

JOSLYN

NEWSLETTER

OCTOBER 2025



October

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 cool and festive days of October!

Here at the Senior Center, we're so lucky to have such a wonderful group of people. Your friendship, joy, and participation help make this a welcoming and fun place for everyone.

We're excited to invite you to our October Luncheon on Tuesday, October 21 at 12:00 PM. This month's luncheon will be Halloween-themed, so don't forget to dress up and join the fun! It's the perfect time to sit back, relax, and enjoy a spooktacular afternoon with friends. There will be good conversation, friendly faces, and lots of smiles.

Please make sure to sign up at the front desk to save your spot. We can't wait to spend another fun and festive afternoon with you. Thank you for being such an important part of our community!

2024 El Segundo Senior Citizen's Club Officers

President	Betty Jacobson	310-322-3151
1st Vice President		310-322-7961
2nd Vice President	Margaret Shoukry	323-807-4540
Secretary	Sharon Hladek	310-640-0770
Treasurer	Mona Tobiason	310-415-9590

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

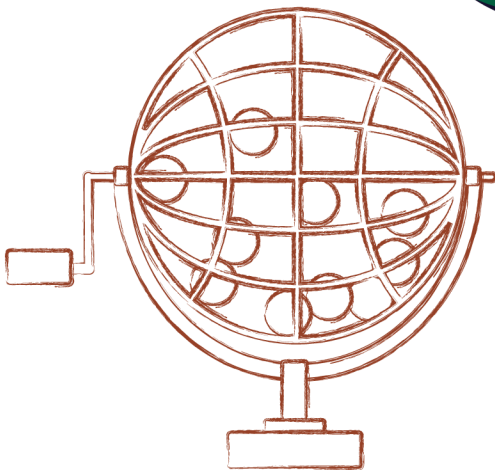
Knitting & Crochet lessons for Seniors.

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 ACCOMMODATE 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. ASSISTANCE IN FILLING OUT APPLICATION CAN BE PROVIDED



JOSLYN OUTREACH CENTER 339 SHELDON ST
310-524-2706



New Shuffleboard Table!

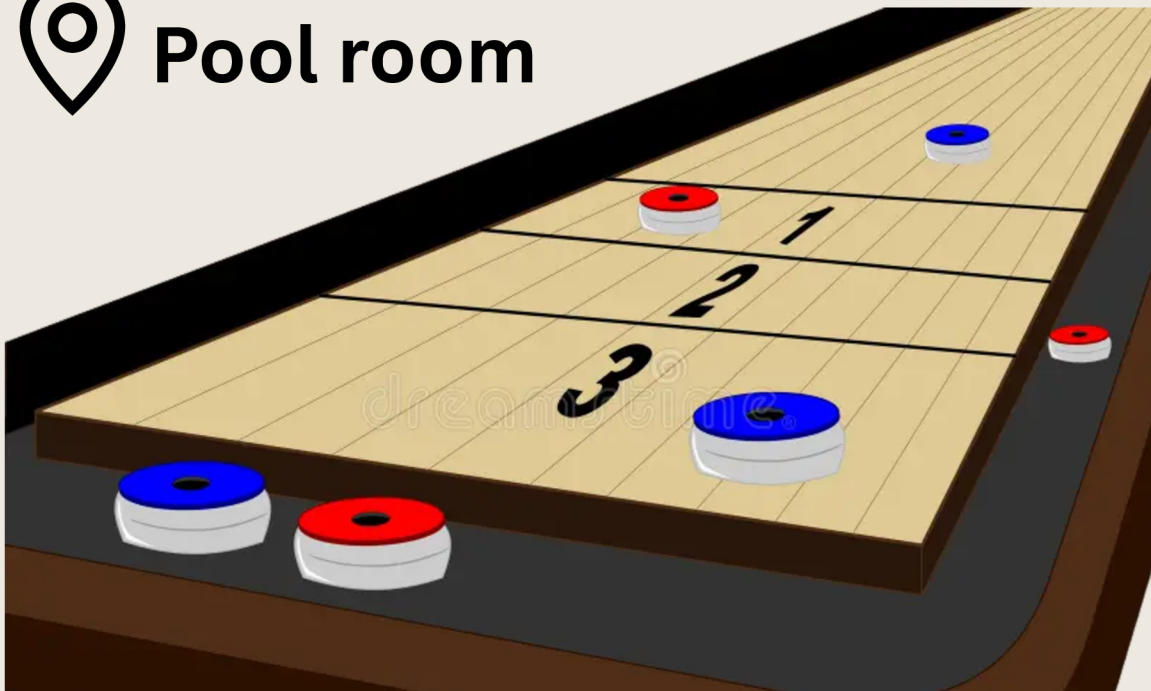
Come check out our BRAND NEW SHUFFLEBOARD now available at the Joslyn Center!

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**

9:00 am
CoreXpress

10:00 am
Senior Fit

6:30 pm
Pilates

TUESDAY

10:00 am
50 Minute fitness

6:00 & 7:00 pm
Line Dancing

WEDNESDAY

9:00 am
CoreXpress

3:00 pm
Senior Fit

28

29
Pinochle 1-5pm

30
Canasta 1-5pm

1
Chess club 1pm

5

6
Pinochle 1-5pm

7
Canasta 1-5pm

8
Chess club 1pm

12

13
Pinochle 1-5pm

14
Canasta 1 - 5pm

15
Chess club 1pm

19

20
Pinochle 1-5pm

21
Canasta 1 - 5pm

22
Chess club 1pm

**SR. CLUB LUNCH
@ 12 pm**

26

27
Pinochle 1-5pm

28
Canasta 1 - 5pm

29
Chess club 1pm

THURSDAY

10:00 am
50 Minute fitness

Farmers Market
Every Thursdays
3 - 7 pm

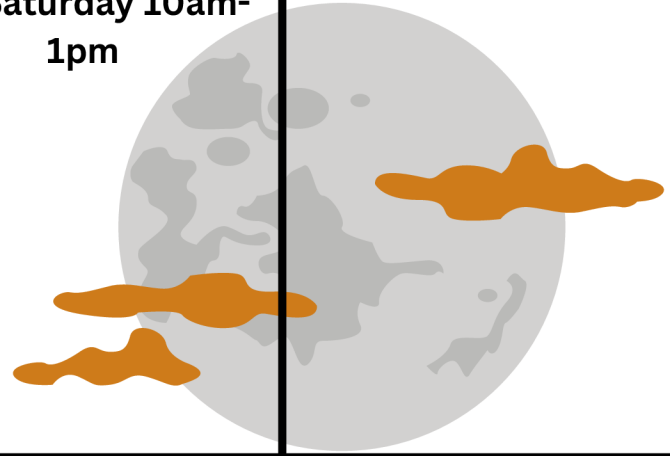
FRIDAY

9:00 am
Pilates

SATURDAY

Slipt Stickers Every
3rd Saturday 10am-
1pm

ANNOUNCEMENTS



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

FARMERS' MARKET

9
Bridge 1 - 5pm
Movies: 1pm & 5pm

FARMERS' MARKET

16
Bridge 1 - 5pm
Movies: 1pm & 5pm

FARMERS' MARKET

23
Bridge 1 - 5pm
Movies: 1pm & 5pm

FARMERS' MARKET

30
Bridge 1 - 5pm
Movies: 1pm & 5pm

FARMERS' MARKET

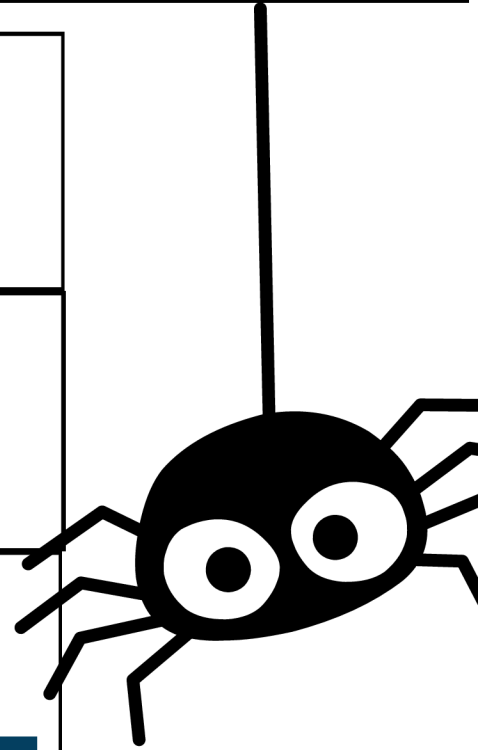
3
10
Bingo 1:15 - 3 pm

17
Bingo 1:15 - 3 pm

24
Bingo 1:15 - 3 pm

31
Bingo 1:15 - 3 pm

4
11
18
Daytrippers!



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 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

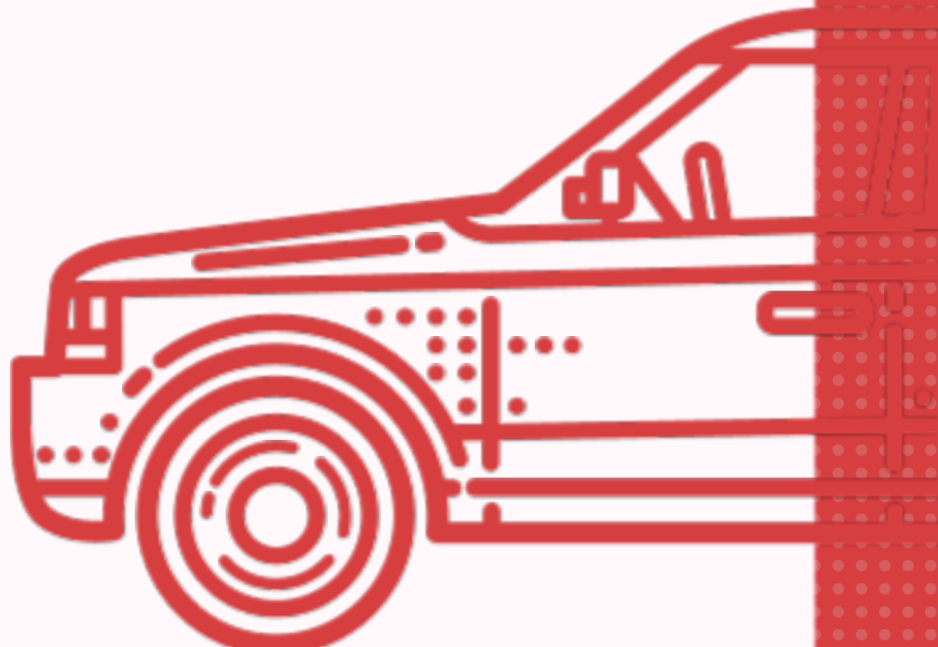
Catch a Lyft with Doctor Dial-A-Ride! We are rolling out our new Dial-A-Ride program in partnership with Lyft. This program is designed to give residents ages 55+ more options for transportation to their doctor appointments!

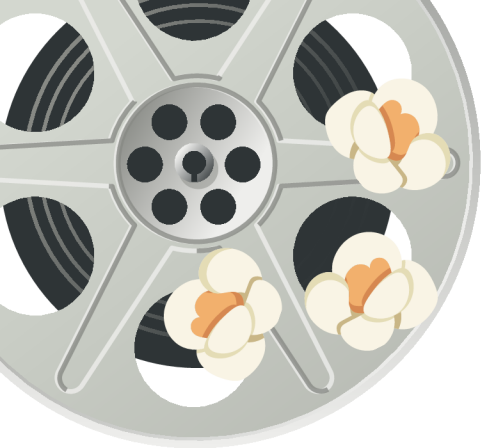
Have questions? We have answers! Come visit us at the Joslyn Center or call 310-524-2705 to book your ride.

Learn more at esrecandparks.org or scan the QR code for instructional video.



El Segundo
**REC, PARKS
& LIBRARY**
We Engage... We Inspire... We Play...





October 2

Se7en

1995

PG-13

2h21m

Two detectives, a rookie and a veteran, hunt a serial killer who uses the seven deadly sins as his motives.

crime

mystery

Drama

October 9

The Blob

1958

A

1h26m

An alien lifeform consumes everything in its path as it grows and grows.

Horror

Sci-Fi

October 10

The Silence of the Lambs

1991

R

1h58m

A young F.B.I. cadet must receive the help of an incarcerated and manipulative cannibal killer to help catch another serial killer, a madman who skins his victims.

Drama

Horror

crime

October 23

The Amityville Horror

1979

R

1h57m

Newlyweds and their children battle a demonic presence in their home.

Heist

Crime

Thriller

October 30

Beetlejuice Beetlejuice

2024

PG-13

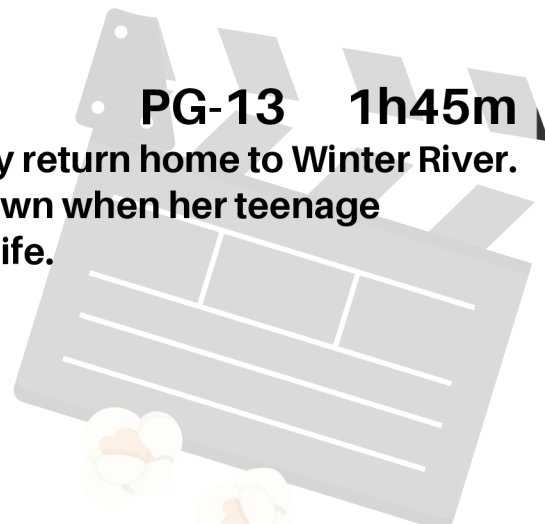
1h45m

After a family tragedy, three generations of the Deetz family return home to Winter River. Still haunted by Beetlejuice, Lydia's life is turned upside down when her teenage daughter, Astrid, accidentally opens the portal to the Afterlife.

Drama

Horror

crime



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 October

Wind Chime

October 10th 10:30am-11:30am

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

Paper Flower

October 17th 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

October

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

trickortreat

black cats

full moon

scarecrow

fallbreak

halloween

leafpiles

pumpkins

skeloton

sweaters

october

vampire

witches

candle

costme

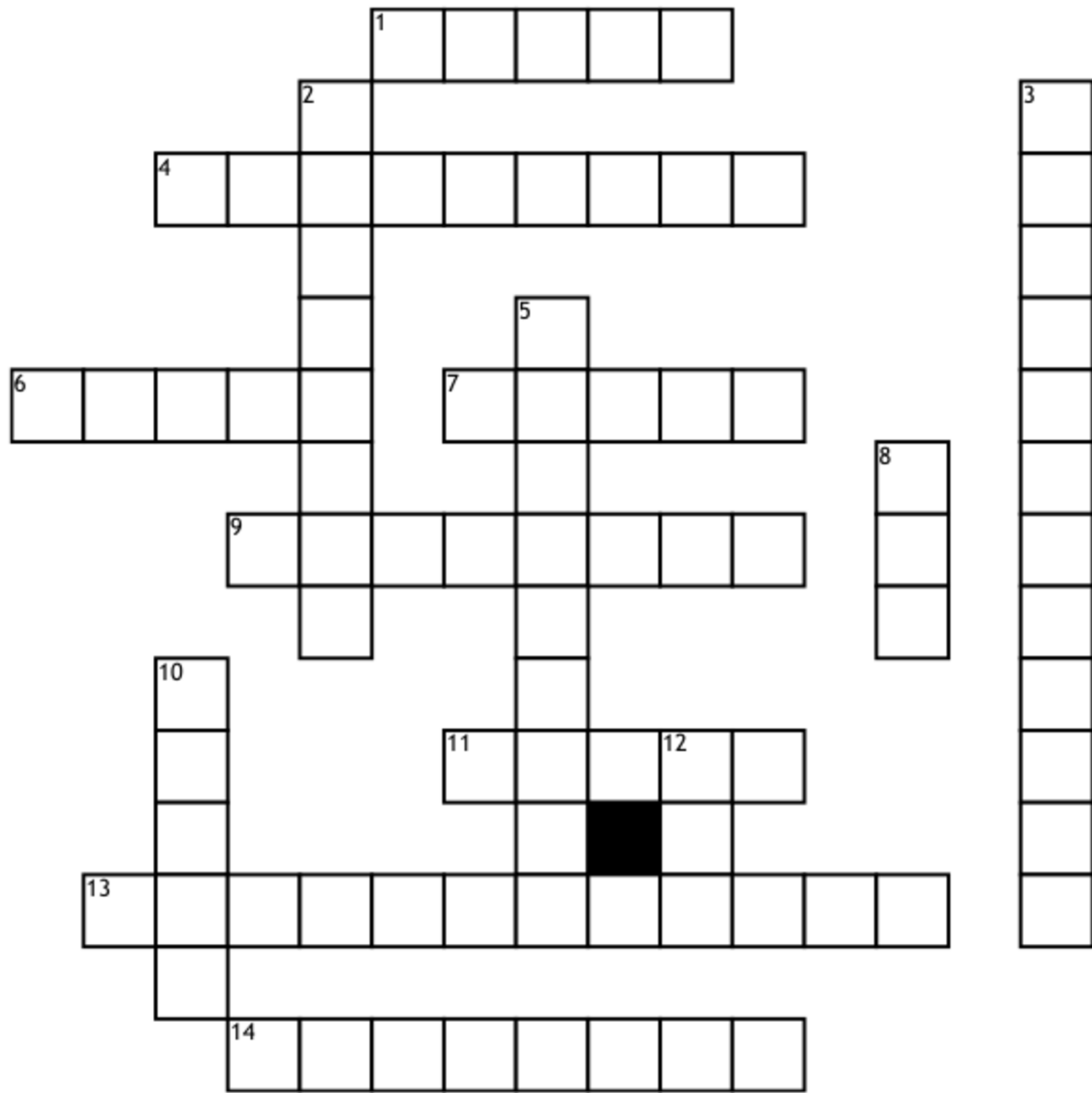
zombie

candy

fall



October



Across

1. A costume that is easy to make from a white sheet.
4. A favorite kind of candy for many kids and adults.
6. What do kids eat on Halloween?
7. A costume that has wings.

9. What is a common name for creatures?
11. What costume has a pointed hat and a broom.
13. What is orange and is carved at halloween?
14. Sparkling costume with a wand and a crown.

Down

2. Hard candy on a stick.

3. What do you say on Halloween?
5. The first costume to include a tutu.
8. What do you say when you jump out and scare someone?
10. What is candy made of?
12. Popular costume with a tail and ears on a headband.

EL SEGUNDO JOSLYN CENTER

Daytrippers



SATURDAY, OCTOBER 11, 2025

10:00AM - 4:00PM

Cost

\$10 RIDE, \$18 ENTRANCE TICKET



THE EL SEGUNDO DAY TRIPPERS ARE HEADING TO THE GRAMMY MUSEUM! CELEBRATE THE HISTORY AND IMPACT OF MUSIC AT THIS WORLD-CLASS MUSEUM IN DOWNTOWN LOS ANGELES. EXPLORE EXHIBITS ON LEGENDARY ARTISTS, THE CREATIVE PROCESS, AND THE POWER OF MUSIC TO INSPIRE AND CONNECT.

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

For More Information Call 310-524-2705

EL SEGUNDO JOSLYN CENTER

ROOK & ROLL

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 2nd & 4th 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

HALLOWEEN PARTY



Wear a costume!

Ages: 55 +

OCT 21

12:00 PM



**Food, Fun, and
Costume
contest**

**Sign up sheet
in Joslyn**

El Segundo
**REC, PARKS,
& LIBRARY**
We Engage... We Inspire... We Play...



CONTEST CATEGORIES:

- SCARIEST COSTUME
- FUNNIEST COSTUME
- MOST CREATIVE
- BEST DUO COSTUMES

RULES:

- **RESPECT & INCLUSION – COSTUMES SHOULD BE FUN AND FESTIVE, NOT OFFENSIVE OR INAPPROPRIATE.**
- **SAFETY FIRST – COSTUMES MUST ALLOW PARTICIPANTS TO MOVE SAFELY. NO SHARP OBJECTS, REAL WEAPONS, OR TRIPPING HAZARDS.**
- **MOBILITY AIDS – WALKERS, CANES, AND WHEELCHAIRS ARE WELCOME TO BE DECORATED AS PART OF THE COSTUME!**
- **PARTY ETIQUETTE – BE KIND, SUPPORTIVE, AND CHEER ON FELLOW PARTICIPANTS. THIS IS ALL ABOUT FUN AND COMMUNITY.**



El Segundo Recreation, Parks, and Library Department Presents...

HALLOWEEN FROLIC

SATURDAY

OCTOBER 25TH

12:00PM-4:00PM

300 & 400 BLOCKS OF MAIN STREET



Jumpers • Arts & Crafts • Games • Music • Food

Costume Contest Begins at 12:20pm in City Hall Plaza

\$10 Pre-Sale | \$15 Day of Event

Wristbands will be on sale at the Clubhouse & Joslyn Center
in Recreation Park starting on October 1st

El Segundo
**REC, PARKS,
& LIBRARY**
We Engage... We Inspire... We Play...

For more information,
please call 310-524-2700

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

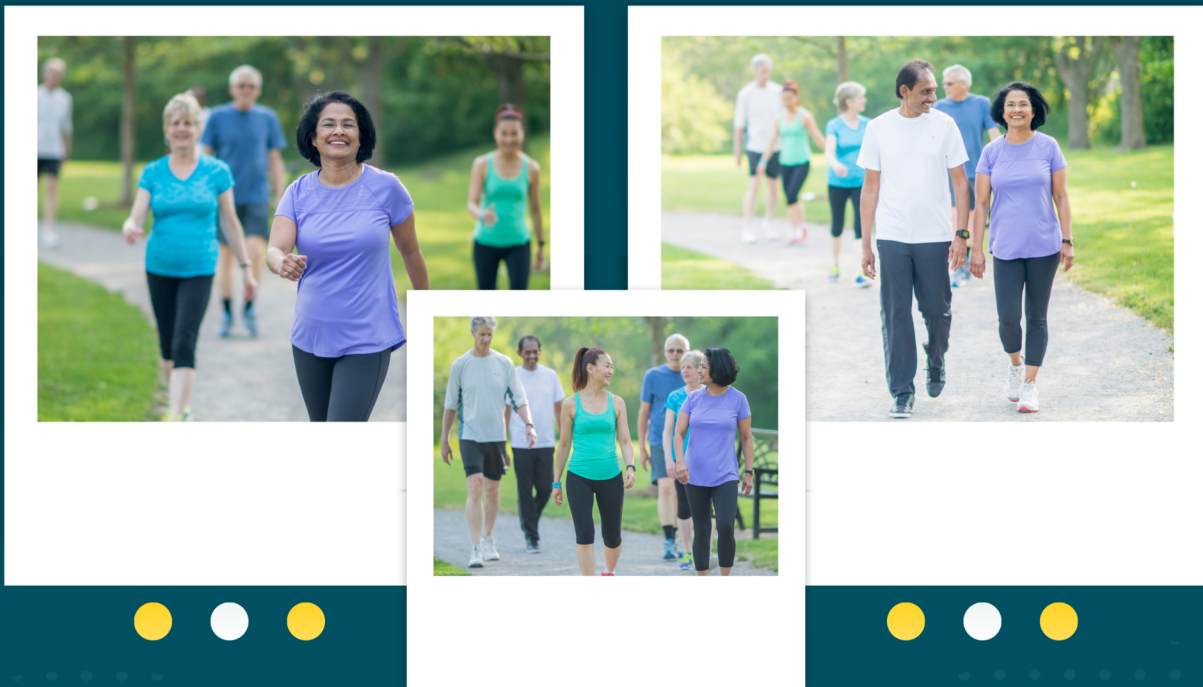
El Segundo Recreation, Parks & Library

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



Farmers Market

EVERY THURSDAY

3:00PM-7:00PM

DOWNTOWN EL SEGUNDO

300 BLOCK OF MAIN ST



SHOP AROUND THE STALLS, MEET THE GROWERS, AND ENJOY THE FRIENDLY HOMETOWN ATMOSPHERE OF DOWNTOWN EL SEGUNDO!

FRUITS & VEGETABLES | PREPARED FOODS
JEWELRY | WEEKLY CRAFTS | AND MORE!



INTERESTED IN BECOMING A VENDOR?
PLEASE CONTACT
FARMERSMARKET@ELSEGUNDO.ORG



STAY TUNED ON SOCIAL
MEDIA FOR UPDATES ON
CRAFTS & ACTIVITIES
[@ESRECAPARKS](https://www.instagram.com/esrecandparks)

RECOMMENDATIONS

Please use this page to provide us with recommendations

Movies:

Day Trippers:

Other:

Chicken Salad Sandwich

This creamy chicken salad with crunchy celery is easy to make and perfect for sandwiches or crackers. Light, tasty, and a favorite for all ages!

Ingredients:

- 1 can (12.5 oz) cooked chicken breast, drained (or rotisserie chicken, shredded)
- 2 tablespoons mayonnaise (or Greek yogurt for lighter)
- 1 teaspoon mustard (optional)
- 1 celery stalk, finely chopped
- $\frac{1}{4}$ small onion, finely chopped (optional)
- Salt & pepper to taste
- 4–6 slices of bread, or crackers if preferred
- Optional: lettuce, tomato slices, or pickles for topping

Step 1

In a medium bowl, add chicken, mayo, mustard, celery, and onion.

Step 2

Stir with a fork until everything is well mixed.

Step 3

Taste and add a little salt and pepper if needed.

Step 4

Spread onto bread slices (or spoon onto crackers).

Step 5

Add lettuce, tomato, or pickle if you like extra crunch.

