



**LINCOLN HEIGHTS SENIOR CENTER
WEEKLY SCHEDULE/HORARIO SEMANAL
JANURARY - MARCH
ENERO - MARZO
2025**

(3 2 3) 2 2 5 - 9 3 3 9

| MONDAY/LUNES | TUESDAY/MARTES | WEDNESDAY/ MIERCOLES | THURSDAY/JUEVES | FRIDAY/VIERNES |
|--|---|---|---|---|
| <p>Arthritis Exercise class FREE 10:00AM-11:45AM</p> <p>CAFE, TE Y ARTE FREE 9AM-10AM</p> <p>Art Class and Book Club Club de Lectores Clase de arte \$5.00 Cada mes 12PM-1PM 11am-4:30pm Open Computer Lab</p> | <p>Loteria 10:00AM-11:00AM .25 CENTS CARD</p> <p>Health Presentation 11:30pm-12pm LA County Health Dept. Beginning 01/21/25</p> <p>Lunch Program Programa de Almuerzo 11:00pm-12:00pm Registration Required</p> | <p>CAFE, TE Y ARTE FREE 9AM-10AM</p> <p>Clase de Ingles English 101 10am-11am</p> <p>Computer/Cell Phones 101 Clase de Computación 10:45am-11:30am</p> <p>11am-4:30pm Open Computer Lab</p> | <p>ZUMBA! 9AM-9:45AM</p> <p>Loteria 9:30AM-11:00AM .25 CENTS CARD</p> <p>Lunch Program Programa de Almuerzo 11:00pm-12:00pm Registration Required</p> | <p>CAFE, TE Y ARTE FREE 9AM-10AM</p> <p>Arthritis Exercise class FREE 10:00AM-11:00AM</p> <p>Computer/Cell Phones 101 Clase de Computación 10:45am-11:30am</p> <p>11am-4:30pm Open Computer Lab</p> |

SPECIAL EVENTS

Monthly Dances
 1) Health Fitness Dance
 11am-2:30pm
 01/21/25
 2) Valentines Dance
 02/13/25
 11am-2:30pm
 3) March St Dance
 02/13/25
 11am-2:30pm

Coming Soon!
Huntington Library Trip
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5 DAYS A WEEK LUNCH PROGRAM
 Almuerzo Todos los dias
 11am-12pm

IMPORTANT DATES

Facility Closed
Días festivos
 Jan/Enero
 01/20/25
 Feb
 02/15/25

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

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