

M O N D A Y			
PROGRAM	TIME	MEMBER FEE	DATES
Strength /Conditioning Class	9am-10am	Free	1/8-3/25
Bridge (Friendly games)	12 - 230pm	Free	1/8-3/25
Smart Phone Class	2:00- 2:45pm	Free	1/8-3/25
Computer Lab	10am-3:30pm	Free	1/8-3/25
Games	2:45-3:30pm	Free	1/8-3/25
Metro Trips	10am-5pm	Free	2/26, 3/18
T U E S D A Y			
Bingo	930 - 1130am	\$0.25 a card	1/9-3/26
Tuesday Yoga	1-2:30pm	\$4 per class	1/9-3/26
Games	2:45-3:30pm	Free	1/16-2/20
Walk It Out	10am-11am	Free	1/9-3/26
Computer Lab	10am-3:30pm	Free	1/9-3/26
W E D N E S D A Y			
Chair Yoga	11:45am- 1pm	\$4 per class	1/10-3/27
Knitting & Quilting	9am-2pm	Free	1/10-3/27
Poker (friendly games)	1:00-4:30 pm	Free	1/10-3/27
Cooking 4th Wed.)	1:30-3:00pm	\$5 per month	1/10-2/28
Computer Basics Class	2:00-2:45pm	Free	1/24-3/27
Let's Talk About It	10am-11am	Free	1/22-3/25
T H U R S D A Y			
Thursday Yoga	9:30 - 11am	\$4 per class	1/11-3/28
Current Event Discussions	10am - 2pm	Free	1/11-3/28
Cardio Fitness	1:00-2:00 pm	Free	1/18-3/28
F R I D A Y			
Stop Senior Fraud Acting	11am-1pm	Free	1/12-3/29
Poker (Friendly Games)	1:00-4:30pm	Free	1/12-3/29
Beginning Spanish	1:00-2:00pm	\$5/ session	1/12-3/29
Gardening Class	10:00-11am	Free	1/26-3/22

**REGISTRATION:**

Must be registered in Rec Trac to participate in Senior Center programs

**REFUND POLICY:**

AFTER THE WEDNESDAY PRIOR TO THE WEEK EACH SESSION BEGINS, NO REFUNDS WILL BE ISSUED UNLESS THE PROGRAM IS CANCELLED BY THE SENIOR CENTER. A 15% ADMINISTRATIVE FEE WILL BE ASSESSED BY THE CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS FOR ANY PATRON GRANTED A REFUND. ALL REFUND REQUESTS MUST BE SUBMITTED VIA A REFUND REQUEST FORM. THERE ARE NO REFUNDS OR CREDITS FOR MISSED DAYS.