

March, April and May Special Events

LA PUENTE SENIOR CENTER

16001 EAST MAIN STREET, LA PUENTE, CA 91744 (626) 855-1585
 The La Puente Senior Center is open Monday-Friday, 8:00 a.m.-5:00 p.m. We provide a variety of services for patrons 55 years and over. For more information on any of our programs, trips, or special events, please contact the Senior Center.

Senior Trips



Harrah's Casino

Date: Wednesday, March 30
Time: 7:45 a.m.-5:00 p.m.
Cost: \$10

Griffith Observatory

Date: Wednesday, April 27
Time: 11:45 a.m.-5:30 p.m.
Cost: \$7



Strawberry Festival



Date: Saturday, May 21
Time: 7:45 a.m.-7:00 p.m.
Cost: \$17

Senior Special Events



St. Patrick's Day Dance

Date: Thursday, March 17
Time: 11:00 a.m.-4:00 p.m.
Cost: \$7

Senior Club-Spring Fling

Date: Monday, April 18
Time: 1:00 p.m.-4:00 p.m.
Cost: \$7

Mother's Day Dance

Date: Thursday, May 5
Time: 11:00 a.m.-4:00 p.m.
Cost: \$7



(Price of events include lunch cost and is served at 12:00 p.m.)

Senior Classes

◆ March, April, May ◆

Hacienda La Puente Adult Education

Exercise and Fitness:
 Mondays and Wednesdays
 11:00 a.m.-12:00 p.m.



Computer Class:
 Monday-Thursday
 1:00-4:00 p.m.

Water Color Painting:
 Thursdays
 12:30-2:30 p.m.



Chinese Brush Painting:
 Thursdays
 2:30-4:00 p.m.



Please Note:
 Classes are subject to change.



Senior Center Classes

Walking Group:
 Monday-Thursday
 9:00-10:00 a.m.
 10:00-11:00 a.m.

Spanish Club:
 Tuesdays
 9:00-11:00 a.m.

Nintendo Wii:
 Mondays and Wednesdays
 9:30-10:30 a.m.

Jolly Dolly's Doll Circle:
 Tuesdays and Wednesdays
 1:00-4:00 p.m.

Exercise Dancing:
 Fridays
 10:00 a.m.-12:00 p.m.

Oil Painting Group:
 Fridays
 8:30 a.m.-12:00 p.m.

Knitting and Crochet:
 Fridays
 12:30-3:30 p.m.

Senior Programs & Services

Social Worker -Martha Celis
 Mondays, March 7,
 April 4, and May 2
 9:00 a.m.-1:30 p.m.

A social worker assesses senior needs for FREE, matches them to the proper resources or services, and provides follow-up. To schedule an appointment, please contact the Center.

Beauty Salon at the Center
 Tuesdays, March 8,
 April 5, and May 3
 10:00 a.m.-12:00 p.m.

Professional Stylist from Hair Studio 4 will provide FREE haircuts. Appointments can be made by calling the Center.

Caregiver Support Group
 Wednesdays, March 2 & 16,
 April 6 & 20, May 4 & 18
 10:30 a.m.-12:00 p.m.

The Santa Anita Family Services Caregiver Support Group is a FREE bi-weekly support group, for caregivers of seniors 60 years or older. The group will focus on helping the caregiver obtain resources such as referrals and educational information.

Pacific IPA
 Fridays, March 11,
 April 8, and May 13
 10:45-11:45 a.m.

Pacific Independent Physician Association will be available at the Senior Center to provide seniors with a free body fat screening.

Independent Living Center
 Mondays, March 14,
 April 11, and May 9
 9:00 a.m.-12:00 p.m.

Information is given to those with disabilities to help increase their independence and enhance the quality of their lives.

Blood Pressure Screening
 Tuesdays

Vera Allen will be giving FREE Blood Pressure screenings. No appointment is necessary and all seniors are welcomed.

AARP Mature Driving
 Tuesdays & Thursdays of
 March 8 & 10
 May 10 & 12
 12:30-4:30 p.m.
Members: \$12
Non-Members: \$14



This program is designed to help senior drivers recognize their physical limitations and learn how to compensate to reduce accidents.. Students completing the eight hour course will receive a certificate of completion, which may qualify them for discounts on their auto insurance.



City Transit
Services Meeting
 Tuesdays,
 March 15 & May 17

A representative of Southland Transit will answer questions, concerns, or complaints regarding the City's Link Shuttle and Dial-a-Ride Transit programs.

Notary Public Services
 Tuesday-Thursday
 11:00 a.m.-12:00 p.m.

Steve Barba offers FREE limited Notary Services. Please call the Center for an appointment.

T.O.P.S.
Weight Loss Support Group
 Wednesdays
 9:00-11:00 a.m.

If you are having trouble getting those last 10 pounds off or even the first 10, T.O.P.S. is here to provide support. For more information, contact Lenore at (626) 917-7168.

Around the Center

Lunch Program

Monday-Friday • 12:00-1:00 p.m. • Donation: \$2

Bingo

Wednesday • 1:00-2:00 p.m.
 Friday • 1:00-2:00 p.m.

Doll Making • Tuesdays & Thursdays • 1:00-4:00 p.m.

Clubs

Senior Club • Mondays • 11:00 a.m.

Spanish Club • Tuesdays • 9:00-11:00 a.m.

Oil Painting Club • Mondays and Wednesdays
 8:00 a.m.-12:30 p.m.

Korean Club • Thursdays • 9:00 a.m.-12:00 p.m.

Walking Club • Monday-Thursday
 9:00-10:00 a.m. and 10:00-11:00 a.m.

Movies

Every Thursday at 9:00 a.m. and 1:00 p.m.
 Fridays • 2:00 p.m.

Billiards Tournament

Date: Thursdays, March 31 & May 26 • 9:00 a.m.
Cost: \$2

