
 CROCHETT CLUB
 QUILTING CLUB
 10am-3pm
 Beginner SALSA CLASS
 11am-12pm

8 **Grief, Loss, Resilience Presentation 12pm**
 MAMBO MANIA
 9:30am-10:30am
 SALSA CLASS 11am-12pm
 CIRCUIT TRAINING
 11am-12pm
 Square Dance 7:30pm-9pm

9 Zumba 9:30am-10:30am

 CRAFT CLUB 10am-12pm

 Book Club 12:30pm-2:30pm

10

12 Art Class
 10:00am-12:00pm
 CREATIVE WRITING
 11:00AM-1:00PM

 Beginners Line Dance
 11am-12pm
 Line Dance 12:30pm-2:30pm

13 MAMBO CLASS
 9:30am-1030am

 English Now(ESL)10am-12pm
 SALSA CLASS 11am-12pm
 Circuit Training
 11:00am-12:00pm

14 Self Defense Class 9am
 KNITTING &
 CROCHETT CLUB
 QUILTING CLUB
 10am-3pm
 Beginner SALSA CLASS
 11am-12pm

15 MAMBO MANIA
 9:30am-10:30am
 English Now(ESL)10am-12pm
 SALSA CLASS 11am-12pm
 CIRCUIT TRAINING 11am-12pm
 Smart Phone Class
 iPhone 9am/Android 10:30am
 Square Dance
 7:30pm-9pm

16 Zumba 9:30am-10:30am

 CRAFT CLUB 10am-12pm

 Book Club 12:30pm-2:30pm

17

19 Computer Class(beginners)
 9:30am-11am
 Art Class
 10:00am-12:00pm
 CREATIVE WRITING
 11:00AM-1:00PM
 Beginners Line Dance
 11am-12pm
 Line Dance 12:30pm-2:30pm

20 MAMBO CLASS
 9:30am-1030am

 English Now(ESL)10am-12pm
 SALSA CLASS 11am-12pm
 Circuit Training
 11:00am-12:00pm

21 Self Defense Class 9am
 Computer Class(returners)
 9:30am-11am
 KNITTING &
 CROCHETT CLUB
 QUILTING CLUB
 10am-3pm
 Beginner SALSA CLASS
 11am-12pm

22 **POOL PARTY 9AM-1PM**
 MAMBO MANIA (Poolside)
 9:30am-1030am
 English Now(ESL)10am-12pm(Poolside)
 SALSA CLASS 11am-12pm (Poolside)
 CIRCUIT TRAINING 11am-12pm
 Smart Phone Class (Poolside)
 iPhone 9am/Android 10:30am
 Square Dance 7:30pm-9pm

23 Zumba 9:30am-10:30am

 CRAFT CLUB 10am-12pm

24

26 Computer Class(beginners)
 9:30am-11am
 Art Class
 10:00am-12:00pm
 CREATIVE WRITING
 11:00AM-1:00PM
 Beginners Line Dance
 11am-12pm
 Line Dance 12:30pm-2:30pm

27 MAMBO CLASS
 9:30am-1030am

 English Now(ESL)10am-12pm

 SALSA CLASS 11am-12pm
 Circuit Training
 11:00am-12:00pm

28 Self Defense Class 9am
 Computer Class(returners)
 9:30am-11am
 KNITTING &
 CROCHETT CLUB
 QUILTING CLUB
 10am-3pm
 Beginner SALSA CLASS
 11am-12pm

29 **Movie of the Month 12pm**
 MAMBO MANIA
 9:30am-10:30am
 English Now(ESL)10am-12pm
 SALSA CLASS 11am-12pm
 CIRCUIT TRAINING 11am-12pm
 Smart Phone Class
 iPhone 9am/Android 10:30am
 Square Dance
 7:30pm-9pm

30 Zumba 9:30am-10:30am

 CRAFT CLUB 10am-12pm

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AHMANSON SENIOR CENTER







SUMMER 2024

SCHEDULE OF CLASSES/ HORARIO DE CLASES



EXPO CENTER



MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIERCOLES	THURSDAY JUEVES	FRIDAY VIERNES	IMPORTANT INFORMATION
<p>Computer Class (Beginners) 9:30 AM - 11AM</p>	<p>MAMBO MANIA 9:30AM-10:30AM</p>	<p>Self Defense Class 9:00 AM</p>	<p>Smart Phone Class iPhone 9am Android 10:30am</p>	<p>ZUMBA 9:30AM-10:30AM</p>	<p>Parking Decal REQUIRED for EXPO Parking . Request one at the Senior Center Office</p>
<p>Art Class 10am-12pm</p>	<p>English Now(ESL) 10am-12pm</p>	<p>Computer Class (Returners) 9:30 AM - 11AM</p>	<p>English Now(ESL) 10am-12pm</p>	<p>CRAFT CLUB 10:00AM-12:00PM</p>	<p>Programming can be changed at anytime without notice depending on mandates from the City of Los Angeles Your patience at this time is greatly appreciated</p>
<p>CREATIVE WRITING 11:00AM –1:00PM</p>	<p>SALSA CLASS 11:00AM– 12:00PM</p>	<p>QUILTING 10:00AM-3:00PM</p>	<p>MAMBO MANIA 9:30AM-10:30AM</p>	<p>Book Club 12:30pm– 2:30pm</p>	<p>Thursday, August 1,2024 Alta Med Presentation 12pm</p>
<p>Beginners Line Dance 11am-12pm</p>	<p>CIRCUIT TRAINING 11:00AM-12:00PM</p>	<p>KNITTING & CROCHETING 10:00AM-3:00PM</p>	<p>SALSA CLASS 11:00AM– 12:00PM</p>		<p>Thursday, August 8,2024 Grief, Loss, Resilience Presentation 12pm</p>
<p>Line Dance 12:30pm-2:30pm</p>		<p>BEGINNER SALSA CLASS 11:00AM– 12:00PM</p>	<p>CIRCUIT TRAINING 11:00AM-12:00PM</p>		<p>Thursday, August 22,2024 POOL PARTY 9am-12pm</p>
 					<p>Thursday, August 29,2024 Movie of the Month 12pm</p>

www.laparks.org/expo facebook.com/expocenterla For more Information/Para mas Informacion:

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