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SUNLAND SENIOR CENTER

Shine Brighter together

Spring Programs
April - May - June

2024



8640 FENWICK STREET, SUNLAND, CA 91040
PHONE: (818) 353-9571
WEBSITE: LAPARKS.ORG/SCC/SUNLAND

City of Los Angeles
Department of Recreation & Parks
Stop 641-10
SUNLAND SENIOR CITIZEN CENTER
8640 FENWICK STREET
SUNLAND, CA 91040

SCOPE OF OUR PROGRAMS

At Sunland Senior Center, our mission is to provide a secure and welcoming haven where seniors can find a sense of belonging and love within their community. Our primary goal is to cultivate an active and healthy environment that encourages the formation of lasting friendships.

Persons with disabilities are welcomed to participate in our classes and programs. Please be aware that some accommodations may take 30 days or longer. Please submit your request for an accommodation as soon as possible.

CONTACT US:

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Lunch Program

Lunch is served! Join us
Monday through Friday
11:30am - 12:30pm

Suggested donation guide:

Under 60 years old: \$8.10

Over 60 years old: \$3.10

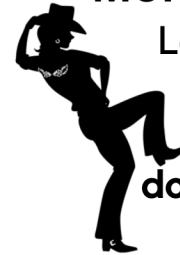
Coffee Served Daily



WEEKLY ACTIVITIES

Country Line Dancing

Mondays & Fridays @ 12:00pm-1:30pm



Learn the Cha-cha, chasse and ball change with instructor Mike and his curated line dance lessons. There is a **suggested donation of \$5 per class** and runs all season. (No class Monday 5/27).

Movie Matinee

Thursdays @ 1:00pm

Bringing the big screen to you with weekly movies picked communally by the participants.

Popcorn and coffee provided.

A suggested donation of \$1 per movie is appreciated



Follow-Along Workout

Fridays @ 10:30am

Join us for this self-guided video work out class.

ALL SEASON

Bingo Bonanza

Tuesdays @ 10:00am - 11:30am

Cards for Bingo are .25 cents with a daily maximum of 6 cards with \$1 gift card prizes. There is a intermission from 10:50- 11:00am with an end time at 11:30am sharp.

Bollywood Yoga

Wednesdays @ 9:15am - 10:00am

This class brings a fusion of the high energy of Bollywood music with the flow of yoga. This class is adaptable with a chair to all abilities and skill levels. **A suggested donation of \$1 per class is appreciated.**



Yarn Club

Wednesdays @ 11 am

Join us for crochet and knitting with Instructor Mary. This is a weekly meet-up among all skill levels at their own leisure with basic materials provided. **A suggested donation of \$1 per class for supplies is appreciated.**

SPRING EVENTS

Spring Fling

April 18th

10:00am - 12:00pm

Put a spring in your step and join us for a morning of dancing and karaoke. Light refreshments provided.

Garden Gala

May 10th

10:00am - 1:00pm

In honor of our mothers, we are hosting a beautiful day filled with garden crafts and a fresh greens salad bar with dessert.

Barbecue Kings

June 14th

10:00am - 1:00pm

Celebrating dads with a medieval style feast for a king. All welcome!

8 WEEK WINTER SESSIONS

DATES SUBJECT TO CHANGE. CALL OFFICE FOR ANY UP TO DATE CHANGES.

OFFICE: MONDAY - FRIDAY 9:00AM- 4:00PM (818) 353-9571

Musical Theater Workshop

This Musical Theater series is brought to Sunland by Cynthia Lee Neal. Miss Cynthia is a professional performer with an international career in the field of dance, music and theater. Her resume includes musical theater, classical theater, films, commercials and television She has received training at The Cornish College of the Arts (Seattle), Trinity University (Ireland) and University of Surrey (England). In New York, she was a member for ten years with the Master Acting Class with Uta Hagen of HB Studios. Miss Cynthia moved to Los Angeles and opened her own teaching studio in 2008.

MONDAY CLASSES:

8:30a-9:30a PIANO

9:30a-10:30a MUSIC JAM

All levels-bring your instrument & music stand

10:30a-11:20a DANCE

11:30a-11:50a ACTING

This is an 8 - week program running from **April 8th - June 3** (no class Monday 5/27). Take any variation of classes weekly. A suggested donation of \$1 per day is appreciated.

Music & Movement

Wednesdays @ 10:15am - 11:30am

Join Rachel Seward as she brings dance and exercise into one fun and adaptable group exercise. This course runs from **April 10 - May 29th**. A suggested donation of \$1 per class is appreciated.

Walk and Tone

Thursdays @ 9:30am - 10:15am

Participants will join Lori on a curated walk around Sunland Park and then return to the center for a simple body tone session. A suggested donation of \$1 per class is appreciated. Class runs from **April 11th- May 30th**.

Art Hour

Thursdays @ 10:30am - 11:30am

Classes vary from crafts to water colors and align according to holidays. All skill levels welcome. Materials are provided. A suggested donation of \$1 per class is appreciated for supplies.

April 11th- May 30th.

