

# JOSLYN AND TUTTLE ACTIVITY SCHEDULE



Joslyn Adult Center | 818.238.5353  
1301 W. Olive Ave | joslyn@burbankca.gov



Tuttle Adult Center | 818.238.5367  
1731 N. Ontario Blvd

## Joslyn Center Hours

<b>Mon-Thur</b>	8:00am-8:00pm
<b>Friday</b>	8:00am-6:00pm
<b>Saturday</b>	9:00am-1:00pm
<b>Sunday</b>	12:00pm-4:00pm

## Tuttle Center Hours

<b>Mon-Fri</b>	9:00am-2:30pm
<b>Saturday</b>	Closed
<b>Sunday</b>	Closed

### Joslyn Drop-In Opportunities:

**Billiards/Pool Room\***  
**Cyber Cafe\***  
**Card/Game Room\*\***  
**TV/Library Room**

#### Games include:

- Skip Bo
- Mah Jongg
- Backgammon
- Chess
- Deck of cards

*\*Closes 30 minutes  
prior to facility*

*\*\*Offered at both  
centers*

## BURBANK SENIOR ACTIVITY CARD (BSAC)

Available at **Joslyn and Tuttle Centers**

Discounts on programs and classes at Joslyn and Tuttle! It also includes the indoor Drop-in Activity Membership.

**\$22** (Burbank residents)

**\$27** (Non-residents)

BSAC's are valid for one year from the date of purchase.

*For more information please visit [www.burbankca.gov/adults55](http://www.burbankca.gov/adults55)*

# JOSLYN AND TUTTLE WEEKLY ACTIVITIES

Classes are \$2.00 (Free with BSAC).

Higher if noted with "+" (Discount with BSAC)

Sign-up/Appointment required

\*\*\*All classes and times are subject to change\*\*\*

Green = Tuttle Senior Center

Blue = Joslyn Adult Center

(L.S.) = Live Streamed

## MONDAY

Kundalini Yoga with Charleen (L.S.)	9:00am-10:00am	
Roundtable Discussion	9:30am-10:30am	
Fleet Feet Outdoor Walking Group <i>*new time through September*</i>	9:00am-10:00am	
Beginner Guitar Lessons <i>*bring your own guitar*</i>	12:00pm-1:00pm	
Karaoke with Stan	12:00pm-2:00pm	
Texas Hold 'Em Class/Play	12:15pm-2:00pm	+
Texas Hold 'Em	12:30pm-2:30pm	+
Chess Club	1:00pm-4:00pm	
Calm Mind with Catherine <i>*starting May 4th*</i>	1:30pm-2:15pm	

## TUESDAY

Basic Fitness with Gigi	9:00am-10:00am	
Morning Workout Exercise Class	9:30am-10:30am	+
Early Bird Bingo	9:30am-11:00am	
Jewelry Making Class (Every other Tuesday, call Tuttle for info)	10:00am-11:00am	+
Tai Chi (All Levels) with Chris and John [Outdoors]	10:00am-11:00am	
Crunch Time with Donna (L.S.)	10:30am-11:15am	
Mah-Jongg	11:00am-3:00pm	
Canasta (Modern American)	12:00pm-3:00pm	
Pan	12:00pm-4:00pm	
Full Body Conditioning with Charleen (L.S.)	12:30pm-1:30pm	
Skip Bo Card Playing/Class	12:30pm-2:00pm	
T'ai Chi Chih with Pat	2:00pm-3:00pm	
Drop-in Painting (Bring your own materials)	2:00pm-4:30pm	

## WEDNESDAY

Basic Fitness with Gigi	8:30am-9:30am	
Intermediate Line Dance <i>**must be intermediate**</i>	10:00am-11:30am	
Lite & Lively	10:15am-11:15am	+
Wednesday Bridge	11:00am-2:00pm	
Diamond Painting	12:30pm-2:00pm	+
Chair Volleyball with Marsha	2:30pm-3:15pm	
Genetics, Psychology & Forensics Discussion Group	3:00pm-5:00pm	

# JOSLYN AND TUTTLE WEEKLY ACTIVITIES

Classes are \$2.00 (Free with BSAC). Higher if noted with "+" (Discount with BSAC)

Blue = Joslyn Adult Center    Green = Tuttle Senior Center    (L.S.) = Live Streamed

## THURSDAY

<b>Texas Hold 'Em</b>	8:15am-10:30am	+
<b>Drop-In Crafting</b> (Bring your own materials)	8:30am-10:30am	
<b>Stretching</b> with Harry (L.S.)	9:00am-9:30am	
<b>Strength &amp; Balance</b> with Harry (L.S.)	10:00am & 12:45pm	
<b>Sign Language Class/Practice</b>	10:30am-11:30am	
<b>Mah Jongg</b>	11:00am-3:00pm	
<b>Shao Chi</b> with Harry (L.S.)	11:30am-12:15pm	
<b>Ukulele</b>	12:00pm-2:00pm	
<b>Loom Knitting Class</b>	12:00pm-2:00pm	+
<b>Fun with Piano Class</b> (at your own level)	12:30pm-2:00pm	
<b>Indoor Chair Volleyball</b> with Harry	2:15pm-3:15pm	
<b>Bingo</b>	1:00pm-3:00pm	+
<b>Chess Club</b>	1:00pm-4:00pm	
<b>Table Games/Learn to Play Skip-Bo</b>	1:00pm-2:00pm	
<b>Horseshoes</b>	4:00pm-6:00pm	
<b>Ballroom Dance</b> (Live Music)	7:00pm-9:30pm	+

## FRIDAY

<b>Tai Chi (All Levels)</b> with Chris and John [Outdoors]	9:00am-10:00am	
<b>Ballet Workout</b> with Ileana	9:00am-10:30am	
<b>Texas Hold 'Em Class/Play</b>	9:15am-11:30am	+
<b>Stretching with JoDee</b>	9:30am-10:00am	+
<b>Morning Workout Exercise Class</b>	9:30am-10:30am	
<b>Tai Chi (Advanced)</b> with Chris and John [Outdoors]	10:00am-11:00am	
<b>Lite &amp; Lively</b>	10:15am-11:15am	+
<b>Bingo</b>	12:30pm-2:00pm	+
<b>BVP Knitting &amp; Crocheting (Non-Instructional)</b>	12:30pm-3:00pm	
<b>Full Body Conditioning</b> with Charleen (L.S.)	1:00pm-2:00pm	
<b>Soulful Seniors</b>	2:00pm-4:00pm	
<b>Heartfulness Meditation</b>	3:30pm-4:30pm	

## SATURDAY

<b>Texas Hold 'Em</b>	9:15am-12:00pm	+
<b>Drop-In Table Tennis</b>	9:15am-12:45pm	
<b>Saturday Quilting</b>	9:30am-12:30pm	
<b>Line Dancing</b> with Sue	10:30am-11:45am	+

## SUNDAY

<b>Drop-In Table Tennis</b>	12:15pm-3:45pm	
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# MONTHLY ACTIVITIES & JOSLYN SERVICES

## MONTHLY

Texas Hold 'Em Tournament	2nd Mon	8:15am-2:30pm	+
Foundation For Senior Services Lectures	2nd Mon	11:20am-12:30pm	+
Texas Hold 'Em Tournament	4th Mon	9:15am-2:15pm	+
Coin Club	1st Wed	6:30pm-7:45pm	
Alzheimer's Support Group	1st & 3rd Wed	1:00pm-2:30pm	+
Young at Heart Club	2nd Wed	10:00am-11:30am	
Movie Day	3rd Wed	12:00pm-2:00pm	
Exercise Dance + Class	Last Wed	12:30pm-1:30pm	
Burbank University Women	2nd Thur	4:00pm-6:00pm	<input checked="" type="checkbox"/>
Free Fall Risk Assessments	3rd Thur	11:00am-12:00pm	
Valley Porcelain Artists	Last Fri	9:45am-12:00pm	
Monthly Arts & Crafts	Last Fri	10:00am-12:00pm	
Sunday Matinee Dance	2nd & 4th Sun	12:30pm-3:30pm	+

## VIRTUAL *Contact Joslyn for Zoom Information*

<b>Kundalini Yoga</b> with Charleen	Mondays	9:00am-10:00am
<b>Full Body Conditioning</b> with Charleen	Tuesdays	10:45am-11:30am
<b>Let's Talk Discussion Group</b>	Tuesdays	2:00pm-3:30pm
<b>Stretching</b> with Harry	Thursdays	9:00am-9:30am
<b>Strength &amp; Balance</b> with Harry	Thursdays	10:00am & 12:45pm
<b>Shao Chi</b> with Harry	Thursdays	11:30am-12:15pm
<b>Full Body Conditioning</b> with Charleen	Fridays	1:00pm-2:00pm

## JOSLYN SERVICES *Contact Joslyn for Appointment*

<b>Advance Health Care Directive</b> <b>Bet Tzedek Legal Services</b> <b>Durable Power of Attorney</b> <b>FSA One-on-One Mental Health Counseling</b> <i>*Drop in Only* Call for more information</i>	<b>Gadget Tutoring</b> <b>Medicare Counseling (HICAP)</b> <b>One-On-One Computer Assistance</b> <b>Simple Will</b> <b>Hearing Screening</b>
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