



City of Los Angeles  
 Department of Recreation & Parks  
 MID\_VALLEY SENIOR CITIZEN CENTER  
 8801 Kester Ave. Panorama City, Ca 91402  
 818-892-0892



# MID-VALLEY SENIOR CITIZEN CENTER NEWSLETTER

December 2024

## December Birthday's

12/2 Norma Luz Gonzalez  
 12/3 Griselda De La Cruz  
 12/9 Ursula Velez  
 12/21 Maria Flores  
 12/29 Norma Malabanan

Every Third Thursday of  
 the month - 12/19

This year the Christmas Party will be  
 on the same day as Birthday  
 Celebrations.

## Activities

Mondays 12/2, 12/16 & 12/30  
 9:30-10:30 am  
 Social Hour & Coffee

Tuesdays 12/3, 12/10 & 12/17  
 10:00-10:45 am  
 Low Impact Exercise

Wednesdays 12/4, 12/11 & 12/18  
 10:00-10:45 am  
 Basic Exercise

Thursday 12/12  
 11:00-11:30 am  
 Cooking w/ David  
 From WELBE HEALTH

## Reminders

**MVSCC WILL BE  
 CLOSED**

Wednesday- December 25  
 Christmas Day

Wednesday- January 1  
 New Year's Day

## Upcoming Events

- **Thursday, December 19th**  
*Winter Wonderland Soiree*
- **Tuesday, December 31st**  
*Lights Out by 1:00pm*

## Monthly Workshop

**Mental Health  
 Wellness Workshop**  
**Tuesday, 12/17 @ 11:30 am**  
**Holiday Blues**

ALL PROGRAMS SUBJECT TO CHANGE OR CANCELLATION WITHOUT NOTICE.

PERSONS WITH DISABILITES ARE WELCOME 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 REQUEST FOR AN ACCOMMODATION AS SOON AS POSSIBLE.