

Spring Flowers

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

- JONQUILS
- WYSTERIA
- IRIS
- HYACINTH
- CREPE MERTLE
- CARNATIONS
- LILLY
- BABY'S BREATH
- DAHLIA
- DAFFODILS
- SWEET WILLIAM
- LAVENDAR
- CROCUS
- LILAC
- FORSYTHIA
- PETUNIA
- DAISYS
- PANSY
- TULIPS



LA MIRADA ACTIVITY CENTER

Spring 2026 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:

- 3/26 - Story Sharing (10-11 a.m.)
- 4/7 - Homefit (10-11 a.m.)
- 4/16 - Practicing Gratitude (10-11 a.m.)



T.E.C. DAY: 1-ON-1 DIGITAL COACHING FOR OLDER ADULTS

Every Second Tuesday of the Month from 11:30 a.m.-3:30 p.m.

Sign-up for a 30-minute, one-on-one session with a digital coach! You'll get guidance on how to use your cell phone, tablet, or laptop.

This is provided for free by Independence at Home. Appointments are required. No walk-ins are accepted. For more information and to make an appointment, please call the Activity Center at (562) 902-3160.

All That DANCE

Seniors 50+ are invited to attend the All That Dance event on March 13 and June 12 from 2 to 5 p.m. at the La Mirada Activity Center! The event will feature musical entertainment, snacks, and light refreshments. Admission fee is \$5 per person and may be purchased in advance or at the door. **Registration is required.**

Mother Daughter Brunch

Saturday, May 9
10:30 a.m. - 12:30 p.m.

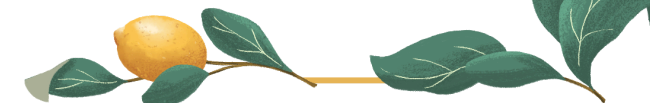
La Mirada Activity Center
13810 La Mirada Boulevard

\$17 Ages 3 to 11
\$27 Ages 12 and up

Brunch will consist of mini sandwiches, breakfast items, accompanied by an assortment of teas, pastries, and fresh fruit.

Bring your favorite tea cup for a chance to win a prize!

Crafts - Games - Tea Cup Contest





Activity Center Programs

MONDAY:

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.
Mahjong	12-5 p.m.
Half Century Bingo	1-3:30 p.m.
Women Talk Wisdom	2-3:30 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.
(NEW) Dance Grooves for Older Adults**	2-3:15 p.m.

FRIDAY:

SeniorTech Computer Class (5/1-5/22)	12:30 - 2 p.m.
Chess Club	9 - 11:30 a.m.
Baduk Go Board Game	9 - 11 a.m.
Quilters Club	8 a.m. - 4 p.m.
SeniorTech Open Lab	2 - 4 p.m.
Card Games	12 - 4 p.m.
Mahjong	12 - 4 p.m.
Tai Chi/Yoga	1 - 3 p.m.

TUESDAY:

Balance and Mobility	11:45 a.m. - 12:45 p.m.
Self-Defense for Seniors	1 - 2 p.m.
Mexican Train Dominos	1 - 5 p.m.
Arthritis Foundation Exercise Program (4/14-5/21)	1:30 - 2:30 p.m.
Self-Advocacy Group	2 - 4 p.m.
Investments and Estate 101	3 - 4:30 p.m.

THURSDAY:

Quilters Club	8 a.m. - 4:30 p.m.
Balance and Mobility	11:45 a.m. - 12:45 p.m.
Pinochle	12 - 5 p.m.
Self-Defense for Seniors	1 - 2 p.m.
Arthritis Foundation Exercise Program (4/14-5/21)	1:30 - 2:30 p.m.
Adaptive Art Studio	2 - 4 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 a day in advance, please call Café on the Green at (562) 947 - 8787, weekdays between 9 a.m. and 12 p.m.**

**Please call Rio Hondo Continuing Education Department at (562) 222-1482 to register for these classes. Registration began on October 31, 2025.

“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 3/18, 4/15, 5/20
9-11 a.m. F 4/3, 5/1, 6/5

AARP Smart Driver Course May 19-20, 2026 from 9 a.m.-1:15 p.m.

The AARP Smart Driver Course is the nation's first and most recognized driver safety course designed especially for drivers ages 50 and older. Upon completion, participants may qualify for a multi-year auto insurance discount (check with your provider for details). **The course fee is \$20 for AARP members and \$25 for non-members, payable by check or money order to the instructor on the first day of class.** Space is limited. Registration is required. For more information and to register, please call the Activity Center at (562) 902-3160.

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.

Billiards Room

Billiard 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.

