



# Glassell Park Senior Center

3750 Verdugo Rd, Los Angeles CA 90065

323-550-8809



# September



MON	TUE	WED	THU	FRI	SAT
<p><b>LABOR DAY</b> ★ DAY ★ CENTER CLOSED</p> 	<p>MAO F ZUMBA 3 9:00AM-10AM STRETCHING CLASS 10:10AM-11:00AM ART CLASS 11:30AM-2PM COMMUNITY DANCE PARTY 1-4PM</p>	<p>YOGA-8:00AM CHAIR AEROBICS 4 9:00AM SENIOR MEETING 10:00AM  ARTHRITIS CLASS MAO F-10AM PICKLEBALL-9-12PM BINGO- 1PM-3PM LINE DANCE CLASS 3:30-4:30PM</p>	<p>ZUMBA GOLD 5 9AM-10AM MAO F-ARTHRITIS CLASS-10:00AM YOGA 10:00AM-11AM CROCHET CLASS 11-1:30PM TAI CHI 1-2:00PM</p>	<p>PICKLEBALL @GLASELL GYM 6 9:00AM-12:00PM MAO F ZUMBA 9-10:00AM LINE DANCE CLASS 10:15-11:15AM KARAOKE DANCE 12PM-3PM ENGLISH CONVERSATION 3:30-5PM</p>	<p>TAI CHI 7 9:00-10:00AM SALSA DANCE 10:30-11:30AM SALSA SOCIAL 11:30-12:30PM</p>
<p>TAI CHI 9 9:20AM-10:45AM ORIGAMI-12PM STRENGTH CARDIO 12:30PM RUMMIKUB 1-3PM YIN YANG YOGA 1:30PM </p>	<p>MAO F ZUMBA 10 9:00AM-10AM STRETCHING CLASS 10:10AM-11:00AM FOREST LAWN LUNCH PRESENTATION 11AM ART CLASS FIELD TRIP 11:00AM-3PM COMMUNITY DANCE PARTY 1-4PM</p>	<p> 11 YOGA-8:10AM CHAIR AEROBICS 9:10AM PICKLEBALL 9:00AM-12PM ARTHRITIS CLASS MAO F-10:10AM BINGO- 1PM-3PM LINE DANCE CLASS 3:30-4:30PM</p>	<p>ZUMBA GOLD 12 9AM-10AM MAO F-ARTHRITIS CLASS-10:00AM YOGA 10:00AM-11AM CROCHET CLASS 11-1:30PM TAI CHI 1-2:00PM FIELD TRIP TBA</p>	<p>PICKLEBALL @GLASELL GYM 13 9:00AM-12:00PM MAO F ZUMBA 9-10:00AM LINE DANCE CLASS 10:15-11:15AM KARAOKE DANCE 12PM-3PM ENGLISH CONVERSATION 3:30-5PM</p>	<p>AUTUMN VIBES 14 TAI CHI 9:00-10:00AM SALSA DANCE 10:30-11:30AM SALSA SOCIAL 11:30-12:30PM </p>
<p>TAI CHI 16 9:20AM-10:45AM ORIGAMI-12PM STRENGTH CARDIO 12:30PM RUMMIKUB 1-3PM YIN YANG YOGA 1:30PM </p>	<p>MAO F ZUMBA 17 9:00AM-10AM STRETCHING CLASS 10:10AM-11:00AM ART CLASS 11:30AM-2PM COMMUNITY DANCE PARTY BIRTHDAY CELEBRATION 1-4PM</p>	<p>YOGA-8:10AM CHAIR AEROBICS 9:10AM PICKLEBALL 9:00AM-12PM ARTHRITIS CLASS MAO F-10:10AM BINGO- 1PM-3PM LINE DANCE CLASS 3:30-4:30PM</p>	<p>ZUMBA GOLD 19 9AM-10AM MAO F-ARTHRITIS CLASS-10:00AM YOGA 10:00AM-11AM CROCHET CLASS 11-1:30PM TAI CHI 1-2:00PM</p>	<p>PICKLEBALL @GLASELL GYM 20 9:00AM-12:00PM MAO F ZUMBA 9-10:00AM LINE DANCE CLASS 10:15-11:15AM KARAOKE DANCE 12PM-3PM ENGLISH CONVERSATION 3:30-5PM</p>	<p>TAI CHI 21 9:00-10:00AM SALSA DANCE 10:30-11:30AM SALSA SOCIAL 11:30-12:30PM</p>
<p>TAI CHI 23 9:20AM-10:45AM ORIGAMI-12PM STRENGTH CARDIO 12:30PM RUMMIKUB 1-3PM YIN YANG YOGA 1:30PM</p>	<p>MAO F ZUMBA 24 9:00AM-10AM STRETCHING CLASS 10:10AM-11:00AM ART CLASS 11:30AM-2PM COMMUNITY DANCE PARTY 1-4PM</p>	<p>YOGA-8:10AM CHAIR AEROBICS 9:10AM PICKLEBALL 9:00AM-12PM ARTHRITIS CLASS MAO F-10:10AM BINGO- 1PM-3PM LINE DANCE CLASS 3:30-4:30PM</p>	<p>ZUMBA GOLD 26 9AM-10AM MAO F-ARTHRITIS CLASS-10:00AM YOGA 10:00AM-11AM CROCHET CLASS 11-1:30PM TAI CHI 1-2:00PM</p>	<p>PICKLEBALL 27 @GLASELL GYM 9:00AM-12:00PM MAO F ZUMBA 9-10:00AM LINE DANCE CLASS 10:15-11:15AM KARAOKE DANCE 12PM-3PM ENGLISH CONVERSATION 3:30-5PM</p>	<p> 28 TAI CHI 9:00-10:00AM SALSA DANCE 10:30-11:30AM SALSA SOCIAL 11:30-12:30PM</p>
<p>TAI CHI 30 9:20AM-10:45AM ORIGAMI-12PM STRENGTH CARDIO 12:30PM RUMMIKUB 1-3PM YIN YANG YOGA 1:30PM</p>	<p> FOOD DISTRIBUTION WEDNESDAY'S EVERYONE IS WELCOME TO GET SOME FOOD PLEASE BE HERE BY 1:30PM TO GET A NUMBER FOOD IS GIVEN OUT AT 3PM YOU DO NOT HAVE TO PLAY BINGO TO RECEIVE FOOD. BE GRATEFUL FOR WHAT YOU GET, ITS FREE!</p>		<p> </p>	<p><b>THANK YOU FOR YOUR KINDNESS</b></p>	