



PARK PROUD LA

Karen Bass
Mayor

Kevin De Leon
Council Member, 14th District

RECREATION AND PARKS COMMISSIONERS

Renata Simril, President
Luis Sanchez, Vice President
Fiona Hutton, Marie Lloyd, Benny Tran, Commissioners

RECREATION AND PARKS ADMINISTRATION

JIMMY KIM, General Manager
Matthew Rudnick, Executive Officer and Chief of Staff
Belinda Jackson, Assistant General Manager, Recreation Branch

Metro Region

Anita Meacham, Superintendent
Kimberly Simonet, Principal Recreation Supervisor I
Sharon Nishihara, Recreation Supervisor – North District

HIGHLAND PARK ADULT CENTER

Facility Director.....John Ruiz
Recreation Assistants.....A. Zimmerle, A. Salas, D. Buena
Maintenance Staff.....Sandra Martinez

CITY OF LOS ANGELES
Department of Recreation and Parks

Metro Region –North District

HIGHLAND PARK SENIOR CITIZEN CENTER

6152 N. Figueroa St • Los Angeles, CA 90042
Phone: 323-256-6866

Email: highlandpark.seniorcenter@lacity.org
Website: www.laparks.org

2024

Winter Program

January February March

Creating Community through People, Parks and Programs
The classes and programs in this brochure may be subject to cancellation

SENIOR CENTER HOURS

Monday – Friday 9:00 a.m. – 4:00 p.m.
Saturday – Sunday Closed

*Facility closed on Saturdays, Sundays and All City Holidays Unless Permitted
Monday, January 1, 2024 - New Years Day
Monday, January 15, 2024 – Martin Luther King Jr. Day
Monday, February 19, 2024 - Presidents’ Day
Monday, March 25, 2024- Holiday

Activities and programs may be subject to cancellation.

WEEKLY SCHEDULE

Monday ● Lunes

9:00 a.m. – 10:00 a.m. Exercise Class 1
 10:00 a.m. – 11:00 a.m. Exercise Class 2
 11:00 a.m. – 12:30 p.m. B&B Social Class
 12:30 a.m. – 1:30 p.m. "NEW" Let's Get Connected
 2:00 p.m. – 3:00 p.m. "NEW" Beginner Watercolor

Tuesday ● Martes

9:30 a.m. – 11:30 a.m. Shuffleboard Class
 9:00 a.m. – 12:00 p.m. Advanced Art Class
Basic Drawing..... Water Coloring..... Oil Painting
 9:00 a.m. – 10:00 a.m. Zumba Class 1
 10:00 a.m. – 11:00 a.m. Zumba Class 2

Wednesday ● Miercoles

9:00 a.m. – 10:00 a.m. Exercise Class 1
 10:00 a.m. – 11:00 a.m. Exercise Class 2
 11:00 a.m. -12:00 p.m. Yoga and Stretch Class
 12:00 p. m. – 1:00 p.m. Chair Yoga Class

Thursday ● Jueves

9:00 a.m. – 10:00 a.m. Zumba Class 1
 10:00 a.m. – 11:00 a.m. Zumba Class 2
 11:00 a.m. – 12:00 p.m. "NEW" Walking Class
 12:00 p.m. – 1:00 p.m. "NEW" Karaoke Class
 1:00 p.m. – 3:00 p.m. Chess Class
 9:00 a.m. – 12:00 p.m. Open Computer Time

Friday ● Viernes

10:00 a.m. – 12:00 p.m. Crochet and Knitting Class
 12:00 p.m. – 2:00 p.m. Bingo Class (.25 per card) - 6 Card Limit
 9:00 a.m. – 12:00 p.m. Open Computer Time

*Persons with disabilities are welcome to participate in our classes and programs.
 Reasonable accommodations will be made with prior arrangements*

LUNCH PROGRAM INFORMATION

Senior Nutrition Program For Seniors ages 60+

Dine – In or Grab N Go

9:30am-12:30pm / Lunch Served at 9:45am - First Come First Serve

Sign-In Begins at 9:30 a.m. Donation \$2.00
 Presented by MAOF Senior Services Program (323) 473-9851

TRANSPORTATION INFORMATION

Cityride: (323) 666-0895
 Taxi Cab Service / L.A. Taxi: (323) 221-0004
 Independent Taxi: (800) 521-8294
 Access Services, Inc.: (800) 827-0829 or (877) 640-3278



MAOF (TAP) Transportation Assistant Program: (323) 526-9344

Operates 7 days a week Specialized Transportation Service
 offered to Disabled Individuals.

Referral Numbers

14th Council District, Councilman Kevin De Leon..... (323) 254-5295
 1st Council District,..... (213) 304-3889
 1st District County Supervisor, Hilda Solis.....(213) 974-4111
 Department of Aging.....311 or (800) 510-2020
 LAPD-Northeast Police Division.....(323) 344-5701
 Arroyo Seco Library(323) 255-0537
 Bet Tzedek Legal Assistance(323) 939-0506
 Social Security (24-hour service).....(800) 772-1234
 Mexican American Opportunity Foundation (MAOF)...(323) 890-9600
 Boyle Heights Senior Center(323) 264-5757
 Eagle Rock Recreation Center(323) 257-6948
 Glassell Park Senior Center.....(323) 550-8809
 Highland Park Recreation Center(213) 847-4875
 El Sereno Senior Center.....(323) 222-2040
 Lincoln Heights Senior Center(323) 225-9339
 Montecito Heights Senior Center(213) 485-8550
 Yosemite Recreation Center(323) 257-1644
 Metro Region Headquarters.....(213) 485-1310
 50 + Senior Section.....(213) 485-7512