

City of Torrance Senior Centers

July/August 2026

Memberships renew each January.
Join/renew for just \$5 to enjoy all programs and activities

Ages 50+

Bartlett Center

1318 Cravens Ave. | (310) 320-5918
Monday - Friday 8 a.m. - 4 p.m.

Fitness Classes	Movies
Discussion Group	Karaoke
Dancing Classes	Lapidary
Gardening Club	Much More



Herma Tillim Senior Center

3612 W. Artesia Blvd. | (310) 618-2337
Tuesday - Thursday 9 a.m. - 3 p.m.

Crafting Shops	Bingo
Card Games	Painting
Board Games	Billiards



Walteria Park Senior Center

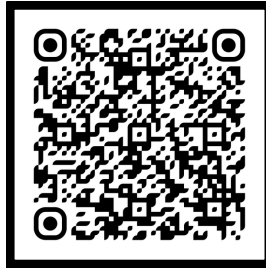
3855 W. 242nd St. | (310) 378-3862
Monday & Thursday 11 a.m. - 3 p.m.

Ping Pong	Movies
Card Games	Board Games



Bartlett Café

Scan to visit our website along with our rotating monthly menus



Lunch served MONDAY - FRIDAY
at 11:30 a.m.
for the low cost of \$3

Bartlett Center Activities

Monday	
8:05 - 9:15 a.m.	**Fitness Difference
9:30 a.m. - 12 p.m.	Lapidary Workshop - Fee: \$2
10 - 11 a.m.	Salsa for Seniors Don't let two left feet keep you from attending!
10 - 11 a.m.	Walking Club Local walk around Bartlett and Old Town Torrance
12:30 - 3:45 p.m.	Bridge
Tuesday	
8 - 11:45 a.m.	Line Dancing 8:00 a.m. Dancing by request 8:30 a.m. Beginner 9:30 a.m. Improver 10:35 a.m. Intermediate
10 - 11 a.m.	Spanish/English Book Club Meets every 2nd Tuesday of the month. Call (310) 320-5918 for more information.
9:30 - 11:15 a.m.	Meditation and Breathing Workshop with Beverly
12:30 - 2:30 p.m.	"Coffee with Maxine" Discussion Group
Wednesday	
8 a.m. - 12 p.m.	Beading Workshop
8:05 - 9:15 a.m.	**Fitness Difference
9:30 a.m. - 12 p.m.	Lapidary Workshop - Fee: \$2
10 - 11:15 a.m.	**Chair Fusion
12:30 - 1:30 p.m.	Wisdom Wednesday Every 2nd Wednesday of the month
Thursday	
8 - 11:45 a.m.	Line Dancing 8:00 a.m. Dancing by request 8:30 a.m. Beginner 9:30 a.m. Improver 10:35 a.m. Intermediate
9:30 a.m. - 12 p.m.	Lapidary Workshop - Fee: \$2
12:15 - 2 p.m.	Movie Matinee Rotating movies weekly
Friday	
8:05 - 9:15 a.m.	**Fitness Difference
9 a.m. - 12 p.m.	Crafts Workshop
10 - 11 a.m.	Walking Club Location varies - Join our adventure!
12:30 - 3 p.m.	Senior Discussion Group Trending topics vary
12:30 - 2 p.m.	Karaoke Most of us can't carry a tune, don't be shy! Occurs on the 1 st & 3 rd Friday of the month

****Classes are sponsored by Optimum Life Educational Foundation (OLEF).**

For more information please call (310) 271-5523 or email OLEFclasses@gmail.com

Herma Tillim Center Activities

<p>9 a.m. - 3 p.m.</p> <p>11:30 a.m. - 3 p.m.</p>	<h3>Tuesday</h3> <p>Gamers Cards, table games, and billiards</p> <p>Creative Crafters workshop All mediums and levels welcome. Bring your supplies.</p>
<p>9 a.m. - 3 p.m.</p> <p>9 a.m. - 12 p.m.</p> <p>12:30 - 1:30 p.m.</p>	<h3>Wednesday</h3> <p>Gamers Cards, table games, and billiards</p> <p>Painting Workshop All mediums and levels welcome. Bring your supplies.</p> <p>Wisdom Wednesday Fun brain games: trivia, puzzles, and more!</p>
<p>9 a.m. - 3 p.m.</p> <p>12:30 - 3 p.m.</p>	<h3>Thursday</h3> <p>Gamers Cards, table games, and billiards</p> <p>Bingo Hosted by staff</p>

Walteria Center Activities Mondays & Thursdays

<p>12 - 3 p.m.</p>	<p>Gamers Cards, table games, and billiards</p>
<p>11 a.m. - 3 p.m.</p>	<p>Ping Pong Open play</p>

PRESENTATIONS AT BARTLETT

12:30 - 1:30 p.m.

Every 3rd Wednesday of the month

WEDNESDAY, JULY 15

The Connection Between Hearing Loss & Dementia, & the Tools to Stop Them!

-Wanda Eurasquin, B.S., BC-HIS

Explore the connection between hearing loss and dementia. Learn how untreated hearing loss can affect brain health and discover practical strategies and tools to protect your hearing, stay connected, and support cognitive well-being.

WEDNESDAY, AUGUST 19

**Advance Planning is Key:
Why a Will Isn't Enough**

-Seth Bier

A simple will may not be enough. Explore trusts, probate strategies, and other tools to help protect your assets, plan ahead, and provide peace of mind for you and your family.

5-0 AND ON THE GO!

July/August 2026

COMMISSION ON AGING

The Commission assists with the needs and issues confronting senior citizens in the community and provides a voice for seniors. The Commission meets the first Tuesday of each month at 9:30 a.m. inside the West Annex Commission Room at 3031 Torrance Blvd.

Upcoming Meeting Dates and Presentation Topics

July 7, 2026 – Coastline Cares, presentation by Tom and Karen Carmody, overview of the organization's vision, mission and services provided to support the senior population, including assistance for those needing help at home with daily chores and tasks.

August 4, 2026 – A presentation by Hamssa Benrekia of Hamssa LLC regarding tailored placement services for senior living. Hamssa LLC prioritizes individualized care through comprehensive assessments of each client's preferences, health conditions, and lifestyle.

FOCAL POINT ON AGING

An essential information hub for senior citizens that offers easy access to a comprehensive range of services. From transportation and housing to healthcare, Meals-On-Wheels, HMOs, Medicare, social and legal services, and more. The friendly and dedicated team of Focal Point volunteers is well-prepared to receive inquiries by phone.

The Focal Point Program is housed in the Russ Nolte Annex at 1339 Post Ave., next to the Bartlett Senior Citizens Center, in Downtown Torrance. Please note that Focal Point operates exclusively by phone Monday - Friday between 9 a.m. and noon. No walk-ins.

For more information and assistance, contact the Focal Point team at (310) 320-1300.

TORRANCE TRAVELERS ARE HEADING TO...

The Beach Boys Tribute Band - July 16, 2026
Natural History Museum - September 2, 2026



Open to everyone 50 and older. No membership required.
Pre-registration is required. Please call the Bartlett Senior Center for the most up-to-date registration information.