



TITLE:

Joslyn Center Update

RECOMMENDATION:

1. Receive and file Joslyn Center Update.
2. Alternatively, discuss and take other action related to this item.

FISCAL IMPACT:

N/A

BACKGROUND:

Commissioner Julie Stolnack requested an update on the Joslyn Center at the Commission meeting on April 16, 2025.

DISCUSSION:

Recreation Supervisor, Ryan Delgado, will provide an update on Joslyn Center including facility updates and programming.

CITY STRATEGIC PLAN COMPLIANCE:

Goal 1: Develop and Maintain Quality Infrastructure and Technology

Strategy D: Improve mobility and transportation throughout the city.

Goal 3: Deliver Solution-Oriented Customer Service, Communication, Diversity, Equity, and Inclusion

Strategy A: Enhance proactive community engagement program to educate and inform the public about City services, programs, and issues.

PREPARED BY: Ryan Delgado, Recreation Supervisor

REVIEWED BY: Linnea Palmer, Recreation Manager

APPROVED BY: Aly Mancini, Recreation, Parks, and Library Director

The seal of the City of El Segundo is located in the top left corner. It is a circular emblem with a blue background. The outer ring contains the text "CITY OF" at the top and "EL SEGUNDO" at the bottom, separated by two stars on each side. The inner circle features a landscape scene with a ship, a building, and a sun.

CITY OF

EL SEGUNDO

Joslyn Center -
Senior Programming &
Facility Enhancements



Fitness & Wellness Programming

Senior Fit – Mondays

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 arthritis to other joint conditions. Participants will need to bring a set of weights, small exercise ball, and exercise band.



50 Minute Fit – Tuesdays & Thursdays

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 of 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.

Fitness & Wellness Programming

CoreXpress – Monday & Wednesdays

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.



Pilates – Mondays & Fridays

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.

Fitness & Wellness Programming

Beginner Line Dancing - Tuesdays

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.



Intermediate Line Dancing - Tuesdays

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 as 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.

Social & Wellness Programming

Card Games

- Pinocle – Monday
- Canasta – Tuesday
- Bridge – Thursday
- Bingo – Fridays
- Sit-n-Knit – 2nd Saturday

Luncheon

- 3rd Tuesday of the Month

Board Games

- Rook & Roll Chess Club – Wednesdays
- Across the Board – Wednesdays



Striders Walking Group - M, W, & Fri

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!

Summer Beach Walking!

Staff Led Crafting

Drop-in every other Friday and craft with us! We have candle making, dried flower lanterns and sun catchers on the schedule!



Daytrippers

- June 28th - Norton Simon Museum
- July 16th - El Dorado Nature Center
- August 16th - California Science Center
- September 20th - Autry Museum of the American West

EL SEGUNDO JOSLYN CENTER

Daytrippers



SATURDAY, MAY 24, 2025

10:00AM - 3:00PM

Cost
\$10 RIDE



THE EL SEGUNDO DAY TRIPPERS WILL BE VISITING THE GRIFFITH OBSERVATORY. THIS LOS ANGELES LANDMARK OFFERS A FASCINATING GLIMPSE INTO THE COSMOS WITH ITS EXTENSIVE ARRAY OF SPACE AND SCIENCE EXHIBITS. DON'T MISS THE BREATHTAKING VIEWS OF THE CITY BELOW.

BUS LEAVES THE OBSERVATORY AT 3:00PM

For More Information Call 310-524-2705



Park Vista

Senior Housing Meeting

Joslyn staff attends the Park Vista meeting once a month to give updates about programming and activities at the Joslyn Center. Staff also gets feedback from residents about programs, trips and other activities they would like to see at the Joslyn Center.

Staff deliver newsletters and flyers to Park Vista the first week of each month.

In June, Joslyn Staff will be assisting at the annual Park Vista Yard Sale.

31st Annual **PARK VISTA YARD SALE**

**SATURDAY,
JUNE 21ST**

9:00AM - 1:00PM



 **615 E. HOLLY AVE.**

Entrance for the sale will be on the backside of Park Vista, the gate can be accessed from the walking path in Recreation Park

Multiple family participation

Advertising

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!



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

Across the Board



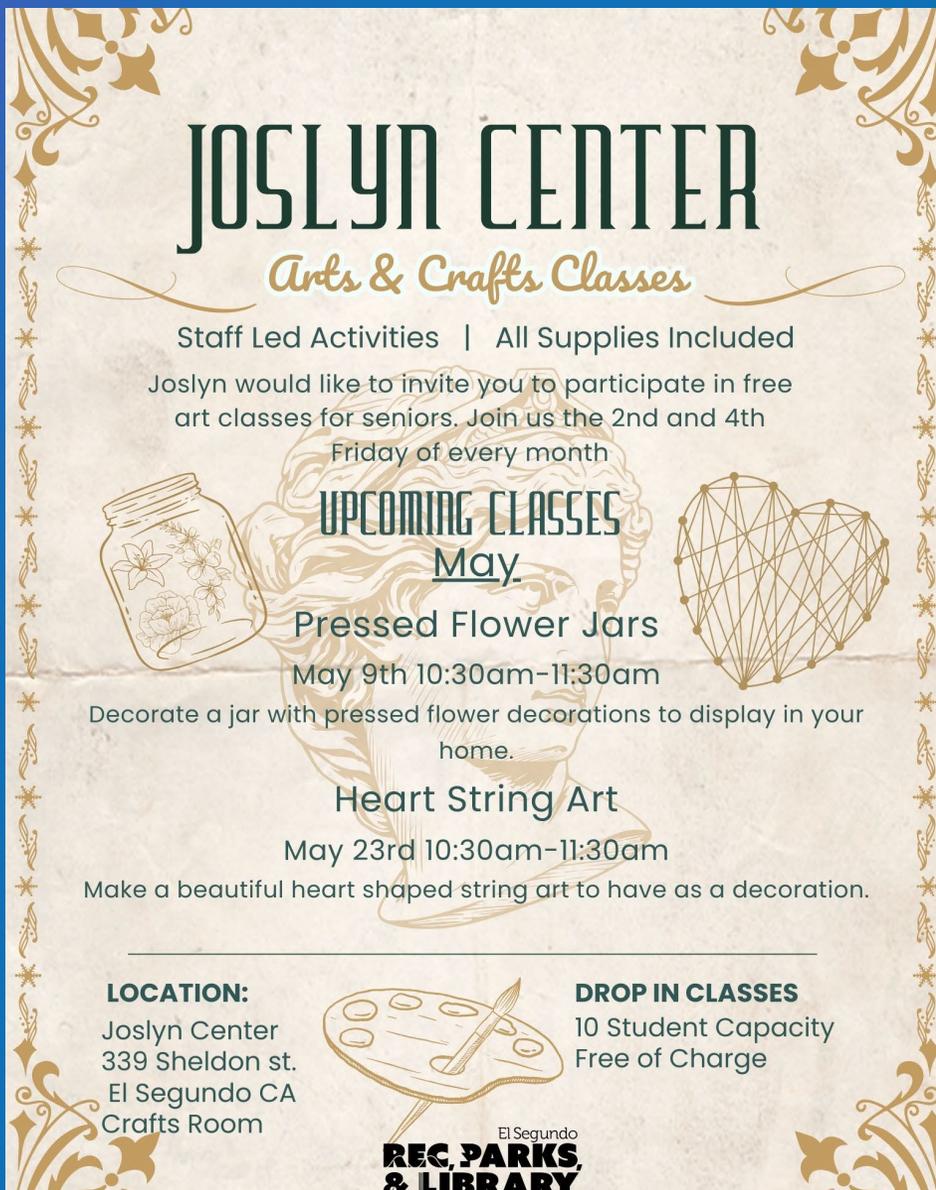
Join us at the Joslyn Center for
Across the Board! Every
Wednesday at 2pm, enjoy classic
and new board games, meet new
friends and most importantly,
have a great time!

Have a favorite game?

Let us know and
we will add it to the list!



Advertising



JOSLYN CENTER

Arts & Crafts Classes

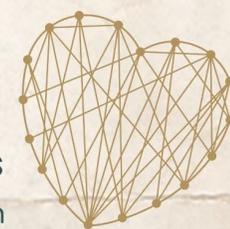
Staff Led Activities | All Supplies Included

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

May





Pressed Flower Jars

May 9th 10:30am-11:30am

Decorate a jar with pressed flower decorations to display in your home.

Heart String Art

May 23rd 10:30am-11:30am

Make a beautiful heart shaped string art to have as a decoration.

LOCATION:
Joslyn Center
339 Sheldon st.
El Segundo CA
Crafts Room



DROP IN CLASSES
10 Student Capacity
Free of Charge

El Segundo
**REC, PARKS,
& LIBRARY**

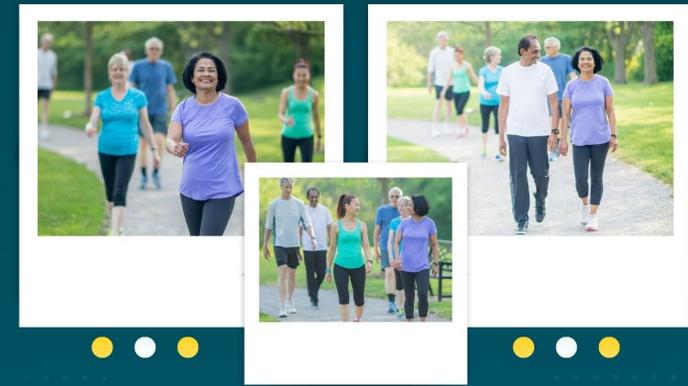
El Segundo Recreation, Parks & Library

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

Facility Enhancements



New Library Room Décor, Seating & Coffee/Tea station



Craft Room – Décor & Tables



Pool Room Décor & Shuffleboard Table



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

POOL TOURNAMENT

June 14th • Begins at 10am

You're invited to our very first Pool Tournament! If you're a seasoned player or just looking to have some fun! Come join us for an exciting day of friendly competition, laughter, and good company. Everyone is welcome—no experience needed. Let's rack 'em up and make some great memories together!

To sign up call (310) 524-2705 or come by the Joslyn Center



Dial-A-Ride with Lyft

CITY OF EL SEGUNDO'S

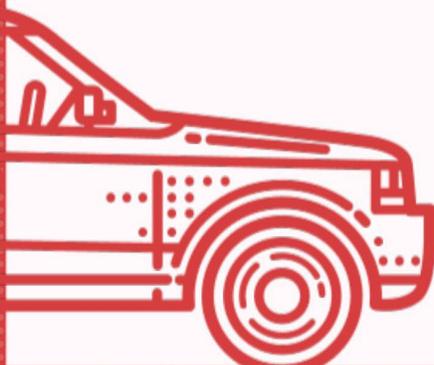
DIAL-A-RIDE WITH LYFT

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

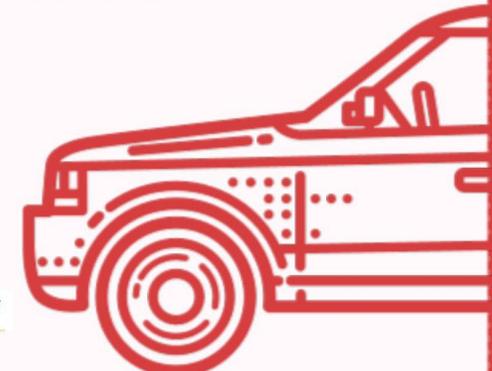
DOCTOR DIAL-A-RIDE WITH LYFT

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.





Outreach

Meals on Wheels

Joslyn staff currently delivers meals to 31 clients, 5 days a week

Staff has worked with the registered dietician from St. Vincent's to tailor meals to meet specific dietary needs such as low sodium, diabetic and puree meals

Our program is built on meaningful relationships. Outreach staff has taken time to make strong connections with clients, offering not just a meal but a friendly face and wellness checks that many of our clients value.

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



Thank you
&
Questions