

**SPRING
REPORTER**

THE ATTIC

A Torrance Teen  Center

Inside this issue:

General Information	1
Upcoming Events	2
Classes	2

Contact Us:

2320 West Carson St.
Torrance CA 90501
310/782-8828
ATTIC@TorranceCA.Gov

Operation Hours:

Monday—Friday
3:30—7:00 p.m.

Closed:

3/14/24—3/15/24
Spring Break 4/1/24—4/5/24,
and 5/27/24

Follow Us:

 TorranceCA.Gov/THEATTIC

 THE ATTIC-Teen Center

 @theatticteencenter

General Information

THE ATTIC is a place for high school students to get away from their everyday routines; a place that is committed to their voice and needs. The center is a drop-in program for 14-18 year-olds in the City of Torrance. The students must be Torrance residents or attend a Torrance high school. The programs are organized and implemented by high school students with adult supervision. Students have unique opportunities to plan and participate in special events, classes, activities, volunteerism, fitness, sports and much more.

THE ATTIC is an 8,000 square foot facility containing every type of necessary equipment and furniture that helps a student wind down after a long day. The front doors open to a giant living room setting complete with comfy, overstuffed couches, colorful chairs, stereo system, pool table, foosball, big screen TV, video games and a full service cafe! It's the perfect place for everyone!



THE ATTIC'S mission is to provide all Torrance high school students with a variety of recreational, academic, vocational and self-help programs, in an environment safely away from drugs, alcohol and gangs. This is accomplished through a balance of challenging activities and programs that are designed to enhance their physical, mental and social skills while being in the company of friends and supportive staff. Students can gain self-esteem, advance socially and academically, and enjoy activities that spark life-long interests and success.

SPRING WORD SCRAMBLE



essed	— — — — —
oiwrabn	— — — — —
blmoo	— — — — —
nipgrs	— — — — —
otacrain	— — — — —
felrsow	— — — — —
malebrul	— — — — —
woesrsh	— — — — —
ahhct	— — — — —
kiicch	— — — — —



Upcoming Events

Saint Patrick's Day Party

March 13 | 3:30-4:30 p.m. | Admission: Free

Join us for Karaoke and festive treat for Saint Patrick's Day . Don't forget to wear GREEN!



March 21 | 5:00-6:30 p.m. | Admission: Free

Join us for an evening to help empower teens to make safe choices and hear real life stories from survivors who've experienced the consequences of drinking and driving.

Pancake Breakfast

April 13 | 7:00 - 11:00 a.m. | Admission: Free

Join us for an all you can eat pancake breakfast celebrating our 18-Year Anniversary. Donations are \$5.00 per person.



Nerf Day

April 24 | 3:30- 4:30 p.m. | Admission: Free

Join in fun game of Nerf battle! We will play a fun competitive game outside!

May Mental Health Month

May | 4:00-5:00 p. m. | Admission: Free

This month we focus on promoting the importance of mental health. We will lead practical and engaging events that offer various tools to help cope with stress, anxiety, and more. See our May calendar for more information.



Spring Classes

Classes begin the week of January 23, 2023. Participants must be members. All classes must have a five person minimum. For more information or to register for classes, call 310/782-8828.

Workout Wednesday

Wednesdays | 4:00-5:00 p.m.

\$10.00 for 10 weeks | \$2.00 per drop-in session

THE ATTIC offers a variety of fitness videos onsite that meets your needs. Bring a friend and workout in a private room to a fitness video that will help improve your fitness level.

Strength Training

Mondays and Thursdays | 5:00-6:00 p.m.

\$10.00 for 10 week | \$2.00 per drop-in session

This class focuses on establishing life-long exercise and nutritional habits by learning basic strength training techniques. Build confidence by improving your fitness level.

Life Skills—How to Get a Job

Fridays | 5:00-6:00 p.m. | FREE

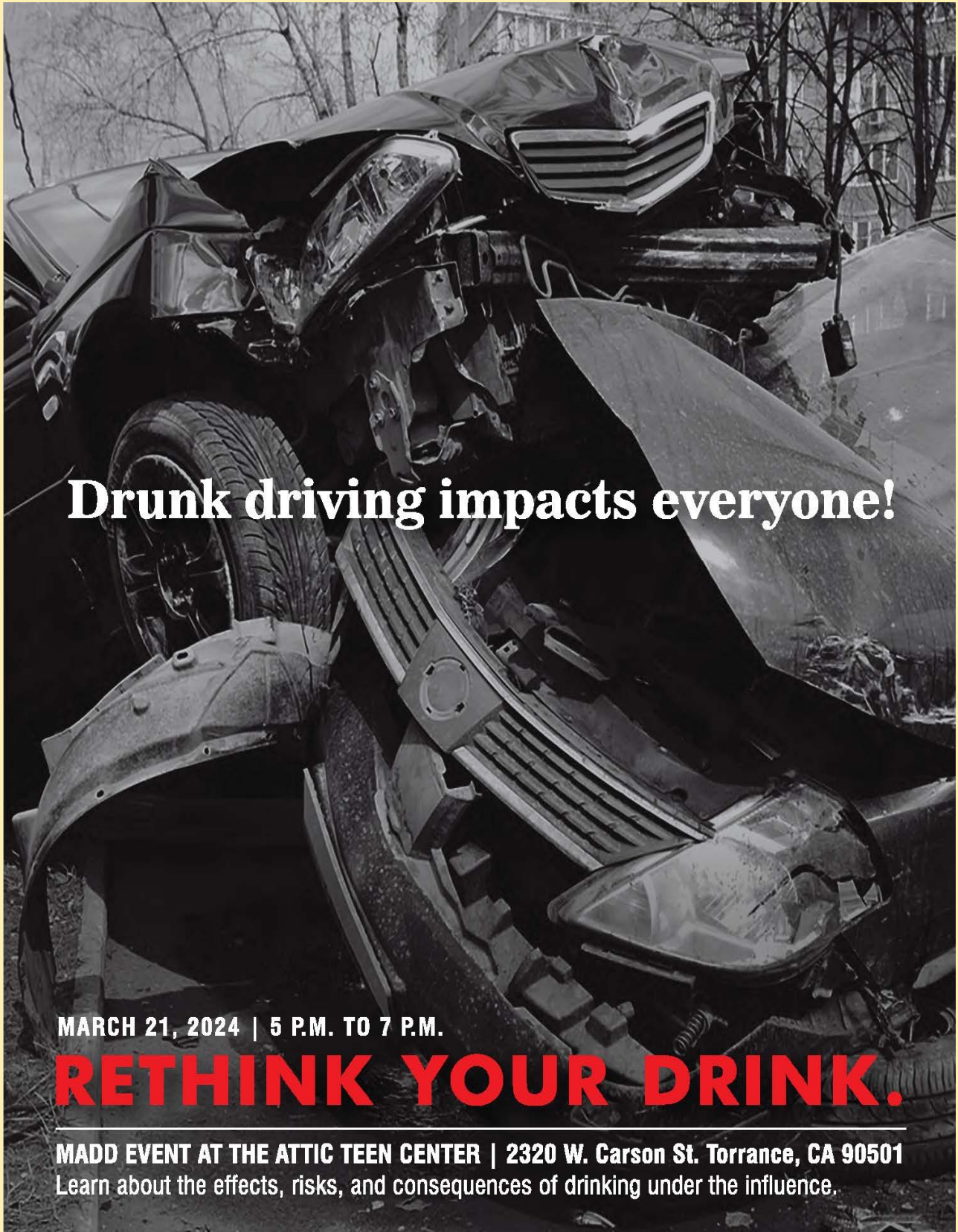
This two part class will help students not only prepare for entering the workforces, but also the life skills required to keep a job.



Torrance Community Services Department | Recreation Division
3031 Torrance Boulevard, Torrance CA 90503 | 310/618-2930

"Creating and Enriching Community through People, Programs and Partnerships"

Register Today For This Upcoming Event!



Drunk driving impacts everyone!

MARCH 21, 2024 | 5 P.M. TO 7 P.M.

RETHINK YOUR DRINK.

MADD EVENT AT THE ATTIC TEEN CENTER | 2320 W. Carson St. Torrance, CA 90501

Learn about the effects, risks, and consequences of drinking under the influence.

Register for this event by emailing your name, school and grade to:

ATTIC@TorranceCA.Gov

PANCAKE

Breakfast



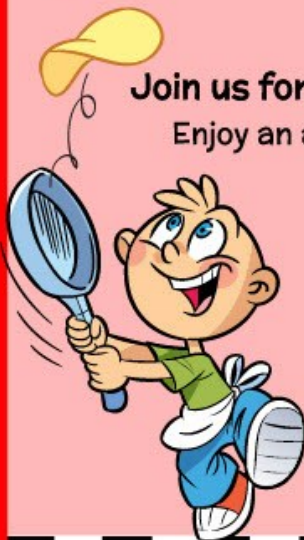
**SATURDAY,
APRIL 13, 2024
7:00 - 11:00 AM**

THE ATTIC TEEN CENTER
2320 W. CARSON ST. TORRANCE, CA 90501

Join us for our 25th Anniversary Celebration and Open House.
Enjoy an all-you-can eat pancake breakfast, completely prepared in
the CAFÉ. Tours and entertainment will also be provided.

Suggested donations are \$5 per person.

Donations will be used to upgrade
heating and air conditioning.



CITY OF TORRANCE COMMUNITY SERVICES DEPARTMENT
RECREATION DIVISION
(310) 618-2930 | www.Recreation.TorranceCA.Gov

City of
TORRANCE
California

Register for this event by emailing your name, school and grade to:

ATTIC@TorranceCA.Gov

2024

MAY MENTAL HEALTH MONTH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

06

Kindness Act \$5 Difference

Take \$5 and within the next 4 days pay it forward!

07

Stretching

4:00-4:45 p.m.

Learn how to stretch tight muscles, strengthen your core and improve your balance.

08

Future ME

4:00-4:45 p.m.

With the knowledge of our present-day selves, we put forth advice for the years to come.

09

Color Therapy

4:00-4:45 p.m.

Unlock your creative self through coloring and take home a journal.

10

Kindness Acts Reflection

Show us how you completed your Kindness Act this week! DM or tag us in your photo.

13

Kindness Act Keep Torrance Clean

Pick up and throw away litter that you spot in your neighborhood.

14

HITT Fitness

4:00-4:45 p.m.

Join us for a full body aerobic and strength conditioning workout for all levels.

15

DIY Stress Relievers

4:00-4:45 p.m.

Join us for this engaging tactile activity and leave with useful tools.

16

Gratitude Jar

4:00-4:45 p.m.

This activity will help you notice good things, look for them and appreciate them.

17

Kindness Acts Reflection

Show us how you completed your Kindness Act this week! DM or tag us in your photo.

20

Kindness Act Shop Local

Support Torrance business! Shop, Follow, Like, Share and Comment.

21

Yoga

4:00-4:45 p.m.

Stretch, breath and do some short mediation in this all level yoga class.

22

Origami

4:00-4:45 p.m.

Sharpen your mind muscles and focus your attention as we lead you through origami patterns.

23

Music Therapy

4:00-4:45 p.m.

Let's enlighten and listen! Come ready to share your favorite song and explain why they connect with it.

24

Kindness Acts Reflection

Show us how you completed your Kindness Act this week! DM or tag us in your photo.

27

Kindness Act Thank You Note

Find your favorite pen and write a letter to someone who has changed your life for the better. Tell them how they helped!

28

Open Gym

4:00-4:45 p.m.

Try out our Fitness Room for all of your strength training and cardio needs.

29

Vision Board

4:00-4:45 p.m.

Dream it, see it, achieve it! Join us and create a vision board to help you stay driven towards your dreams.

30

Word Art

4:00-4:45 p.m.

Create positive word art to keep you motivated and focused.

31

Kindness Acts Reflection

Show us how you completed your Kindness Act this week! DM or tag us in your photo.

REGISTER NOW 

E-MAIL YOUR NAME, SCHOOL AND CLASS DATE/S TO: ATTIC@TorranceCA.Gov

Sign-up for classes by e-mailing your name, school and class date/s to:
THEATTIC@TorranceCA.Gov