

LA SIERRA SENIOR CENTER November



5215 La Sierra Ave., Bldg. B

951.351.6435

Hours of Operation

Monday - Friday 8am - 5pm

Dates to Remember










- November 1st:** Feeding America 8:30am- until supplies last!
- November 4th:** Luncheon Tickets Open at 8am!
- November 11th:** Facility closed on Monday for Veterans Day
- November 14th:** Insight Gathering 11am - 1pm
- November 14th:** Bonus Yoga class 3-430pm in LSCC GYM
- November 14th:** **LAST** ARPA Commodity Boxes 3:00pm
Until Supplies Last ***First come, First Serve***
- November 14th:** CDBG Meeting 6pm
- November 21st:** Pumpkin Palooza Luncheon & Craft Fair 11am - 1pm
- November 28/29th:** Facility closed for Thanksgiving Holiday
- Wednesdays:** Bingo 1-4pm (Sales starts at 12pm)



Monday			Tuesday			Wednesday			Thursday			Friday		
8-9a	Walk With Ease		8-8:45a	Beg. Spanish	CL	8-9a	Walk With Ease		8-8:45a	Beg. Spanish	CL	8-9a	Walk With Ease	
9-9:45a	Tai Chi	BR	9-9:45a	Spanish	CL	9-9:45a	Tai Chi	BR	9-9:45a	Spanish	CL	9-9:45a	Non Contact Boxing	BR
9-11a	*Rock and Pot	CR	9-11a	**Beg. Clay Craft	CR	9-11a	Beg. Watercolor	CR	9-11a	Kiln Clean	CR	10-10:45a	Pickleball	CG
10-10:45a	Cardio	BR	10-10:45a	English	CL	10-10:45a	Cardio	BR	10-10:45a	English	CL	10-11a	Chair Exercise	FP
11-11:45a	Pickleball	CG	10-11:30a	Int. Line Dance	BR	10-10:45a	Cardio	BR	10-11:30a	Country line Dance	BR	10-11:30a	Beg. Line Dance	BR
11a-1p	Tech Help by Appt	CL	10a-Noon	Fiber Spinning	L	11a-12:30p	*Hula	CM	10-11:30a	Country line Dance	BR	11:30-2p	Quilting	CR
11:30a-2p	*Clay Craft	CR	11:30a-2p	**Adv. Clay Craft	CR	11:30a-1:30p	**Adv. Studio Art	CR	11:30a-1:30p	Sew Fun Social	CR	11:30a-4p	LS Billiards Club	BIR
11:30-1:30p	Ukulele	BR	Noon-1p	Yoga	BR	11:30a-4p	LS Billiards Club	BIR	Noon-2p	Chair Volleyball	BR	11a-11:45a	Cornhole	CG
11:30a-4p	LS Billiards Club	BIR	3-4:30p	Scrapbook	CR	1-4p	** Bingo	BR	3-5p	Knit & Crochet	CR	Noon-2p	Movie	FP
			2-4p	Chair Volleyball	BR	2-3:30p	Needlecrafts	CR	3-5p	Computer Class	CL	Noon-2p	Chair Volleyball	BR
												2-5p	Sewing	CR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<p>⇒ *Classes & Events have a Fee</p> <p>⇒ **Need Advance Sign-up</p> <p>⇒ *** Any classes that are NEW at the senior center</p> <p>All Classes, Events, Fees, Times & Dates are Subject to Change</p>				 <p>8:30am - Supplies last</p>
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 <p>Luncheon Tickets Open @ 8 AM!</p>	<p>LAST ZUMBA CLASS 8:30am - 9:30am</p>			
 <p>Facility Closed!!!</p>			<p>11am - 1pm: Insight Gathering</p> <p>3pm: ARPA Commodity Boxes</p> <p><i>First come first serve</i></p> <p>3 - 4:30pm: Bonus—Yoga LSCC GYM</p> <p>6pm: CDBG Meeting</p>	
			<p>11am - 1pm: Pumpkin Palooza Luncheon</p> <p>2 - 4pm: Chair Volleyball</p>	
			 <p>Facility Closed!!!</p>	 <p>Facility Closed!!!</p>

BR—Ball Room CL—Computer Lab CG—Community Center Gym CR—Craft Room FP—Fire Place L—Library CM—Community Center MPR BIR-Billiards Room

November Fun Facts

- **Birthstone:**

Topaz



- **Birth Flower:**

Peony



- **Holidays/ National Days**

November 1st



- ◆ **Dia De Los Muertos**

November 11th



- ◆ **Veteran's Day**

November 16th



- ◆ **National Fast Food Day**

November 23rd



- ◆ **National Espresso Day**

November 28th



- ◆ **Thanksgiving Day**

La Sierra Senior Center Staff

Hilda Hernandez

Recreation

Coordinator

Felicia Brown

Recreation

Coordinator

Analia Martinez

Assistant Recreation

Coordinator

Issac Jimenez

Assistant Recreation

Coordinator

Vanessa Alvarran

Friendly Stars

Instructor

Betty Gaglio

Instructor

David Garcia

Instructor

Isaac Valentin

Recreation Leader

Serena Alva

Recreation Leader

Tanner Childers

Recreation Leader

Jakob Curiel

Recreation Leader

Sayla Daily

Recreation Leader

Gioconda Escobar

Recreation Leader

Luis Jacinto

Recreation Leader

Eboni Jacobs

Recreation Leader

Sanya Sheth

Recreation Leader

Jesette Western

Recreation Leader

Tatiana Diaz

Recreation Leader



BE
thankful
ALWAYS

