

Communicator

A Publication of
THE CITY OF GARDENA
Recreation and Human Services Department
SENIOR CITIZENS BUREAU (310) 217-9552

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JUNE 2013

SCAMP LUNCH PROGRAM

Lunch is served daily in the Nakaoka Auditorium, 1670 W 162nd Street, Gardena at **12:15 p.m.** **Reservations are recommended at least 24 hours in advance.** Call (310) 217-9552 for more information. If you have made a reservation and will be unable to come for lunch, please remember to notify the office (310) 217-9552.

SCAMP MOVIE MONDAYS

Movies begin following the Senior Lunch.

June 10 *Trouble with the Curve* Clint Eastwood

June 24 *The Best Exotic Marigold Hotel* Judy Dench

Movies subject to change depending on availability.

Special Lunch for Father's Day !

June 13, 2013 12 Noon

Entertainment by the Golden Sounds Choral Group

Special Hamburger Menu !

Candlelight Dinner

Thursday ~ June 27, 2013

5:00p.m. Nakaoka Center Auditorium

Entertainment by the Gems of Polynesia

Menu ~ Chicken Kabob, Rice Pilaf, Mixed Vegetables,

Tossed Salad w/ Sesame Dressing Fruit Cup

Pineapple Juice Milk Sweet Dinner Roll

Scamp Member \$5 Non Member \$7

Stay Fit and Healthy with Classes
at the Rush Gym!

Call 310 217-9537 for more information

Zumba ~ Tuesday and Thursday 8:30p.m.

\$5 sign up at class and pay as you go!

Exercise ~ Monday thru Friday 8 to 10 a.m.

Tai Chi ~ Monday, Tues, Thursday 10 a.m.

Be Well Nutrition

Exercise and Nutrition Classes

Every Thursday 9:00 to 11 a.m.

Gardena On The Go Trips

July 2013 **Hollywood Bowl**

We have turned in our date choices, so are awaiting confirmation of dates. Announcement will be made at the Senior Scamp Lunches!

~ JUNE SPECIAL Dates ~

SCAMP Senior Community Action Meal Program

June 3 *Check out our newly Remodeled Kitchen!*

June 4 Bingo following Lunch

June 5 Thrift Sale 7:30a.m to 11:00a.m.

Farmers Market 9:00 am – 1:00 pm

Top Notch Volunteer Mtg. 1:15 pm

June 6 Be Well / Nutrition Class 9:00 am

June 7 Bingo following Lunch

June 10 Monday Movie following Lunch

June 11 Bingo following Lunch

Special Transit Photo I.D's. 10:00am-12:00p

June 12 Thrift Sale 7:30a.m to 11:00a.m.

Farmers Market 9:00 am – 1:00 pm

June 13 Scamp Special **Father's Day Lunch** 12 Noon

Be Well / Nutrition Class 9:00 am

June 14 Bingo following Lunch

June 18 Diabetic Support Group 10:00a.m.

Bingo following Lunch

June 19 Blood Pressure Screening 10:00 am

Thrift Sale 7:30a.m to 11:00a.m.

Farmers Market 9:00 am – 1:00 pm

June 20 Be Well / Nutrition Class 9:00 am

BetZedek Legal Services by Appointment

Nutrition Staff Q.A. meeting 2:00p.m.

June 21 Bingo following Lunch

June 24 Monday Movie following Lunch

June 25 Bingo following Lunch

June 26 Thrift Sale 7:30a.m to 11:00a.m.

Farmers Market 9:00 a.m. – 1:00p.m.

June 27 Be Well/ NutritionClass 9:00a.m.

Candlelight Dinner 5:00p.m.

June 28 Bingo following Lunch

Happy Summertime !