



SOUTH EL MONTE SENIOR CENTER ACTIVITY CALENDAR

1556 Central Ave., South El Monte, CA 91733
Monday-Friday: 8:00 a.m. - 5:00 p.m.
Telephone: (626) 448-0131

MARCH



WEEKLY ACTIVITIES	DAY	TIME	!!! IMPORTANT INFORMATION !!!
PING PONG	M-F	8:30 AM-11:15 AM	<ul style="list-style-type: none"> Classes and programs marked with an asterisk (*) require separate registration. All activities are subject to change without prior notice. Participants must be registered Senior Center members to take part in programs. Sign-up dates: The first two days of each month are reserved for South El Monte residents. Registration opens to non-residents on the third day of the month.
GUITAR CLUB	M	1:00 PM—2:00 PM	
PAINTING SOCIAL	F	1:00 PM—3:30 PM	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 CHAIR YOGA W/ RUBY 10:15 a.m. – 11:00 a.m. <i>Drop in class, space is limited</i></p> <p>PAINTING FOR OLDER ADULTS * 1:00 p.m.-2:50 p.m. <i>*Separate Registration Required</i></p> <p>GUITAR CLUB PERFORMANCE 10:30 a.m. – 11:20 a.m.</p>	<p>3 DANCE FITNESS CLASS 10:00 a.m. – 10:50 a.m. <i>Drop in class, space is limited</i></p> <p>3L CLUB BINGO 1:00 p.m. – 3:00 p.m.</p>	<p>4 ZUMBA 9:00 a.m. – 10:00 a.m. <i>Drop in class, space is limited</i></p> <p>ESL CLASS * 1:00 p.m.—3:30 p.m. <i>*Separate Registration Required</i></p>	<p>5 CASE MANAGEMENT * (Social Worker Services) <i>*Sign up at the front desk</i></p> <p>FITNESS CLASS 10:00 a.m. – 10:50 a.m. <i>Drop in class, space is limited</i></p> <p>3L CLUB BINGO & MTG (Club Members Only) 1:00 p.m. – 3:30 p.m.</p>	<p>6 DANCE GROOVES * 9:00 a.m.-10:05 a.m. <i>or</i> 10:15 a.m.-11:20 a.m. <i>*Separate Registration Required</i></p>
<p>9 CHAIR EXERCISE (By Amistad MC) 10:00 a.m. – 11:00 a.m. <i>Drop in class, space is limited</i></p> <p>PAINTING FOR OLDER ADULTS * 1:00 p.m.-2:50 p.m. <i>*Separate Registration Required</i></p>	<p>10 DANCE FITNESS CLASS 10:00 a.m. – 10:50 a.m. <i>Drop in class, space is limited</i></p> <p>CLUB LATINO BINGO 1:00 p.m. – 4:00 p.m.</p>	<p>11 ZUMBA 9:00 a.m. – 10:00 a.m. <i>Drop in class, space is limited</i></p> <p>ENGLISH MENTAL HEALTH WORKSHOP 10:00 a.m. – 11:00 a.m. <i>See flyer for more info.</i></p> <p>CRAFT CLASS * 1:00 p.m.—2:00 p.m. <i>*Sign up at the front desk</i></p> <p>ESL CLASS * 1:00 p.m.—3:30 p.m. <i>*Separate Registration Required</i></p>	<p>12 SENIOR MARKET 8:00 a.m.-1:00 p.m.</p> <p>LOW COST HAIRCUTS * <i>* Sign up at the front desk</i></p> <p>CLUB LATINO BINGO & MTG (Club Members Only) 1:00 p.m. – 4:00 p.m.</p> <p>NO FITNESS CLASS</p>	<p>13 DANCE GROOVES * 9:00 a.m.-10:05 a.m. <i>or</i> 10:15 a.m.-11:20 a.m. <i>*Separate Registration Required</i></p> <p>RED HAT LADIES CLUB EXCURSION * 8:00 a.m.-3:00 p.m. <i>Club Members Only</i> <i>*Sign up at the front desk</i></p>
<p>16 ST. PATRICK'S LUNCHEON * <i>See flyer for more info.</i> <i>*Pre-Registration Required</i></p> <p>REGISTRATION DATES SEM Residents: <u>Mon, 3/9</u> Non-Residents: <u>Wed, 3/11</u></p> <p>PAINTING FOR OLDER ADULTS * 1:00 p.m.-2:50 p.m. <i>*Separate Registration Required</i></p> <p>NO CHAIR YOGA CLASS</p>	<p>17 DANCE FITNESS CLASS 10:00 a.m. – 10:50 a.m. <i>Drop in class, space is limited</i></p> <p>3L CLUB BINGO 1:00 p.m. – 3:30 p.m.</p>	<p>18 ZUMBA 9:00 a.m. – 10:00 a.m. <i>Drop in class, space is limited</i></p> <p>ADVISORY BOARD MTG 9:30 a.m.—10:15 a.m.</p> <p>ESL CLASS * 1:00 p.m.—3:30 p.m. <i>*Separate Registration Required</i></p>	<p>19 CASE MANAGEMENT * (Social Worker Services) <i>*Sign up at the front desk</i></p> <p>FITNESS CLASS 10:00 a.m. – 10:50 a.m. <i>Drop in class, space is limited.</i></p> <p>3L CLUB BINGO & MTG (Club Members Only) 1:00 p.m. – 3:30 p.m.</p>	<p>20 DANCE GROOVES * 9:00 a.m.-10:05 a.m. <i>or</i> 10:15 a.m.-11:20 a.m. <i>*Separate Registration Required</i></p> <p>KARAOKE 1:00 p.m.-3:00 p.m.</p> <p>FIRST DAY OF SPRING</p>
<p>23 CHAIR EXERCISE (By Amistad MC) 10:00 a.m. – 11:00 a.m. <i>Drop in class, space is limited</i></p> <p>NO PAINTING CLASS</p>	<p>24 DANCE FITNESS CLASS 10:00 a.m. – 10:50 a.m. <i>Drop in class, space is limited</i></p> <p>LOW COST HAIRCUTS * <i>* Sign up at the front desk</i></p> <p>CLUB LATINO BINGO 1:00 p.m. – 4:00 p.m.</p>	<p>25 ZUMBA 9:00 a.m. – 10:00 a.m. <i>Drop in class, space is limited</i></p> <p>ENGLISH MENTAL HEALTH WORKSHOP 10:00 a.m. – 11:00 a.m. <i>See flyer for more info.</i></p> <p>NO ESL CLASS</p>	<p>26 FITNESS CLASS 10:00 a.m. – 10:50 a.m. <i>Drop in class, space is limited</i></p> <p>CLUB LATINO BINGO & MTG (Club Members Only) 1:00 p.m. – 4:00 p.m.</p>	<p>27 MARCH BIRTHDAYS & SPRING SOCIAL 1:30 p.m.-3:30 p.m.</p> <p><i>Happy Birthday</i></p> <p>NO DANCE GROOVES CLASS</p>
<p>30 CHAIR YOGA W/ RUBY 10:15 a.m. – 11:00 a.m. <i>Drop in class, space is limited</i></p> <p>PAINTING FOR OLDER ADULTS * 1:00 p.m.-2:50 p.m. <i>*Separate Registration Required</i></p>	<p>31 DANCE FITNESS CLASS 10:00 a.m. – 10:50 a.m. <i>Drop in class, space is limited</i></p> <p>NO BINGO</p>	<p>SPRING FORWARD DAYLIGHT SAVING TIME BEGINS</p> <p><i>Set Your</i> CLOCKS AHEAD 1 HOUR</p> <p>SUNDAY, MARCH 8, 2026</p>		

PRESENTER	DATE	TIME	ACTIVITY
Right at Home	3-3-26	9:45 a.m. – 11:00 a.m.	Fraud Presentation
Castillo Consulting Group	3-12-26	10:00 a.m. – 11:00 a.m.	Information Booth
Senator Rubio's Office	3-17-26	10:00 a.m. – 11:00 a.m.	Information Booth
Sensible Funeral & Cremation Planning	3-24-26	10:00 a.m.—11:00 a.m.	Information Booth
Herald Christian Health Center	3-26-26	9:30 a.m.—11:00 a.m.	Information Booth & Blood Pressure Screenings
AltaMed PACE	3-31-26	10:00 a.m.—11:00 a.m.	Information Booth