

COMMUNITY SERVICES DEPARTMENT  
ADULT CENTER SERVICES GUIDE

385 S. FIRST STREET, EL CENTRO CA 92243

DECEMBER 2019



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## CHRISTMAS TREATS

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

BUCHE DE NOËL  
CANDY CANE  
CHOCOLATE  
CLOVES  
COOKIES  
CRANBERRIES  
EGGNOG  
FLAT BREAD

FRUITCAKE  
FUDGE  
GINGERBREAD  
GOOSE  
GRAVY  
HAM  
MINCEMEAT  
NUTS

ORANGES  
PUMPKIN PIE  
SCRUMPTIOUS  
STUFFING  
SUGARPLUMS  
SWEET POTATOES  
TURKEY



*The El Centro Adult Center offers many programs and activities that help improve the lifestyle of adults and senior citizens. Our daily activities consist of exercise, health education and recreational programs that strive to keep adults and senior citizens healthy and active in their everyday life.*

**385 S. First Street**

**El Centro, CA 92243**

**Hours of Operation:**

**Monday—Friday 9:00 am - 3:00 pm**

**Phone - 760-370-0160**

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## Health and Wellness



### Basic Exercise

Come and enjoy a nice class of basic exercises for seniors and adults. The class consists of warm-ups, weights, stretch bands, dance and cardio. This class strives to help stay active and healthy.

**Cost:** Free  
**Days:** Tuesdays & Thursdays  
**Time:** 10:30 a.m. - 11:15 a.m.



### Chair Yoga

Chair yoga includes a relaxation period, breathing exercises, and various meditative postures.

**Instructor:** Sarah Rosas

**Fees:** \$5 Residents  
\$10 Non-Residents  
**Days:** Tuesdays and Thursdays  
**Time:** 12:30 p.m. - 1:30 p.m.



### Zumba Gold

Zumba Fitness is an interval-style, dance based workout. This program will use a variety of rhythms, including Latin and world music, to provide a low impact workout for older adults. The easy-to-follow choreography will focus on balance, coordination, and range of motion. **Instructor:** Francis Fink

**Fees:** \$3 Residents  
\$5 Non-Residents  
**Days:** Tuesdays & Thursdays  
**Time:** 2:00 pm -3:00 pm



### Tai Chi Chuan

The purpose of this program is to introduce the health benefits that Tai Chi Chuan can offer. Tai Chi Chuan is designed to improve the quality of life by using slow pace movements along with deep breathing techniques. **Tai Chi Uniform: White T-Shirt with Black Kung-Fu Pants. Instructor:** Alex Lee

**Fees:** \$5 Residents  
\$10 Non-Residents  
**Days:** Tuesdays and Thursdays  
**Time:** 9:30 a.m.- 10:30 a.m.



## Health and Wellness

### Health Education for Older Adults

Join this class to learn about nutrition and how to stay active throughout the day. This class focuses on balance, flexibility, cardio, dance, and different nutrition tips. Instructor: **Edgar Torres.**

*Class by Imperial Valley College  
Will resume in February 2020*

**Cost:** Free  
**Days:** Tuesdays & Thursdays  
**Time:** 3:00 pm - 4:30 pm



### Adult Walking Club

Looking for a new way to motivate yourself and others to get moving? Come and start your morning with us at the Martin Luther King Jr. Sports Pavilion indoor track. Walk at your own pace.

**Cost:** \$1.00 (Free for El Centro Residents)  
**Days:** Mondays  
**Time:** 9:00 a.m. - 10:00 a.m.



### Senior Nutrition Program

The "Senior Nutrition Program" is a lunch meal served Monday - Friday at 11:30 a.m. for seniors ages 60 and over. (*Anyone under the age of 60 or a caregiver, companion, & occasional visitor will be charged \$5 for the lunch meal.*) This senior program is provided through contracts with the Imperial County Area Agency on Aging through funding received from the California Department of Aging.

**\*RESERVATIONS ARE REQUIRED 24 HOURS IN ADVANCE**

**\*To make reservations call: (760)-353-2748**

**\*Menus are available at the El Centro Adult Center**

**Days:** Monday - Friday

**Time:** 11:30 a.m. - 12:30 p.m.

**Suggested Donation: \$2.00**



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## Recreation



### Arts & Crafts

Join us to make fun arts & crafts projects. No experience needed. **Instructor: Ana Pineda**

**Cost:** Free

**Days:**

\*Wednesday: 1:00 p.m. - 3:00 p.m.

\*Fridays: 9:00 a.m. - 10:30 a.m.



### Jewelry Program

Have a great time learning how to make earrings, necklaces and bracelets. The first project is free. Please bring any jewelry material and tools to class after that.

**Cost:** Free

**Days:** Wednesdays & Fridays

**Time:** 1:00 p.m. - 3:00 p.m.



## Recreation

### Color Therapy

The sense of calm that you may experience when coloring may be due to the simplicity of the activity. Coloring can provide a much needed distraction from stress, and the experience can transport us back to easier, childhood days.

**Cost:** Free

**Days:** \*Monday - Friday

**Time:** Anytime



### Karaoke

Come join us for a fun hour of singing, music, and fun! Every Friday we will be having "Karaoke Hour". Choose a song to sing or come and listen to others perform as well!

**Cost:** Free

**Day:** Fridays

**Time:** 10:00 a.m. - 11:00 a.m.



### Crochet Program

Come and learn how to make fun and different things out of yarn. This crochet program teaches seniors and adults how to create different things with their hands. For example, scarves and beanies, baby blankets and yarn slippers are some of the crafts this fine program has to offer. No Instructor.

**Cost:** Free

**Days:** Wednesdays

**Time:** 9:00 a.m. - 11:00 a.m.



### Senior Games

Come and play! The Adult Center has a variety of games like dominoes, playing cards, Monopoly, UNO, Nintendo Wii games, Chess & Checkers, Scrabble and many more.

**Cost:** Free

**Game:** Bingo

**Days:** Fridays

**Time:** 12:00 p.m. - 1:00 p.m.



## Education

### ESL for Beginning Literacy

A course for speakers with little or no oral or written competency. Students will learn literacy skills that will build a foundation for further ESL training or to form a foundation for their ability to operate within the U.S. culture. Literacy skills include the development of fine motor skills, the ability to follow a line of print from left to right, and the identification of alphabetic, numeric, and time symbols.

*Class by Imperial Valley College*

*Will Resume February 2020*

**Cost:** Free

**Days:** Mondays and Wednesdays

**Time:** 2:00 pm - 4:15 pm



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Parks and Recreation  
Division Presents

# Zumba GOLD

Zumba Fitness is an interval-style, dance based workout. This program will use a variety of rhythms, including Latin and world music, to provide a low impact workout for older adults. The easy-to-follow choreography will focus on balance, coordination, and range of motion. The fun and varied music will also provide a party like atmosphere for socialization, enjoyment, and stress relief.

**Where:** City of El Centro Adult Center  
385 S. 1st Street  
El Centro, CA 92243

**Classes Held:** Tuesdays & Thursdays

**Time:** 2:00 p.m. to 3:00 p.m.

**Ages:** 18+ Welcome

**Fees:** \$3 Resident  
\$5 Non-Resident

**Note:** Please bring a City of El Centro water bill and I.D. when registering to verify residency.



Instructor  
**Francis Fink**

Licensed in Zumba since February 2010, teaching classes in Imperial, El Centro, and Heber. Also licensed in Zumba Toning, Zumba Sentao, Aqua Zumba, and Zumba Gold.



Parks & Recreation  
Division Presents

# Tai Chi Chuan

The purpose of this program is to introduce the health benefits of one of the many traditional arts of China. Tai Chi Chuan is known for its many health related benefits and low impact exercise. The program is designed to improve the quality of life of any person regardless of physical or age limitations by using slow pace movements coordinated with deep breathing techniques.

**Where:** City of El Centro Adult Center  
385 S. 1st Street  
El Centro, CA 92243

**Classes Held:** Tuesdays & Thursdays

**Time:** 9:30 a.m. to 10:30 a.m.

**Ages:** 18+ Welcome

**Fees:** \$5 Resident  
\$10 Non-Resident

**Note:** Please bring a City of El Centro water bill and I.D. when registering to verify residency.



Instructor  
**Sifu Alex Lee**



For more information please contact the Adult Center at call (760) 370-0160

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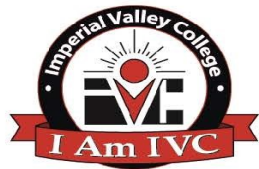
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**IMPERIAL VALLEY COLLEGE**

**CLASES GRATIS DE  
INGLES**

**SPRING 2020**

**El Centro Adult Center**  
385 South First Street, El Centro, CA.

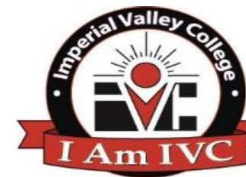
**ESL 820/821**  
**ESL for Beginning Literacy**

A course for speakers with little or no oral or written competency. Students will learn literacy skills that will build a foundation for further ESL training or to form a foundation for their ability to operate within the U.S. culture. Literacy skills include the development of fine motor skills, the ability to follow a line of print from left to right, and the identification of alphabetic, numeric, and time symbols. Included will be instruction in culturally appropriate Non-verbal communication, greetings and farewells, basic social skills, school conduct, courtesies, etc.

**Mondays & Wednesdays**  
**2:00-4:15pm**  
**(02/18/20 - 06/08/20)**



**Para más información comunicarse al:**  
**(760) 355-6303**



**IMPERIAL VALLEY COLLEGE**

**Health Education for  
Older Adults**

**SPRING  
2020**

**FREE CLASS!\***

- Exercises
- Nutrition
- Dance
- Balance



- Flexibility
- Strength
- Cardio

*Come and join us!*



**Bring water & towel**

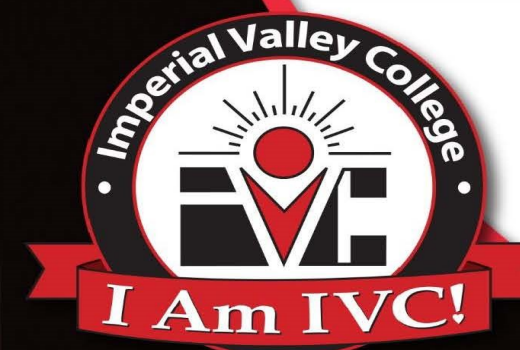
**Tuesdays & Thursdays**  
**3:00pm – 4:30pm**

**Class starts on February 18, 2020**

**El Centro Adult Center**  
**385 South 1<sup>st</sup> Street**  
**El Centro, CA 92243**

**For more information, please call**  
**760-355-6303**

\*IVC enrollment required. Restrictions apply.



# December 2019

<p><b>2 Mon</b> 9:00—10:00 Walking Club 11:30 -12:30 Senior Nutrition 2:00 - 4:15 ESL For Beginning Literacy</p>	<p><b>3 Mon</b> 9:30 - 10:30 Tai-Chi Class 10:30 - 11:15 Basic Exercise 11:30 - 12:30 Senior Nutrition 12:30 - 1:30 Chair Yoga 2:00 - 3:00 Zumba Gold</p>	<p><b>4 Mon</b> 9:00 - 11:00 Crochet 11:30 - 12:30 Senior Nutrition 1:00 - 3:00 Arts &amp; Crafts 1:00 - 3:00 Jewelry Class 2:00 - 4:15 ESL For Beginning Literacy</p>	<p><b>5 Mon</b> 9:30 - 10:30 Tai-Chi Class 10:30 - 11:15 Basic Exercise 11:30 - 12:30 Senior Nutrition 12:30 - 1:30 Chair Yoga 2:00 - 3:00 Zumba Gold</p>	<p><b>6 Fri</b> 9:00 - 10:30 Arts &amp; Crafts 10:15 - 11:00 Karaoke 11:30 - 12:00 Senior Nutrition 12:00 - 1:00 Bingo 1:00 - 3:00 Jewelry Class</p>
<p><b>9</b> 9:00—10:00 Walking Club 11:30 -12:30 Senior Nutrition</p>	<p><b>10</b> 9:30 - 10:30 Tai-Chi Class 10:30 - 11:15 Basic Exercise 11:30 - 12:30 Senior Nutrition 12:30 - 1:30 Chair Yoga 2:00 - 3:00 Zumba Gold</p>	<p><b>11</b> 9:00 - 11:00 Crochet 11:30 - 12:30 Senior Nutrition 1:00 - 3:00 Arts &amp; Crafts 1:00 - 3:00 Jewelry Class</p>	<p><b>12</b> 9:30 - 10:30 Tai-Chi Class 10:30 - 11:15 Basic Exercise 11:30 - 12:30 Senior Nutrition 12:30 - 1:30 Chair Yoga 2:00 - 3:00 Zumba Gold</p>	<p><b>13</b> 9:00 - 10:30 Arts &amp; Crafts 10:15 - 11:00 Karaoke 11:30 - 12:00 Senior Nutrition 12:00 - 1:00 Bingo 1:00 - 3:00 Jewelry Class</p>
<p><b>16</b> 9:00—10:00 Walking Club 11:30 -12:30 Senior Nutrition</p>	<p><b>17</b> 9:30 - 10:30 Tai-Chi Class 10:30 - 11:15 Basic Exercise 11:30 - 12:30 Senior Nutrition 12:30 - 1:30 Chair Yoga 2:00 - 3:00 Zumba Gold</p>	<p><b>18</b> 9:00 - 11:00 Crochet 11:30 - 12:30 Senior Nutrition 1:00 - 3:00 Arts &amp; Crafts 1:00 - 3:00 Jewelry Class</p>	<p><b>19</b> 9:30 - 10:30 Tai-Chi Class 10:30 - 11:15 Basic Exercise 11:30 - 12:30 Senior Nutrition 12:30 - 1:30 Chair Yoga 2:00 - 3:00 Zumba Gold</p>	<p><b>20</b> 10:15 - 11:00 Karaoke 11:30 - 12:00 Senior Nutrition 12:00 - 3:00 <b>Christmas Party</b></p>
<p><b>23</b> 9:00—10:00 Walking Club 11:30 -12:30 Senior Nutrition</p>	<p><b>24</b> <b>Half Day Christmas Eve</b> </p>	<p><b>25</b> <b>Adult Center Closed Christmas Day</b> </p>	<p><b>26</b> 9:30 - 10:30 Tai-Chi Class 10:30 - 11:15 Basic Exercise 11:30 - 12:30 Senior Nutrition 12:30 - 1:30 Chair Yoga 2:00 - 3:00 Zumba Gold</p>	<p><b>27</b> 9:00 - 10:30 Arts &amp; Crafts 10:15 - 11:00 Karaoke 11:30 - 12:00 Senior Nutrition 12:00 - 1:00 Bingo 1:00 - 3:00 Jewelry Class</p>
<p><b>30</b> 9:00—10:00 Walking Club 11:30 -12:30 Senior Nutrition</p>	<p><b>31</b> <b>Half Day New Year's Eve</b> </p>		<p><b>Merry Christmas</b> </p>	