

City of Los Angeles  
 Department of Recreation & Parks  
 Mid-Valley Senior Citizen Center  
 8801 Kester Ave. Panorama City, Ca 91402  
 818-892-0892



# DECEMBER 2024

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1	Social Hour & Coffee 9:30-10:15 a.m	2	3	4	Basic Exercise 10:00-10:30a.m	5	Art w/ Ruthie 10:00-10:30a.m	6	Simple Stretches & Loteria	7
8		9	10	Low Impact Exercise 10:00-10:30a.m	11	Basic Exercise 10:00-10:30a.m	12	Healthy Cooking W/ David From WELBE HEALTH 11:00 a.m	13	
15	Social Hour & Coffee 9:30-10:15 a.m	16	17	Low Impact Exercise 10:00-10:30a.m	18	Basic Exercise 10:00-10:30a.m	19	Winter Wonderland Soiree & Birthday Celebration 11:00 am	20	Simple Stretches & Loteria
22	NO ACTIVITIES THIS WEEK!			24	25	Christmas Day CLOSED	26	27	28	
29	Social Hour & Coffee 9:30-10:15 a.m	30	31	NO EXERCISE TODAY "lights out at 1:00pm"	1	January Closed	2	Art w/ Ruthie 10:00-10:30a.m	3	Simple Stretches & Loteria

ALL PROGRAMS SUBJECT TO CHANGE OR CANCELLATION WITHOUT NOTICE. PERSONS WITH DISABILITIES 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.

JOY

