

8th District Senior Activities at the Expo

May 2018 Expo Arts Center 4321 Atlantic Ave.

Tuesdays and Thursdays 10:00 AM – 2:00 PM

Free Senior Activities for older adults 50+

Tuesday, May 1

10:00 a.m. – Qigong by Elizabeth Preston
11:00 a.m. – ***“Celebrate Cinco de Mayo” with Willie Quiñones***
12:00 noon – Lunch
1:00 p.m. – Social Hour: Games & Cards

Tuesday, May 8

10:00 a.m. – Qigong by Elizabeth Preston
11:00 a.m. – ***Learn to Hula Dance with Kapua***
12:00 noon – Lunch
1:00 p.m. – Social Hour: Games & Cards

Tuesday, May 15

10:00 a.m. – Qigong by Elizabeth Preston
11:00 a.m. – ***Frances Lyon will share her experiences in the Japanese American Relocation Camp during WWII***
12:00 noon – Lunch
1:00 p.m. – Social Hour: Games & Cards

Tuesday, May 22

10:00 a.m. – Qigong by Elizabeth Preston
11:00 a.m. – ***Seniors Corps Program presentation by Gayle Ehrenberg***
12:00 noon – Lunch
1:00 p.m. – Social Hour: Games & Cards

Tuesday, May 29 – CLOSED

IN OBSERVANCE OF MEMORIAL DAY

Thursday, May 3

10:00 a.m. – Line Dancing with Coral Rodriguez
11:00 a.m. – Arts & Crafts; Knitting led by Wini Carter
12:00 p.m. – Lunch
1:00 p.m. – Social Hour: Games & Cards

Thursday, May 10

10:00 a.m. – Yoga by Shelli
11:00 a.m. – **MOTHERS' DAY TEA CELEBRATION**
12:00 p.m. – Lunch
1:00 p.m. – Social Hour: Games & Cards

Thursday, May 17 - FIELD TRIP

10:00 a.m. – **HSI LAI TEMPLE**
(Please arrive at the Expo Arts Center at 9:30 a.m.)

Thursday, May 24

10:00 a.m. – Yoga by Shelli
11:00 a.m. – Arts & Crafts; Knitting led by Wini Carter
12:00 p.m. – Lunch
1:00 p.m. – Social Hour: Games & Cards

Thursday, May 31

10:00 a.m. – Yoga by Shelli
11:00 a.m. – Arts & Crafts; Knitting led by Wini Carter
12:00 p.m. – Lunch
1:00 p.m. – Social Hour: Games & Cards

****ACTIVITIES ARE SUBJECT TO CHANGE AT ANY TIME****

For more info, please contact (562) 570-1326 or district8@longbeach.gov



Women in Action Reaching Out