

City of Los Angeles \* Department of Recreation & Parks \* Metro Region

**Montecito Heights Senior Citizen Center**

4545 Homer Street., Los Angeles, CA 90031

(213) 485-8550 / Email: [rmontecitoheights.seniorcenter@lacity.org](mailto:rmontecitoheights.seniorcenter@lacity.org)



# MUSIC FOR WELLNESS



Do you like to sing, play an instrument or just like to listen to music?

COME AND SOCIALIZE

SUMMER SESSION

Fridays

10:00 a.m.–12:00 p.m.

Starts: July 12 Ends: September 6

**COST: FREE**



**LIVE  
MUSIC**

Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements. Achieving gender equality through a continuous commitment to girls and women in sports. All programs are subject to change and/or cancellation.

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# MÚSICA PARA EL BIENESTAR



¿Te gusta cantar, tocar un instrumento o simplemente te gusta escuchar música?

**VEN Y SOCIALIZA LOS VIERNES**  
**SESIÓN DE VERANO**

Viernes

10:00 a.m.-12:00 p.m.



Comienza: 12 de Julio  
Termina: 6 de Septiembre

**COSTO: GRATIS**



**MÚSICA  
EN VIVO**

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