

HUMAN SERVICES SPOTLIGHT OF EVENTS FOR JUNE 2022

COMMISSION MEETINGS			
DATE	COMMISSION	TIME	LOCATION
6/13/2022	Senior Citizens Advisory	4:00 p.m.	Room 111
Senior Assisted Living/Information and Referral			
DATE	EVENT	TIME	LOCATION
Tuesdays	Senior Share Storytelling	3:00pm-4:30pm	JMMCC Room 111
Wednesdays	Bereavement Support Group	10:30am-11:30am	JMMCC Room 111
Wednesdays	Beyond The Grief Group	12:00pm-1:00pm	JMMCC Room 111
1st Monday	LA Regional Food Bank	7:00am-1:00pm	JMMCC East Parking Lot
1st 3rd Thursdays	Caregiver Support Group	11:00am-12:00pm	JMMCC Room 111
THERAPEUTIC RECREATION			
DATE	EVENT	TIME	LOCATION
Wednesdays	Virtual Social Club	4pm – 4:30pm	Carson Event Center
Fridays	Adult Day Club	10am – 1pm	Carson Event Center
SENIOR RECREATION			
DATE	EVENT	TIME	LOCATION
Tue	Virtual Functional Fitness	9:30 a.m. – 10:30 a.m.	Zoom - Online
Wed	Virtual Salsa	9:30 a.m. – 10:30 a.m.	Zoom - Online
Thurs	Virtual Yoga	9:30 a.m. – 10:30 a.m.	Zoom - Online
Mon	Yoga	8:30 a.m. -9:30 a.m.	Stevenson Park
Mon	Hula Hoop Fitness	10:00 a.m. – 11:00 a.m.	Carson Park
Tue	Zumba Gold	8:30 a.m. – 9:30 a.m.	Carson Park
T/TH	Zumba	9:30 a.m. – 10:30 a.m.	Carson Park
Wed	Functional Fitness	8:30 a.m. – 9:30 a.m.	Carson Park
Wed	Yoga	9:30 a.m. – 10:30 a.m.	Carson Park
Thurs	Line Dance	8:30 a.m. – 9:30 a.m.	Carson Park
Fri	Zumba/Line Dance	10:30 a.m. – 11:45 a.m.	Stevenson Park
M/W/F	Open Fitness Room	8:00 a.m. – 11:30 a.m.	Stevenson Park
Fri	Country Line Dance	9:00 a.m. – 11:45 a.m.	Carson Park
Mon-Fri	Open Fitness Room	8:00 a.m. -10:30 a.m.	Foisia Park
Mon-Fri	Open Basketball	8:00 a.m. – 10:30 a.m.	Foisia Park
EARLY CHILDHOOD			
DATE	EVENT	TIME	LOCATION
6/30/2022	Graduation	9:00 a.m. – 10:00 a.m.	Community Center
STROKE CENTER			
DATE	EVENT	TIME	LOCATION
Mon, Tue	Equipment Exercise	9:00AM-3:00PM	JBMAO Stroke Center
Wed, Thur	Occupational Therapy	9:00AM-3:00PM	JBMAO Stroke Center
Thursdays	Chair Exercise	11:00AM-12:00PM	JBMAO Stroke Center
SPECIAL INTERESTS			
DATE	EVENT	TIME	LOCATION
Mon - Thurs	Start Smart T-Ball	5:15PM-6:00PM	Calas Park
Tue & Thurs	Fit Happens	6:15PM - 7:00PM	Community Center
SPECIAL EVENTS			
DATE	EVENT	TIME	LOCATION