



LINCOLN HEIGHTS SENIOR CENTER  
 2323 WORKMAN ST LA CA 90031  
 WEEKLY SCHEDULE/HORARIO SEMANAL  
**JAN - MARCH 2026**

(323) 225-9339



**MONDAY/  
LUNES**

CAFE, TE Y ARTE  
 FREE - GRATIS  
 9am-10am

Art & Book Club/  
 Club de lectores y arte  
 \$5.00 8 weeks / semanas  
 12pm-1:30pm

Sewing Class /  
 Clases de Costura  
 \$5.00 8 weeks / semanas  
 2:00pm-3:00pm

Open play  
 Ping Pong/Putting  
 3pm-4:30pm

**EVERY DAY /  
CADA DÍA**

**TUESDAY/  
MARTES**

Loteria  
 .25 CENTS CARD -  
 TARJETAS .25 CENTOS  
 10am-11am

CAFE, TE Y ARTE  
 FREE - GRATIS  
 12pm-1pm

**BINGO**  
 1:15PM-2PM  
 .25 Per Card

Open play  
 Ping Pong/Putting  
 3pm-4:30pm

Library and Open Computer Lab /  
 Biblioteca abierta y computadores  
 10am-4:30pm

**WEDNESDAY/  
MIERCOLES**

CAFE, TE Y ARTE  
 FREE - GRATIS  
 8:30am-12:00pm

Chair Yoga / Yoga en silla  
 \$5.00 8 weeks / semanas  
 9:15am-10:15am

Dicho al Hecho board game  
 FREE - GRATIS  
 12pm-1pm

Clase de Ingles  
 FREE - GRATIS  
 10am-11am

Sewing Class /  
 Clases de Costura  
 \$5.00 8 weeks / semanas  
 1:30pm-2:30pm

**THURSDAY/  
JUEVES**

Latin Dance Class & Chair Exercise  
 /  
 Clase de baile & ejercicios de silla  
 \$5.00 8 week/semanas  
 9am-10am

Loteria  
 .25 CENTS CARD -  
 TARJETAS .25 CENTOS  
 10am-11am

Art & Book Club/  
 Club de lectores y arte  
 \$5.00 8 weeks / semanas  
 12pm-1pm

Computer & Cell Phones/  
 Computacion y Celulares  
 FREE - GRATIS for members  
 2pm-3pm

**FREE LUNCH PROGRAM /  
EL PROGRAMA DE ALMUERZO GRATIS**  
 11am-12pm | Registration required / registracion obligatorio

**FRIDAY/  
VIERNES**

Latin Dance & Chair Yoga /  
 Baile & ejercicios de silla  
 \$5.00 8 week/semanas  
 9am-10am

Computer & Cell Phones/  
 Computacion y Celulares  
 FREE - GRATIS  
 10:00am-10:45am

Art & Book Club/  
 Club de lectores y arte  
 \$5.00 8 weeks / semanas  
 11am-12:30pm

Open play  
 Ping Pong/Putting  
 3pm-4:30pm

**SPECIAL  
EVENTS**

1) Jan Dance  
 01/15/26  
 Musica  
 11am-2pm

2) Jueves Feb 12  
 \$5.00 Mmember  
 \$10.00 Non  
 Member

Valentines Dance

3)MARCH DANCE  
 12/16/25  
 12pm-3pm

Registration required  
 for all programming.  
 Schedule time and  
 dates subject to  
 change.

**IMPORTANT  
DATES**

Facility Closed  
 Holidays  
 Wed/MIERCOLES  
 1/1/2026

Monday/Lunes.  
 1/16/26  
 Mon/Lunes  
 02/16/26

3)MUSEUM  
 THE BROAD  
 221 S. GRAND  
 AVENUE  
 LOS ANGELES,  
 CA 90012  
 \$5.00MEMBER  
 10.00 NON  
 MEMBER

**Movie Day**  
 Every last  
 Wednesday of the  
 month (FREE) 1:30pm