

CITY OF TORRANCE  
**5-0 AND ON THE GO!**  
PROMOTING FITNESS, FUN, AND FRIENDSHIPS  
September/October 2024







# The Huntington Library and Museum

(1151 Oxford Rd, San Marino, CA 91108)



**Wednesday, September 25, 2024**  
The bus will depart Wilson Park at 8:30 a.m.

- Travelers will:**
-  Tour the Library
  -  See the Botanical Gardens
  -  Explore museum with a docent
  -  Have lunch and shop

**Must be registered to participate in event. See below for additional details.**

The trip cost is \$50 which includes: bus transportation and admission tour.  
Lunch is on your own. There are four restaurants to choose from.  
For Anyone 50 years and up  
We will return from the Huntington Library and be back at Wilson Park around 3:30 p.m.

For more information: Please call the Bartlett Senior Center at (310) 320-5918  
Travelers will need to register in person on Thursday, September 5, 2024.  
9 a.m. to 11 a.m. for residents | 10 a.m. to 11 a.m. for non-residents.  
Registrations will be taken at City Hall- West Annex at 3031 Torrance Blvd. (Second Building east of the Library)



YOU ARE INVITED TO DO YOUR HOLIDAY SHOPPING AT OUR

# SENIOR CITIZENS HOLIDAY Arts & Crafts Sale

FIND THAT

ONE-OF-

A-KIND

GIFT ITEM

FOR THE

HOLIDAYS!



ALL ITEMS

FOR SALE ARE

HAND-CRAFTED

BY

SENIOR

CITIZENS!

Free admission!

**SATURDAY, NOVEMBER 9, 2024**

9:30 a.m. to 2:30 p.m.

**KEN MILLER RECREATION CENTER**

3341 Torrance Blvd., Torrance, CA

*“Creating and Enriching Community through People, Programs and Partnerships”*



# BARTLETT CENTER

1318 Cravens Avenue (310) 320-5918



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

Nutritious lunches served MONDAY through FRIDAY at 11:30 a.m. for the low cost of \$3. Please make reservations at least 24 hours in advance. If you need to cancel, please call so that others may take your place.

<b>MONDAY</b>	8:05 - 9:15 a.m.	<b>Fitness Difference</b> For more information go to <a href="mailto:Olefclasses@gmail.com">Olefclasses@gmail.com</a> or (424) 271-5523
	9:30 a.m. - 12noon	<b>Lapidary Workshop - Fee: \$2</b>
	10 - 11 a.m.	<b>Salsa for Seniors!</b> For more information or to register, contact OLEF <a href="http://www.Olefclasses.Com">www.Olefclasses.Com</a> or (424) 271-5523
	12:30 - 3:45 p.m.	<b>Bridge</b>
	12 - 1 p.m.	<b>Conversational Spanish Class</b> For more information go to <a href="mailto:Olefclasses@gmail.com">Olefclasses@gmail.com</a> or (424) 271-5523
<b>TUESDAY</b>	8:15 - 11.30 a.m.	<b>Line Dancing</b>
	10 - 11 a.m.	<b>Spanish Book Club</b> - Meets every 2 <sup>nd</sup> Tuesday of the month. Call (310) 320-5918 for more information.
	12:30 - 2:30 p.m.	<b>"Coffee with Maxine" Discussion Group</b>
<b>WEDNESDAY</b>	8 - 9:15 a.m.	<b>Fitness Difference</b> - 6/03 to 7/31 For more information go to <a href="mailto:Olefclasses@gmail.com">Olefclasses@gmail.com</a> or (424) 271-5523
	8 a.m. - 12noon	<b>Beading Workshop</b>
	9 - 11:15 a.m.	<b>Gardening Club</b>
	9:30 a.m. - 12noon	<b>Lapidary Workshop - Fee: \$2</b>
	10 - 11:15 a.m.	<b>Chair Fusion</b> For more information go to <a href="mailto:Olefclasses@gmail.com">Olefclasses@gmail.com</a> or (424) 271-5523
<b>THURSDAY</b>	8:15 - 11.30 a.m.	<b>Line Dancing</b>
	9:30 a.m. - 12noon	<b>Lapidary Workshop - Fee: \$2</b>
	12:15 - 1:45p.m.	<b>Writing Class</b> For more information go to <a href="mailto:Olefclasses@gmail.com">Olefclasses@gmail.com</a> or (424) 271-5523
<b>FRIDAY</b>	8 - 9:15 a.m.	<b>Fitness Difference</b> For more information go to <a href="mailto:Olefclasses@gmail.com">Olefclasses@gmail.com</a> or (424) 271-5523
	9 a.m. - 12noon	<b>Crafts Workshop</b>
	9 a.m. - 11:15 a.m.	<b>Meditation with Beverly</b>
	10 a.m.	<b>Seniors Citizens Walking Club</b>
	10 - 11 a.m.	<b>Salsa for Seniors!</b> For more information go to <a href="mailto:Olefclasses@gmail.com">Olefclasses@gmail.com</a> or (424) 271-5523
	1 - 3 p.m.	<b>Seniors Discussion Group</b>
<b>Monday - Friday</b>	9:30- 11 a.m. 12:30- 3 p.m.	<b>The Mini Fitness Center is Open!</b>

**HOLA!**

*Yo hablo Español*



# Conversational Spanish Class

**Learn to speak Spanish and how to converse with friends, family, and professionals!**

**Every Monday at 12 p.m. - 1 p.m.**

**Begins September 9 - December 9, 2024**

**No Class: October 14, 2024**

**At the Bartlett Senior Center 1318 Cravens Ave.**

The Instructor is **Patricia Cecchi**, check with instructor to join class. For more information, call: (424) 271-5523 or email: [OLEFclasses@gmail.com](mailto:OLEFclasses@gmail.com)

Sponsored by **OLEF**

Optimum Life Educational Foundation, a non-profit organization

City of  
**TORRANCE**  
California

**City of Torrance Community Services Department • RECREATION DIVISION**  
3031 Torrance Boulevard • (310) 618-2930 • [www.Recreation.TorranceCA.Gov](http://www.Recreation.TorranceCA.Gov)  
"Creating and Enriching the Community through People, Programs and Partnerships"



# Line Dancing

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

8:15-9 a.m. Open dancing; 9-10 a.m. Beginner class;

10:15-11:30a.m. Improver class



## **Bartlett Center - 1318 Cravens Avenue, Torrance**

Research has shown 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 a.m. to 3 p.m.**



<b>MONDAYS &amp; THURSDAYS</b>	11 a.m. - 3 p.m.	<b>Ping-Pong</b> - Play Ping-Pong with friendly people! Playing improves hand-eye coordination and stimulates mental alertness, concentration, and tactical strategy!
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## **HERMA TILLIM SENIOR CITIZENS CENTER**

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

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



<b>TUESDAY</b>	9 a.m. - 3 p.m. 11:30 a.m. - 3 p.m.	<b>Cards, Table Games, and Pool Playing</b> <b>Creative Crafters Workshop</b> - All mediums and levels welcome!
<b>WEDNESDAY</b>	9 a.m.	<b>Painting Workshop</b> - Bring your creativity and art supplies and join the group!
<b>THURSDAY</b>	9 a.m. - 3 p.m. 9 a.m. - 3 p.m.	<b>Cards, Table Games, and Pool Playing</b> <b>Cards, Table Games, and Pool Playing</b>

# Optimum Life Educational Foundation Fitness Classes (OLEF)

## BARTLETT CENTER

1318 Cravens Avenue, Torrance



### Fitness Difference

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

### Chair Fusion

Wednesdays 10 - 11 a.m.



### Salsa for Seniors

Mondays & Fridays 10 - 11 a.m.



### Conversational Spanish Class

Mondays 12noon - 1 p.m.



## EL RETIRO PARK

126 Vista Del Parque, Torrance

### Yoga, Intermediate

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



## LA ROMERIA PARK

19501 S. Inglewood Ave, Torrance

### Latin Rhythms 50+

Tuesdays & Thursdays 4 - 5 p.m.



All OLEF classes: Register in class. Suggested donation \$5 to OLEF  
For more information, please call (424) 271-5523



# YOGA, INTERMEDIATE

*Improve agility, balance, strength and flexibility. Bring a mat.*

**DATES: Monday's & Wednesday's  
September 9 - December 18, 2024  
No Class: November 25 and 27  
TIME: 9:45 - 11 A.M.**

Class is held at  
El Retiro Park  
126 Vista Del Parque,  
Redondo Beach,  
CA 90277



**INSTRUCTOR: Bonnie Wulff**

**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 at [OLEFclasses@gmail.com](mailto:OLEFclasses@gmail.com)**



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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, 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 a.m. and 12noon. **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**

**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.

**October 1, 2024:** The Volunteer Center South Bay, presentation by Josh Gezahegn. This presentation will cover information about the services offered to the community and the various volunteer opportunities available. Join us to learn how you can get involved and make a difference!





# WORD SEARCH

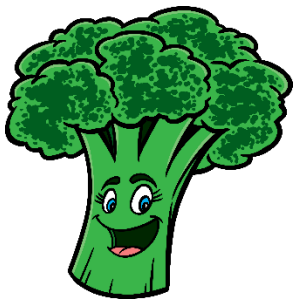
# AUTUMN IS HERE!



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- FOOTBALL
- TANGERINES
- GEESE
- APPLES
- SCARF
- HALLOWEEN
- SEPTEMBER
- MUSHROOMS
- MAIZE
- VINEYARD
- HARVEST
- CHIPMONK
- BONFIRE
- FOLIAGE
- SWEATER
- HAYRIDE
- WOODPILE
- EQUINOX
- GOURDS
- OCTOBER
- TREATS





# Bartlett Café

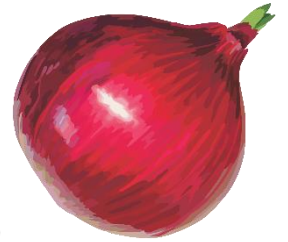
1318 Cravens Avenue, Torrance

Bartlett Senior Citizens Center Lunch Program

**September 2 - 27, 2024**

11:30 a.m. \$3 per lunch Coffee 50¢ (free refills all day)

**FOR RESERVATIONS, PLEASE CALL: 310-320-5918**



Monday, Sept. 2	Tuesday, Sept. 3	Wed., Sept. 4	Thurs., Sept. 5	Friday, Sept. 6
<b>Labor Day</b>  <b>Bartlett Center is Closed!</b>	Garlic Steak Bites Roasted Potato Vegetable Dessert 	Pork Pozole Tostadas Dessert 	Chicken Bowtie Pasta w/ Parm Sauce Caesar Salad Dessert	Crispy Chicken Sandwich Garden Salad Dessert
Mon., Sept. 9	Tues., Sept. 10	Wed., Sept. 11	Thurs., Sept. 12	Friday, Sept. 13
Steak Fajitas Rice Beans Tortilla Dessert	Chicken Noodle Soup Roasted Veggie Panini Dessert	Meatloaf Mashed Potatoes Carrots Dinner Roll Dessert 	Turkey w/ Gravy Corn Biscuit Dessert	Teriyaki Pork Rice Sesame- Cucumber Salad Dessert
Mon., Sept. 16	Tues., Sept. 17	Wed., Sept. 18	Thurs., Sept. 19	Friday, Sept. 20
Chicken Quesadilla w/ Beans & Salsa Dessert 	Roasted Turkey Rice Pilaf Carrots Dessert	Bean & Cheese Pupusa Street Corn Dessert 	Penne Marinara Carrot Salad Dessert	BBQ Chicken Breast Mac & Cheese Cucumber Salad Dessert
Mon., Sept. 23	Tues., Sept. 24	Wed., Sept. 25	Thurs., Sept. 26	Friday, Sept. 27
BBQ Pork Medallions Mashed Potatoes Mixed Veggies Dinner Roll Dessert 	Cilantro- Lime Beef Rice Street Corn Dessert 	Tomato Soup Grilled Cheese Sandwich Dessert	Chicken Parmesan Caesar Salad Dese 	Hamburger Wedge Fries Dessert 

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



# Bartlett Café

1318 Cravens Avenue, Torrance


Bartlett Senior Citizens Center Lunch Program

**September 30 - October 25, 2024**

11:30 a.m. \$3 per lunch Coffee 50¢ (free refills all day)

**FOR RESERVATIONS, PLEASE CALL: 310-320-5918**



Monday, Sept. 30	Tuesday, Oct. 1	Wed., October 2	Thurs., October 3	Friday, October 4
<b>Garlic Steak Bites</b> <b>Roasted Potato Vegetable Dessert</b> 	<b>Pork Posole Tostada Dessert</b>	<b>Chicken Bowtie Pasta w/ Parm Sauce Caesar Salad Birthday Cake</b>	<b>Turkey w/ Gravy Corn Biscuit Dessert</b>	<b>Roasted Chicken Sandwich Garden Salad Dessert</b>
<b>Mon., Oct. 7</b> <b>Steak Fajitas Rice Beans Tortilla Dessert</b>	<b>Tues., Oct. 8</b> <b>Meatloaf Mashed Potatoes Carrots Dinner Roll Dessert</b> 	<b>Wed., Oct. 9</b> <b>Chicken Noodle Soup Roasted Veggie Panini Dessert</b>	<b>Thurs., Oct. 10</b> <b>Garlic Steak Bites Roasted Potato Vegetable Dessert</b> 	<b>Friday, Oct. 11</b> <b>Teriyaki Pork Rice Sesame-Cucumber Salad Dessert</b>
<b>Mon., Oct. 14</b> <b>Chicken Quesadilla w/ Beans &amp; Salsa Dessert</b> 	<b>Tues., Oct. 15</b> <b>Roasted Turkey Rice Pilaf Carrots Dessert</b>	<b>Wed., Oct. 16</b> <b>Penne Marinara Carrot Salad Dessert</b>	<b>Thurs., Oct. 17</b> <b>Bean &amp; Cheese Pupusa Street Corn Dessert</b>	<b>Friday, Oct. 18</b> <b>BBQ Chicken Breast Mac &amp; Cheese Cucumber Salad Dessert</b>
<b>Mon., Oct. 21</b> <b>Cilantro-Lime Beef Rice Street Corn Dessert</b> 	<b>Tues., Oct. 22</b> <b>BBQ Pork Medallions Mashed Potatoes Mixed Veggies Dinner Roll Dessert</b>	<b>Wed., Oct. 23</b> <b>Tomato Soup Grilled Cheese Sandwich Dessert</b>	<b>Thurs., Oct. 24</b> <b>Chicken Parmesan Caesar Salad Dessert</b> 	<b>Friday, Oct. 25</b> <b>Hamburger Wedge Fries Dessert</b> 

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



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**CITY OF  
TORRANCE**

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**Community Services Department**  
3031 Torrance Boulevard  
Torrance, CA 90509-2970

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