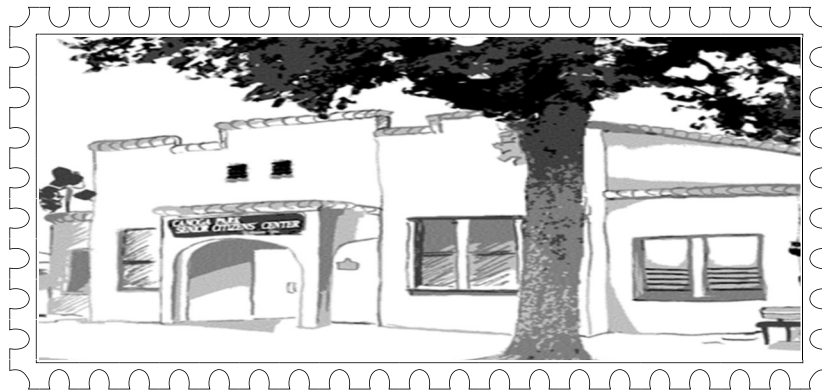


City of Los Angeles
Department of Recreation and Parks
Canoga Park Senior Citizen Center Stop 641-1
7326 Jordan Ave.
Canoga Park, CA 91303

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City of Los Angeles Department of Recreation & Parks

OCTOBER through DECEMBER 2024



Canoga Park Senior Citizen Center

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



PARK PROUD LA!

OCTOBER 2024 through DECEMBER 2024

Classes and Activities offered
(All classes subject to change)



Mondays: Sr. Parkin' Walk Up Pantry, 9:30am to 10:30am (Start/end times are approximate.)

Walk/line up only on south wall of building for pantry distribution. When you arrive, make sure to sign in with staff. Names will be called from the list for pantry pick up. (No pantry 10/14 & 11/11)

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

Bring your creative self and experience making jewelry-earrings, bracelets, etc. , \$1 donation, (no class 10/14 & 11/11)

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 10/14 & 11/11)

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 10/14 & 11/11)



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.

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

This is a group session for women to respectfully discuss different current topics weekly. \$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 12/25)

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 12/25)

BINGO, 1:00pm to 2:30pm

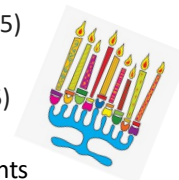
Pre-Selected cards are 4 for \$1.00 max, Participants bring their own water, recreational Bingo game (no class 12/25)

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 12/25)

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 12/25)



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

Pre-Selected cards are 4 for \$1.00 max, Participants bring their own water, recreational Bingo game (no Bingo on 10/31 & 11/28)

Ukulele, 12:45pm to 2:15pm

Participants must bring their own instrument, beginners welcome, \$1 donation (no class on 10/31 & 11/28)

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 (no class on 11/28)

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

Learn basics of computer use including email, browsing, and online use and apps. Omega 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 (no class on 11/28)

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! (no class on 11/29)

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 (no class on 11/29)

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

Instructor evaluation required prior to joining class, Participants bring their own water, \$1 donation, Come dance to Folk music & steps from around the world. All skill levels welcome! (no class on 11/29)

Mah Jong Clinic, in lounge, 12:30pm to 3:00pm (or until game play ends-normal business hours)

Join us for an informal clinic to learn the fun game of Mah Jong. No pressure here. You can watch the game, get a feel for how to play, ask questions about rules and instruction, play Mah Jong , and have a blast! \$1 donation (no class on 11/29)



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



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Halloween Party and Dance

Thursday, October 31st, 10:00am to 3:00pm

Come have a Spooktacular time with us this Halloween! We will be dancing along to the Monster Mash and doing the Zombie Crawl. Join our Costume Parade too. Prizes for Scariest, Cutest, and Most Original. Live Music by the Allen Weiss Band, 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

Thanksgiving Party - A Day of Thanks

Monday, November 25th, 10:00am to 2:00pm

Join us for a day of fun with a Hawaiian theme. Raffles throughout the day, entertainment, and plenty of Aloha Spirit to celebrate all that we are thankful for. ONEgeneration lunch is separate and on a first come, first served basis.



Ugly Sweater / Silly Santa Shirt Party

Friday, December 20th, 10:00am to 3:00pm



We all have one. That holiday sweater or shirt that just screams "Unique". Come and connect with others who share your joy of wearing that special fashion statement around the holidays. Prizes for Ugliest Sweater and Silliest Santa Shirt. Gingerbread decorating, puzzles, raffles, and a day full of smiles! ONEgeneration lunch is separate and on a first come, first served basis.

90+ Legacy Lunch – Casablanca

Friendship Auditorium, November 7, 2024, 11:00am to 2:00pm

This event is for our esteemed members that are 90 years young or more. Lunch, live music, dancing, and raffles to celebrate all that is YOU. Must be a registered member at the Canoga Park Senior Citizens' Center. See Kari if you would like to attend this celebration. Reservations required. Here's looking at you kid!

Learning Lunches

How to Shop for Food on a Budget (lunch bag and tip card provided) - December 12th @ 11:30am
Making Budget Friendly Meals (4 in 1 kitchen tool & bean dip demo) December 19th @ 11:30am

Registration is required for the facility and all activities
Participants will be screened for registration and health status prior to entrance

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 Senior Citizens' Travel

Upcoming trips.....

Ronald Reagan Library

Dead Sea Scrolls & Christmas Around the World

December 3rd, 9:00am to 4:00pm, \$30.00pp



Must be registered at the center and a 2024 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 2024 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

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Luis Sanchez, Vice President

Fiona Hutton, Marie Lloyd, Benny Tran-Commissioners

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Matthew Rudnick, Executive Officer & Chief of Staff

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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 - Omega Bennett, Cassidy Guilfoyle,

Georgette Lambey, Liberty Maxwell, Paula Rodriguez

Maintenance Staff

Renee Martinez– Park Maintenance Supervisor

Maria Sanchez, Maintenance Staff

2024 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