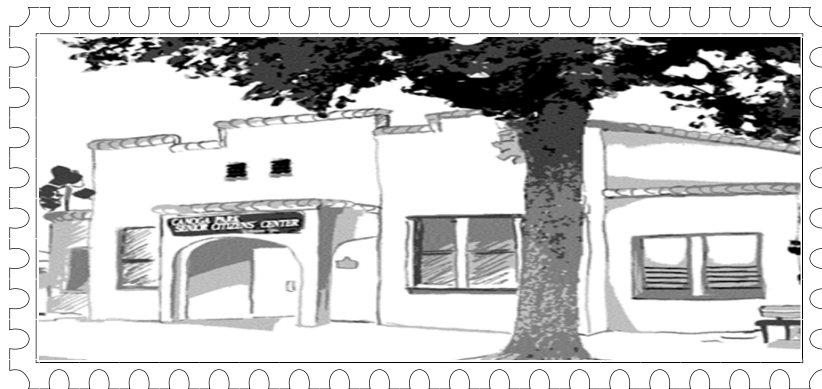


City of Los Angeles
Department of Recreation and Parks
Canoga Park Senior Citizen Center Stop 641-1
7326 Jordan Ave.
Canoga Park, CA 91303

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Permit # 12932

City of Los Angeles Department of Recreation & Parks
January through March 2025



CANOGA PARK 50+ ADULT CENTER



7326 Jordan Ave., Canoga Park, CA 91303
Phone: 818.340.2633 www.laparks.org



PARK PROUD LA!

JANUARY 2025 through MARCH 2025

Classes and Activities offered
(All classes subject to change)



Mondays: Sr. Parkin' Walk Up Pantry, 8:45am to 11:30am (Start/end times are approximate.)

Come into the center for pantry distribution. 3 items per person . (No pantry 1/20, 2/17, & 3/31)

Jewelry Making, 10:00am to 11:00am

Bring your creative self and experience making jewelry-earrings, bracelets, etc. , \$1 donation, (no class 1/20, 2/17, & 3/31)

Sit, Stitch, and Crochet Club, 1:00pm to 2:00pm

Join us for a relaxing hour of stitching, talking, and exchanging patterns. (no club meeting 1/20, 2/17, & 3/31)

Beginning/Intermediate Line Dance with Peggy, 2:00pm to 3:30pm

Participants bring their own water, \$1 donation , Enjoy fun dance instruction & lively music! (No class 1/20, 2/17, & 3/31)

Tuesdays: Beginning Line Dance with Sylvia, 9:00am to 10:30am

Participants bring their own water, \$1 donation, come enjoy fun dance instruction with lively music!

Sit & Fit or Chair Salsa, 10:45am to 11:30am

Staff will lead you in a great exercise routine using sitting, upper body moves, Participants bring their own water, \$1 donation, Keep your exercise lively and fun

Yoga for Life, 12:45pm to 1:45pm

Our instructor, Radha, will lead your exercise routine using yoga poses, sitting, upper body moves. Chair adaption available. Participants bring their own water, \$1 donation.

ZUMBA Gold, 2:30pm to 3:00pm

Join Cynthia in this upbeat dancing exercise class designed for fun! \$1.00 donation.

Let's Talk about It, 2:30pm to 3:30pm

This is a group session for women to respectfully discuss different current topics weekly. Meets in the lounge area. \$1 donation

Wednesdays: Sit & Fit, Yoga, or Chair Salsa, 9:30am to 10:30am

Staff will lead you in a great exercise routine using sitting, upper body moves, and yoga techniques .Participants bring their own water, \$1 donation. Make your exercise lively and fun! Held in lounge area. (no class 1/1)

Beginning/Intermediate Line Dance with Peggy, 9:30am to 11:00am

Participants bring their own water, \$1 donation, come enjoy fun dance instruction with lively music! (no class 1/1)

BINGO, 1:00pm to 2:30pm

Pre-Selected cards are 4 for \$1.00 max, Participants bring their own water, recreational Bingo game (no Bingo 1/1)

Lego Builders 3:00pm to 4:00pm

Have fun and use your Lego brain skills to build a simple locking brick project. First build will be provided. Participants bring their own water, \$1 donation (no class 1/1)

Yoga for Life, 3:00pm to 4:00pm

Namaste! Our instructor, Radha, will lead your exercise routine using yoga poses, sitting, upper body moves. Chair adaption available. Participants bring their own water, \$1 donation. (no class 1/1)

Thursdays: BINGO, 10:00am to 11:30am

Pre-Selected cards are 4 for \$1.00 max, Participants bring their own water, recreational Bingo game

Ukulele, 12:45pm to 2:15pm

Participants must bring their own instrument, beginners welcome, \$1 donation

Advanced Line Dance with Sylvia, 2:45pm to 4:15pm

Instructor approval required prior to class, materials fee of \$5 pd to instructor, \$1 donation

Computer & Technology Skills - Thursday , 1:30pm-3:30pm

Learn basics of computer use including email, browsing, and online use and apps. Staff is here to help you navigate the internet. Bring paper if you need to print multiple pages. \$1 donation, Sorry-no water or food allowed in BTOP Lab

Fridays: Beginning Line Dance with Kathy, 9:30am to 11:00am

Participants bring their own water, \$1 donation. Come enjoy fun dance instruction with lively music!

Adult Art, 12:30am thru 1:45pm

Explore a variety of art mediums while letting your creative side blossom. Go at your own pace. Projects will be supplied.

Participants bring their own water. \$1 donation

Folk Dance , 2:00pm to 4:15pm

Participants bring their own water, \$1 donation. Come dance to Folk music & steps from around the world. All skill levels welcome!

Mahjong Clinic, in lounge, 12:30pm to 4:00pm (or until game play ends-normal business hours)

Join us for an informal clinic to learn the fun game of Mahjong. No pressure here. You can watch the game, get a feel for how to play, ask questions about rules and instruction, play Mahjong , and have a blast! \$1 donation

Billiards DAILY Monday to Wednesday - 9:00am to 4:00pm * Open BTOP Lab - Tuesdays , 1:30pm-3:30pm



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Valentine's Day Party and Dance

Friday, February 14th, 10:00am to 3:00pm

Join us for our first dance of the year on Valentine's Day. Bring that special someone or come and be that special someone. Live Music by Tony Jones and Friends. Raffles, dancing, singing, puzzles, & fun! What a DAY! ONEgeneration lunch is separate and on a first come, first served basis.

Thank you to the Canoga Park Senior Club for helping to make this wonderful event happen



Spring Fling St. Paddy's Day Party

Monday, March 17th, 10:00am to 2:00pm

Feeling Lucky? Then this is the place for you on St. Patrick's Day. Raffles throughout the day, entertainment, sing-a-longs, and plenty of Luck to spread around.

ONEgeneration lunch is separate and on a first come, first served basis.

*** Thank you to the Canoga Park Senior Club for helping to make this wonderful event happen***

Salute to Recreation Family Festival

A Tribute to "Footloose"



Northridge Recreation Center, May 16, 2025, 5:00pm to 9:00pm

Come have an evening of good food, good friends, and dancing! The Department of Recreation and Parks along with CD 12 welcomes you to celebrate "Footloose" with dinner, live music, raffles, and dancing, of course.

Save the date and don't be late to this wonderful event. \$2.00 donation

Learning Lunches

Coming in 2025....the New Year and Your Mental Health, Nutrition 101-Recipes & Menus, and much more!
Call 818-340-2633 for more details.

Registration is required for the facility and all activities

*****Volunteer Opportunities*****

Interested in behind the scenes fun? Contact Kari if you are interested in becoming a volunteer.

Seeking Lunch helpers, class helpers, & pantry helpers



Senior Nutrition provided by ONEgeneration

Lunch Service -11:30am to 12:30pm, Daily Monday thru Friday

Good food & good times! Nutrition provided by ONEgeneration. Come join your friends for a hot meal or make new friends. Donation of \$3.00 for seniors 60+. Come speak with Alicia for more information.

Monthly menu available in-person or online at www.laparks.org
(go to "facilities", "senior centers", "Canoga Park Senior Center")

Call Luanne Grisham at (818) 708-4758 for more information

Canoga Park 50+ Adult Group Travel

Upcoming trips.....



Solvang/Chumash Casino

February 25th, 9:00am to 5:00pm, \$45.00pp



Must be registered at the center and a 2025 member of Canoga Park Senior Travel . Masks are strongly recommended.

Call 818-340-2633 and speak to our staff. Sign up must be in person to reserve a spot.

*Must be a member of Canoga Park Senior Citizens' Travel and registered at the center to attend trips. *

Travel Group for 2025 is \$5 for the calendar year. Center registration is no cost. Come travel with us!

CITY OF LOS ANGELES

Department of Recreation and Parks

Mayor: Karen Bass

Councilmember: Bob Blumenfield – 3rd District

Board of Recreation and Park Commissioners

Renata Simril, President

Luis Sanchez, Vice President

Fiona Hutton, Marie Lloyd, Benny Tran-Commissioners

Department Of Recreation & Parks Administration

Jimmy Kim, General Manager

Matthew Rudnick, Executive Officer & Chief of Staff

Chinyere Stoneham, Assistant General Manager - Recreation Services

Cathie M. Santo Domingo, Assistant General Manager - Planning, Maintenance & Construction Branch

Brenda Aguirre Jennens - Assistant General Manager, Special Operations Branch

Traci Goldberg – Valley Region Superintendent

Juan Aynat - Principal Recreation Supervisor II

Cynthia Dib - West Valley District Recreation Supervisor

Canoga Park Senior Citizens' Center Staff

Kari Haseltine - Recreation Facility Director

Recreation Assistants - Liberty Maxwell, Cassidy Guilfoyle,

Georgette Lambey, Paula Rodriguez

Maintenance Staff

Renee Martinez– Park Maintenance Supervisor

Maria Sanchez, Maintenance Staff

2025 Senior PA Board

Lorry Reeves - President

Rosalie Rhodes - Secretary

Members– Cora Au, Maureen Moss, Mike Doot, William Munoz (ex-officio)

ONEgeneration Meal Program(satellite site)

Alicia Acosta, Site Manager

Call 818-705-2345 for Homebound & Grab and Go Meal Service

All classes and events offered are subject to unforeseen change and/or cancellation at any given time.

Payments are made by check or money order only. A collection fee will be charged for each check returned by the bank.

Department of Recreation and Parks refunds granted will be assessed a 15% fee. No full refunds will be issued unless a class/sports league/program is cancelled by the facility.

PlayLA Youth and Adaptive Youth Sports Program is made possible by the LA28 Olympic and Paralympic Games. Waivers available for those who qualify, ask for details.

Good Sportsmanship is Everyone's Responsibility. Be a Good Sport. The Department of Recreation and Parks is devoted to achieving gender equity through a continuous commitment to girls and women in sports.

Persons with disabilities are welcomed to participate in our classes and programs. Reasonable accommodations will be made with prior arrangements. Please be aware that some accommodations may take 30 days or longer. Please submit your request for an accommodation as soon as possible