

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

**Montecito Heights Senior Citizen Center**

4545 Homer Street., Los Angeles, CA 90031

Phone: (213) 485-8550

Email: [montecitoheights.seniorcenter@lacity.org](mailto:montecitoheights.seniorcenter@lacity.org)



**SUMMER 2024**

**SCHEDULE OF CLASSES**

CLASS	DESCRIPTION	DAY/TIME		COST
VIRTUAL EXERCISE	Come in person to Increase strength, cardio endurance, flexibility, balance, coordination in an upbeat atmosphere. Instructor on video.	Mondays 10:00am—11:00am		7/22/24-9/9/24 FREE/session Class size: 20
SOCIAL HOUR CAFE	If you enjoy playing games, arts n crafts, loteria, puzzles, making new friends, and socializing. Stop by on Mondays.	Mondays 11:00am-1:00pm		7/22/24-9/9/24 FREE/session Class size: 20
LET'S PLAY BINGO	Day of Bingo, socializing and prizes.	Wednesdays 10:00am—11:00am		7/10/24-9/11/24 .25 centavos por tarjeta /session Class size: 20
LOTERIA	This is a traditional Mexican board game similar to Bingo played with a deck of pictured cards.	Wednesdays 11:00am-12:00pm		7/10/24-9/11/24 .25 cents per card /session Class size: 20
BALLET FOLKLORICO	Come dance folklorico learn traditional Mexican cultural dances. Bring your own shoes and skirt to practice.	Wednesdays 12:00pm-2:00pm	Thursdays 1:00pm-3:00pm	7/10/24-9/6/24 FREE/session Class size: 20
CERAMICS	Participants will learn texturing, painting the clay and the functions of glazing. Must provide own materials.	Thursdays/Fridays 10:00am—12:00pm		7/10/24-9/6/24 Price various per item/ session Class size: 20
COMMUNITY DANCE PARTY	Stop by every Friday to dance to the music of cumbias, merengue, Salsa, Disco and much more	Fridays 10:00am-2:00pm		7/12/24-9/13/24 FREE /session Class size: 50

**HOURS OF OPERATION**

Monday—Friday (Closed Weekends)

9:00 a.m.– 5:00 p.m.

**CITY HOLIDAYS—FACILITY CLOSED**

\* 4th of July \* September 2—Labor Day



*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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**VERANO 2024**

**HORARIO DE CLASES**

CLASE	DESCRIPCIÓN	DÍA	COST
EJERCICIO VIRTUAL	Aumente la fuerza, la resistencia cardiovascular, la flexibilidad, el equilibrio y la coordinación en un ambiente alegre. Instructor en video.	Lunes 10:00am—11:00pm	7/22/24-9/9/24 GRATIS/sesión Tamaño de la clase: 20
CAFÉ DE LA HORA SOCIAL	Si te gustan los juegos, las manualidades, la lotería, los rompecabezas, hacer nuevos amigos y socializar.	Lunes 11:00am—1:00pm	7/22/24-9/9/24 Gratis/sesión Tamaño de la clase: 20
BINGO	Día de Bingo, socialización y premios.	Miércoles 10:00am—11:00am	7/10/24--9/11/24 .25 centavos por tarjeta /sesión Tamaño de la clase: 20
LOTERIA	Este es un juego de mesa tradicional mexicano similar al Bingo que se juega con una baraja de cartas con imágenes.	Miércoles 11:00am—12:00Pm	7/10/24-9/11/24 .25 centavos por tarjeta /sesión Tamaño de la clase: 20
BALLET FOLKLORICO	Ven a bailar folklorico aprende bailes culturales tradicionales mexicanos. Trae tus propios zapatos y falda a la práctica.	Miércoles   Jueves 12:00pm-2:00pm   1:00pm-3:00pm	7/10/24-9/6/24 GRATIS/sesión Tamaño de la clase: 20
CERAMICA	Los participantes aprenderán a texturizar, pintar la arcilla y las funciones del glaseado. Debe proporcionar sus propios materiales.	Jueves y Viernes 10:00am—12:00pm	7/13/24-9/6/24 Precio varios por artículo /sesión Tamaño de la clase: 20
FIESTA DE BAILE COMUNITARIO	Pasa todos los viernes a bailar al son de cumbias, merengue, salsa, discoteca y mucho más.	Viernes 10:00am-1:00pm	7/12/24-9/13/24 GRATIS/sesión Tamaño de la clase: 50

**HORAS DE OPERACIÓN**

Lunes—Viernes (Closed Weekends)

**VACACIONES EN LA CIUDAD—CENTRO CERRADO**

\* 4 de Julio \* 2 de Septiembre—Labor Day

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