



Department of Recreation & Parks



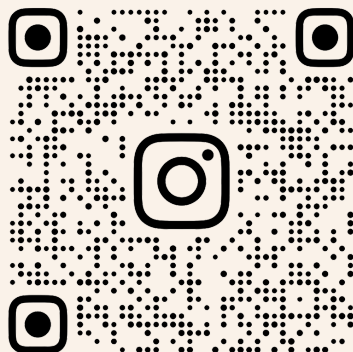
1820 N Las Palmas Ave
Los Angeles CA 90028
323-465-7787

laspalmas.seniorcenter@lacity.org

NOVEMBER NEWSLETTER



www.laparks.org/scc/las-palmas



@laspalmasseniorcenter

Hours of Operation

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

Las Palmas Senior Center Membership

In order to participate in any class, event, trip, presentation, activity, or program at Las Palmas Senior Center, you must first become a member by completing the application and pay a \$20 yearly fee

Las Palmas Senior Center Team

Senior Director

Nicole Bernal

Facility Director

Damon Hooks

Recreation Assistants

Knarik Kirakosyan - Lethvia Lopez - Socorro Callejas - Antonin Umurzakov - Hero Horner - Andy Herrera - Marla Hamaya

Recreation Instructors

Beatriz Vasquez - James Murray - Daliana Lopez

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

Veterans Day Breakfast

Tuesday November 12, 2024
10am-2pm
RSVP NOW!
CALL OR EMAIL

FOOD | LIVE MUSIC | DANCE | STORYTELLING

COMMUNITY NEWS

Newsom calls for big boost in funding for California's film and TV tax credit, throwing Hollywood a lifeline

Gov. Gavin Newsom unveiled a proposal Sunday to more than double the annual amount of money allocated to California's film and TV tax credit program as Hollywood struggles to compete with other production hubs.

The governor declared his intent to expand the annual tax credit to \$750 million, up from its current total of \$330 million, which would make California the top state for capped film incentive programs, surpassing even New York. If approved by the Legislature, the increase could take effect as early as July 2025 and span five years.

The announcement comes as Newsom and other elected officials have been under increasing pressure to act as Hollywood has struggled to rebound since the pandemic and last year's dual strikes by writers and actors.

<https://www.latimes.com/entertainment-arts/film/story/2024-10-27/gov-newsom-calls-to-double-california-film-credit>

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

Veterans Valor Breakfast - Tuesday November 12
 Digital Guidance Workshop by SBSS - Wed November 13
 Field Trip to Citadel Outlets - Tuesday November 19
 Thanksgiving Potluck - Wednesday November 27
 Winter Holiday Event - Thursday December 19



DIABETES AWARENESS MONTH

WHAT IS DIABETES?

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease and other serious health problems. Diabetes is a disease that causes high blood glucose or sugar and limits the body's ability to make enough insulin. Insulin is needed to move the sugar but when the body can't make enough insulin or uses the insulin the right way, sugar builds up in the blood. This can cause harm to your eyes, kidneys, and nervous system.



COMMON RISK FACTORS

There are some risk factors that we can't control, like a family history of diabetes. But other factors that put you at high risk for type 2 diabetes, including smoking or being overweight, are ones you can try to work on. Lifestyle changes like increasing physical activity, losing weight and eating healthy can make a difference.

<p>High Blood Pressure</p> <p>Your heart has to work harder when blood pressure is high. Your risk for heart disease, stroke and other issues goes up.</p>	<p>High Blood Glucose</p> <p>High blood glucose levels (hyperglycemia) can lead to being diagnosed with prediabetes or diabetes.</p>	<p>Being Overweight</p> <p>Being overweight increases your risk of type 2 diabetes, heart disease, stroke, high blood pressure, unhealthy cholesterol levels & high blood sugar</p>	<p>Smoking</p> <p>Smoking hurts your lungs & heart by lowering the amount of oxygen that reaches your organs. It raises cholesterol levels & blood pressure thus increasing your risk of heart attack or stroke</p>
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BIG SUNDAY



WHO IS BIG SUNDAY?

We organize over 2000 ways for you to get involved every year - from working on service projects at our headquarters to helping us collect materials for food, book, and school supply drives, to joining us for school beautification projects, and much more!

WHO IS WELCOME TO BIG SUNDAY?

We have participants of all ages, backgrounds and abilities. They come from all kinds of different neighborhoods, and we do work in all kinds of different neighborhoods, too. People take part in Big Sunday projects through schools, faith groups, businesses, clubs, as families and as individuals.

PROGRAMS OVERVIEW

Volunteer

Hundreds of events every year for folks of all backgrounds and demographics to get together and work on all kinds of service projects.

- Art Tuesdays
- Monthly on Melrose
- Big Sunday Summer List

Services

We run a variety of other programs aimed at helping people and assisting others who want to help people.

- theBIGlist
- The End of the Month Club
- The Big Sunday Emergency Fund



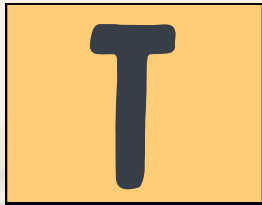
C L A S S S C H E D U L E



Session = 3 Months



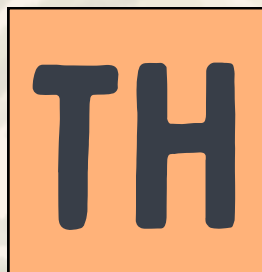
PROGRAM	TIME	NON-MEMBER FEE	MEMBER FEE	DATES
Performance Workshop	11:15a-12:45p	N/A	FREE	10/1/24 - 12/31/24
Dance Fitness	1p-2p	N/A	FREE	10/1/24 - 12/31/24
Bingo	2p-4p	0.25c/Card	0.25c/Card	10/1/24 - 12/31/24



Shakespeare for Senior Soul	11a-1p	N/A	FREE	11/1/24 - 1/31/25
Arts & Crafts	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	N/A	FREE	11/13/24 - 12/31/24
Tech Assistance	11a-12p	N/A	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	11/1/24 - 1/31/25
Watercolor for 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.



NOVEMBER CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>VETERANS DAY</p> 	<p>THANKSGIVING</p> 	<p>PRESIDENTS DAY</p> 	<p>DAY OF THE DEAD</p> 	<p>1</p> <p>CAL Fresh Application Assistance</p>  <p>9am-11:30am</p>
<p>4</p>  <p>BINGO</p>  <p>2p-4p</p>	<p>5</p> 	<p>6</p>	<p>7</p> <p>Loteria</p>  <p>2p-4p</p>	<p>8</p>
<p>11</p> <p>CENTER CLOSED FOR HOLIDAY</p>	<p>12</p> <p>Veteran Valor Brunch</p> <p>TIME: 11:30a</p> 	<p>13</p> <p>Digital Guidance Workshop</p>  <p>9:30am-12p</p>	<p>14</p> <p>Holiday Blues Presentation</p>  <p>11am-12pm</p> <p>Book Club</p>  <p>1pm-2pm</p>	<p>15</p>
<p>18</p> <p>Las Palmas Senior Board Meeting</p> <p>9:30am</p> <p><i>*Every last Tuesday of the month. All are welcome.</i></p> <p>BINGO</p>  <p>2p-4p</p>	<p>19</p> <p>Field Trip: Citadel Outlets</p> <p>9:30am</p> 	<p>20</p> <p>Digital Guidance Workshop</p>  <p>9:30am-12p</p>	<p>21</p> <p>Loteria</p>  <p>2p-4p</p>	<p>22</p> <p>HAPPY BIRTHDAY PARTY</p> <p>1p-2:30p</p> <p>Special Thanks to AltaMed</p>
<p>25</p> <p>BINGO</p>  <p>2p-4p</p>	<p>26</p>	<p>27</p> <p>Digital Guidance Workshop</p>  <p>9:30am-12p</p> <p>Thanksgiving Potluck Dinner</p> <p>2:30p-3:30p</p> 	<p>28</p> <p>CENTER CLOSED FOR HOLIDAY</p>	<p>29</p> <p>CENTER CLOSED FOR HOLIDAY</p>

Always Available Activities

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

SNACK BAR | 9am-4pm