

# **JOSLYN**

## **NEWSLETTER**

# **SEPTEMBER 2025**

**JOSLYN CENTER**  
**310.524.2705**

**OUTREACH**  
**310.524.2706**

# El Segundo Rec, Parks & Library

## Joslyn Center Monthly Newsletter

### Hours of Operation

Monday - Thursday

9:00 am - 8:00 pm

Friday

9:00 am - 5:00 pm

Saturday

9:00 am - 2:00 pm

Sunday

10:00 am - 3:00 pm



**If there is something you would like to display here at the Joslyn center?? please reach out to the Joslyn staff. We are always looking!**

# **MESSAGE FROM JOSLYN CENTER STAFF**

**We hope you're enjoying the start of September! At the Senior Center, we're so thankful for each of you—your laughter, kindness, and participation make this a special place to be.**

**Join us for our September Luncheon on Tuesday, September 16 at 12:00 PM. This is the perfect time to relax, catch up with friends, and enjoy an afternoon together. Lunch will be provided, and the cost is \$5 per person.**

**Please sign up and pay at the front desk to reserve your spot.**

**We can't wait to share another fun and memorable afternoon with you. Thank you for being such an important part of our Senior Center community!**

# 2024 El Segundo Senior Citizen's Club Officers

<b>President</b>	<b>Betty Jacobson</b>	<b>310-322-3151</b>
<b>1st Vice President</b>		
<b>2nd Vice President</b>	<b>Margaret Shoukry</b>	<b>323-807-4540</b>
<b>Secretary</b>	<b>Sharon Hladek</b>	<b>310-640-0770</b>
<b>Treasurer</b>	<b>Mona Tobiason</b>	<b>310-415-9590</b>

## WHO'S WHO IN THE SENIOR CLUB

<u>ACTIVITY</u>	<u>CHAIRPERSON</u>	<u>PHONE</u>
Bingo	Diane Crowell	310-344-7846
Bridge	Margaret Shoukry	323-807-4540
Dances	Sharon & John Hladek	310-640-0770
Friendship	OPEN *	
Historian	OPEN *	
Kitchen	OPEN *	
Hospitality	Rex Ransom *	310-469-4295
Membership	Margaret Shoukry	323-807-4540
Parliamentarian	Linda Kruse *	310-322-0150
Pinochle/Canasta	Pam Nicholson *	310-318-2856
Sit-n-Knit	June Ling	562-252-5429
Travel	OPEN*	

\* voting chairpersons on the senior club executive board

# SENIOR CLUB ACTIVITY SCHEDULE

<u>ACTIVITY</u>	<u>WEEK</u>	<u>DAY</u>	<u>TIME</u>
Bingo	Weekly	F	1:15 pm
Bridge	Weekly	Th	1:00 pm
Canasta	Weekly	Tu	1:00 pm
Pinochle	Weekly	M	1:00 pm
Sit-n-Knit	2nd week	Su	12:00 pm

## PINOCHLE

**Mondays**

**1:00 pm to 5:00 pm**

**ALL LEVELS WELCOME**

**LYFT DAR Available**

**Details: Pam Nicholson**

**310-318-2856**

## Canasta

**Tuesdays**

**1:00 pm to 5:00 pm**

**ALL LEVELS WELCOME**

**LYFT DAR Available**

**Details: Pam Nicholson**

**310-318-2856**

## BRIDGE

**Thursdays**

**1:00 to 5:00 pm**

**ALL LEVELS WELCOME**

**LYFT DAR Available**

**Margaret Shoukry**

**323-807-4540**



# Join The El Segundo Club (50+)

\$10 Yearly Membership Dues to partake in loads of  
FUN ACTIVITIES!!!



## SIT-N-KNIT 12:00pm - 3:00 pm

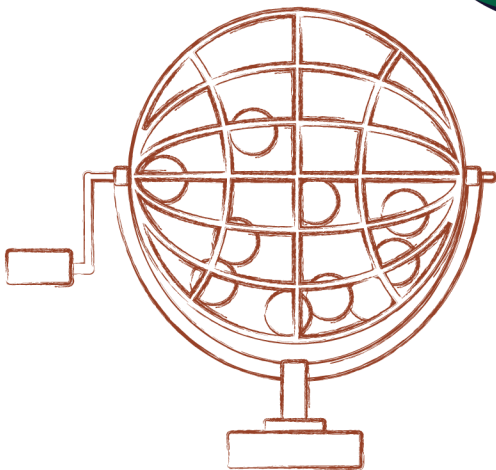
Free to all Club Members!

Details: June Ling 562-252-5429

Always the 2nd Sunday of the month

Knitting & Crochet lessons for Seniors.

Club members – materials provided



Every Fridays!! 1:15 -3:00 pm

**\$3.00 minimum**

Bingo is back!!! Test your luck and join us!!!

Details: Diane Crowell 310-344-7846

# General Meeting and Luncheon

# E & Senior Club

Set your calendars and make sure to join the Senior club for their next general meeting:

**Every third Tuesday of the month  
12:00 pm**

The club will have their general meeting, followed by the Luncheon- which will be provided to all members.

Annual Membership is \$10.00 - sign up with Margaret Shoukry or at Joslyn Center front desk



# MEALS

## ON WHEELS

JOSLYN: OUTREACH CENTER MEALS ON WHEELS PROGRAM DELIVERS NUTRITIOUS WARM MEALS, PREPARED DAILY, TO SENIOR RESIDENTS OF EL SEGUNDO

MEALS ARE DELIVERED MONDAYS - FRIDAYS TO THOSE WHO ARE HOMEBOUND AND UNABLE TO SAFELY PREPARE THEIR OWN MEALS

MEALS ARE ALL LOW SODIUM AND CAN ACCOMODATE DIETARY RESTRICTIONS SUCH AS RENAL, LOW SUGAR VEGETARIAN, ETC.

START YOUR PROCESS FOR MEAL DELIVERIES, ITS QUICK AND EASY!! CONTACT US TO SCHEDULE AN IN-HOME VISIT. ASSITANCE IN FILLING OUT APPLICATION CAN BE PROVIDED



**JOSLYN OUTREACH CENTER      339 SHELDON ST**  
**310-524-2706**



# New Shuffleboard Table!

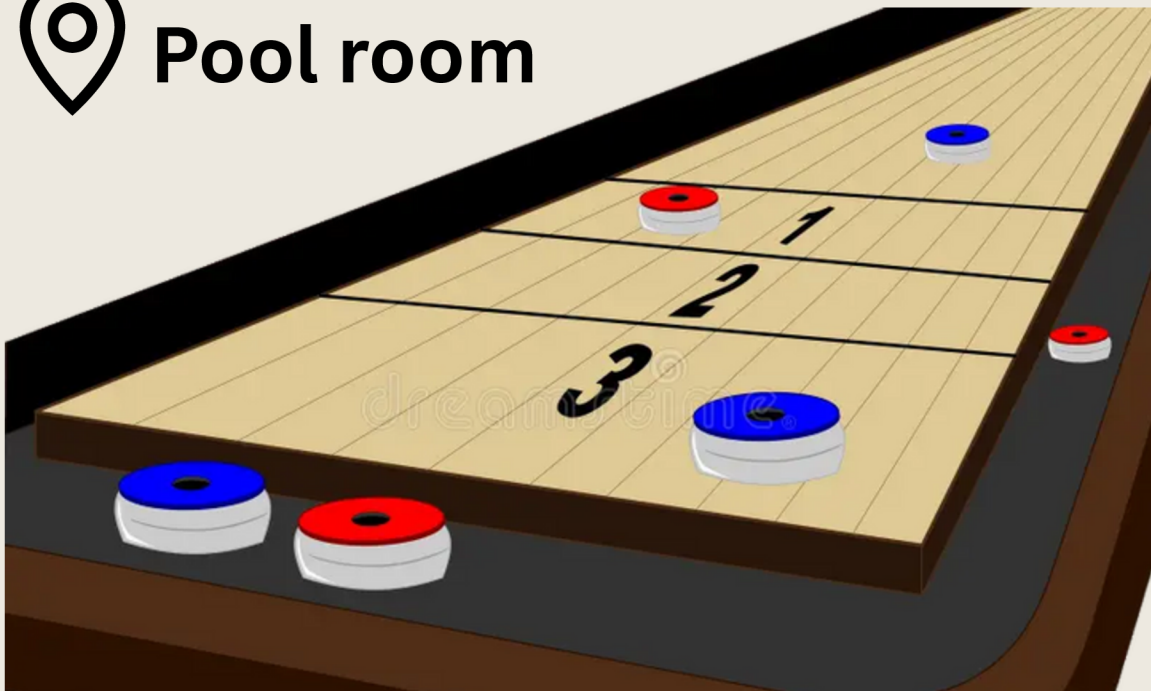
## Come check out our BRAND NEW SHUFFLEBOARD now available at the Joslyn Center!

Whether you're a seasoned player or new to the game, this is a great chance to have fun, meet new people, and enjoy a little friendly competition.

## DROP BY AND GIVE IT A TRY!

 Available during center hours

 Pool room



**SUNDAY****MONDAY****TUESDAY****WEDNESDAY**

9:00 am  
CoreXpress

10:00 am  
Senior Fit

6:30 pm  
Pilates

10:00 am  
50 Minute fitness

6:00 & 7:00 pm  
Line Dancing

9:00 am  
CoreXpress

3:00 pm  
Senior Fit

**31****1****2****Canasta 1-5pm****3****Chess club 1pm****7****8****Pinochle 1-5pm****9****Canasta 1-5pm****10****Chess club 1pm****14****15****Pinochle 1-5pm****16****Canasta 1 - 5pm****17****Chess club 1pm**

**SR. CLUB LUNCH  
@ 12 pm**

**21****22****Pinochle 1-5pm****23****Canasta 1 - 5pm****24****Chess club 1pm****28****29****Pinochle 1-5pm****30****Canasta 1 - 5pm****1****Chess club 1pm**

**THURSDAY**

10:00 am  
50 Minute fitness

Farmers Market  
Every Thursdays  
3 - 7 pm

**FRIDAY**

9:00 am  
Pilates

**SATURDAY**

Slipt Stitchers Every  
3rd Saturday 10am-  
1pm

**ANNOUNCEMENTS**

4  
Bridge 1 - 5pm  
Movies: 1pm & 5pm

FARMERS' MARKET

11  
Bridge 1 - 5pm  
Movies: 1pm & 5pm

FARMERS' MARKET

18  
Bridge 1 - 5pm  
Movies: 1pm & 5pm

FARMERS' MARKET

25  
Bridge 1 - 5pm  
Movies: 1pm & 5pm

FARMERS' MARKET

2  
Bridge 1 - 5pm  
Movies: 1pm & 5pm

FARMERS' MARKET

5  
Bingo 1:15 - 3 pm

Wind Chime

19  
Bingo 1:15 - 3 pm

26  
Bingo 1:15 - 3 pm

Paper flowers

3  
Bingo 1:15 - 3 pm

6  
Daytrippers!

13

20

27

4

CITY OF EL SEGUNDO'S

# DIAL-A-RIDE WITH LYFT

**MONDAY TO FRIDAY - 9:00AM - 4:45PM**

**SATURDAY - 9:30AM - 1:30PM**

Catch a Lyft with Dial-A-Ride! Our new Dial-A-Ride program in partnership with Lyft is designed to give residents ages 55+ more options to get around town!

Have questions? We have answers! Come visit us at the Joslyn Center or call 310-524-2705 to book your ride.

Learn more at [esrecandparks.org](http://esrecandparks.org) or scan the QR code for instructional video.



CITY OF EL SEGUNDO'S

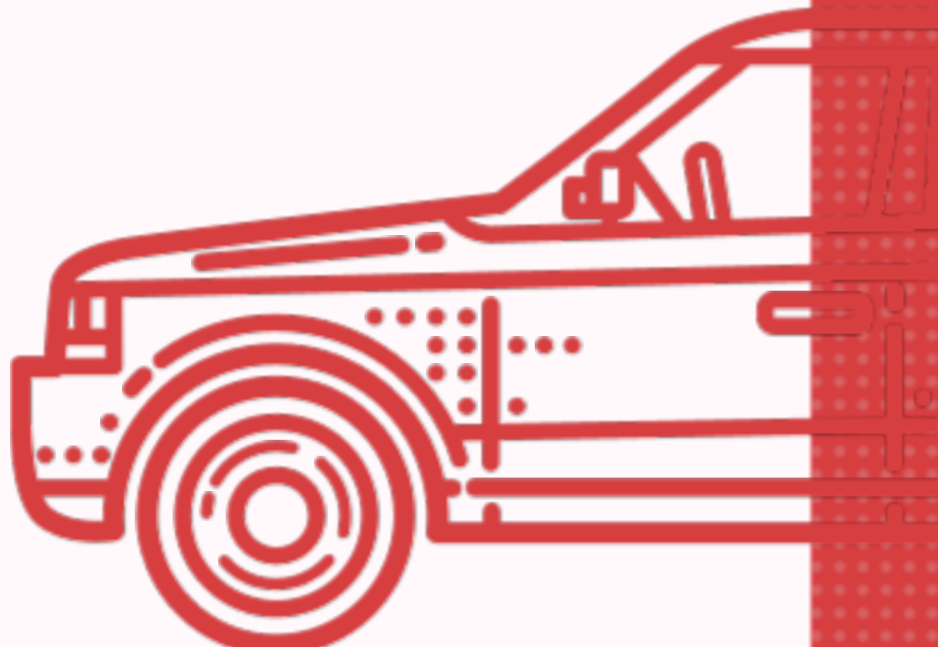
# DOCTOR DIAL-A-RIDE WITH LYFT

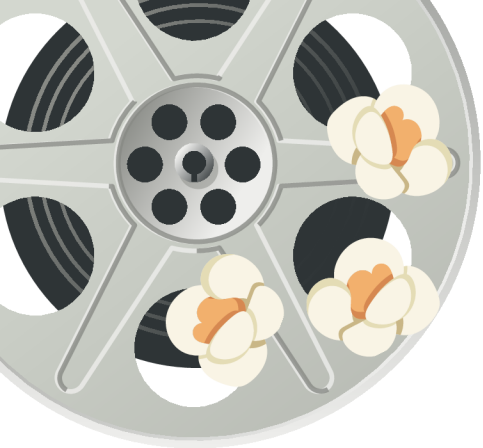
TUESDAYS & THURSDAYS - 9:00AM - 4:00PM

Catch a Lyft with Doctor Dial-A-Ride! We are rolling out our new Dial-A-Ride program in partnership with Lyft. This program is designed to give residents ages 55+ more options for transportation to their doctor appointments!

Have questions? We have answers! Come visit us at the Joslyn Center or call 310-524-2705 to book your ride.

Learn more at [esrecandparks.org](http://esrecandparks.org) or scan the QR code for instructional video.





September 4

## We Live in Time

2024

R

1h57m

After an unusual encounter, a talented chef and a recently divorcée fall in love and build the home and family they've always dreamed of, until a painful truth puts their love story to the test.

Drama

Romance

September 11

## Funny People

2009

R

1h26m

When seasoned comedian George Simmons learns of his terminal, inoperable health condition, his desire to form a genuine friendship causes him to take a relatively green performer under his wing as his opening act.

Drama

Comedy

September 18

## The Bank Job

2012

R

1h51m

Martine offers Terry a lead on a foolproof bank hit on London's Baker Street. She targets a roomful of safe deposit boxes worth millions in cash and jewelry along with a treasure trove of dirty secrets.

Heist

Crime

Thriller

September 25

## The Martian

2015

PG-13

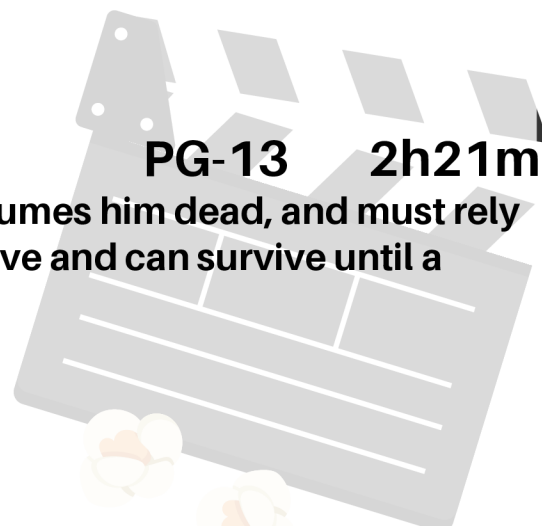
2h21m

An astronaut becomes stranded on Mars after his team assumes him dead, and must rely on his ingenuity to find a way to signal to Earth that he is alive and can survive until a potential rescue.

Adventure

Survival

Drama



# JOSLYN CENTER

## Arts & Crafts Classes

Staff Led Activities | All Supplies Included

Joslyn would like to invite you to participate in free art classes for seniors. Join us the 2nd and 4th Friday of every month

### UPCOMING CLASSES September

#### Wind Chime

September 12th 10:30am-11:30am

Make a wind chime to decorate and fill your home with a warm welcome.

#### Paper Flower

September 26th 10:30am-11:30am

Make a cute paper flower to decorate your home with.

#### LOCATION:

Joslyn Center  
339 Sheldon st.  
El Segundo CA  
Crafts Room



#### DROP IN CLASSES

10 Student Capacity  
Free of Charge

# September word search

V S S E H A L L O W E E N L D C G H J Q L O L V  
S O X T Y O O D W D H Y W Y F F X G O M Y T V V  
L R A A L M N Q M S W E A T E R S B Q O Q W J Y  
L C W L W G K T H P D O K S D Q P L V E E Z F B  
A H P O T E P Z C C A J F W I Z A R D O F O Z W  
B G W C P Z M N Q N Q R G D D N D E R N F R E S  
N V K O E N V W A R M S Z D X U C J E K J J W M  
R R S H D N J N Y Z O Z X I K U B W P W X I T A  
O G E C N F Q S F K U Z K X W M E G N A R O S O  
C D D T A Y R I Q I F Z L H Z P M N U K M P C O  
P O I O V S F S A Q R B N V R B U A K I A G A S  
O R R H Y P U M P K I N E C R W A U T J C H R K  
P W Y A G D M F P T A S M S W S F C R U M A E H  
U G A W R T A M L D H X K R Z Q K V V U U T C E  
D T H T Y M V K E T Y F O O T B A L L X Q S R A  
F K L U K Y K N S C S I Z P L S E C I P S V O D  
S T L W L Z W C H T P V U D L E T T D A V K W F  
M N P B E B T R C I U Q Q L A Z U Q E N L C S L  
O N V E A C W O R O Y F R Z F O B W S U P L T W  
R C E P V V B S C J J F K P R G F E W H M F V Q  
E N G Y E Y K O O P S A E M G N K U D I K M B K  
S C S C S K N H M J C J U M K G R D C Q D G Y X  
J K J A S Y O O C V U V Y T M Q N F Y A Y F M F  
G I Y E L L O W Y A W V M A R S H M A L L O W S

Hot chocolate

Popcorn balls

Marshmallows

Wizard of oz

Scare crows

Halloween

Football

Hayrides

Sweaters

Pumpkin

S'mores

Apples

Leaves

Orange

Spices

Spooky

Yellow

Fall

Warm

Red

EL SEGUNDO JOSLYN CENTER

# Daytrippers



**SATURDAY SEPTEMBER 20, 2025**

10:00AM - 4:00PM

Cost

**\$10 RIDE, \$14 ENTRANCE TICKET**



THE EL SEGUNDO DAY TRIPPERS ARE HEADING TO THE AUTRY MUSEUM OF THE AMERICAN WEST! EXPLORE THE STORIES, ART, AND HISTORY OF THE AMERICAN WEST, INCLUDING NATIVE AMERICAN CULTURE, COWBOY LIFE, AND WESTERN MOVIES. ENJOY A FUN AND EDUCATIONAL DAY FILLED WITH UNIQUE EXHIBITS AND INTERACTIVE DISPLAYS.

THE BUS WILL LEAVE THE AUTRY MUSEUM AT 4:00 PM.

For More Information Call 310-524-2705

**EL SEGUNDO JOSLYN CENTER**

# ***ROOK & ROLL***

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# ***CHESS CLUB***

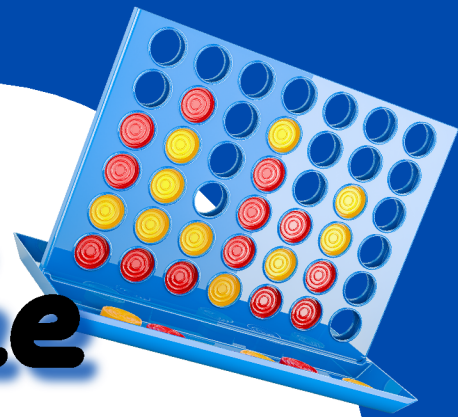
**EVERY WEDNESDAY AT 1PM**



Calling all chess lovers, from beginners to seasoned players! Whether you're a master of strategy or just learning the game, our club is the perfect place to sharpen your skills, enjoy friendly competition, and meet new people. Come for the game, stay for the community. All ages and skill levels welcome—let's make your next move together!

**YOU'RE  
INVITED!**

# Across the Board



Join us at the Joslyn Center for  
Across the Board! Every  
Wednesday at 2pm, enjoy classic  
and new board games, meet new  
friends and most importantly,  
have a great time!

Have a favorite game?  
Let us know and  
we will add it to the list!





# ADULTS

## ARTS & ENRICHMENT

### Joslyn Center Arts & Crafts Classes (18+ Years)

**Location:** Joslyn Center

**Instructor:** ES Recreation Staff

This hands-on class is a fun way to explore different crafts and get creative with each session offering a new project. From seasonal decorations to simple DIY crafts, there's always something new to try. It's a relaxing and social environment where you can enjoy making things and spending time with others. No experience is needed, and all materials are provided!

**Cost:** Free (Registration required)

Every 2<sup>nd</sup> & 4<sup>th</sup> Friday 10:30am-11:30am

### Rook & Roll - Chess Club (18+ Years)

**Location:** Joslyn Center

**Instructor:** ES Recreation Staff

This is a friendly and relaxed space where anyone can come to play chess, whether you're just learning the basics or have been playing for years. It's a great way to challenge your mind, improve your strategy, and enjoy good company. Each session is a chance to learn, practice, and have fun with others who enjoy the game. All skill levels are welcome!

**Cost:** Free for drop-in

W 1:00pm-2:00pm

### Across the Board (18+ Years)

**Location:** Joslyn Center

**Instructor:** ES Recreation Staff

Across the Board is a fun and social program where we come together to play a variety of board games. It's a great way to relax, meet new friends, and enjoy some friendly competition. All are welcome—no experience needed!

**Cost:** Free for drop-in

W 2:00pm-3:00pm



# ADULTS

## ARTS & ENRICHMENT

### Adult Cooking (18+ Years)

**Location:** George E. Gordon Clubhouse

**Instructor:** A Yummy Future Staff

Explore the joys of seasonal cooking with this hands-on adult class. Participants will learn essential cooking methods, knife skills, and ingredient prep techniques while making flavorful and health-conscious meals. Whether you're cooking for one or a whole family, this class is designed to build kitchen confidence and culinary creativity.

*Materials Fee:* \$50

**Cost: \$130 Resident/\$162.50 Non-Resident**

Th 9/4-9/25 4:00pm-5:00pm  
Th 10/2-10/23 4:00pm-5:00pm  
Th 11/6-11/20 4:00pm-5:00pm  
Th 12/4-12/18 4:00pm-5:00pm

### Spanish for Adults (18+ Years)

**Location:** George E. Gordon Clubhouse

**Instructor:** Welcome to Spanish Staff

Learn Spanish in a fun, hands-on environment! Our engaging classes for adults focus on practical conversation, interactive activities, and cultural insights to make learning enjoyable and effective. No prior experience is needed—join us and start speaking Spanish with confidence!

**Cost: \$240 Resident/\$300 Non-Resident**

W 9/10-10/29 5:50pm-6:50pm

## FITNESS

### 50 Minute Fit (18+ Years)

**Location:** Joslyn Center

**Instructor:** Victoria Samia

A traditional mix of cardiovascular exercise and weights combined with motivating music to push you through this 50-minute total body workout. A multilevel class where everyone is welcome. With over 30 years teaching and training experience, Victoria will safely and effectively guide you through this thoroughly fun class. All equipment is provided or you are welcome to bring your own hand weights and/or mats.

**Cost: \$91 Resident/\$113.75 Non-Resident**

T 9/16-12/16 10:00am-10:50am  
Th 9/18-12/18 10:00am-10:50am  
\*No Class 11/11, 11/27

### Zumba (16+ Years)

**Location:** George E. Gordon Clubhouse

**Instructor:** Sandra Delgado

Zumba is a fusion of Latin and International music. This high energy class is a combo of motivating music and body sculpting movements with easy to follow dance steps. Please bring a yoga mat and 1-lb weights.

**Cost: \$60 Resident/\$75 Non-Resident**

W 8/20-10/8 7:00pm-8:00pm

**Cost: \$67.50 Resident/\$85 Non-Resident**

M 10/20-12/15 7:00pm-8:00pm

**Cost: \$75 Resident/\$93.75 Non-Resident**

M 8/18-10/13 7:00pm-8:00pm

W 10/15-12/17 7:00pm-8:00pm



## Senior Club Activity Schedule at the Joslyn Center



Mondays - **PINOCHLE** @ 1:00pm

Thursdays - **BRIDGE** @ 1:00pm

Tuesdays - **CANASTA** @ 1:00pm

Fridays - **BINGO** @ 1:15pm

# ADULTS

## FITNESS

### Core Xpress (18+ Years)

**Location:** Joslyn Center

**Instructor:** Victoria Samia

Get in, get it done and get on with your day! This 35-minute intense workout delivers everything you need from your workout, and it all starts with your core. 10 minutes of mat based abdominal work is followed by 25 minutes of core/cardio training. Weights and bands are utilized to give you maximum results in a shorter time span.

**Cost: \$98 Resident/\$122.50 Non-Resident**

M 9/15-12/15 9:00am-9:40am

W 9/17-12/17 9:00am-9:40am



### Striders Walking Group (18+ Years)

**Location:** Joslyn Center

**Instructor:** El Segundo Recreation Staff

Step into a healthier lifestyle and join our Striders walking group! There is a 1.25 mile loop through Downtown El Segundo that starts at the Joslyn Center and ends at the Recreation Park sign located at Grand Ave. and Eucalyptus. Register for free at the Joslyn Center. Lace up your sneakers and walk with us!

**Cost: Free (Registration required)**

M/W/F 9:15am-9:45am

M/W/F 9:45am-10:30am

### Pilates (18+ Years)

**Location:** Joslyn Center

**Instructor:** Victoria Samia

From rock stars to Wimbledon champs and Lakers players, Pilates is now mainstream. Mind and body work together as you strengthen and lengthen all the major muscles of the body with focus on the abdominals. This Pilates-mat class is appropriate for all fitness levels. Class benefits include improving posture, muscle tone and strength, while leaving you feeling renewed, regenerated, and energized.

**Cost: \$134.40 Resident/\$168 Non-Resident**

M 9/15-12/15 6:30pm-7:20pm

**Cost: \$124.80 Resident/\$156 Non-Resident**

F 9/19-12/19 9:00am-10:00am

### Senior Fit (18+ Years)

**Location:** Joslyn Center

**Instructor:** Victoria Samia

The senior fitness journey helps participants with physical activity through movement and body connection. Active core and muscle work to explore and wake up. Exercises promote flexibility, strengthen muscles, support joints, and improve overall mobility. Regular exercise tailored to their abilities, can reduce pain, enhance joint function, and contribute to better overall well-being for seniors dealing with enthusiasts to other joint condition. Participants will need to bring a set of weights, small exercise ball and exercise band.

**Cost: \$109.20 Resident/\$136.50 Non-Resident**

M 9/15-12/15 10:00am-10:45am

W 9/17-12/17 3:00pm-3:45pm

# ADULTS

## DANCE

### Adult Tapping for Fun and Exercise (Beginner) (18+ Years)

**Location:** George E. Gordon Clubhouse

**Instructor:** Carol Well

Adult tap classes are presented for fun and exercise in a non-competitive atmosphere while learning and practicing tap routines. Each 10-week session will complete at least 1 routine.

**Cost: \$75 Resident/\$93.75 Non-Resident**

T 9/16-11/18 6:00pm-7:00pm

\*No Class 11/11

### Adult Tapping for Fun and Exercise (Intermediate) (18+ Years)

**Location:** George E. Gordon Clubhouse

**Instructor:** Carol Well

Adult tap classes are presented for fun and exercise in a non-competitive atmosphere while learning and practicing tap routines. Each 10-week session will complete at least 1 routine.

**Cost: \$75 Resident/\$93.75 Non-Resident**

Th 9/18-12/4 6:00pm-7:00pm

\*No Class 11/27

### Beginner Line Dancing (18+ Years)

**Location:** Joslyn Center

**Instructor:** Tom Hickey

This class will introduce students to Country Line Dancing teaching them the basic steps to simple patterns such as the Electric Slide, Cowboy Hustle, Tush Push, Black Velvet, etc. This class level helps students at a slower level build on balance, motor skills, memory and wall changes. Each class 2 new dances are taught, and we review dances taught in previous classes as time permits. I teach the classics and some of the newest beginning level dances taught at the club venues around the Southland. This class is a recommended prerequisite for the Intermediate Line Dance class.

**Cost: \$120 Resident/\$150 Non-Resident**

T 9/9-11/25 6:00pm-7:00pm

### Intermediate Line Dancing (18+ Years)

**Location:** Joslyn Center

**Instructor:** Tom Hickey

This class builds off the patterns from the Beginning Level, but introduces more spins, turns and complex patterns/tags/restarts. In this class the pace is a bit faster, and the students are challenged more mentally and physically. We go over the classic Improver/Intermediate dances such a Walk The Line, T.G.I.F., Slappin' Leather and work in some of the newer ones being taught in the club venues such as Gives Me Shiver, Wave on Wave and Late Night Habits to name a few. We add more dances that come out during the session. Same format as the Beginner Level: 2 new dances are taught per class and then a review of the dances taught in the previous classes worked in as time allows.

**Cost: \$120 Resident/\$150 Non-Resident**

T 9/9-11/25 7:00pm-8:00pm

### Country Western 2 Step & Partner Dance Class (18+ Years)

NEW!

**Location:** Joslyn Center

**Instructor:** Tom Hickey

This Beginning Level Class is geared for couples or partners, but singles are welcome! Bring a partner and learn to Country 2 Step and other popular Country Western Partner Dances such as the Cowboy Cha Cha, Sweetheart Schottische, Denver Cha Cha, Barn Dance Mixer and Country Waltz - plus more as time allows. Basic footwork, dance patterns and dance floor etiquette will be taught preparing students to go out social dancing at the various LA Area Country Dance Venues and Social Dance Halls. Partner rotation is suggested to help build lead and follow skills, but not mandatory. Comfortable leather sole shoes or boots suggested.

**Cost: \$120 Resident/\$150 Non-Resident**

W 9/10-11/12 6:30pm-7:30pm

# RECREATION PROGRAM SCHOLARSHIP

The Recreation Program Scholarship provides funding for programs and services offered by the Recreation, Parks, and Library Department to El Segundo families and individuals in need. Scholarships of up to \$200 per resident, with a maximum of \$600 per household per year, are offered to residents who meet eligibility criteria.



Scan QR code for application

## When to Apply

### Period 1

*Application submittals:* August-December  
*Award:* January

### Period 2

*Application submittals:* January-February  
*Award:* March

### Period 3

*Application submittals:* March-April  
*Award:* May

### Period 4

*Application submittals:* May-July  
*Award:* August

## Funding Criteria

Number of People in Household	1	2	3	4	5	6	7	8
Income Guidelines	\$77,700 or less	\$88,800 or less	\$99,900 or less	\$110,950 or less	\$119,850 or less	\$128,750 or less	\$137,600 or less	\$146,500 or less

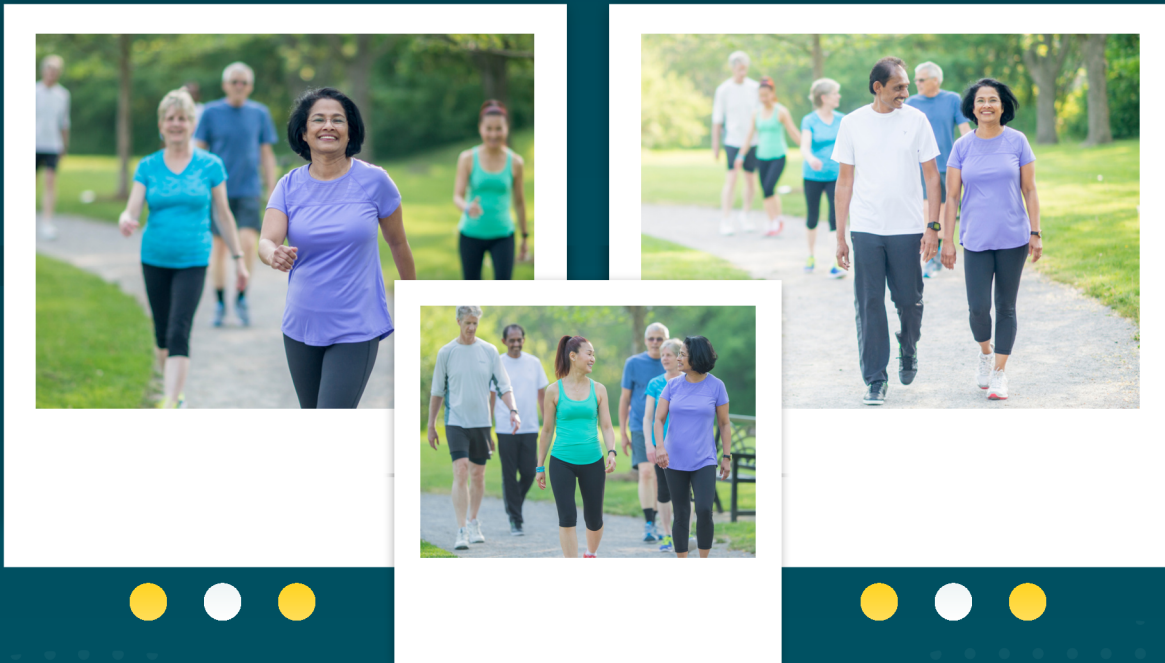
El Segundo Recreation, Parks & Library

# STRIDERS WALKING GROUP

Step into a healthier lifestyle with our new walking group!

- Two walking times available, 1.25 mile loop - walk once or join both for an extra challenge!
- A great way to stay active, meet new people and enjoy fresh air!
- Open to all fitness levels - walk at your own pace

Whether you're looking for a light workout or a chance to socialize, this group is for you! Lace up your sneakers and walk with us!



**MONDAY, WEDNESDAY & FRIDAY**

9:15AM & 9:50AM @ The Joslyn Center

**JOIN NOW**



310-524-2705



[www.esrecandparks.org](http://www.esrecandparks.org)



# Farmer's Market

EVERY THURSDAY

3:00PM-7:00PM

DOWNTOWN EL SEGUNDO

300 BLOCK OF MAIN ST



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FRUITS & VEGETABLES | PREPARED FOODS  
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BEGINNING JUNE 20TH!  
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# RECOMMENDATIONS

Please use this page to provide us with recommendations

**Movies:**

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**Day Trippers:**

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**Other:**

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# High-Protein Lemon Blueberry Overnight

## Oats

**Creamy, high-protein overnight oats with zesty lemon, sweet blueberries, and a boost from Greek yogurt and protein powder.**

### Ingredients:

- ½ cup rolled oats
- ½ cup milk (any kind – dairy, almond, oat, etc.)
- ¼ cup Greek yogurt (plain or vanilla – high protein!)
- 1 scoop vanilla protein powder
- ½ cup blueberries (fresh or frozen)
- 1 tbsp chia seeds (optional, for extra fiber/protein)
- 1 tsp lemon zest
- 1 tsp lemon juice
- 1–2 tsp honey or maple syrup (optional, for sweetness)

### Step 1

In a jar or container, add oats, milk, Greek yogurt, and protein powder. Stir well to combine. Add lemon juice, lemon zest, and chia seeds. Mix again.

### Step 2

Gently fold in the blueberries. Add sweetener if desired.

### Step 3

Seal the container and refrigerate overnight (or at least 4–6 hours).

### Step 4

Serve and enjoy!

