



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



february 2025

sun

mon

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sat

						1
2	3 <u>TABLETOP GAMES</u> 9:00AM-3:00PM <u>SOCIAL HOUR & COFFEE</u> 9:30AM-10:30AM <u>LOTERIA</u> 10:00AM-11:30AM & 12:15PM-1:00PM	4 <u>LOTERIA</u> 10A-11:30A & 12:15P-1:00PM <u>LOW IMPACT CHAIR EXERCISE</u> 10AM-10:45AM	5 <u>LOTERIA</u> 10AM-11:30AM & 12:15PM-1:00PM	6 <u>HEALTHY COOKING</u> 12:00PM-1:00PM <u>LOTERIA</u> 10AM-11:30AM & 12:15PM-PM	7 <u>LOTERIA</u> 10a-11:30a & 12:15p-1p <u>SIMPLE STRETCHES & LOTERIA</u> between 12p-1p	8
9	10 <u>TABLETOP GAMES</u> 9:00AM-3:00PM <u>SOCIAL HOUR & COFFEE</u> 9:30AM-10:30AM <u>LOTERIA</u> 10:00AM-11:30AM & 12:15PM-1:00PM	11 <u>LOW IMPACT CHAIR EXERCISE</u> 10AM-10:45AM <u>LIBBY FROM HARMONY HEALTH</u> <u>LOTERIA</u> 12:15-1:00PM	12 <u>LOTERIA</u> 10AM-11:30AM & 12:15PM-1:00PM	13 <u>ART W/ RUTHIE</u> 12:00PM-1:00PM <u>LOTERIA</u> 10:00AM-11:30AM & 12:15PM-1:00PM <u>VALENTINE'S PARTY</u>	14 <u>LOTERIA</u> 10a-11:30a & 12:15p-1p <u>SIMPLE STRETCHES & LOTERIA</u> between 12p-1p	15
16	17 PRESIDENTS' DAY CLOSED	18 <u>ANGIE FROM WELLCARE HEALTH</u> <u>LOTERIA</u> 10A-11:30AM <u>LOW IMPACT CHAIR EXERCISE</u> 10AM-10:45AM	19 <u>LOTERIA</u> 10AM-11:30AM & 12:15PM-1:00PM	20 <u>LOTERIA</u> 10:00AM-11:30AM & 12:15PM-1:00PM <u>BIRTHDAY CELEBRATION</u>	21 <u>LOTERIA</u> 10a-11:30a & 12:15p-1p <u>SIMPLE STRETCHES & LOTERIA</u> between 12p-1p	22
23	24 <u>TABLETOP GAMES</u> 9:00AM-3:00PM <u>SOCIAL HOUR & COFFEE</u> 9:30AM-10:30AM <u>LOTERIA</u> 10:00AM-11:30AM & 12:15PM-1:00PM	25 <u>LOTERIA</u> 10A-11:30A & 12:15-1:00PM <u>LOW IMPACT CHAIR EXERCISE</u> 10AM-10:45AM	26 <u>LOTERIA</u> 10AM-11:30AM & 12:15PM-1:00PM	27 <u>COOKING CLASS W/ DAVID FROM WELLBE</u> 11:00AM-11:30AM <u>LOTERIA</u> 10AM-11:30AM & 12:15PM-1:00PM	28 <u>LOTERIA</u> 10a-11:30a & 12:15p-1p <u>SIMPLE STRETCHES & LOTERIA</u> between 12p-1p	

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.



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febrero 2025

domingo	lunes	martes	miércoles	jueves	viernes	sabado
						1
2	3 JUEGOS DE MESA 9:00 a.m.-3:00 p.m. HORA SOCIAL Y CAFÉ 9:30 a. m.-10:30 a. m. LOTERÍA 10:00 a. m. a 11:30 a. m. y 12:15 p. m. a 1:00 p. m.	4 LOTERIA 10A-11:30A & 12:15P-1:00PM EJERCICIO EN SILLA DE BAJO IMPACTO 10AM-10:45AM	5 LOTERÍA 10AM-11:30AM & 12:15PM-1:00PM	6 COCINA SALUDABLE 12:00PM-1:00PM LOTERIA 10AM-11:30AM & 12:15PM-PM	7 LOTERÍA 10:00-11:30 y 12:15-13:00 ESTIRAMIENTOS SIMPLES Y LOTERIA entre 12p-1p	8
9	10 JUEGOS DE MESA 9:00 a.m.-3:00 p.m. HORA SOCIAL Y CAFÉ 9:30 a. m.-10:30 a. m. LOTERÍA 10:00 a. m. a 11:30 a. m. y 12:15 p. m. a 1:00 p. m.	11 EJERCICIO EN SILLA DE BAJO IMPACTO 10AM-10:45AM LIBBY DE HARMONY HEALTH LOTERIA 12:15-1:00PM	12 LOTERÍA 10AM-11:30AM & 12:15PM-1:00PM	13 ARTE CON RUTHIE 12:00PM-1:00PM LOTERIA 10:00AM-11:30AM& 12:15PM-1:00PM VALENTINE'S PARTY	14	15
16	17 PRESIDENTS' DAY CERRADO	18 ANGIE DE WELLCARE HEALTH LOTERIA 10A-11:30AM EJERCICIO EN SILLA DE BAJO IMPACTO 10AM-10:45AM	19 LOTERÍA 10AM-11:30AM & 12:15PM-1:00PM	20 LOTERIA 10:00AM-11:30AM & 12:15PM-1:00PM CUMPLEAÑOS CELEBRACIÓN	21	22
23	24 JUEGOS DE MESA 9:00 a.m.-3:00 p.m. HORA SOCIAL Y CAFÉ 9:30 a. m.-10:30 a. m. LOTERÍA 10:00 a. m. a 11:30 a. m. y 12:15 p. m. a 1:00 p. m.	25 LOTERIA 10A-11:30A & 12:15-1:00PM EJERCICIO EN SILLA DE BAJO IMPACTO 10AM-10:45AM	26 LOTERÍA 10AM-11:30AM & 12:15PM-1:00PM	27 CLASE DE COCINA CON DAVID DE 11:00AM-11:30AM LOTERIA 10AM-11:30AM & 12:15PM-1:00PM	28	

TODOS LOS PROGRAMAS SUJETOS A CAMBIOS O CANCELACIÓN SIN AVISO.
 LAS PERSONAS CON DISCAPACIDAD SON BIENVENIDAS A PARTICIPAR EN NUESTROS PROGRAMAS. SE HARÁN ACOMODACIONES RAZONABLES CON ARREGLOS PREVIOS.
 TENGA EN CUENTA QUE ALGUNAS ALOJAMIENTOS PUEDEN TARDAR 30 DÍAS O MÁS. POR FAVOR ENVÍE SU SOLICITUD DE ALOJAMIENTO LO ANTES POSIBLE.