



City of Los Angeles
Department of Recreation & Parks
Metro Region-Northwest District



El Sereno Senior Citizen Center

WINTER

2025



INVIERNO



4818 KLAMATH PL. L. A., CA. 90032

Phone: (323) 222-2040

Website: www.laparks.org

"The classes and programs in this brochure may be subject to change or cancellation"
"Las clases y programas en este folleto pueden ser sujetos á cambio o cancelación"

General Information / Información General

CENTER HOURS / HORARIO DEL CENTRO

Monday thru Friday / Lunes á Viernes
9:00 a.m. – 4:00 p.m.

CLOSED / CERRADO

Saturday and Sunday / Sabado y Domingo
All City Holidays / Dias festivos de la Ciudad

Annual Registration Fee / Tarifa de Inscripción Annual

\$10.00

Registration includes one free entry to a Holiday Event/Dance
La inscripción incluye una entrada gratuita a un Evento/Baile

Class Information / **Información de Clases**

Classes begin / Clases comienzan:
1/6/2025

Registration / Matriculación

Registration begins / Matriculación empieza
12/9/2024

Payment Information / **Información sobre pagos**

Cash, credit card, check, and money order
Payments are accepted. Cash payments must be
made in exact amount only.

Please make check/money order payable to:
City of L. A. Department of Rec. and Parks
A collection fee will be charged for each returned
check.

Pagos con dinero en efectivo, tarjeta de credito,
cheques, y giros son aceptados. Pagos en efectivo
deben ser en la cantidad exacta.

Pagos con cheques deben ser hechos a:
“City of Los Angeles Dept. of Rec and Parks”
Se cobrara una quota por cheques sin fondos.



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

“Personas con discapacidades son
bienvenidas a participar en nuestros
programas. Se harán acomodaciones
razonables con aviso previo. Tenga en
cuenta que algunas adaptaciones
pueden tardar 30 días o mas. Por favor,
envie su solicitud de adaptación lo mas antes posible.”



Refund Policy / **Poliza de reembolso**

“Full refunds are only issued when the senior center
cancels the activity. A 15% cancellation fee is assessed
for all other refunds. Changes or transfers per class
registration may be assessed additional fees after the first
day of a session.

“Reembolso completos seran hechos solamente cuando
el Centro cancela la clase. Un cobro de 15% de costos
administrativos para todo reembolso. Tarifas adicionales
pueden ser cobradas por cambios o transferencias por
cada inscripción de clase después del primer día de una
sesión.

Creating Community through People, Parks and Programs!

“Achieving gender equity through a continuous commitment to girls and women in sports.”

General Information / Información General

EL SERENO SENIOR CENTER ADVISORY BOARD

The El Sereno Senior Citizen Center Advisory Board is a collective group of senior volunteers dedicated to making our center a better place. The Board is looking for new members. If interested and would like more information, please contact the Director in person or call: (323) 222-2040.

COMITE CONSEJERO DE “EL SERENO SENIOR CENTER”

El Comité Consejero es un grupo colectivo de voluntarios dedicados a mantener nuestro centro un lugar mejor. El comité está buscando nuevos miembros. Si está interesado y desea más información, favor de comunicarse con el Director en persona o llame al: (323) 222-2040.

REFERENCE PHONE NUMBERS / NUMEROS DE TELEFONO DE REFERENCIA

14th Council District,
Councilmember Ysabel J. Jurado
Consulado Distrito 14, Consular Ysabel J. Jurado.
.....(323) 254-5295

Department of Aging / Departamento de
Envejecimiento.....311 or (800)510-2020

LAPD-Northeast Police Division / Division de
Policia del Noreste.....(323) 344-5701

Social Security (24-hour service) / Seguro Social
(servicio de 24 horas).....(800) 772-1234

Mexican American Opportunity Foundation(MAOF)
.....(323) 890-9600

Montecito Heights Senior Center.....(213) 485-8550

Eagle Rock Recreation Center.....(323) 257-6948

Lincoln Park Senior Center.....(213) 847-1726

CITY OF LOS ANGELES Mayor -Karen Bass Councilmember Ysabel J. Jurado 14th District Department of Recreation and Parks Board of Recreation and Park Commissioners

Renata Simril- President
Luis Sanchez- Vice President
Members: Fiona Hutton, Marie Lloyd and
Benny Tran

Recreation and Parks Administration Jimmy Kim-General Manager Matthew Rudnick-Executive Officer & Chief of Staff

Chinyere Stoneham - Assistant General
Manager

Metro Region Administration Anita Meacham- Superintendent Kimberly Simonet - Principal Recreation Supervisor II

Leslie Perez - Principal Recreation
Supervisor I

Juan Guzman -Recreation Supervisor
Northwest District

El Sereno Senior Citizen Center Staff

Jose Luis Gonzalez -Facility Director
Rec Assistants
Alex Sandoval, Rafa Frayre,
Griselda Ramirez & Maruca Medina

SOCIAL HOUR / **HORA SOCIAL** **THURSDAY / JUEVES** **12:00 p.m. - 1:00 p.m.** *Feel like talking about social events,* *the community or anything in* *particular? Drop by and hang out.* *Desea hablar de eventos sociales, la* *comunidad o cualquier otra cosa en* *particular? Venga y pase un rato.*

WEEKLY SCHEDULE AT A GLANCE / HORARIO SEMANAL EN UNA VISTA

MONDAY / LUNES

9:30 a.m. - 10:30 a.m.....Chair Exercise/Ejercicio en Silla
11:00 a.m. - 12:00 p.m.....Arthritis Exercise/ Ejercicio para Artritis
10:30 a.m. - 11:30 a.m.Lunch / Almuerzo
10:30 a.m. - 1:00 p.m.....Music Jamboree / Musica Francachela
10:00 a.m. - 12:00 p.m.Pool / Billar
12:00 p.m. - 1:00 p.m.....Advanced Meditation / Meditacion Avanzada
1:00 p.m. - 3:00 p.m.....PING PONG

TUESDAY / MARTES

9:30 a.m. - 10:30 a.m.....Chair Yoga / Yoga en Silla
10:00 a.m. - 12:00 p.m.Pool / Billar
11:00 a.m. - 12:00 p.m.....Bingo
10:30 a.m. - 11:30 a.m.Lunch / Almuerzo
11:30 a.m. - 12:30 p.m.Dicho al Hecho
12:00 p.m. - 2:00 p.m...Water Color Painting / Pintar con Colores de Agua
12:00 p.m. - 1:00 p.m.....Beginner Meditation / Meditacion Principiante

1:00 p.m. - 3:00 p.m.....PING PONG

WEDNESDAY / MIERCOLES

9:30 a.m. - 10:30 a.m.....Chair Exercise / Ejercicio en Silla
10:30 a.m. - 1:00 p.m.....Music Jamboree/ Musica Francachela
10:00 a.m. - 12:00 p.m.....Pool / Billar
10:30 a.m. - 11:30 a.m.....Lunch / Almuerzo
11:00 a.m. - 12:00 p.m.....Arthritis Exercise / Ejercicio para Artritis
1:00 p.m. - 2:00 p.m.....ZUMBA Gold
1:00 p.m. - 3:00 p.m.....PING PONG

THURSDAY / JUEVES

9:30 a.m. - 10:30 a.m.....Chair Yoga / Yoga en Silla
10:00 a.m. - 12:00 p.m.Pool / Billar
11:00 a.m. - 12:00 p.m.....Bingo
10:30 a.m. - 11:30 a.m.Lunch / Almuerzo
12:00 p.m. - 1:00p.m.....Social Hour / Hora Social
12:00 p.m. - 2:00 p.m.....Knitting /Tejido
1:00 p.m. - 3:00 p.m.....PING PONG

FRIDAY / VIERNES

9:30 a.m. - 10:30 a.m.....Chair Exercise / Ejercicio en Silla
10:00 a.m. - 12:00 p.m.Pool / Billar
10:30 a.m. - 11:30 a.m.Lunch / Almuerzo
11:30 a.m. - 12:30 p.m.Dicho al Hecho
1:00 p.m. - 3:00 p.m.....PING PONG

Fitness Classes / Clases de Forma Fisica

CHAIR EXERCISE / **EJERCICIO EN SILLA**

\$15 -10 weeks/semanas

Or \$1.00 each time you attend / Ó \$1.00 cada vez que venga

MONDAY, WEDNESDAY & FRIDAY
JANUARY 6th - MARCH 17th

9:30 a.m. - 10:30 a.m.

LUNES, MIERCOLES, Y VIERNES
6 de ENERO a 17 de MARZO



Safe, effective, low impact workout good for all fitness levels.
Sesión de bajo impacto, seguro y efectivo para todo nivel de forma física

CHAIR YOGA / **YOGA EN SILLA**

\$10 -10 weeks/semanas

Or \$1.00 each time you attend / Ó \$1.00 cada vez que venga



TUESDAY & THURSDAY
JANUARY 7th - MARCH 16th

9:30 a.m. - 10:30 a.m.

MARTES Y JUEVES
7 de ENERO a 16 de MARZO

Beginning Yoga—Increase flexibility, reduce tension in neck, shoulders and back.

Yoga para Principiante—Aumente flexibilidad, reduja tension en el cuello, hombros y espalda.

Fitness Classes / Clases de Forma Fisica

ZUMBA GOLD

FREE / GRATIS
10 weeks/semanas



WEDNESDAYS
JANUARY 8th- MARCH 15th

1:00 p.m. - 2:00 p.m.

MIERCOLES
8 de ENERO a 15 de MARZO

Burn calories, improve heart health and reduce stress.
Queme calorías, mejore salud del corazón, y reduzca stress.

ARTHRITIS EXERCISE / **EJERCICIO para ARTRITIS**

\$10 -10 weeks/semanas

Or \$1.00 each time you attend / Ó \$1.00 cada vez que venga

MONDAY & WEDNESDAY
JANUARY 6th -MARCH 15th

11:00 a.m. - 12:00 p.m.

LUNES Y MIERCOLES
6 de ENERO a 15 de MARZO



Benefits—Keep joints flexible and muscles strong.
Sleep better and increase energy
Beneficios—Mantenga las articulaciones flexibles y los
músculos fuertes. duerma mejor y aumente energía

Fitness Classes / Clases de Forma Fisica

MEDITATION CLASS / CLASE de MEDITACIÓN

ADVANCED / AVANZADO

MONDAYS / LUNES

12:00 p.m. - 1:00 p.m.

BEGINNER / PRINCIPIANTE

TUESDAYS / MARTES

1:00 p.m. - 2:00 p.m.

**JANUARY 6th - MARCH 25th
6 de ENERO a 25 de MARZO**

ENJOY AN EMPOWERING AND
RELAXING TIME
DISFRUTE UNTIEMPO DE
EMPODERAMIENTO Y RELAJACIÓN



PICKLE BALL



**MONDAY & FRIDAY
OCTOBER 7th -
DECEMBER 30th**

1:00 p.m. - 2:00 p.m.

**LUNES Y VIERNES
7 de OCTUBRE a
30 de DICIEMBRE**

Come join and experience one of the fastest-growing sports in the country! If you have played tennis, squash, badminton, or table tennis, you are sure to enjoy this exciting game.

Playing equipment will be provided

Venga y aprenda uno de los deportes con un crecimiento más rápido en el país! Si ha jugado tennis, squash, badminton, o tennis de mesa, disfrutará este emocionante juego.

Fitness Classes / Clases de Forma Fisica

WATER COLOR PAINTING PINTAR con CLORES de AGUA

\$10 - 10 weeks/semanas

Or **\$1.00** each time you attend / cada vez que venga



TUESDAYS
JANUARY 7th - MARCH 18th

12:00 p.m. - 2:00 p.m.

MARTES
7 de ENERO a 18 de MARZO

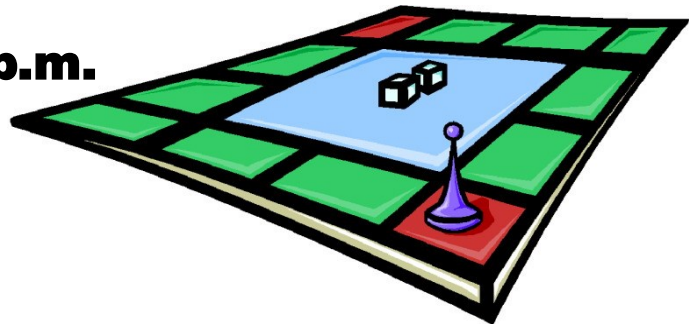
*Let your artistic side come out and have some fun. /
Deje que su lado artístico salga y diviértase*

DICHO AL HECHO

TUESDAYS and FRIDAYS
JANUARY 7th - MARCH 28th

11:30 a.m. - 12:30 p.m.

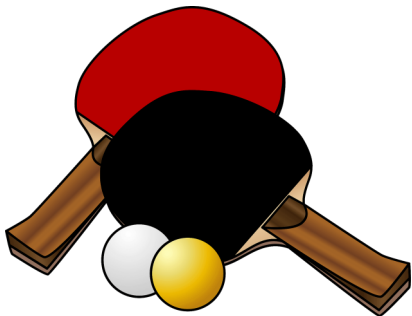
MARTES Y VIERNES
7 de ENERO a
28 de MARZO



Come join us and play an entertaining bilingual (English/Spanish) board game called: "Dicho al Hecho". Join in on the fun while delightfully engaging in learning to play this new game.

Venga a jugar un divertido y bilingual (inglés/español) juego de mesa llamado: "Dicho al Hecho". Únase a la diversión mientras aprende a jugar este nuevo juego

Center Activities / Actividades en el Centro



PING PONG

**MONDAY - FRIDAY/
LUNES A VIERNES**

12:00 p.m. - 3:00 p.m.

*Learn to play or improve
your skill. / Aprenda a jugar o
mejore su conocimiento.*

MUSIC PRACTICE / JAMBOREE

PRACTICA DE MUSICA / FRANCAACHELA

MONDAY and WEDNESDAY / LUNES Y MIERCOLES

10:30 a.m. - 1:00 p.m.



**If you like to sing, play an instrument
or just want to hear music. Come and
participate. Its open to everyone.**

**Si le gusta cantar, tocar un
instrumento, o solo oir musica. Venga y
participe. Es abierto para todos.**

KNITTING / TEJIDO

THURSDAYS / JUEVES

12:00 p.m. - 2:00 p.m.

**If you like to knit, come and
Participate, it is open to everyone.
Si le gusta tejer, venga y participe,
es abierto para todos.**



Center Activities / Actividades en el Centro



**\$0.25 per card / por tarjeta
(6 max)**

**TUESDAYS & THURSDAYS/
MARTES y JUEVES**

11:00 a.m. - 12:00 p.m.



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.

**MENTAL HEALTH WORKSHOP SERIES /
SERIE DE TALLERES DE SALUD MENTAL**

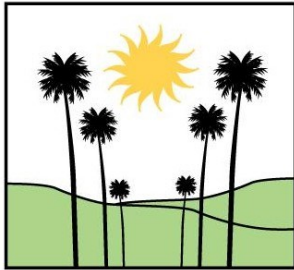
**THURSDAYS / JUEVES
12:00 p.m. -1:00 p.m.**

**YOUR MENTAL HEALTH MATTERS—It is a state of well-being in
which you can realize your own abilities to cope with the
normal stresses of life**

**TU SALUD MENTAL ES IMPORTANTE—Es un estado de bienestar
en el que puedes realizar tus propias habilidades para hacer
frente a las tensiones normales de la vida**

Center Activities / Actividades en el Centro

LA 32 Neighborhood Council Consular del Vecindario LA32



LA-32
Neighborhood Council

**Meetings held on the first
Wednesday of the month
6:00 p.m. - 8:00p.m.
Juntas cada primer
Miércoles del mes**

LUNCH / ALMUERZO



MEXICAN AMERICAN OPPORTUNITY FOUNDATION LUNCH PROGRAM

**Hot meals provided Monday- Friday between
10:30 a.m. - 11:30 p.m. Donation \$2.00**

**PROGRAMA DE ALMUERZO POR LA FUNDACIÓN DE
OPORTUNIDAD DE MEXICANO AMERICANOS**

**Se ofrecen comidas calientes Lunes a Viernes
10:30 a.m. - 11:30 p.m. Donacion \$2.00**

Special Events / Eventos Especiales

VALENTINE'S DAY DANCE / BAJLE de SAN VALENTIN

**Friday / Viernes
February 14 / 14 de Febrero
10:00am-2:00pm**

Come have a
LOVELY time! /
¡Venga a pasar un ra-
to ENCANTADOR!

- **FREE / GRATIS**
(for registered
participants / para
participantes
registrados)
- **Age / Edad: 50 +**
- **Music / Musica**
- **Raffle / Rifa**

**Door opens at / Puerta
se abre a las - 9:45am**

**Please Register
Before Event Day.
Space is Limited**

**Por Favor Registrese
Antes del Evento
Espacio es Limitado**

Recreation Center Classes / Clases del Centro de Recreación

**EL SERENO RECREATION COMPLEX
4721 KLAMATH ST. L.A. , CA. 90032 / 323-225-3517
WINTER PLAY LA CLASS SCHEDULE
SESSION DATES: JANUARY 13th - MARCH 17th**

CLASS/CLASE	DAY/DIA	TIME/HORA	AGE/ EDAD
CO-ED KUNG FU	MONDAY	6:00 p.m. - 7:00 p.m.	5-17
MMA I	MONDAY	7:00 p.m. - 8:00 p.m.	8-17
LITTLE TUMBLER	TUESDAY	4:00 p.m. - 5:00 p.m.	3-7
GIRLS GYMNAS- TICS	TUESDAY	5:00 p.m. - 6:00 p.m.	8-11
ADVANCED GYM- NASTICS	TUESDAY	6:00 p.m. - 7:00 p.m.	10-15
HIP HOP	WEDNESDAY	4:00 p.m. - 5:00 p.m.	5-17
GIRLS SELF DEDENSE	WEDNESDAY	5:00 p.m. - 6:00 p.m.	5-17
JAZZ DANCE AND CONTEMPORARY SKILLS	WEDNESDAY	6:00 p.m. - 7:00 p.m.	5-17
BALLET 1	SATURDAY	9:00 a.m. - 10:00 a.m.	3-11
BALLET 2	SATURDAY	10:00 a.m. - 11:00 a.m.	3-11
KARATE	SATURDAY	11:00 a.m. - 12:00 p.m.	5-17

**THESE CLASSES ARE HELD AT THE SENIOR CENTER BUT
YOU MUST REGISTER AT THE RECREATION CENTER.
ESTAS CLASES SE LLEBAN ACABO EN EL CENTRO DE
PERSONAS DE LA TERCERA EDAD PERO SE TIENEN QUE
REGISTRAR EN EL CENTRO DE RECREATCION.**

Recreation Center Classes / Clases del Centro de Recreación

**EL SERENO RECREATION COMPLEX
4721 KLAMATH ST. L.A. , CA. 90032 / 323-225-3517
MONTHLY CLASS SCHEDULE
SESSION DATES: JANUARY—MARCH**

CLASS/ CLASE	DAY / TIME DIA / HORA	FEE / COSTO	AGE/ EDAD
INTENSE YOGA / YOGA INTENSIVA	TUESDAY AND THURSDAY / MARTES Y JUEVES 7:15p.m. - 8:15p.m.	\$35.00 PER MONTH /POR MES	18+
GUITAR / GUITARRA	TUESDAYS / MARTES 4:00p.m. - 8:00p.m.	\$20.00 PER 30 MINUTE CLASS / POR CADA CLASE DE 30 MINUTOS BILLED MONTHLY / FACTURADO MENSUALMENTE	6 +
PIANO	FRIDAY / VIENES 4:00p.m. - 8:00p.m.	\$20.00 PER 30 MINUTE CLASS / POR CADA CLASE DE 30 MINUTOS BILLED MONTHLY / FACTURADO MENSUALMENTE	6 +

**THESE CLASSES ARE HELD AT THE SENIOR CENTER BUT
YOU MUST REGISTER AT THE RECREATION CENTER
ESTAS CLASES SE LLEBAN ACABO EN EL CENTRO DE
PERSONAS DE LA TERCERA EDAD PERO SE TIENEN QUE
REGISTRAR EN EL CENTRO DE RECREACION**

Facility Rental / Rentar la Facilidad

For information about available space and for obtaining a permit you can call: 323-222-2040 or come in to the main office. An **APPLICATION FOR USE OF FACILITIES** must be filled out, and fees paid, a minimum of one month prior to desired date of event.

Para obtener información sobre espacio disponible y para obtener un permiso pueden llamar al 323-222-2040 o entrar a la oficina principal. Una **SOLICITUD DE USO DE LAS INSTALACIONES** debe ser completada, y hacer el pago, un minimo de un mes con anticipo de la fecha del evento.

ROOM FEE / CUOTA DEL CUARTO:

50 person/as max: \$20.00 per hour / por hora

100 person/as max: \$30.00 per hour / por hora

100+ person/as: \$40.00 per hour / por hora

KITCHEN RENTAL / RENTAR LA COCINA: \$75.00

REFRESHMENT FEE / CUOTA DE REFRIGERIO: \$25.00

STAFF FEE /PERSONAL: \$30.00 per hour / por hora

***TABLES/MESAS:**

\$75.00 (9 or less/ 9 o menos),

\$100.00 (10 or more / 10 o mas)

CHAIRS/ SILLAS:

\$50.00 (Less than 100/ menos de 100),

\$100.00 (100 or more 100 o mas)

**CLEAN UP/BREAKAGE REFUNDABLE DEPOSIT / DEPOSITO
REEMBOLSABLE DE LIMPIAR O DAÑOS: \$100.00**

IN ADDITION: Permittee is required to have a \$1 million Event General Liability Insurance, with the City of L.A. as additionally Insured.

***EN ADICION: Se requiere que el permisionario tenga un Seguro de Responsabilidad Civil General de \$1 millón con la Ciudad de L.A. como asegurado adicional.**

**THE SALE, SERVING AND CONSUMPTION OF ALCOHOLIC
BEVERAGES IS NOT PERMITTED.
NO SE PERMITE VENDER, SERVIR O CONSUMIR BEBIDAS
ALCOHÓLICAS.**