

Lincoln Park Senior Center

HELLO
Spring

2024 PROGRAM

"la vida es mas linda cuando estas activo"
"life is better when your actively aging"

213 847-1726

3501 Valley Blvd. Los Angeles CA 90031

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. Please submit your request for an accommodation as soon as possible.



STARTING MARCH 25—MAY 31, 2024



Mondays 9:00am-10am Walking or Running in the Gym, Basketball

Mondays 10am-11am– Boxing fitness class

Mondays 11am-12pm Wellness classes (first aid & hands on cpr, emergency preparedness, health related classes and other wellness classes)

Mondays 12:30pm-2:30pm Bingo

Tuesday 3pm-4pm Aquacise Fitness (El Sereno pool)

Tuesdays 10am-11am Aerobics

Tuesdays 11am-12pm Ping-Pong

Tuesdays 11:30am-12:30pm Arthritis Exercise (MAOF)



Wednesdays 10am-11am Aerobics

Wednesdays 11:30am-12:30pm Arthritis Exercise (MAOF)

Wednesdays 12:30pm-2:30pm Bingo

Thursdays 10am-11am Folklorico

Thursdays 11am-12pm Yoga

Thursdays 12:30pm-1:30pm Mental Awareness

(LA County Mental Health Dept.)



Fridays 9:00am-10am Walking or Running in the Gym, Basketball

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Fridays 12:30pm-2:30pm Bingo

Fridays 3pm-4pm Aquacise Fitness

(El Sereno Pool)



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