

Legacy Commons

for Active Seniors

930 East Avenue Q-9 • 661/267-5904

Legacy Commons, Palmdale's newest award-winning recreation facility, was designed especially for active adults aged 55+. Amenities include an auditorium with stage, three classrooms, billiards room, TV/social nook, Wi-Fi and outdoor patio in over 14,000 square feet. Lawn games include bocce, croquet, fling golf and horseshoes (drop-in and pick-up game equipment at the front desk). Visitors are invited to pick up a detailed schedule of activities. Legacy Commons is also available for event rentals.

- Open Monday-Friday, 8 am-12 pm
- Programs and activities are available to those age 55+.
- Most activities are free and require no membership.

Monthly Birthday Parties

Sponsored by High Desert Medical Group

Celebrate your special day with friends at Legacy Commons. On the fourth Monday of each month, birthday celebrants are honored with cake, ice cream and lots of laughs. Note: When the fourth Monday falls on a holiday, the party is held on the third Monday.

AGE	DAY	TIME	LOC	FEE
55+	4th M	11-11:30 am	LC	Free

Legacy Commons Advisory Board

The board meets to discuss programs and business. Legacy Commons participants are encouraged to attend.

AGE	DAY	TIME	LOC	FEE
55+	1st W	9:15-10:15 am	LC	Free

Fitness Walk and Breakfast

Sponsored by High Desert Medical Group

Spring into shape! Participants receive a T-shirt and breakfast; all ages are welcome to participate. Advance registration by May 14th is appreciated; walk-ins welcome.

AGE	DATE	TIME	LOC	FEE
All	May 17	8-10 am	LC	\$5

Free Wi-Fi Access

Sponsored by Lockheed Martin

You will need a Wi-Fi enabled device. Most newer computers, tablets and smart phones have built-in Wi-Fi. Older versions may require a separate Wi-Fi card which can be purchased at most electronic retail stores.



Volunteer-led Programs

The City is grateful to the volunteers who make these programs possible.

Table Tennis

Join us for an energetic game of table tennis. Paddles and ping-pong balls are provided.

AGE	DAY	TIME	LOC	FEE
55+	M	9:30-11 am	LC	Free

Billiards

Anyone interested in picking up a game of eight or nine ball is invited to visit Legacy Commons' Billiard Room.

AGE	DAY	TIME	LOC	FEE
55+	M-F	8 am-12 pm	LC	Free

Bingo

Bring your friends for a chance to win groceries!

AGE	DAY	TIME	LOC	FEE
55+	W	9-10:45 am	LC	\$0.25

Bunco

Join us each month for a lively game of bunco. This dice game is easy to learn and lots of fun.

AGE	DAY	TIME	LOC	FEE
55+	1st & 3rd Fri	9-10:45 am	LC	Free

Poker Club

Join your friends for a few rounds of poker! Cards and chips are provided. Beginning to advanced players are welcome.

AGE	DAY	TIME	LOC	FEE
55+	1st & 3rd Tu	9-10:45 am	LC	Free
	2nd & 4th Fri	9-10:45 am		

Book Club

Looking for something new to read? Join us each month for a lively discussion on the current book. All are welcome, bring a friend! You don't not have to read the book to attend. A complete list of books is available at the front desk.

AGE	DAY	TIME	LOC	FEE
55+	3rd M	10 am-11 am	LC	Free

Lawn Games

Bocce, croquet, fling golf and horseshoes—drop-in and pick up game equipment at the front desk.

AGE	DAY	TIME	LOC	FEE
55+	M-F	8 am-12 pm	LC	Free

Fitness Flex & Stretch

A fun, energetic and lively workout that combines chair with standing exercise. Light cardio with swing, jazz, and 60s music will keep you motivated during this upbeat class. Wear comfortable clothing and workout shoes.

AGE	DAY	TIME	LOC	FEE
55+	M-F	8:15-9 am	LC	Free

Jazzercise LITE

Low impact cardio movements plus strength training using weights for abdominals, upper and lower torso with a stretch finale, all set to music! Comfortable clothing and workout shoes.

AGE	DAY	TIME	LOC	FEE
55+	Tu	9:30-10:30 am	LC	Free

Lively Tone & Stretch

Strength and muscle toning, balance, stretching and some light cardio. Wear exercise attire and bring hand weights, mat, tubes, ball, towel and water.

AGE	DAY	TIME	LOC	FEE
55+	W	8-9 am	LC	Free

Hatha Yoga

Learn Poses (asanas) to tone, build stamina, and invigorate the body. Smooth transitions and breathing techniques are stressed. Benefits can extend to emotional and mental aspects. Wear comfortable clothing, and bring a mat and small towel.

AGE	DAY	TIME	LOC	FEE
55+	Tu, Th	8-9:15 am	LC	Free
55+	Tu, Th	9:15-10:15 am	LC	Free

My Yoga

Ashtanga incorporates controlled breath with poses for flexibility and strength. Some yoga experience recommended. Wear loose fitting clothing and bring a floor mat and towel.

AGE	DAY	TIME	LOC	FEE
55+	Tu, Th	8-9 am	LC	Free

Yoga Made Easy

Stretch and tone, learn breathing techniques, and enjoy the benefits of restorative meditation. Wear loose clothing, and bring a mat, towel and water.

AGE	DAY	TIME	LOC	FEE
55+	W	10-11 am	LC	Free

Basic Computer Class

Challenge yourself and have fun learning the basics of computer operation in this eight week course. Call for class registration and dates.

AGE	DAY	TIME	LOC	FEE
55+	M	8:30-11:30 am	LC	Free

Archaeology Club

Interested in archaeology and paleontology? Come hang out with other aficionados for learning and fun.

AGE	DAY	TIME	LOC	FEE
55+	1st & 3rd Tu	9:30-11:30 am	LC	Free

Knitting & Crocheting

Create an heirloom; bring your own supplies.

AGE	DAY	TIME	LOC	FEE
55+	W	8 am-12 pm	LC	Free

Painting

Try your hand at creating a masterpiece using a variety of paint mediums; bring your own supplies.

AGE	DAY	TIME	LOC	FEE
55+	F	9-11 am	LC	Free

Creative Crafters

If you love crafts, this is for you! This group meets twice each month to create simple, fun crafts. All supplies are provided.

AGE	DAY	TIME	LOC	FEE
55+	2nd & 4th Tu	9:30-11 am	LC	Free

Digital Photography

In this class you will learn how to operate and take great pictures with your digital camera. Call for class start dates.

AGE	DAY	TIME	LOC	FEE
55+	Th	9:30-10:30 am	LC	Free

Songbirds

Come join the fun singing oldies and new standards. This group meets once a week for sing-a-longs and performs at various Legacy Commons functions, as well as events throughout the community.

AGE	DAY	TIME	LOC	FEE
55+	M	9:15-9:45 am	LC	Free

Golden Jammers

Do you play an instrument? Join this group weekly for a fun, casual jam session.

AGE	DAY	TIME	LOC	FEE
55+	F	10-11 am	LC	Free

AARP

AARP is devoted to the needs of older Americans. Local chapters exert influence on quality of life for seniors in their communities.

AGE	DAY	TIME	LOC	FEE
50+	3rd F	9:30-10:30 am	LC	\$3/Annualy

Senior Services

The City appreciates the individuals and organizations who make these programs possible.

AVCOA Meals for Seniors

Nutritious lunches are served by the Antelope Valley Committee on Aging; first-come, first-served.

AGE	DAY	TIME	LOC	FEE
60+	M-F	11 am-12 pm	LC	\$2/Suggested Donation

Blood Pressure Testing

Offered weekly at the Center.

AGE	DAY	TIME	LOC	FEE
55+	Th	9-11 am	LC	Free

Diabetes Self-Management

Learn how to minimize the complications of diabetes through self-care management. Instructor: Naomi Tanikawa, R.N., M.S.

AGE	DAY	TIME	LOC	FEE
55+	4th W	9:15-10:15 am	LC	Free

Hearing Aid Service

Beltone provides free hearing aid cleaning and service. Please call the day you plan to come to verify service.

AGE	DAY	TIME	LOC	FEE
55+	2nd Tu	10-11:30 am	LC	Free

Mature Driving Course

This two-day class may help you receive auto insurance discounts. Must register in advance. AARP member fee \$12; non-member \$14. Please call for dates.

AGE	DAY	TIME	LOC	FEE
50+	Th & F	8 am-12 pm	LC	\$12/\$14

Notary Service

Free Notary Service by James S. Bryant, licensed Notary Public.

AGE	DAY	TIME	LOC	FEE
55+	1st Tu	9:30-11:30 am	LC	Free

Parkinson's Support Group

For those with Parkinson's Disease and/or their family.

AGE	DAY	TIME	LOC	FEE
18+	3rd Tu	10 am-12 pm	LC	Free

Legacy Commons

After-hours Programs

The City is grateful to the individuals and organizations who make these programs possible.

Aces & Deuces Monthly Square Dances

Swing your partner and do-si-do to the latest steps. Suggested donation payable to Aces & Deuces.

AGE	DATE	DAY	TIME	LOC	FEE
55+	May 19-Aug 18	2nd Sa	7-10:15 pm	LC	\$8

Round Dance Lessons

Ballroom dance steps choreographed to oldies and modern music. Learn the two-step, waltz, foxtrot, rumba, cha-cha, and swing.

AGE	LEVEL	DAY	TIME	LOC	FEE
55+	Beg	Th	4:30-6 pm	LC	\$5

Square Dance Lessons

Square dancing as easy as 1-2-3 for beginners.

AGE	LEVEL	DAY	TIME	LOC	FEE
55+	A-1 Plus	Th	6-7 pm	LC	\$5
55+	Beg	Th	7-9 pm	LC	\$5

Ballroom Dance Lessons

Learn waltz, rumba, cha-cha, swing and more.

AGE	DAY	TIME	LOC	FEE
40+	F	6:30-7:30 pm	LC	Free

Fun After Forty Dance Club

Dance away the evening to ballroom music. Light refreshments are served.

AGE	DAY	TIME	LOC	FEE
40+	F	7:30-10 pm	LC	\$5/\$7

Line Dancing

Discover the newest, oldest and everything in-between! Class size is limited.

AGE	LEVEL	DAY	TIME	LOC	FEE
55+	Beg	Tu	1-3:30 pm	LC	\$4
55+	Novice	Th	1-3:30 pm	LC	\$4

Happy Hoofers Tap Dancers

Learn basic tap dance skills and perform at local functions.

AGE	LEVEL	DAY	TIME	LOC	FEE
55+	Beg	Tu	4-5 pm	LC	\$20/month
55+	Adv	Tu	5-6 pm	LC	\$20/month
55+	Perf	F	5-6 pm	LC	\$20/month



Looking for the perfect event facility?

We have what you need!

We offer several attractive facilities perfect for weddings, quinceaneras, birthdays, banquets, events, receptions, anniversaries and family reunions. For more information and to find out which facility will best suit your needs, call 661/267-5611.

Available Facilities:

Larry Chimbole Cultural Center
38350 Sierra Highway • 267-5656

Legacy Commons
930 East Avenue Q-9 • 267-5904

Marie Kerr Park Recreation Center
2723 Rancho Vista Blvd. • 267-5611

Palmdale Oasis Park Recreation Center
3850 East Avenue S • 267-5611

Desert Sands Park and Pavilion
39117 3rd St. East • 267-5611

Palmdale Playhouse
38334 10th St. East • 267-5684