



AUTUMN

WORD SEARCH



WORD LIST

- ACORN
- AUTUMN
- BONFIRE
- BRISK
- CIDER
- CORN
- CRISP
- EQUINOX
- FALL
- FESTIVAL
- FOLIAGE
- FOOTBALL
- GOURD
- HALLOWEEN
- HARVEST
- HAYSTACK
- JACKET
- LEAVES
- NOVEMBER
- OCTOBER
- PINE CONE
- PUMPKIN
- SCHOOL
- SEPTEMBER
- SQUASH
- SWEATER
- THANKSGIVING
- TREES

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



LA MIRADA ACTIVITY CENTER

Fall 2024 Programs

Address:

13810 La Mirada Blvd.
La Mirada, CA 90638

Facility Hours:

M-TH: 7:30 a.m. - 5:30 p.m.
F: 7:30 a.m. - 4:30 p.m.

Phone #: (562) 902-3160

Upcoming Workshops:

- Heart Health (8/20 from 10-11 a.m.)
- Age Well, Drive Smart (8/27 from 10-11 a.m.)
- Stop Falling! (9/17 from 10-11 a.m.)
- Grief and Loss (9/24 from 9:30-11 a.m.)
- Memory Loss & Alzheimer's: Let's Talk! (10/2 from 10-11 a.m.)
- Depression & Anxiety (10/17 from 9:30-11 a.m.)
- Planning for the Future (10/15 from 10-11 a.m.)
- Holiday Blues (11/26 from 9:30-11 a.m.)



CITY OF LA MIRADA

Community Health



Information & Safety Fair

WEDNESDAY, SEPTEMBER 18
9 A.M. - 12 P.M.

LA MIRADA ACTIVITY CENTER
13810 La Mirada Boulevard

- Free Health Screenings
- Health and Wellness Organizations
- Senior Housing, Education, and Safety Information
- Free Wellness Demonstrations
- Transportation Information
- Tasty Food and Drink Options Available for Purchase



For more information, call (562) 902-3160 or visit
www.cityoflamirada.org.





Activity Center Programs

MONDAY:

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|--|-------------------------|
| Mahjong | 12 - 5 p.m. |
| General Exercise on Video | 9 - 10 a.m. |
| Current Events Discussion Group | 9 - 11 a.m. |
| Manage Stress with Chair Exercise | 10 - 10:50 a.m. |
| Painting for Older Adults** | 10 - 11:50 a.m. |
| Manage Stress with Chair Exercise | 11:15 a.m. - 12:05 p.m. |
| Card Games | 12-5 p.m. |
| Half Century Bingo | 1-3:30 p.m. |
| Wisdom Talks of Older Women | 2-3:30p.m. |
| Women Sharing Wisdom Roundtable Discussion | 2-3:30p.m. |

TUESDAY:

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|--------------------------|-----------------------|
| Balance and Mobility | 11:45 a.m.-12:35 p.m. |
| Self-Defense for Seniors | 1 - 1:50 p.m. |
| Mexican Train Dominos | 1 - 5 p.m. |

WEDNESDAY:

| | |
|-----------------------------------|-------------------------|
| Longevity Stick | 9 - 10 a.m. |
| Arts and Crafts | 9 - 11 a.m. |
| Manage Stress with Chair Exercise | 10 - 10:50 a.m. |
| Manage Stress with Chair Exercise | 11:15 a.m. - 12:05 p.m. |
| Card Games | 12 - 5 p.m. |
| Painting for Older Adults** | 1 - 2:50 p.m. |
| Stress Management | 1 - 2:50 p.m. |

THURSDAY:

| | |
|--------------------------|-----------------------|
| Quilters Club | 8 a.m. - 4:30 p.m. |
| Balance and Mobility | 11:45 a.m.-12:35 p.m. |
| Self-Defense for Seniors | 1 - 1:50 p.m. |
| Pinochle | 12-5 p.m. |

**Please call Rio Hondo Continuing Education Department at (562) 463-4606 to register for these classes.

FRIDAY:

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|---------------------------------------|-----------------|
| SeniorTech Computer Class (9/13-10/4) | 10-11:30 a.m. |
| Mahjong | 12 - 4 p.m. |
| Chess Club | 9-11:30 a.m. |
| Quilters Club | 8 a.m. - 4 p.m. |
| SeniorTech Open Lab | 12-4 p.m. |
| Card Games | 12-4 p.m. |
| Tai Chi/Yoga | 1 - 2:50 p.m. |

Café on the Green

Nutritionally balanced hot lunches are served for older adults ages 60+. Lunch is served Monday through Friday. Please arrive by 11 a.m. to be served. Suggested donations of \$2.75 are welcomed by the SASSFA staff. **To reserve a meal, please call Café on the Green at (562) 947 - 8787, weekdays between 9 a.m. and 12 p.m.**

All That Dance

Seniors 50+ are invited to attend the All That Dance event on **Friday, September 13 from 2 to 5 p.m.** The event will feature musical entertainment, photo opportunities, and light refreshments. Tickets are \$5 per person and may be purchased in advance or at the door. Doors open at 1:45 p.m.



Fall Festival

Dust off your cowboy boots and wear your favorite western outfit for the annual Fall Festival. **The festival will be held on Thursday, October 10 from 10:30 a.m. to 12:30 p.m.** The Fall Festival is free to attend, and a donation of \$2.75 is suggested for lunch through Café on the Green. Lunch reservations must be made by Friday, October 4 by calling (562) 947-8787.



La Mirada Transit

La Mirada Transit provides transportation services within the city limits of La Mirada. Transit 10-Trip passes are available at the Resource Center, Activity Center, and on board transit vehicles.

Regular Pass \$10
Discount Pass \$5
Please call (562) 943-6776 to make a reservation.



"We All Belong" Family Support Group

Families are invited to participate in an all-abilities support group. The purpose is to share resources, connect, and build friendships, with a focus on our extra needs' community. The group is inclusive, and all are welcome.

3-5 p.m. **W** 8/21, 9/18, 10/16, 11/20
9-11 a.m. **F** 9/6, 10/4, 11/1

Billiards Room

Billiards tables are available to play on a drop-in basis. Children under 15 must be supervised by an adult. **An \$8 annual membership is required to play.** Equipment can be checked out from the front desk and must be returned at the end of your game.

Senior Hours:

M-TH: 8:30 a.m.-5 p.m.
F : 8:30 a.m.-4 p.m.

Youth (Ages 15+) & Adult Hours:

M-Th: 12 - 5 p.m.
F: 12 - 4 p.m.

