



CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS  
**WESTCHESTER SENIOR CENTER**  
8740 LINCOLN BLVD, LOS ANGELES, CA 90045  
(310) 649-3317/ WESTCHESTER.SCC@LACITY.ORG

# Knitting & Crocheting

**MONDAYS 9AM-12PM**

With Ms. Shirley

**\$25 month**

Bring your knitting and crochet projects, needles and yarn, and your creativity! This class offers the perfect opportunity to compare notes, learn new skills, and knit side-by-side with friends old and new! Instructor Shirley will be there to advise, teach, recommend ideas and share her knowledge! Group will work towards projects to give back to the community.

**REGISTER NOW - ONLINE AT LAPARKS.ORG,  
IN PERSON AT THE OFFICE, OR BY PHONE 310-649-3317**



WESTCHESTER.SCCLA

ALL PROGRAMS SUBJECT TO CHANGE OR CANCELLATION.  
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  
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# Genealogy 101

Select Mondays\* | 10 AM  
 Westchester Senior Center

JOIN SHELLENA IN LEARNING HOW TO EXPLORE YOUR FAMILY HERITAGE, KEEP A RECORD TO PASS DOWN TO FAMILY MEMBERS, AND JOIN OTHERS WHILE SEARCHING THROUGH THE PAST.

REGISTER NOW - ONLINE AT LAPARKS.ORG,  
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MEMBERS  
 \$FREE

NON-MEMBERS  
 \$8

\* DATES:  
 NO CLASS IN JULY  
 AUGUST 5 & 19  
 SEPT 16 & 30



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# TECH HELP

**Available Mondays &  
Thursdays 9am-1pm,  
by appointment**

**FREE!!!**

**AGES 50+**

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ONLINE AT  
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OFFICE, OR BY PHONE  
310-649-3317**

**“ONE-ON-ONE ASSISTANCE”**



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# Boardgames Galore

With Katherine

**JULY 1 - AUGUST 26**  
**12PM-1:30PM MONDAYS**

**\$FREE FOR MEMBERS**  
**\$15 NON-MEMBERS**

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# Master Legos With Leigh



**SEPT 9 - 30TH**

**12PM-1PM MONDAYS**

**\$FREE FOR MEMBERS  
\$5 NON-MEMBERS**

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# BEGINNING WATERCOLOR

— INSTRUCTOR: REGINE —

**LEARN TO WATERCOLOR IN THIS 8 WEEK COURSE. STUDENTS  
WILL BE TAUGHT MULTIPLE TECHNIQUES WHILE WORKING ON  
VARIOUS PAINTINGS**

JULY 8 - AUGUST 26

**MONDAYS | 2PM - 4PM**

MEMBERS \$50 ENTIRE SESSION / NON-MEMBERS \$100 ENTIRE SESSION

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# BEGINNING WATERCOLOR

INSTRUCTOR: REGINE

**JOIN REGINE IN THIS SHORT 4 WEEK COURSE. STUDENTS WILL  
BE TAUGHT MULTIPLE TECHNIQUES OF WATERCOLOR WHILE  
WORKING ON VARIOUS PAINTINGS**

JUNE 3 - 24

**MONDAYS | 2PM - 4PM**

MEMBERS \$25 ENTIRE SESSION / NON-MEMBERS \$50 ENTIRE SESSION

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# Billiards

Available  
Mon-Fri  
1-5pm

**FREE!!!**

**COME  
JOIN THE  
TEAM!**

*“AVAILABILITY DEPENDENT  
UPON PROGRAMS”*



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## WESTCHESTER SENIOR CENTER & REC CENTER

# KICKBOXING

In this class, students will learn fundamentals of kickboxing, developing strength, cardiovascular conditioning, coordination, and body awareness.

This class is beginner friendly, geared towards improving fitness while still learning proper technique and application. It involves doing drills with partners, but does not include any sparring.

Mixed Martial Arts gloves are required.

INSTRUCTOR: MICHAEL HA

LOCATION: SENIOR CENTER



*July 8 - August 26*  
*Mondays 7:30-8:30pm*



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# ZUMBA

**TUESDAYS &  
FRIDAYS  
9:00-10:00AM**



*DANCE YOUR CARES AWAY*

**ZUMBA**

**FREE FOR MEMBERS  
or \$10/ month**

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# WSC Summer Camp

With Ms. Sharon & Kirstin

**\$FREE FOR MEMBERS**  
**\*FIELDTRIPS ADTL COST**

**CAMP RUNS:**  
**JUNE 18- AUG 8**  
**TUES & THURS**  
**10AM-1:00PM**

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# Walking Club

*STROLLS WITH  
 DIRECTOR KIRSTIN*

**TUESDAYS at 1pm  
 &  
 FRIDAYS at 9:15am**

**ALL  
 WELCOME  
 FREE!!!**

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# MIXED MEDIA

STUDIO TIME

**BRING YOUR PROJECTS AND WORK AMONGST OTHER ARTISTS**

\*BRING YOUR OWN SUPPLIES

**TUESDAYS | 1PM - 4PM**

\$10 MONTH FOR MEMBERS / \$20 MONTH NON-MEMBERS

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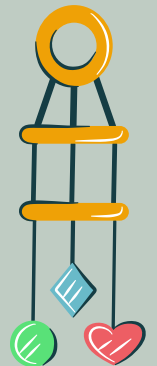
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# Garden Charm

## With Ms Sharon

**TUESDAYS 2PM**



WORK IN THE GARDEN & ON GARDEN PROJECTS SUCH AS PLANT HOLDERS, SUN CATCHERS, WIND CHIMES AND MUCH MORE WITH MS SHARON.

REGISTER AT [LAPARKS.ORG](http://LAPARKS.ORG)

**MEMBERS \$FREE**  **NON-MEMBERS \$10/ MONTH**



OR BY PHONE  
**310-649-3317**



[WESTCHESTER.SCCLA](http://WESTCHESTER.SCCLA)

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## WESTCHESTER SENIOR CENTER & REC CENTER

# INTRO TO IMPROV

Adult Dance Workshop will explore the various styles of theater dance such as Tap, Jazz, and Ballet. Come get a work out and have a good time while strengthening your core and listening to the rhythm of the beat!

INSTRUCTOR: CARMEN

LOCATION: SENIOR CENTER



*July 16 - Sept 3*  
*Tuesdays 4:00-5:00pm*



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# FUSION MAT PILATES

**TUESDAYS / 6-7 PM**

*JULY 9 - AUGUST 27TH*

**LOCATION: SENIOR CENTER**

Fusion Mat Pilates includes: Mat Pilates, Pilates Barre/Ballet & light weights. This class will help strengthen the mind - body connection & help you center in to develop a strong core. This is an all levels class and instructor will offer modifications & progressions for everyone.

**MEMBERS \$45**  
**NON-MEMBERS \$90**

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## ABOUT THE INSTRUCTOR:

SHAY IS A CLASSICAL PILATES & BARRE ABOVE  
INSTRUCTOR. AND FORMER DANCER &  
PROFESSIONAL DANCE DIRECTOR FOR THE NBA.  
SHE UNDERSTANDS BODY MOVEMENT &  
PLACEMENT. HER CLASSES ARE DESIGNED FOR  
EACH CLIENT TO ACHIEVE MIND & BODY  
CONNECTION WITH FOCUS ON CREATING AN  
INCLUSIVE & EQUITABLE ENVIRONMENT TO  
PILATES FOR ALL.



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# CHAIR YOGA

This gentle practice teaches yoga fundamentals: movement, breath, and relaxation from the comfort and security of your chair. Students will learn tools for maintaining everyday functional movement and for enjoying stress relief.

This beginner-friendly class is safe for all bodies and all abilities. It is ideal for seniors, those working with injuries, and anyone looking for a low-impact entry into fitness.

**INSTRUCTOR: CAROLINE**

**WEDNESDAYS  
10:30-11:30AM**

*Members  
\$FREE  
Non-Members  
\$10 month*



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# BINGO

**WEDNESDAYS AT WSC**

**12:00PM-2:00PM**



*\*limit six cards a game*  
**\$.25 a card**



**Westchester Senior Center**

**8740 LINCOLN BLVD**

**DROP-INS  
 WELCOME**

**Is it your lucky day?**



 **310-649-3317**



**@WESTCHESTER.SCCLA**



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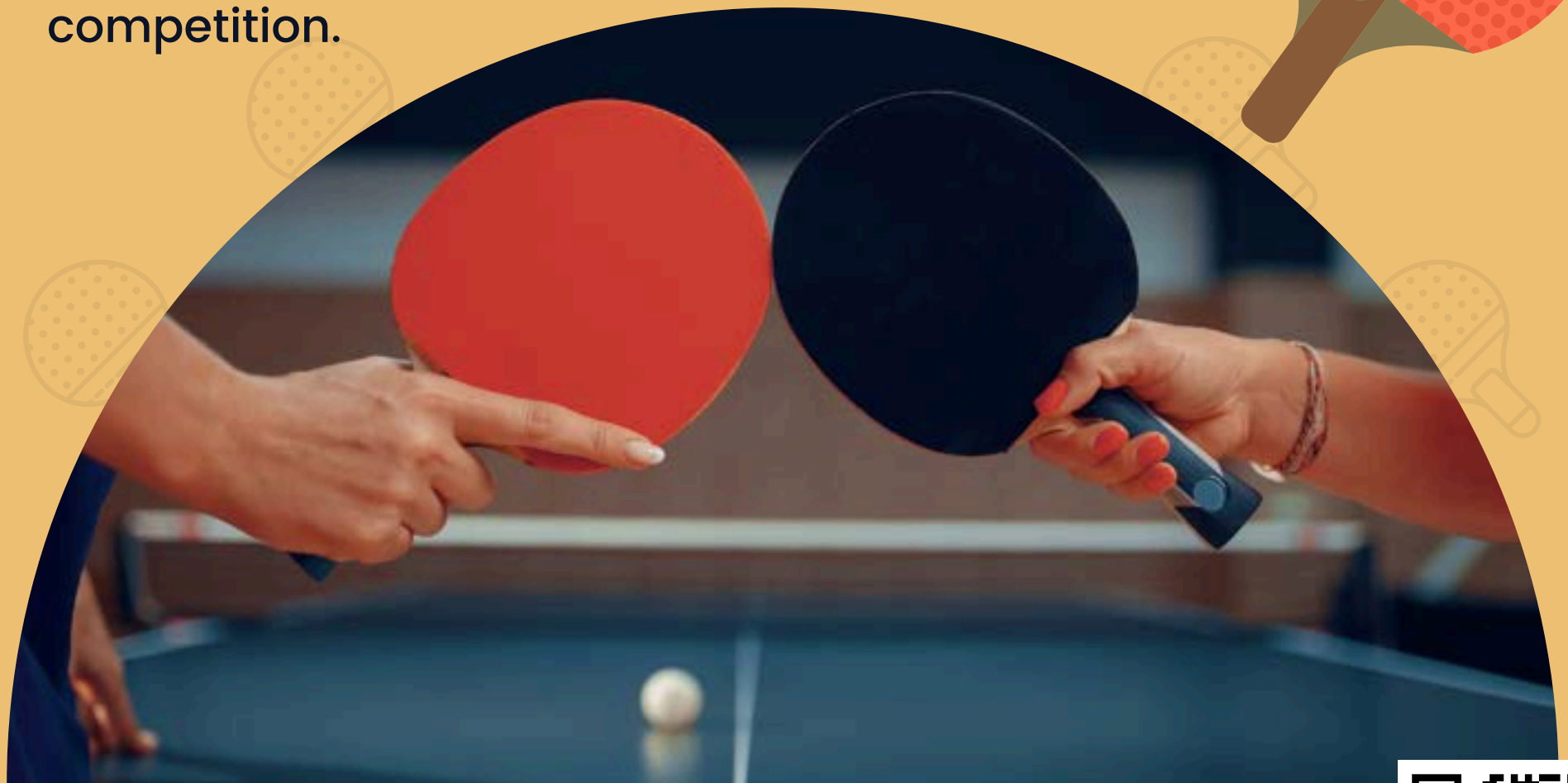
# PING PONG PALS

## WEDNESDAYS

**2:30 - 3:30 PM**

Join us Wednesdays for some friendly competition.

**\$FREE**



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## WESTCHESTER SENIOR CENTER & REC CENTER

# MMA FUNDAMENTALS

Mixed martial arts (MMA) combines techniques from a variety of different martial arts disciplines. In this class, students will learn fundamentals of MMA, developing strength, cardiovascular conditioning, coordination, and body awareness.

This class is beginner friendly, geared towards improving fitness while still learning proper technique and application. It involves doing drills with partners, but does not include any sparring.

Mixed Martial Arts gloves are required.

INSTRUCTOR: MICHAEL HA

LOCATION: SENIOR CENTER



*July 10 - August 28*  
*Wednesdays 7:30-8:30pm*

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# PICKLE BALL



**\$5/DAY**

**9:00 AM**

**THURSDAYS**

See Tom Brewster  
for more details

**MEET AT THE WESTCHESTER  
PICKLEBALL COURTS**

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**JOIN NOW**

**MEMBERS  
\$5/ MONTH**

---

**NON-MEMBERS  
\$10/ MONTH**

# GENTLE EXERCISE

**THURSDAYS 10:00AM**

JOIN MS CLEO AND KEEP MOVING WITH GENTLE EXERCISE TO IMPROVE MENTAL AND PHYSICAL HEALTH. FOCUS ON STRETCHING AND MOVEMENT. MOVE FROM STATION TO STATION WITH MUSIC TO HELP CONDITION THE MIND, BODY, AND SPIRIT

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# *Creative Writing* with Roshni

Join Roshni for a 4  
week Writer's  
Workshop:  
*Stories of a Lifetime*  
focusing on memoir  
writing, poetry, and  
perfecting your  
craft!

**Tuesdays 1:00-2:00PM**  
**6/18-7/09**

**MEMBERS**  
**\$10**

**NON-MEMBERS**  
**\$20**

REGISTER AT  
[LAPARKS.ORG](http://LAPARKS.ORG)



OR BY PHONE  
310-649-3317

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PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS.  
REASONABLE ACOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS. PLEASE BE  
AWARE THAT SOME ACCOMMODATIONS MAY TAKE 30 DAYS OR LONGER. PLEASE SUBMIT  
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WESTCHESTER.SCCLA



CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS  
**WESTCHESTER SENIOR CENTER**  
8740 LINCOLN BLVD, LOS ANGELES, CA 90045  
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# KARAOKE

**1ST AND 3RD THURSDAY OF THE MONTH**

 **12-2PM**

**FREE**

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# Watercolor Studio

*with  
Samaiya*



Members  
\$5/month

Non-Members  
\$10/month

**THURSDAYS 2 - 4 PM**

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**WESTCHESTER SENIOR  
CENTER & REC CENTER**

# INTRO TO SPANISH

Adult Dance Workshop will explore the various styles of theater dance such as Tap, Jazz, and Ballet. Come get a work out and have a good time while strengthening your core and listening to the rhythm of the beat!

INSTRUCTOR: CARMEN

LOCATION: SENIOR CENTER



*July 18 - Sept 5*  
*Thursdays 4:00-5:00pm*

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# GENTLE YOGA

THIS GENTLE PRACTICE TEACHES YOGA FUNDAMENTALS: MOVEMENT, BREATH, AND RELAXATION. STUDENTS WILL LEARN TOOLS FOR MAINTAINING EVERYDAY FUNCTIONAL MOVEMENT AND FOR ENJOYING STRESS RELIEF. THIS BEGINNER-FRIENDLY CLASS IS SAFE FOR ALL BODIES AND ALL ABILITIES. IT IS IDEAL FOR SENIORS, THOSE WORKING WITH INJURIES, AND ANYONE LOOKING FOR A LOW-IMPACT ENTRY INTO FITNESS.

**Dates:** 7/19-9/06      **Fridays** 10:15-11:15am      **Instructor:** Zara

MEMBERS

\$40/ 8 WK SESSION

NON-MEMBERS

\$80/ 8 WK SESSION

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# Memory Retention With Kirstin

JOIN US FRIDAYS TO PLAY GAMES,  
EXPLORE YOUR MIND, AND LEARN  
VARIOUS TRICKS TO KEEP  
YOUR MIND SHARP

**MEMBERS  
\$FREE**



**NON-MEMBERS  
\$15**

REGISTER AT  
[LAPARKS.ORG](http://LAPARKS.ORG)

**07/12-09/27  
FRIDAYS 12PM**



OR BY PHONE  
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# Knitting Club

**Come knit along with friends in Knitting Club. Pass time together working on your projects & sharing ideas on things to make. Bring your own supplies**

**ALL WELCOME**

**FRIDAYS**

**1:00-3:00PM**

**FREE!!!**

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# CINEMA CLUB



**JOIN US FOR AN  
AFTERNOON MOVIE  
AND DISCUSSION!**

**2ND & 4TH  
FRIDAYS**

**1:00 PM**



**\$FREE**



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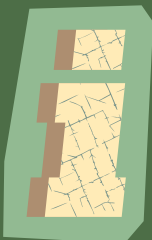
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# Scrapbooking Club



Dates:  
 July 12 - Sept 27th  
**FRIDAYS 2-4PM**

Members: Free  
 Non-Members: \$15/sess  
**INSTRUCTOR: RACHELLE**

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2ND FRIDAYS OF THE MONTH

# CHESS

WITH EDGAR



12-1pm

\$Free



Learn Chess in a relaxed environment and practice your skills with Edgar! Beginner's welcome!

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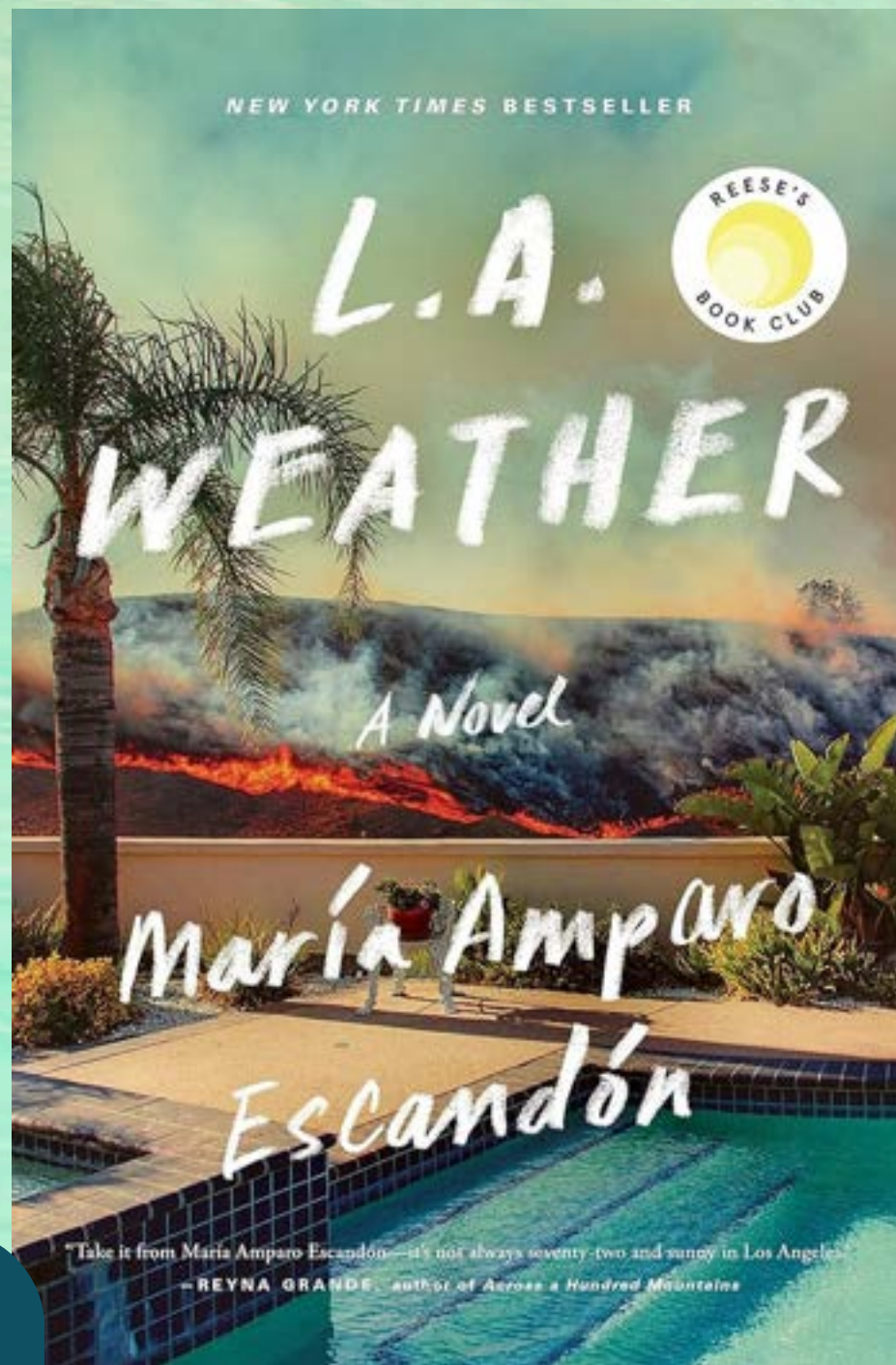




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# WSC BOOK CLUB

- Monthly Meet-ups
- Group Discussions
- Recommendations Welcome



**Next Meet: June 25 at 3pm**  
**L.A. Weather**  
**by Maria Amparo Escandon**

**REGISTER NOW - ONLINE AT  
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# WSC BOOK CLUB

- Monthly Meet-ups
- Group Discussions
- Recommendations Welcome

**Next Meet: July 30 at 3pm**  
**On Earth We're Briefly Gorgeous**  
by Ocean Vuong



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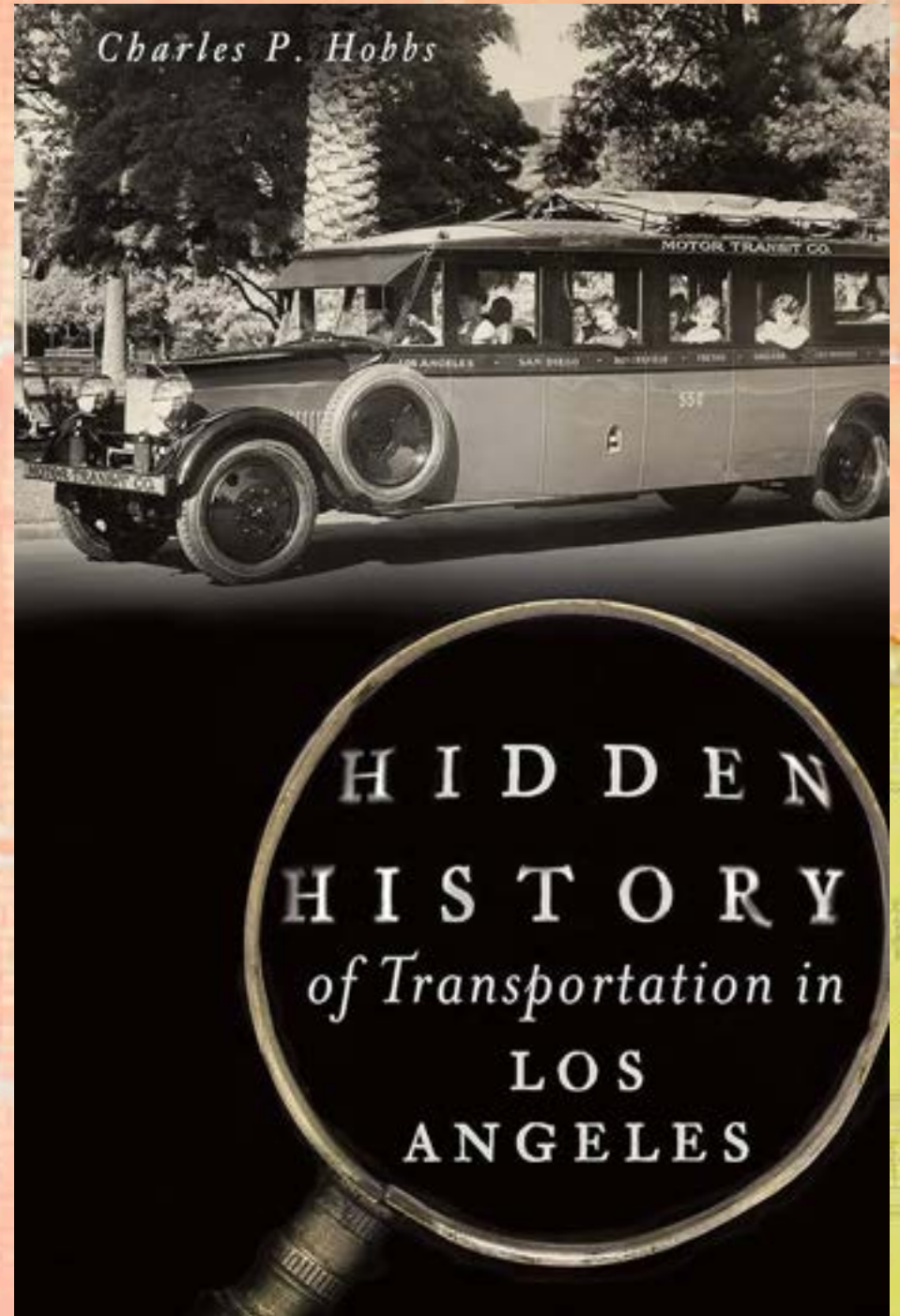
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Welcome

**Next Meet: Aug 27 at 3pm**  
**Hidden History of**  
**Transportation in**  
**Los Angeles**  
**by Charles P. Hobbs**



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