



North Hollywood Senior Center Fall Classes for Adults Ages 50+

Welcome

Bienvenidos

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Добро
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SELAMAT DATANG

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Note: First come first serve basis. Payments must be made prior to attending class. Persons with disabilities are welcomed to participate in our classes and programs. Reasonable accommodations will be made with prior arrangements. Please be aware that some accommodations may take 30 days or longer. Programs and classes are subject to change or cancellation without notice. No refunds will be issued unless the program is cancelled by the senior center.



City of Los Angeles Department of Recreation and Parks
 North Hollywood Senior Center
 5301 Tujunga Ave. North Hollywood, C.A. 916061
 Office: (818)763-7651



Fall Classes

Programs run from October 1st to December 20th
 Adults Ages 50+

CLASSES WILL TENTATIVELY BEGIN OCTOBER 7 TH			
ACTIVITY	DAY	TIME	FEE
Badminton	Monday	9:00am - 12:00pm	\$2 per class
Line Dancing	Monday	9:30am - 10:30am	\$5 per class
Walk and Tone	Monday	9:30am - 10:30am	FREE
Mingle and Color	Monday	1:00pm - 3:00pm	FREE
Arthritis Exercise	Monday	11:00am - 12:00pm	\$3 per class
Life with Tech	Monday	2:00pm - 3:00pm	FREE
Scrapbook Class	Monday	3:00pm - 4:00pm	\$1 per class
CLASSES WILL TENTATIVELY BEGIN OCTOBER 1 ST			
ACTIVITY	DAY	TIME	FEE
Walk and Chat	Tuesday	9:30am - 10:30am	FREE
Art Class	Tuesday	11:00am - 1:00pm	\$3 per class
Power Yoga	Tuesday	11:00am - 12:00pm	\$3 per class
Tai Chi Self Defense	Tuesday	12:00pm - 1:00pm	\$3 per class
Puzzle and Socialize	Tuesday	2:00pm - 3:00pm	FREE
Danza Mexica/ Aztec Dance	Tuesday	7:00pm - 9:00pm	\$1 per class

CLASSES WILL TENTATIVELY BEGIN OCTOBER 2ND

ACTIVITY	DAY	TIME	FEE
Walking Exercise	Wednesday	9:30am - 10:30am	FREE
Board Games Class	Wednesday	1:00pm - 3:00pm	FREE
Karaoke	Wednesday	3:00pm - 4:00pm	FREE
Arthritis Exercise	Wednesday	11:00am - 12:00pm	\$3 per class
Book Club	Wednesday	2:00pm - 3:00pm	FREE

CLASSES WILL TENTATIVELY BEGIN OCTOBER 3RD

ACTIVITY	DAY	TIME	FEE
Walk and Chat	Thursday	9:30am - 10:30am	FREE
Art Class	Thursday	11:00am - 1:00pm	\$3 per class
Checkers and Chess	Thursday	1:00pm - 2:00pm	FREE
Mexica Rhythms	Thursday	7:00pm - 9:00pm	\$1 per class
Power Yoga	Thursday	11:00am - 12:00pm	\$3 per class
Tai Chi Self Defense	Thursday	12:00pm - 1:00pm	\$3 per class
Life with Tech	Thursday	2:00pm - 3:00pm	FREE
Beg. Spanish Class	Thursday	3:00pm - 4:00pm	FREE

CLASSES WILL TENTATIVELY BEGIN OCTOBER 4TH

ACTIVITY	DAY	TIME	FEE
Walk and Chat	Friday	9:30am - 10:30am	FREE
Knitting and Crocheting	Friday	11:00am - 12:00pm	\$3 per class
Origami	Friday	12:00pm - 1:00pm	\$2 per class
Clay	Friday	1:00pm - 2:00pm	\$3 per class
Fun Friday	Friday	2:00pm - 4:00pm	FREE

Special Dates

EVENT	FRIDAY	TIME	FEE
Halloween Party	October 25 th	10:00am - 2:00pm	FREE
Friendsgiving Fall Harvest Potluck	November 22 th	10:00am - 2:00pm	FREE
Holiday Regifting Party	December 20 th	10:00am - 2:00pm	FREE



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