

# New Year's Word Search

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

GATHERING  
FESTIVITIES  
RESOLUTIONS  
FIREWORKS  
TRADITION  
GOALS  
CALENDAR  
CELEBRATION  
BALLOONS  
SPARKLERS



# LA MIRADA ACTIVITY CENTER

## Winter 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:

- 1/15 - Bollywood Laughter Yoga (10-11 a.m.)
- 1/20 - Late-Life Transitions (10-11 a.m.)
- 1/27 - Caregiver Basics (10-11 a.m.)
- 2/3- Heart and Stroke Prevention (10-11 a.m.)
- 2/12 - Aging and Vision Loss (10-11 a.m.)
- 2/17 - Resiliency (10-11 a.m.)
- 2/26 - Dementia Friends (10-11 a.m.)
- 3/3-3/4 - AARP Smart Driver Course (9 a.m. - 1:15 p.m.)
- 3/10 - Good Sleep for Emotional Wellbeing (10-11 a.m.)

# SENIOR EXCURSION

# RICHARD NIXON

PRESIDENTIAL LIBRARY AND MUSEUM

## Thursday, February 26

**\$43** Seniors Ages 62 & Up

**\$60** Adults Ages 50-61



Registration is non-refundable.

Registration includes round-trip transportation, museum admission, and boxed lunch in the Rose Garden. Departing from La Mirada Activity Center 13810 La Mirada Boulevard at 8:30 a.m. and will return by 3 p.m.

The transportation costs are covered by Proposition A Local Return funds.



### 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 events on **Friday, December 12, 2025 from 2 to 5 p.m.**

The event will feature live musical entertainment by the Flashback Cowboys, 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.

\*\*Registration begins December 1





# Activity Center Programs

## MONDAY:

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.
Mahjong	12-5 p.m.
Half Century Bingo	1-3:30 p.m.
Women Talk Wisdom	2-3:30 p.m.
Living Out Loud	2-3:30 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 (1/13-2/19)	1:30 - 2:30 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.

## THURSDAY:

Quilters Club	8 a.m. - 4:30 p.m.
Chess Club	9 - 11:30 a.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 (1/13-2/19)	1:30 - 2:30 p.m.

## FRIDAY:

SeniorTech Computer Class (2/6-2/27)	12:30 - 2 p.m.
Chess Club	9 - 11:30 a.m.
(NEW) 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.

### 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 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 1/21, 2/18  
9-11 a.m. F 1/9, 2/6, 3/6

### AARP Smart Driver Course March 3-4, 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.

