

Summer Word Search

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

- STARFISH
- PEACH
- KIWI
- TRAVEL
- TOWEL
- SUNSHINE
- PINEAPPLE
- MILKSHAKE
- SAND CASTLE
- SUMMER
- BEE
- POOL
- SURFING
- MEADOW
- OCEAN
- UMBRELLA
- SEASHELL
- SMOOTHIE
- POPSICLE
- BEACH



LA MIRADA ACTIVITY CENTER

Summer 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.

Website: lamirada.gov

Phone #: (562) 902-3160

Upcoming Workshops:

- 6/11 - Healthy Brain Habits (10-11 a.m.)
- 6/18 - Music Appreciation (10-11 a.m.)
- 6/23-6/24 - AARP Smart Driver (9 a.m.-1:15 p.m.)
- 7/14 - Finding Information Online (10-11 a.m.)
- 7/16 - Writing a Haiku (10-11 a.m.)
- 7/20 - Turf Replacement (1-3 p.m.)
- 7/28 - Bone and Joint Health (11 a.m.-12 p.m.)
- 8/4 - Finding an Anchor (10-11 a.m.)
- 8/11 - Sharing Photos on an iPhone (10-11 a.m.)
- 8/13 - Nutrition Bingo (10-11 a.m.)
- 8/18 - Depression and Anxiety (10-11 a.m.)



FRIDAY, JULY 17
2 - 5 P.M.



Indulge in an afternoon of popular music, dancing, ice cream and soda floats!

This event is recommended for participants ages 50 and over.

*Music Provided by
Brew & The Funky Few.*

This event is free to attend and registration is required.



Seniors 50+ are invited to attend the All That Dance events on **Friday, June 12 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.





Activity Center Programs

MONDAY:

Current Events Discussion Group	9 - 11 a.m.
Manage Stress with Chair Exercise	10 - 11:15 a.m.
Painting for Older Adults**	10 - 11:50 a.m.
Manage Stress with Chair Exercise	11:15 a.m. - 12:30 p.m.
Card Games	12-5 p.m.
Mahjong	12-5 p.m.
Half Century Bingo	1-3:30 p.m.
Stress Management	1:30-2:55 p.m.
Women Talk Wisdom	2-3:30 p.m.

TUESDAY:

Flexibility & Balance (Yoga)	9-10:15 a.m.
Healthy Steps for Older Adults (8/11-8/25)	9-11 a.m.
Computer Essentials (6/9-7/7)	10-11 a.m.
Balance and Mobility	11:30 a.m.-12:45 p.m.
Self-Defense for Seniors	1 - 2:15 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 - 11:15 a.m.
Manage Stress with Chair Exercise	11:15 a.m. - 12:30 p.m.
Card Games	12 - 5 p.m.
Painting for Older Adults**	1 - 2:50 p.m.
Stress Management	1:30-2:55 p.m.
Dance Grooves for Older Adults**	2-3:15 p.m.

THURSDAY:

Quilters Club	8 a.m. - 4:30 p.m.
Balance and Mobility	11:30 a.m.-12:45 p.m.
Pinochle	12-5 p.m.
Self-Defense for Seniors	1 - 2:15 p.m.

FRIDAY:

Baduk Go Board Game	9-11 a.m.
Chess Club	9:30-11 a.m.
Quilters Club	8 a.m. - 4 p.m.
SeniorTech Open Lab	12-4 p.m.
Card Games	12-4 p.m.
Mahjong	12-4 p.m.
Tai Chi/Yoga	1 - 3:50 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.**

**Please call Rio Hondo Continuing Education Department at (562) 463-4606 to register for these classes. Registration began 3/3/26.

“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 6/17, 7/15, 8/19
9-11 a.m. F 8/7

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.



T.E.C. Day Appointments

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.

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.

