

2 senior classes

Sponsored by
OPTIMUM LIFE EDUCATIONAL FOUNDATION (OLEF)
A non-profit organization that provides classes to the 55+ crowd.



1 Conquer Your Clutter class

Class dates: January 13, February 9 and March 10, 2026

Tuesdays 12:30 - 1:30 p.m.

– Gwendolyn Fleischer, Instructor

Strategies, resources, and support for organizing!

Bartlett Senior Center - 1318 Cravens Ave. Torrance CA 90501



2 Brains & Balance

Class dates: January 27 and March 24, 2026

Tuesdays 12:30 - 2 p.m.

– Bonnie Wulff, Physical Fitness & Kinesiology Instructor

– Sharmone La Rose, Gerontologist

Improve your balance and confidence in fun exercises.

Discover techniques in improving long and short-term memory skills.

Bartlett Senior Center - 1318 Cravens Ave. Torrance CA 90501



Contact OLEFClasses@gmail.com or Call (562) 714-1019
Suggested donation per class is \$5.