

CITY OF TORRANCE
5-0 AND ON THE GO!
PROMOTING FITNESS, FUN, AND FRIENDSHIPS
July/August 2024

**BARTLETT SENIOR
CITIZENS CENTER**

1318 Cravens Avenue, Torrance, CA.



MEDITATION CLASS

Creating a breathing space

Good health and vitality through meditation, essential breath work, and visualization.

Who:

Seniors 55+ seeking a bit of tranquility in today's fast-paced world, through the power of breathing. Join us, and let's explore together!

What:

This class will teach you the art of meditation and controlling your breath, to keep you calm and find peace.

When:

Every Friday, starting May 17, 2024, at 9:15 to 11:15 a.m.
at the Bartlett Senior Center



OLEF

is a non-profit Organization
dedicated to enhance the
lives of those 55 yrs +.



FITNESS DIFFERENCE

Improve agility, balance and co-ordination in this class. Exercise will include active movement, floor work and strengthening with bands and light weights.

**Bartlett Center
1318 Cravens Avenue, Torrance, CA 90501**



DATES: Mondays, Wednesdays & Fridays
June 24 - July 31, 2024

INSTRUCTOR: Bonnie Wulff

TIME: 8:05 a.m. - 9:15 a.m.

Suggested donation: \$5/class

These classes are sponsored by OLEF, Optimum Life Educational Foundation, a non-profit organization that sponsors classes, lectures and activities for participants 55 and older.

Register in class.

**For more information, please call: (424) 271-5523 or email
OLEFclasses@gmail.com**

P.O. Box 948, 120 N. Catalina Ave., Redondo Beach, CA 90277

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BARTLETT CENTER

1318 Cravens Avenue (310) 320-5918



HOURS: MONDAY through FRIDAY - 8:00 a.m. to 4:00 p.m.

Nutritious lunches served MONDAY through FRIDAY at 11:30 a.m. for the low cost of \$3.00. Please make reservations at least 24 hours in advance. If you need to cancel, please call so that others may take your place.

MONDAY

8:05 - 9:15 a.m.

9:30 a.m. - 12 noon

10:00 - 11:00 a.m.

12:30 - 3:45 p.m.

12:00 - 1:00 p.m.

TUESDAY

8:15 - 11.30 a.m.

10:00 - 11:00 a.m.

12:30 - 2:30 p.m.

WEDNESDAY

8:00 - 9:15 a.m.

8:00 a.m. - 12 noon

9:00 - 11:15 a.m.

9:30 a.m. - 12 noon

10:00 - 11:15 a.m.

THURSDAY

8:15 - 11.30 a.m.

9:30 a.m. - 12 noon

FRIDAY

8:00 - 9:15 a.m.

9:00 a.m. - 12 noon

10:00 a.m.

10:00 - 11:00 a.m.

1:00 - 3:00 p.m.

9:00 a.m. - 11:15 a.m.

Monday - Friday

9:30- 11:00 a.m.
12:30- 3:00 p.m.

Fitness Difference For more information go to Olefclasses@gmail.com or (424) 271-5523

Lapidary Workshop - Fee: \$2.00

Salsa for Seniors! For more information or to register, contact OLEF www.Olefclasses.Com or (424) 271-5523

Bridge

Conversational Spanish Class For more information go to Olefclasses@gmail.com or (424) 271-5523

Line Dancing

Spanish Book Club - Meets every 2nd Tuesday of the month. Call (310) 320-5918 for more information.

"Coffee with Maxine" Discussion Group

Fitness Difference - 6/03 to 7/31 For more information go to Olefclasses@gmail.com or (424) 271-5523

Beading Workshop

Gardening Club

Lapidary Workshop - Fee: \$2.00

Chair Fusion For more information go to Olefclasses@gmail.com or (424) 271-5523

Line Dancing

Lapidary Workshop - Fee: \$2.00

Fitness Difference For more information go to Olefclasses@gmail.com or (424) 271-5523

Crafts Workshop

Seniors Citizens Walking Club

Salsa for Seniors! For more information go to Olefclasses@gmail.com or (424) 271-5523

Seniors Discussion Group

Meditation with Beverly

The Mini Fitness Center is Open!



SALSA FOR SENIORS!

Learn a little Latin Merengue, Salsa & Flamenco.
Dance your way to better health in 2024!

**DATES: Every Monday & Friday
beginning June 24 - July 29, 2024**

TIME: 10 a.m. - 11 a.m.

**Class located at the
Bartlett Senior Center,
1318 Cravens Ave.,
Torrance, CA**



Register in class
Instructor, Patricia Cecchi
Suggested Donation:
\$5/class

These classes are sponsored by OLEF, Optimum Life Educational Foundation, a non-profit organization that sponsors classes, lectures and activities for participants 55 and older.

For more information, please call: (424) 271-5523 or email OLEFclasses@gmail.com



Line Dancing

Tuesdays & Thursdays 8:15 - 11:30 a.m.



8:15-9:00a.m. Open dancing; 9:00-10:00a.m. Beginner class; 10:15-11:30a.m. Improver class

Bartlett Center - 1318 Cravens Avenue, Torrance

Research shows that line dancing can help improve cardiovascular function, lung function, bone strength, balance, and brain function.



WALTERIA PARK SENIOR CITIZENS CENTER

3855 W. 242nd Street (310) 378-3862

MONDAYS & THURSDAYS 11:00 a.m. to 3:00 p.m.



MONDAY

11:00 a.m.

Cards and Table Games

11:00 a.m. - 3:00 p.m.

Ping-Pong - Play Ping-Pong with friendly people! Playing improves hand-eye coordination and it stimulates mental alertness, concentration, and tactical strategy!

THURSDAY

11:00 a.m.

Cards and Table Games

11:00 a.m. - 3:00 p.m.

Ping-Pong - Play Ping-Pong with friendly people! Playing improves hand-eye coordination and it stimulates mental alertness, concentration, and tactical strategy!



HERMA TILLIM SENIOR CITIZENS CENTER

3612 W. Artesia Blvd. (310) 329-1889

TUESDAY, WEDNESDAY, & THURSDAY 9:00 a.m. to 3:00 p.m.



TUESDAY

9:00 a.m. - 3:00 p.m.

Cards, Table Games, and Pool Playing

11:30 a.m. - 3:00 p.m.

Creative Crafters Workshop - All mediums and levels welcome!

WEDNESDAY

9:00 a.m.

Painting Workshop - Bring your creativity and art supplies and join the group!

9:00 a.m. - 3:00 p.m.

Cards, Table Games, and Pool Playing

THURSDAY

9:00 a.m. - 3:00 p.m.

Cards, Table Games, and Pool Playing

Optimum Life Educational Foundation Fitness Classes (OLEF)

BARTLETT CENTER

1318 Cravens Avenue, Torrance



Fitness Difference

Mondays, Wednesdays, & Fridays 8:00 - 9:15 a.m.

Chair Fusion

Wednesdays 10:00 - 11:00 a.m.



Salsa for Seniors

Mondays & Fridays 10:00 - 11:00 a.m.



Conversational Spanish Class

Mondays 12:00 – 1:00 p.m.



EL RETIRO PARK

126 Vista Del Parque, Torrance

Yoga, Intermediate

Mondays & Wednesdays 9:45 - 11:00 a.m.



LA ROMERIA PARK

19501 S. Inglewood Ave, Torrance

Latin Rhythms 50+

Tuesdays & Thursdays 4:00 - 5:00 p.m.



All OLEF classes: Register in class. Suggested donation \$5.00 to OLEF
For more information, please call (424) 271-5523



Bartlett Senior Citizens Center Presents

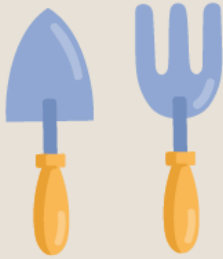
The Gardening Club Part II

The Gardening Club at Bartlett will be planting a Summer Veggie Garden and will beautify the courtyard by adding, shade plants and flowers.



This Club is for any level gardener from Beginners to the best.

The first meeting will be on **Wednesday, April 24 2024, at 9:15 a.m.**



You will meet in the **courtyard at the Bartlett Senior Center (1318 Cravens Ave. Torrance)** where you will find Beverly Collins, Bartlett's very own Garden Angel.

You will discuss the plans for the courtyard, pick out the seeds for the summer garden, and get your hands dirty.

Gardening will be done in raised tubs and ground beds. All veggies grown in the Bartlett Garden will benefit the Bartlett Lunch program.



Trust your Garden Angel, A Little Dirt never hurts!

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FOCAL POINT ON AGING

An essential information hub for senior citizens and their families. This program offers easy access to a comprehensive range of services designed to address the unique needs of our older residents. From transportation and housing to healthcare, Meals-On-Wheels, HMOs, Medicare, social and legal services, and more, the Focal Point Program is here to assist.

The dedicated team of Focal Point volunteers is well-prepared to receive inquiries by phone. They excel at providing accurate initial assessments of individual needs and connecting people with the appropriate services.

The Focal Point Program is housed in the Russ Nolte Annex is located at 1339 Post Avenue, next to the Bartlett Senior Citizens Center in Downtown Torrance. Please note that Focal Point operates exclusively by phone, available Monday through Friday between 9:00 a.m. and 12:00 noon. **No Walk-ins.**

For more information and assistance, contact the Focal Point team at (310) 320-1300. This program is proudly sponsored by the Torrance Commission on Aging through the Torrance Community Services Department.

COMMISSION ON AGING

The Commission deals with the needs and issues confronting senior citizens in the community and provides a voice for senior citizens as a community group.

The Commission meets the first Tuesday of each month at 9:30 a.m. and goes dark in August and January. Meetings take place at the West Annex Commission Room, 3031 Torrance Blvd.

Upcoming Meeting Dates and Presentation Topics

July 2, 2024: El Camino College, presentation by Tommy Ton, Outreach & School Relations.

August, 6, 2024: Cogir of South Bay, presentation by Jill Allen, Community Relations Director.

September 3, 2024: Helping Elders Live Productively (H.E.L.P.), presentation by Grace Farwell, Program Coordinator. H.E.L.P. provides free resources, services, and referrals to help older adults who live in the South Bay make informed decisions.



Summer is Here! Three tips for staying safe in the heat.



When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool.

- **Stay away** from direct sun exposure as much as possible. If you can, plan your outdoor activities either early in the morning or when the sun starts to set.
- **Air conditioning** is your friend in summer. Spend as much time as possible in air-conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned. For example, read a book at the library, walk around in indoor malls, watch that new movie at the theater, or meet your friends at the senior center.
- **Stay hydrated.** Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine.



WORD SEARCH

Ice Cream!



C	A	S	A	H	O	K	E	Y	P	O	K	E	Y
O	T	E	T	N	U	T	A	E	E	I	C	S	T
T	B	C	C	R	T	C	O	O	C	A	N	K	A
T	U	O	H	A	A	U	E	T	A	R	S	C	Y
O	N	O	O	E	T	W	A	A	N	U	L	A	C
N	E	K	C	T	U	O	B	T	C	I	N	R	V
C	O	I	O	N	E	O	T	E	A	T	L	T	A
A	P	E	L	E	A	R	O	T	R	Y	R	E	N
N	O	D	A	E	C	E	R	A	C	R	O	S	I
D	L	O	T	R	E	E	S	E	S	T	Y	O	L
Y	I	U	E	G	G	F	U	D	G	E	W	O	L
U	T	G	S	I	A	N	A	N	A	B	E	M	A
E	A	H	T	U	N	O	C	O	C	I	A	O	N
L	N	N	N	T	D	A	O	R	Y	K	C	O	R

- COCONUT
- STRAWBERRY
- VANILLA
- FUDGE
- ROCKY ROAD
- COOKIE DOUGH
- NEOPOLITAN
- COTTON CANDY
- HOKEY POKEY
- CHOCOLATE
- MOOSE TRACKS
- GREEN TEA
- TIGER TAIL
- PECAN
- REESES
- BANANA





Bartlett Café

1318 Cravens Avenue, Torrance
 Bartlett Senior Citizens Center Lunch Program
July 1 - August 2, 2024



11:30 a.m. \$3.00 per lunch Coffee 50¢ (free refills all day)
FOR RESERVATIONS, PLEASE CALL: 310-320-5918

Monday, July 1	Tuesday, July 2	Wednesday, July 3	Thursday, July 4	Friday, July 5
Chicken Quesadilla Beans Fresh Salsa Dessert	Hamburger Wedge Fries Dessert 	4TH OF JULY PICNIC 1/4LB. HOT DOG BAKED BEANS POTATO SALAD RED, WHITE, & BLUE SUNDAY 	Happy Independence Day! Bartlett Center is Closed 	Turkey/Ham Submarine Sandwich Salad Chips Dessert
Monday, July 8	Tues., July 9	Wed., July 10	Thurs, July 11	Friday, July 12
Turkey Chili Cornbread Dessert	Lemon Beef Bites Caesar Salad Dessert	Gazpacho Herbed Chicken Skewer Garlic Bread Dessert	Beef Taco Bowl Dessert 	Crispy Chicken Sandwich Wedge Fries Dessert
Monday, July 15	Tuesday, July 16	Wed., July 17	Thursday, July 18	Friday, July 19
Meatloaf Mashed Potatoes Carrots Dinner Roll Dessert 	Steak Fajitas Rice Beans Flour Tortilla 	Chicken Noodle Soup Roasted Veggie Panini Dessert	Turkey & Gravy Corn Biscuit Dessert 	Teriyaki Pork Rice Sesame Cucumber Salad Dessert
Monday, July 22	Tuesday, July 23	Wed., July 24	Thursday, July 25	Friday, July 26
Cilantro-Lime Beef Spinach Chicken Rice Street Corn Dessert	Beef Chili w/ Beans Cornbread Dessert 	Tomato Soup Grilled Cheese Sandwich Dessert	Chicken Parmesan Caesar Salad Dessert 	Hamburger Wedge Fries Dessert
Monday, July 29	Tuesday, July 30	Wed., July 31	Thurs., August 1	Friday, August 2
Chicken Quesadilla Beans Fresh Salsa Dessert	Roasted Turkey Rice Pilaf Carrots Dessert 	Chicken Pozole Tostadas Cabbage & Lime Dessert	Please contact the Bartlett Senior Center starting July 8, 2024, for the August Menu. (310) 320-5918	



Please call (310) 320-5918 if you need to cancel your reservation so that someone else can take your place!



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dedicated to enhance the
lives of those 55 and older.



CHAIR FUSION

Instructor: Sharmone LaRose
Wednesdays: June 26 - August 7, 2024
10 a.m. - 11:15 a.m.

Bartlett Senior Center, 1318 Cravens Avenue, Torrance



Yoga moves & stretching
Increase flexibility,
strength & balance
Learn breathing techniques
for relaxation

Suggested donation: \$5/class
Register in class.

**For more information, please call: (424) 271-5523 or
email OLEFclasses@gmail.com**

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