



Department of Recreation & Parks



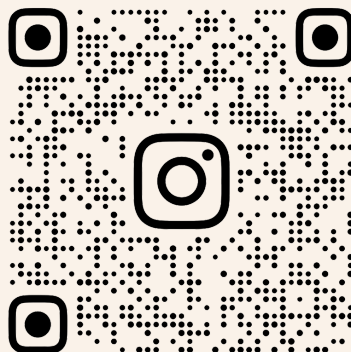
1820 N Las Palmas Ave
Los Angeles CA 90028
323-465-7787

laspalmas.seniorcenter@lacity.org

DECEMBER NEWSLETTER



www.laparks.org/scc/las-palmas



@laspalmasseniorcenter

Hours of Operation

Monday - Friday 9am - 5pm
Saturday - Sunday Closed

Las Palmas Senior Center Membership

By becoming a member at Las Palmas Senior Center, you gain access to a wide variety of exclusive benefits including exclusive discounted rates on programs, activities, and trips. In order to participate in any class, event, trip, presentation, activity, or program at Las Palmas Senior Center, you must become a member. Membership Cost: \$20

Las Palmas Senior Center Team

Facility Director

Damon Hooks

Recreation Assistants

Knarik Kirakosyan - Lethvia Lopez - Antonin Umurzakov
- Hero Horner - Andy Herrera - Marla Hamaya - Victor Sanchez

Recreation Instructors

Beatriz Vasquez - James Murray - Daliana Lopez - Laura Black

Maintenance Supervisor

Luis Aguilar

Ground Caretaker

Orpha Maldonado

Park Advisory Board

Karen La Croix - President

Mireille Forcier - Vice President

Deloris Cunningham - Secretary

Dorothy Conte - Treasurer

Kay A, Brian B, Nikki D, Betty R Michael S - Board Members

Mayor

Karen Bass

Council Member 13th District

Hugo Soto Martinez

Recreation and Parks Commissioners

President - Renata Simril

Vice President - Luis Sanchez

Commissioners - Fiona Hutton, Marie Lloyd, Benny Tran

Griffith Metro Region Team

Superintendent - Anita Meacham

Principal Rec Supervisor I - Leslie Perez

Principal Rec Supervisor II - Kimberly Simonet

Recreation Supervisor - Central - Jaqueline Lopez

Recreation & Parks Administration

Exec Officer & Chief of Staff - Matthew Rudnick

General Manager - Jimmy Kim

Ass. General Manager Rec Branch - Chinyere Stoneham

Ass. General Manager Opr Branch - Brenda Aguirre

Activities & Programs may be subject to change without prior notice

Persons with disabilities are welcome to participate in our programs. Reasonable accommodations can be made with prior arrangements. Please be aware that some accommodations may take up to 30 days. Please submit your request as soon as possible

Creating Communities through People, Parks, & Programs

Resource Directory

Emergencies 911

LAPD Non-Emergency 877-275-5273

LAPD Hollywood Division 213-972-2971

City of LA - City Services 311

- Bulky Items
- Graffiti Removal
- Potholes
- Homeless Encampments

Department of Aging 800-510-2020

CAL Fresh 1- 866-613-3777

LADWP 1-800-342-5397

Parking Enforcement 1-866-561-9742

Council District 13 Office 213-473-7013

St Barnabas Senior Services 323-957-2222

Bet Tzedek Legal Services 323-939-0506

Social Security 24 Hour Service 800-772-1234

IMPORTANT ANNOUNCEMENT

REGISTER FOR YOUR 2025 MEMBERSHIP!

Las Palmas is having an early bird registration special! Register and pay for your 2025 Membership BEFORE January 1st and pay only \$20! AFTER January 1st, the Las Palmas Membership fee will change to \$25! By becoming a member at Las Palmas Senior Center, you gain access to a wide variety of exclusive benefits including exclusive discounted rates on programs, activities, and trips.

LUNCH PROGRAM

Las Palmas Senior Center offers lunch thanks to:



Dine In or Grab n Go

Registration Time: 9:30am-11am

Lunch Service: 11:30am-12:30pm

Voluntary Contribution: \$2.00

Program Questions?: 323-957-2222 Ext 1

FUTURE EVENTS

Descanso Gardens Trip - Tuesday Dec 17

Winter Holiday Event - Thursday Dec 19

Lakeside Boxing Fitness Class - Friday Jan 3

Solvang Trip - Thursday Feb 20



KEEPING OLDER DRIVERS SAFE ON THE ROAD

HOW AGING CAN AFFECT DRIVING

Medical Conditions

As people age, it's important to monitor changes in overall health as it relates to driving. For some medical conditions, problems with eyesight, sleep, tremors, or memory can make driving more difficult and dangerous. Questions to keep in mind are;

- Can you remember the routes you often drive?
- Do traffic signs and signals, or other drivers make you feel overwhelmed while driving?
- Have you recently received a ticket or citation for a driving violation, or been in a minor crash?



Medications

Many older people take multiple medications, whether prescribed or over-the-counter. Unfortunately, some of these drugs or a combination of drugs can impair judgment, or affect reflexes or the alertness necessary for safe driving. An older driver's primary care provider or pharmacist can help determine if an older driver's medications can affect their driving.

OLDER DRIVERS AND VEHICLE SOLUTIONS

Adapted Vehicles

Many vehicles can be modified to accommodate an older driver's specific needs by adding adaptive equipment. Some examples are a swivel seat, a hand control, or a pedal extender.

Driver Assisted Technologies

Vehicle manufacturers release new and improved driver assistance technologies to help keep road users safer. Technologies include everything from automatic emergency braking to blind spot intervention & lane keeping assistance.

<https://www.nhtsa.gov/older-drivers/keeping-our-older-drivers-safe-road>

COMMUNITY INVESTMENT FOR FAMILIES DEPARTMENT

WHAT IS THE COMMUNITY INVESTMENT FOR FAMILIES DEPARTMENT?

The Community Investment for Families Department currently oversees the following programs that work to create paths to financial security and end generational poverty for Los Angeles community residents.

- > Child Care Policy and Equity
- > Basic Income Guaranteed: LA Economic Assistance Pilot
- > Neighborhood Improvements Projects
- > FamilySource Centers
- > Free Tax Prep L.A.
- > Domestic Violence / Human Trafficking Shelter
- > Solid Ground - Homelessness Prevention
- > Opportunity L.A. - Children's Savings Account
- > Office of Traffic Safety
- > Student Debt Relief

FAMILYSOURCE CENTERS

FamilySource Centers (FSC) are a one-stop shop in your neighborhood for social, educational, work, and family support services. We can help you find the resources to increase your family income, establish financial security, and build academic success. Free services may include

- > Multi-Benefit Screening
- > Information an Referrals
- > Case Management
- > Financial Education and Coaching
- > Credit Building
- > Income Tax Preparation
- > Incentivized Savings Programs
- > Adult Education
- > Computer Literacy
- > ESL Classes
- > Pre-Employment and Employment Support
- > Immigration Services
- > Parenting Classes
- > College Corner
- > Tutoring
- > Mentoring
- > Leadership Training
- > Art and Cultural Activities
- > Civic Engagement
- > Child Support Referral

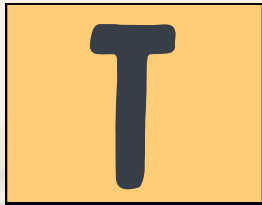


<https://communityinvestment.lacity.gov/>

Session = 3 Months



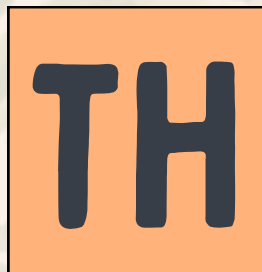
PROGRAM	TIME	NON-MEMBER FEE	MEMBER FEE	DATES
Performance Workshop	11:15a-12:45p	N/A	FREE	10/1/24 - 12/31/24
Dance Fitness	1p-2p	N/A	FREE	10/1/24 - 12/31/24
Bingo	2p-4p	0.25c/Card	0.25c/Card	10/1/24 - 12/31/24



Shakespeare for Senior Soul	11a-1p	N/A	FREE	10/1/24 - 12/31/24
Adult Coloring	1p-2:30p	N/A	FREE	10/1/24 - 12/31/24
Ballroom Dance	2:30p-3:30p	\$60/Session*	\$10/Session*	10/1/24 - 12/31/24



Computer Class	10a-11a	FREE	FREE	11/13/24 - 12/31/24
Tech Assistance	11a-12p	FREE	FREE	10/1/24 - 12/31/24
Line Dance	1p-2p	N/A	FREE	10/1/24 - 12/31/24
Chair Exercise	2:30p-3:30p	\$60/Session*	\$10/Session*	10/1/24 - 12/31/24
Old School Movie Night	4p	N/A	FREE	10/1/24 - 12/31/24



Gardening Class	9a-11a	N/A	FREE	10/1/24 - 12/31/24
Performance Workshop	11:15a-12:45p	N/A	FREE	10/1/24 - 12/31/24
Disco Grooves	1p-2p	N/A	FREE	10/1/24 - 12/31/24
Loteria	2p-4p	0.25c/Card	0.25c/Card	10/1/24 - 12/31/24



Shakespeare for Senior Soul	11a-1p	N/A	FREE	10/1/24 - 12/31/24
Watercolor 4 Beginners	1p-2:30p	N/A	FREE	10/1/24 - 12/31/24
Yoga	2:30p-3:30p	\$60/Session*	\$10/Session*	10/1/24 - 12/31/24
Open Mic	4pm-5pm	N/A	FREE	10/1/24 - 12/31/24

DONATIONS

We rely on the support from people like you to maintain and improve your park, and to offer programs and events that deepen our community's connections to each other.

Please contribute to Las Palmas by scanning the QR code to be directed to the donation site or go to www.laparksfoundation.org. Click on the "Friends of the Park" tab, and find the "Parks" drop down menu. Then select "Las Palmas Senior Center". You can even specify what you would like your donation to contribute too like, programs, office supplies, food, prizes, etc.

We also accept checks sent to: Los Angeles Parks Foundation 2650 N. Commonwealth Ave Los Angeles, CA 90027 | Memo Line: Las Palmas Senior Center

The Las Palmas family thanks you for supporting our mission to improve the quality of life for everyone.



VOLUNTEERS

Las Palmas Senior Center is hosting awesome events for people in the community. Events and programs are being added to our calendar constantly and we could use your help. We are always looking for volunteers to work with us in making our events run smoothly. We also welcome volunteer instructors who want to teach our participants certain skills or classes.

Visit www.laparks.org/volunteerapp to complete and submit your New Volunteer application, or scan the QR Code.



DECEMBER CALENDAR









MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p>  <p>BINGO 2p-4p</p>	<p>3</p>	<p>4</p> <p>Digital Guidance Workshop</p>  <p>9:30a-1p</p>	<p>5</p> <p>Loteria</p>  <p>2p-4p</p>	<p>6</p> <p>CAL Fresh Application Assistance</p>  <p>9a-11:30a</p>
<p>9</p>  <p>BINGO 2p-4p</p>	<p>10</p> <p>Chair Massages</p> <p>AltaMed Your community health network</p> <p>12p-3p</p> <p>Las Palmas Senior Board Meeting 9:30a</p> <p><small>*Every last Tuesday of the month. All are welcome.</small></p>	<p>11</p> <p>Digital Guidance Workshop</p>  <p>9:30a-1p</p>	<p>12</p> <p>Book Club</p>  <p>LOS ANGELES PUBLIC LIBRARY</p> <p>11a-12p</p>	<p>13</p>
<p>16</p>  <p>BINGO 2p-4p</p>	<p>17</p> <p>Field Trip: Descanso Gardens</p> <p>8a</p> 	<p>18</p> <p>Digital Guidance Workshop</p>  <p>9:30a-1p</p>	<p>19</p>  <p>Winter Holiday Event: Our Grown Up Christmas List</p> <p>12p</p> <p><i>White Elephant \$15-\$20 Gift</i></p>	<p>20</p>
<p>23</p> <p>Holiday Blues Presentation</p>  <p>10a-11a</p>  <p>BINGO 2p-4p</p>	<p>24</p>	<p>25</p> <p>CENTER CLOSED FOR HOLIDAY</p>	<p>26</p> <p>Loteria</p>  <p>2p-4p</p>	<p>27</p>  <p>HAPPY BIRTHDAY PARTY</p> <p>2:30p</p> <p>Special Thanks to AltaMed</p> <p><small>Reminder: Yoga begins at 1p on this day</small></p>
<p>30</p>  <p>BINGO 2p-4p</p>	<p>31</p>	<p>CHRISTMAS</p> 	<p>KWANZAA</p> 	<p>HANUKKAH</p> 

Always Available Activities

- Ping Pong
- Billiards
- Computer Lab
- Board Games
- Card Games
- Patio Time
- TV Time
- Digital Guidance
- Music

SNACK BAR | 9am-4pm