

FEBRUARY 2026 VOL. 14

THE

SENIOR SCOOP

MONTHLY NEWSLETTER



Parks
Make
Life
Better!

CONTACT US

Parks, Recreation & Library Services
1800 E. Hill St. CA, 90755
562-989-7330

comservices@signalhill.org
www.cityofsignalhill.org

SAVE THE DATE



Tuesday, February 24
10:00 a.m. to 12:00 p.m.

Library Learning Center
1800 E. Hill Street

FREE | Ages 55+



For more information call
Parks, Recreation & Library Services at 562-989-7330.
Scan the QR code to register.

A MESSAGE FROM STAFF



- February 17 is the Chinese New Year!
- Join us February 7, for Zumba at 9:00 a.m. located at Signal Hill Park Amphitheatre to start the month!
- The Wellness Wednesday's program is jam packed this month! Check out the wellness programs scheduled in February, details listed on the inside of the calendar.
- Tea and Paint is scheduled on Tuesday, February 24! Space is limited, Register early.

SENIOR SOCIAL CLUB



Traditional Games & Social Hour

Tuesdays

February 3 & 17

11:00 a.m. - 12:00 p.m.

Library Learning Center



Join us for multiple rounds of traditional games!

Refreshments and prizes will be provided.

- February 3 - Lotería
- February 17 - Bingo

Tai Chi

Mondays

February 2 & 23

9:30 a.m. - 10:30 a.m.



Signal Hill Park Community Center

FREE| 55+

Join instructor Angie Sierra and experience the gentle, flowing movements of Tai Chi. This low impact class is designed to improve balance, flexibility, and overall wellbeing. Perfect for anyone looking to enhance mobility, reduce stress, and cultivate inner peace.

No experience necessary. Space is limited.

Registration required.

ARTS & CRAFTS

NO SEW HEART PILLOW



Monday, February 9
10:00 a.m. - 11:30 a.m.
Library Learning Center

Have a look at this easy way to make a heart shaped pillow from felt fabric. No sewing needed and is a great Valentine's Day gift this season. Materials will be provided.

Registration required. Registration is now open.

WELLNESS WEDNESDAYS

Silver Sneakers

Wednesdays

February 4 & 18

9:30 a.m. - 10:30 a.m.

Library Learning Center

FREE| 55+



Join our Low Impact Exercise class and work at your own level while standing or seated in a chair. Exercise bands and weights will be provided for use during the class. Participants should wear cool, comfortable clothing and shoes.

No experience necessary. Space is limited. Registration required.

Guided Meditation



Wednesday

February 11

9:30 a.m. - 10:30 p.m.

Library Learning Center

FREE| 55+

Join us for a calming hour-long of guided meditation to help you reset, relax, and move through the rest of your week with ease. This session offers a peaceful space to slow down breathe deeply and reconnect.

Registration Required.

Department of Mental Health

Health, Wellness, and Wholeness

Wednesday

February 25

11:00 a.m. - 12:30 p.m.

Library Learning Center

FREE| 55 +



Join the department for a wellness session focused on emotional and physical well-being learn simple ways to slow down, reset, and support a positive mindset.

Registration Required.

FEBRUARY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 OC Museum and South Coast Plaza & St. Patrick's Day Bingo Luncheon Registration at 8 a.m. TAI CHI CLASS 9:30 A.M. - 10:30 A.M. Registration Required.	3 Traditional Games Social Hour @ 11 a.m. Zumba at Signal Hill Basketball Courts at 6:30 p.m.	4 WELLNESS WEDNESDAYS  Silver Sneakers 9:30 a.m. - 10:30 a.m.	5 Senior Dancing for Health 10 a.m. - 12 p.m.	6 First Friday Book Club @ 11:30 a.m.	7 MASTER ZUMBA CLASS 9 A.M. - 10 A.M. at SIGNAL HILL PARK Mindful Moments Meditation 10 a.m. to 11 a.m. 
8	9 OC Museum and South Coast Plaza & St. Patrick's Day Bingo Luncheon Non - Resident Registration at 8 a.m. Arts and Crafts No Sew Heart Pillow 10 a.m. - 11:30 a.m.	10 LOVE on the HILL 10:00 a.m. - 1:00 p.m. Registration Required. Space is limited. Zumba at Signal Hill Basketball Courts at 6:30 p.m.	11  Guided Meditation 9:30a.m - 10:30a.m	12 Senior Dancing for Health 10 a.m. - 12 p.m.	13 Make It 3 p.m. - 4 p.m. Registration required.	14  Page Turners Book Club @ 11 a.m.
15	16  City Offices Closed	17 Traditional Games Social Hour @ 11 a.m. Zumba at Signal Hill Basketball Courts at 6:30 p.m.	18  Silver Sneakers 9:30 a.m. - 10:30 a.m.	19 Senior Dancing for Health 10 a.m. - 12 p.m.	20 Crochet Club 3 p.m. - 4 p.m. 	21 Open Photography Studio 12 p.m. - 2 p.m. 
22	23 TAI CHI CLASS 9:30 A.M. - 10:30 A.M. Registration Required. RESTORATIVE SOUND BATH 6 p.m. - 7 p.m. 	24 Tea and Paint 10:00 a.m. to 12:00 p.m. TECH TUESDAY 12:30 p.m. - 1:30 p.m. Zumba at Signal Hill Basketball Courts at 6:30 p.m.	25 Mental Health Workshop: Health, Wellness, and Wholeness 11 a.m. - 12:30 p.m. DISASTER PREPAREDNESS PRESENTATION 4:30 p.m. - 5:30 p.m.	26 Senior Dancing for Health 10 a.m. - 12 p.m. HISTORY ON THE HILL Library 100th Anniversary 6:00 p.m. - 7:00 p.m.	27	28

Registration required.
Space is limited.

Resident begins Monday, February 2.
Non-resident begins Monday, February 9.

ST. PATRICK'S DAY BINGO LUNCHEON

Tuesday, March 17

Signal Hill Park Community Center

Community Center Room or Ballroom | 1780 E. Hill Street

Bring the luck of the Irish to our Bingo Luncheon.
Festive attire encouraged.

Sponsored by:





SENIOR EXCURSIONS



MARCH

Orange County Museum of Art
& South Coast Plaza

Thursday, March 19, 2026

Depart: 10:30 a.m.

Return: 5:00 p.m. (approximate)

\$8 Resident/ \$13 Non-Resident

Enjoy a Cultural Day in Orange County! Spend the day exploring the Orange County Museum of Art, home to inspiring contemporary exhibits and beautifully curated galleries. Stroll at your own pace and take in thought-provoking works in a relaxed and welcoming setting. Afterward, continue your adventure at South Coast Plaza, where you'll have time to shop, browse, or enjoy lunch at one of the many delightful dining options. It's the perfect blend of art, leisure, and exploration, a day designed to inspire and unwind.

Participants must return to the bus by 4:00 p.m. for the ride back to Signal Hill. Lunch is not included. We recommend wearing comfortable walking shoes.

* Registration:

Resident's begins Monday, February 2, 2026, 8:00 a.m.

Non-Resident's begins Monday, February 9, 2026, 8:00 a.m.



APRIL

**COMING
SOON**

Boysenberry Festival
at Knott's Berry Farm

Thursday, April 23, 2026

Depart: 10:00 a.m.

Return: 4:00 p.m. (approximate)

\$15 Resident/ \$20 Non-Resident

Celebrate the Flavors of Spring at Knott's Berry Farm! Join us for a delightful day at Knott's famous Boysenberry Festival, where the park comes alive with the sweet tastes and scents of spring. Indulge in boysenberry - inspired foods, drinks, and treats found throughout the park. Enjoy strolling through artisan booths, live entertainment and seasonal activities to celebrate Knott's rich history and charm.

Participants must return to the bus by 3:00 p.m. for the ride back to Signal Hill. Lunch is not included. We recommend wearing comfortable walking shoes.

* Registration:

Resident's begins Monday, March 16, 2026, 8:00 a.m.

Non-Resident's begins Monday, March 23, 2026, 8:00 a.m.





Los Angeles County Fair

Thursday, May 14, 2026

Depart: 10:00 a.m.

**COMING
SOON**

Return: 5:00 p.m. (approximate)

\$15 Resident/ \$20 Non-Resident

Experience a day of fun at the LA County Fair! Enjoy a full day at the LA County Fair, where classic fair traditions meet exciting new attractions. Wander through rows of food vendors offering a diverse range of treats, from classic funnel cakes to innovative culinary creations. Explore unique exhibits, lively entertainment, and endless shopping opportunities. With something for everyone, this outing is the perfect way to celebrate everything the fair has to offer.

Participants must return to the bus by 3:00 p.m. for the ride back to Signal Hill. Lunch is not included. We recommend wearing comfortable walking shoes and sunblock.

* Registration:

Resident's begins Monday, April 6, 2026, 8:00 a.m.

Non-Resident's begins Monday, April 13, 2026, 8:00 a.m.



EXCURSION POLICIES



Wait List

Trips that fill up will have a wait list. If a space becomes available, patrons will be called in the order of the wait list.

Parking

Parking for excursions is available in the lot of the Signal Hill Public Library in front of the basketball courts on the south side of Hill Street.

Departure

Please check-in at the front of the Signal Hill Public Library 30 minutes prior to departure time. Departure and return times may be adjusted due to circumstances beyond our control.

Seating Priority

Seating is based on a priority system: residents and persons with limited mobility followed by non-residents.

Special Seating Requests

When registering, please notify us if you need any special accommodation or utilize a mobility aid, such as a wheelchair, etc. While we will make every reasonable effort to accommodate requests, we cannot guarantee all requests will be granted.

Cancellation Policy

If a cancellation is made less than 10 business days prior to trip date, no refunds or credits will be issued unless a doctor's note is provided. A \$5 administration fee will be charged. No call, no shows will not receive a refund.

Excursions are non-transferable.

EVENTS

SIGNAL HILL PARKS, RECREATION & LIBRARY SERVICES PRESENTS

SPRING Fest

**Save
The
Date**

SATURDAY, APRIL 4, 2026

10:00 a.m. – 1:00 p.m.

SIGNAL HILL PARK • 2175 CHERRY AVE



- Games & Activities
- Pictures with Spring Fest Bunny
- Egg Hunt

More information will be available in March!

For more information call Parks, Recreation & Library Services at 562-989-7330.



SIGNAL HILL PUBLIC LIBRARY

100TH

ANNIVERSARY WEEK

FEBRUARY 23-28

CELEBRATE

the Signal Hill Public Library's 100th Anniversary with us!

FREE ALL AGES

1800 E. Hill Street

Monday, February 23 All Day	Scavenger Hunt
Tuesday, February 24 6:00 p.m. - 7:45 p.m.	Book Tasting & Cooking Demo
Wednesday, February 25 All Day	100-Word Community Storyboard
Thursday, February 26 2:00 p.m. - 6:00 p.m.	Library Mini Golf
Thursday, February 26 6:00 p.m. - 7:00 p.m.	History Talk: Past & Future Librarians
Friday, February 27 10:00 a.m. - 11:00 a.m.	Story Time with Build-A-Stuffed-Animal
Saturday, February 28 1:00 p.m. - 3:00 p.m.	1 Sky, 100 Stars Planetarium

LIBRARY PROGRAMS

Crochet Club

3rd Friday of the Month
Friday, February 20

3:00 p.m. – 4:00 p.m.

Library Learning Center



Spend an hour crocheting and socializing with other crocheters at the Signal Hill Public Library Crochet Club. Beginners are welcome. No registration required.

FREE | Ages 14 +

Senior Dancing For Health

Thursdays

February 5, 12, 19, & 26

10:00 a.m. – 12:00 p.m.

Library Learning Center



Join us for this fun-filled line dance class hosted by the United Cambodian Community of Long Beach. Dancers will learn popular social dances to join in the fun and show off their dance moves at parties and other festivities.

FREE | Ages 55 +

Buy 1 Book, Get 1 Free

GIVE THE GIFT OF A BOOK



**LIGHT UP
SOMEONE'S LIFE**

Friends of the Signal Hill Library Bookstore
1800 Hill Street, Signal Hill, CA 90755 (562)989-7323

Make It! DIY Craft Club

Watercolor Valentine's Cards

Friday, February 13

3:00 p.m. – 4:00 p.m.

Library Learning Center



This hands-on Do-It-Yourself craft program gives participants a chance to express themselves! All materials will be provided. Registration required. Space is limited. Registration required.

FREE | Ages 8 +

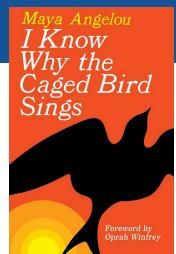
First Friday Book Club

1st Friday of the Month

Friday, February 6

11:30 a.m. – 12:30 p.m.

Library Learning Center



Want to explore a new genre? This month we will be reading ***I Know Why the Caged Bird Sings*** by **Maya Angelou**. Pre-registration and a library card are required to receive a copy of the book. Call 562-989-7323 to reserve your spot.

FREE | Ages 18 +

Page Turners Book Club

2nd Saturday of the Month

Saturday, February 14

11:00 a.m. – 12:00 p.m.

Zinnia Courtyard



Calling all fans of mystery, thriller, suspense, and horror! This month we will be reading ***The Year of the Witching*** by **Alexis Henderson**. Pre-registration and a library card are required to receive a copy of the book. Call 562-989-7323 to reserve your spot.

FREE | Ages 18 +

To register or for more information about the Library programs listed on this page, call the Signal Hill Public Library at 562-989-7323.



COMMUNITY WORKSHOPS

Senior Social Club



TECH TUESDAY

Tuesdays

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

- February 24
- March 31
- April 28

Signal Hill Public Library
Learning Center
1800 E. Hill Street

Free | Ages 55+



Come to a technology workshop, where you can learn the basics of technology. New topics each month.



For more information call Parks, Recreation & Library Services at 562-989-7330. Scan the QR code to register.



Garden Workshop

City of Signal Hill Gardening Program

Seasonal Planting:

Time to Plant
For the
Summer



Saturday, March 14

10:00 a.m. - 11:30 a.m.

**Signal Hill
Community Garden**
1917 E. 21st Street

Free | All ages

For more information call Parks, Recreation & Library Services at 562-989-7330.



Please scan
the QR code
to register.

A gardening class for everyone! No prior experience necessary. In this Garden Workshop, we will discuss the basic steps to starting a summer garden. Whether you are growing in a backyard or containers, this class will provide tips to get you excited about growing your own food. Prepare to get your hands dirty.



RESOURCES

For more information or to enroll in these programs, please call 562-989-7330.

Transportation Programs

The Signal Hill subsidized transportation program is available by application to Signal Hill residents that are over the age of 50 or 62 (50 years for Dial-A-Taxi & 62 for bus fare) or residents 18 years and older who can provide physician verification of disability. Programs allow a reduced fare monthly Bus Pass for Long Beach Transit buses or a Dial-A-Taxi card allowing subsidized use of the Yellow Cab service. Signal Hill residents may also be eligible for Long Beach Transit: Dial-A-Lift services, which are certified through Long Beach Transit. **MUST BE A SIGNAL HILL RESIDENT.**

Food Distribution Program

Supplemental groceries are available to residents of Signal Hill who are older than 55 and meet income qualifications through the City's Brown Bag Food Distribution Program. Groceries consist of a variety of poultry, fresh fruit and vegetables, and dry/canned goods. **FOR ENROLLED PARTICIPANTS ONLY. MUST BE A SIGNAL HILL RESIDENT.**

Meals on Wheels

Meals on Wheels of Long Beach provides a service of home delivered nutritionally balanced meals for individuals who are unable to shop and cook for themselves and who live alone. For more information visit www.mowlb.org. **FOR PARTICIPANTS ONLY. MUST BE A SIGNAL HILL RESIDENT.**

Pet License

Signal Hill residents may purchase a dog license through the Parks, Recreation & Library Services Department by calling 562-989-7330, or call Long Beach Animal Care Services at 562-570-7387.



FLASHBACKS & MORE



DISASTER PREPAREDNESS PRESENTATION

Join us for our Disaster Preparedness workshop. Learn essential strategies to protect your home and community including disaster preparedness, defensible space planning, and safety tips. Together we can create a fire resilient neighborhood. Children 12 and younger must be accompanied by an adult.

Presented by C.O.R.E.



**Wednesday
February 25**

4:30 p.m. – 5:30 p.m.

Signal Hill Public Library

Learning Center
1800 E. Hill Street

Free | All Ages

Registration Now Open



For more information or to register, call Parks, Recreation & Library Services at 562-989-7330.



Grocery Assistance Program (GAP)

Helping our neighbors close the GAP with groceries, one shelf at a time.

Qualification Requirements:

- Signal Hill Residents only
- Must be 18 years or older to apply
- Residents can apply to receive one (1) grocery store gift card (one per household)
- While supplies last

How to Apply:

- Applications are available **in person** at the Parks, Recreation & Library Services Department Office, Monday – Thursday from 8:00 a.m. – 5:00 p.m.
 - 1800 E. Hill Street
Signal Hill, CA 90755
- Photo ID and proof of residency are required at the time of application
- Applicants are required to self-certify income level for household



For more information call Parks, Recreation & Library Services at 562-989-7330.



**SCAN
ME**