



Important Numbers:

- City Hall
(213) 485-2121
- Fire (non-emergency)
(213) 485-2548
- Northeast Police Station
(213) 485-2563
- Councilmember Eric Garcetti,
13th District Field Office
(323) 478-9002
- Congressman, Xavier Becerra
(213) 483-1425
- Glassell Youth Center
(323) 341-5681
- Glassell Recreation Center
(323) 257-1863
- Glassell Pool
(323)226-1670
- Glassell Nutrition
Lunch Program
(323) 255-3117
- Cypress Park Library
(323) 224-0039
- Eagle Rock Library
(323) 258-8078
- Glendale Memorial Hospital
(818) 502-1900
- INFO-LINE 3-1-1
(L.A. City Services & Info)

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Glassell Park Senior Citizen Center

December 2011 & January 2012

Tuesday, December 6, 2011 at 11:00a.m.

"Garden Corporative Nursery School"

Will sing Christmas Carols

&

Bring Christmas Cards

for the seniors.



Holiday Pot Lunch with Santa
Thursday, December 22 1:00p.m.-3:30p.m.

Please join us for our first

Winter lunch date with one of our favorite people

of the year, Santa!

Music, Food, and Dancing





“We achieve inner health only through forgiveness-the forgiveness not only of others but also of ourselves.”

Joshua Loth Liebman



**Happy
Holidays**

NEW Yoga Class Schedule

Simple to challenging yoga movements. Stretches, breathing exercise, relaxation of the mind and body.

Tuesdays (Only) 9:30a.m.-11:00a.m.

Starting 01/10/2012 - 03/13/2012

Monthly Fee: \$10.00



Yoga Class

Crochet, Knitting and Tatting Class

Come and learn a few new stitches all while enjoying the company of fellow crochet and knitting lovers. Class is open to all levels.

Wednesdays 9:30a.m.-11:00a.m.

Starting 01/11/2012 - 03/14/2012

Monthly Fee: \$5.00



Knitting/Crochet
Class

Senior Computer Classes Schedule!!

These classes offer participants an opportunity to become familiar with computer terminology by exploring functions of the Windows Operating System. Hurry to sign up, space is limited. Classes held at Glassell Park Recreation Center;

Mondays/Tuesdays 9:30a.m-11:00a.m.

Wednesdays/Thursdays 9:30 a.m.-11:00a.m

Starting 01/09/2012 - 03/15/2011



Computer Class

Senior Exercise Class

This Winter do not miss out! Senior Exercise Class is designed to help you stay fit and maintain a healthier life style.

Mondays/Fridays 9:30a.m.-10:30a.m.

Starting 01/09/2012—03/12/2012

Maximum 20 students

Monthly Fee: \$10.00



Exercise Class

Glassell Park Improvement Association

GPIA is a non-profit charitable organization. Members donate their time and energy to plant trees, participate in community clean ups and beautification projects in Glassell Park. They also advocate for needed improvements to the infrastructure from local and state government. All residents and business owners are welcome to join the GPIA. Meetings are open to everyone and are held on the third Thursday of the Month at 7:00p.m. GPIA's next meeting will be held Thursday, December 15, 2011 at Glassell Park Senior Citizen Center at 7:00p.m.

Glassell Park Neighborhood Council

GPNC is a community organization which provides a link between city government and stakeholders. Glassell Park is a voice at City Hall and responds to and considers the myriad issues that impact and concern our community, both local and citywide. *Executive Board Meetings* are held on the first Tuesday of the Month and *General Community Stakeholders Meeting* are on the third Tuesday of the Month at 7:00p.m. Next *Executive Board Meeting* is Tuesday, December 6, 2011 and *General Community Stakeholders Meeting* is Tuesday, December 20, 2011.

Councilmember Eric Garcetti 13th District

CD13 Field Office serves residents of the 13th District by addressing constituents concerns, questions or services needed in the community. A staff member of Council President Eric Garcetti is always available to help direct constituents to appropriate City Departments and assist in filling out service request forms. CD 13 collaborates with departments such as Department of Aging, Public Works, Tree Services, Water and Power, City Attorney, Recreation and Parks, Housing, Transportation, and Homeless services to better serve the people of the 13th District.

Glassell Park Senior Club

Glassell Park Senior Club members meet every 1st Friday of the month at 10:00 a.m. Meetings include information for seniors, community guest speakers, upcoming senior trips, and events. Every 1st Friday of the month members celebrate their birthdays with delicious cake. Membership fee is \$5.00 annually from January-December. Glassell Park Senior Club hosts bingo every Friday from 12:30p.m. – 3:00p.m., everyone is welcome.



Glassell Park Senior Citizen Center

will be closed

Monday,

December 26,
2011

&

Monday,

January 2, 2012

&

Monday

January 16, 2012

Persons with disabilities are welcome to participate in our programs.

Reasonable accommodation will be made with prior arrangements.

The Department of Recreation and Parks is proud to be part of the Mayor's Million Tree Initiative.

Glassell Park

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Glassell Youth Center

After School Club is Monday- Friday from 2:15p.m.-5:00p.m (Tuesdays) 1:15 p.m.

Activities include school pick up, homework assistance, arts & crafts, cooking, computer lab, games and sport. Registration Fee \$30, monthly fee \$90 for 3 days or less per week, \$110 for 4 days or more per week. Serving Delevan Drive Elementary School (Please call for information for other schools.) The Youth Center is located at 2727 Crestmoore Place, L.A., CA 90065 Phone (323) 341-5681

Glassell Recreation Center

For Winter Schedule of Classes/ Teen Clubs and Sport Registration and other fun recreation activities please call (323) 257-1863.

The Recreation Center is located at 3650 Verdugo Road Los Angeles, CA 90065.



Senior Movies Days

This Fall join us every Monday for our senior Monday Flix, we will have a selection of movies for seniors to enjoy.

So please join us and lets make it a date.



Ping Pong

Glassell Park Senior Center provides a ping pong table to all senior patrons who would like to participate in friendly games. Table will be brought out upon request.





Our mission is to enrich the lives of the residents of Los Angeles by providing safe, welcoming parks and recreation facilities and affordable, diverse recreation and human services activities for people of all ages to play, learn, contemplate, build community and be good stewards of our environment. Our goal is to continue to make a difference in the community, and advance in our mission of providing healthy activities and programs for seniors at Glassell Park Senior Citizen Center.

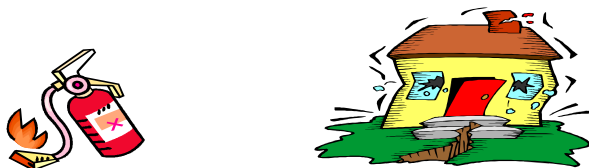
International Institute of Los Angeles Senior Nutrition Program

Seniors are invited to enjoy a hot delicious meal served at Glassell Park Senior Citizen Center Monday-Friday 11:30a.m.-12:30p.m. Donations of \$2.00 help offset the cost of the meals provided by the nutrition program. For daily menu information and reservations, please contact Maria Perez Nutritional Program Coordinator at (323) 255-3117.



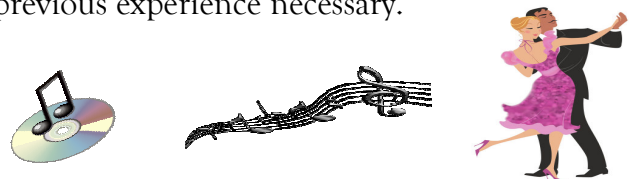
Monthly Disaster/Earthquake Drills

Every month Glassell Park Senior Citizen Center conducts a Disaster/Earthquake drill practice. Our next Earthquake drill is Wednesday, Dec. 21, 2011 and Wednesday, Jan. 18, 2012 at 11:10 a.m.



FREE Ballroom Dancing Club

Every Tuesday from 1:00 p.m.–4:00 p.m. the Ballroom Dancing Club meets in the large community room to mingle and enhance their ballroom dancing skills. Everyone is welcome no previous experience necessary.



Los Angeles Unified District Division of Adult and Career Education

Franklin Community Adult School is offering Fitness Classes for anyone 18 and older. All classes are instructed by Irma Nuñez, and held at Glassell Park Senior Citizen Community Center at



3750 N. Verdugo Road, Los Angeles, CA 90065.

Class Schedules: Mondays & Wednesdays

Yoga 1:00p.m.-2:30 p.m. Qi Gong/Tai Chi 2:30 p.m.– 3:30 p.m. and Line Dance/Salsa 4:00-4:45 p.m. \$10.00 covers all LAUSD classes offered.



Please note: No LAUSD Classes held during Winter Break—12/19/2011–01/06/2012



City of Los Angeles

Antonio Villaragosa, Mayor

Councilmember Eric Garcetti, 13th Council District

Department of Recreation and Parks

Board of Recreation and Parks Commissioners

Barry A. Sanders, President

Lynn Alvarez

W. Jerome Stanley

Jill T. Werner

Johnathan Williams

Recreation and Parks Administration

Jon Kirk Mukri, General Manager

Regina Adams, Executive Officer

Kevin Regan, Assistant General Manager-Operations East

Sophia Piña-Cortez, Griffith-Metro Region Superintendent

Carl Cooper, Principal Recreation Supervisor II

Carolyn James, Principal Recreation Supervisor I

Laura Island, Recreation Supervisor-Griffith District

Glassell Park Senior Citizen Center

Marie Tropet, Recreation Coordinator

Amber Castro, Recreation Assistant