



WEEKLY ACTIVITIES

MONDAYS

- 09:00 - 01:00 P.M. Painting (FREE) (Upstairs) (Art on your own till 5pm)
- 09:30 - 11:00 A.M. Registration for lunch tickets (Downstairs)
- 09:30 - 10:30 A.M. Senior Yoga (Donations)
- 11:00 - 12:15 P.M. Lunch provided for seniors (\$3.00) (Downstairs)
- 12:00 - 02:00 P.M. Card Making (FREE) (Upstairs)
- 12:00 - 02:00 P.M. Recreational Bingo (.25 cents per game) (Upstairs)



TUESDAYS

- 08:00 - 05:00 P.M. Paperwork/Cellphone Assistance (FREE) (Office)
- 09:00 - 01:00 P.M. Painting (FREE) (Upstairs)
- 09:30 - 11:00 A.M. Registration for lunch tickets (Downstairs)
- 09:30 - 11:00 A.M. Group Tai Chi (FREE) (Cathy Hensel Youth Center)
- 09:30 - 10:30 A.M. Senior Yoga (Donation)
- 10:00 - 11:00 A.M. Silver Years Club meeting (SW)
- 11:00 - 12:15 P.M. Lunch provided for seniors (\$3.00) (Downstairs)
- 11:00 - 01:00 P.M. Bingo sponsored by the Silver Years Club (SW)
- 12:00 - 02:00 P.M. Card Making (FREE) (Upstairs)
- 12:00 - 02:00 P.M. Recreational Bingo (.25 cents per game) (Upstairs)

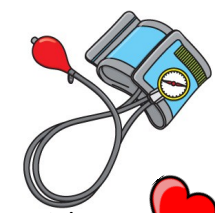
WEDNESDAYS

- 09:30 - 11:00 A.M. Registration for lunch tickets (Downstairs)
- 09:30 - 10:30 A.M. Senior Yoga (Donation)
- 10:00 - 11:00 A.M. Gad-A-Bouts Club meeting (Upstairs)
- 11:00 - 12:15 P.M. Lunch provided for seniors (\$3.00) (Downstairs)
- 12:30 - 03:30 P.M. Dance (Sponsored by Gad a Bouts Club)
- 12:00 - 01:00 P.M. Line Dancing (FREE) (SW)
- 01:00 P.M. Movie Day (FREE) (Upstairs)



THURSDAYS

- 09:00 - 11:00 A.M. TOPS Weight Management Group (Downstairs)
- 09:00 - 10:00 A.M. Breakfast Club meets 4th Thur. (Taylor Ranch)
- 09:30 - 11:00 A.M. Group Tai Chi (FREE) (Cathy Hensel Youth Center)
- 09:30 - 11:00 A.M. Registration for lunch tickets (Downstairs)
- 10:00 - 11:00 A.M. Happy Years Club meeting (SW)
- 11:00 - 12:15 P.M. Lunch provided for seniors (\$3.00) (Downstairs)
- 12:00 - 01:00 P.M. Line Dancing (FREE) (S.W)
- 12:30 - 03:30 P.M. Dance (sponsored by the Happy Years Club)
Donation is \$5.00



FRIDAYS

- 09:00 - 10:00 A.M. Free Blood Pressure Readings
(2nd & 4th Friday of each month)
- 09:30 - 11:00 A.M. Registration for lunch tickets (Downstairs)
- 10:00 - 11:00 A.M. V.I.P. Club meeting (Upstairs)
- 11:00 - 12:15 P.M. Lunch provided for seniors (\$3.00) (Downstairs)
- 12:30 - 03:30 P.M. Dance (sponsored by the V.I.P Club)
Donation is \$5.00

SATURDAYS

- 10:00 - 11:00 A.M. Club Latino meetings meet 1st, 3rd & 5th Saturday of the month (Upstairs)
- 12:30 - 03:30 P.M. Dance (sponsored by Club Latino)
Donation is \$10.00



SENIOR CLUBS

***For Information on Joining a Club,
Please Contact SCC Office***

SILVER YEARS

President: Barbara Rush
Meets: Tuesdays @ 10:00 am, South Wing Hall



GAD A' BOUTS

President: Angie Santana
Meets: Wednesdays @ 10:00 am, Upstairs Hall
Dance : 12:30pm - 3:30pm

T.O.P.S.

President: Grace Gonzalez
Meets: Thursdays @ 09:00 am, Downstairs Hall (T.V Room)

HAPPY YEARS

President: Beatrice Gonzales
Meets: 1st & 3rd Thursdays @ 10:00 am, South Wing Hall

BREAKFAST CLUB

President: Estella Estrada
Meets: Last Thursday of the Month @ 08:00 am, Taylor Ranch

VIP CLUB

President: Angelina Jauregui
Meets: Fridays @ 10:00 am, Upstairs Hall
Dance: 12:30pm - 03:30pm

CLUB LATINO

President: Antonia Rubalcava
Meets: 1st, 3rd, and 5th Saturday @ 10:00 am
Dance: 12:30pm - 04:00pm

SENIOR SERVICES



DIAL-A-TAXI

The Dial-A-Taxi service provides seniors with a discounted taxi swipe card which allows seniors to use in exchange for rides within Montebello and other nearby areas.



TO PURCHASE SWIPE CARDS YOU MUST REGISTER AT:

400 S. TAYLOR AVE. MONTEBELLO CA. 90640

TRANSPORTATION DEPT. (323) 558-1625

SENIOR NUTRITIONAL LUNCH PROGRAM

This program is a partnership between the City of Montebello, Los Angeles County, and YWCA San Gabriel Valley. We strive to offer you delicious nutritional meals, in exchange for a small donation.

Lunch is available weekdays Monday - Friday. (Except Holidays)

Make a reservation a day before.

Registration for lunch tickets begins as early as 9:30am

and lunch is provided from 11:00am - 12:15pm for

Seniors ages 60+ with a \$3.00 donation, under 60yrs. \$5.00,

lunch served on a first come first serve basis.

YWCA additional info. / Lunch Reservations

(626) 960-2995/ (323) 887-1699

YWCA Senior Services

(626) 214-9471

Home Deliveries Program

(626) 214-9467 (Sign Up)

(626) 960-2995 EXT: 121 Maria (Cancellations/Info.)



CLASSES



MONDAYS

PAINTING	09:00am	FREE
SENIOR YOGA CLASS	9:30am	DONATION
RECREATIONAL BINGO	12:00pm	\$0.25/game
CARD MAKING	12:00pm	FREE
PAPERWORK/ELECTRONIC ASSISTANCE	All Day/Appointment Only	

TUESDAYS

PAINTING	09:00am	FREE
GROUP TAI CHI	09:30am	FREE
SENIOR YOGA CLASS	9:30am	DONATION
RECREATIONAL BINGO	12:00pm	\$0.25/game
CARD MAKING	12:00pm	FREE

WEDNESDAYS

SENIOR YOGA CLASS	9:30am	DONATION
LINE DANCING	12:00pm	FREE
PAPERWORK/ELECTRONIC ASSISTANCE	All Day/Appointment Only	

THURSDAYS

GROUP TAI CHI	09:30am	FREE
LINE DANCING	12:00pm	FREE
MOVIE DAY	01:00pm	FREE

FRIDAYS

PAPERWORK/ELECTRONIC ASSISTANCE	All Day/Appointment Only	
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Montebello Mile Stone

CITY OF MONTEBELLO



SENIOR CITIZENS CENTER

ACTIVITIES SCHEDULE

115 S. Taylor Ave. Montebello, CA 90640

Hours of Operation

Monday-Friday

8:00 a.m.– 5:00 p.m.

For more information, please call

(323) 887-4575