

City of Los Angeles
Department of Recreation and Parks
Canoga Park Senior Citizen Center Stop 641-1
7326 Jordan Ave.
Canoga Park, CA 91303

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Los Angeles, CA
Permit # 12932

City of Los Angeles Department of Recreation & Parks
July through September 2025



CANOGA PARK 50+ ADULT CENTER



7326 Jordan Ave., Canoga Park, CA 91303
Phone: 818.340.2633 www.laparks.org



PARK PROUD LA!

**JULY 2025 through SEPTEMBER
2025**

**Classes and Activities offered
(All classes subject to change)**



Mondays: Sr. Parkin' Walk Up Pantry, 8:45am to 11:30am (Start/end times are approximate.)

Come into the center for pantry distribution. 3 items per person. (No pantry 9/1)

Jewelry Making, 10:00am to 11:00am (in lounge area)

Bring your creative self and experience making jewelry-earrings, bracelets, etc. , \$1 donation. (no class 9/1)

Beginning Hula Dance, 10:00am to 11:00am

Learn the beginner moves of Hula! This is great exercise for your entire body. Aloha! (no class 9/1)

Sit, Stitch, and Crochet Club, 10:00am to 11:30am

Join us for a relaxing hour of stitching, talking, and exchanging patterns. (no club meeting 9/1)

Beginning/Intermediate Line Dance with Peggy, 2:00pm to 3:30pm

Participants bring their own water, \$1 donation , Enjoy fun dance instruction & lively music! (No class 9/1)

Tuesdays: Beginning Line Dance with Sylvia, 9:00am to 10:30am

Participants bring their own water, \$1 donation, come enjoy fun dance instruction with lively music!

Sit & Fit or Chair Salsa, 10:30am to 11:30am

Staff will lead you in a great exercise routine using sitting, upper body moves, Participants bring their own water, \$1 donation, Keep your exercise lively and fun.

ZUMBA Gold, 12:45pm to 1:15pm

Join Cynthia in this upbeat dancing exercise class designed for fun! \$1.00 donation.

Yoga for Life, 1:30pm to 2:30pm

Our instructor, Radha, will lead your exercise routine using yoga poses, sitting, upper body moves. Chair adaption. Participants bring their own water, \$1 donation.

Wednesdays: Sit & Fit, Yoga, or Chair Salsa, 9:30am to 10:30am

Staff will lead you in a great exercise routine using sitting, upper body moves, and yoga techniques .Participants bring their own water, \$1 donation. Make your exercise lively and fun! Held in lounge area.

Beginning/Intermediate Line Dance with Peggy, 9:30am to 11:00am

Participants bring their own water, \$1 donation, come enjoy fun dance instruction with lively music!

BINGO, 1:00pm to 2:30pm

Pre-Selected cards are 4 for \$1.00 max, Participants bring their own water, recreational Bingo game .

Lego Builders 3:00pm to 4:00pm

Have fun and use your Lego brain skills to build a simple locking brick project. First build will be provided. Participants bring their own water, \$1 donation .

Yoga for Life, 3:00pm to 4:00pm

Namaste! Our instructor, Radha, will lead your exercise routine using yoga poses, sitting, upper body moves. Chair adaption available. Participants bring their own water, \$1 donation.

Thursdays: BINGO, 10:00am to 11:30am

Pre-Selected cards are 4 for \$1.00 max, Participants bring their own water, recreational Bingo game.

Ukulele, 12:45pm to 2:15pm

Participants must bring their own instrument, beginners welcome, \$1 donation.

Advanced Line Dance with Sylvia, 2:45pm to 4:15pm

Instructor approval required prior to class, materials fee of \$5 pd to instructor, \$1 donation.

Let's Talk about It, 12:30pm to 1:30pm

This is a group session for women to respectfully discuss different current topics weekly. Meets in the lounge area.

Fridays: Beginning Line Dance with Kathy, 9:30am to 11:00am

Participants bring their own water, \$1 donation. Come enjoy fun dance instruction with lively music! (no class 7/4)

Adult Art, 12:30am thru 1:45pm

Explore a variety of art mediums while letting your creative side blossom. Go at your own pace. Projects will be supplied. Participants bring their own water. \$1 donation (no class 7/4)

International Folk Dance , 2:00pm to 4:15pm

Participants bring their own water, \$1 donation. Come dance to Folk music & steps from around the world. All skill levels welcome! (no class 7/4)

Mahjong Clinic, in lounge, 12:30pm to 4:00pm (or until game play ends-normal business hours)

Join us for an informal clinic to learn the fun game of Mahjong. No pressure here. You can watch the game, get a feel for how to play, ask questions about rules and instruction, play Mahjong , and have a blast! \$1 donation. (no class 7/4)

Billiards DAILY Monday to Wednesday - 9:00am to 4:00pm * Open BTOP Lab - Tuesdays &Thursdays, 1:30pm-3:30pm



Independence Day Party

Thursday, July 3rd, 10:00am to 3:00pm

Join us for a fun party filled with music, dancing, raffles, treats, and fun!
Celebrate the birth of the U.S.A. and enjoy the sounds of Bob Ryemon.

Let's party to the Red, White, and Blue!

ONEgeneration lunch is separate and on a first come, first served basis.



A big Thank You to the Canoga Park Neighborhood Council for supporting our senior community!

Learning Lunches

St. Barnabus Senior Services "Disaster and Hot Weather Preparedness" July 24th at 11:30am
Foodsafe with Tanya "Colorful Classics - How to eat with Taste and Color" July 31st at 11:30am
Dept. of Insurance "How to beat the Scams" August 21st at 11:30am

****Park Advisory Board Elections are coming – Call Kari for more details and information****

Registration is required for the facility and all activities
Participants will be screened for registration and health status prior to entrance

*****Volunteer Opportunities*****

Interested in behind the scenes fun? Contact Kari if you are interested in becoming a volunteer.
Seeking Lunch helpers, class helpers, PAB, & pantry helpers. (818) 340-2633

Senior Nutrition provided by ONEgeneration

Lunch Service –11:30am to 12:30pm, Daily Monday thru Friday

Good food & good times! Nutrition provided by ONEgeneration. Come enjoy a hot meal and have a few laughs with your friends. Donation of \$3.00 for seniors 60+. Come speak with Alicia for more information.

Monthly menu available in-person or online at www.laparks.org
(go to "facilities", "senior centers", "Canoga Park Senior Center")



Canoga Park 50+ Adult Group Travel

Aquarium of the Pacific-Monday, July 28th

9:00am to 5:00pm * \$25.00 pp * Sign ups start July 1st, Hurry! You don't want to miss this one!

Special Thanks to the Canoga Park Neighborhood Council for sponsoring our bus

Solvang/Chumash Casino-Thursday, September 4th

8:30am to 5:00pm * \$45.00 pp * Sign ups start July 1st!

(\$40 to My Casino Shuttle/\$5 to City of LA)



Coming Soon.....

The Getty Museum-November 2025



Must be registered at the center and a 2025 member of Canoga Park Senior Travel . Masks are strongly recommended.

Call 818-340-2633 and speak to our staff. Sign up must be in person to reserve a spot.

***Must be a member of Canoga Park Senior Citizens' Travel and registered at the center to attend trips. ***

Travel Group for 2025 is \$5 for the calendar year. Center registration is no cost. Come travel with us!

CITY OF LOS ANGELES

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Cynthia Dib - West Valley District Recreation Supervisor

Canoga Park Senior Citizens' Center Staff

Kari Haseltine - Recreation Facility Director

Recreation Assistants - Liberty Maxwell, Cassidy Guilfoyle,

Georgette Lambey, Paula Rodriguez

Maintenance Staff

Renee Martinez– Park Maintenance Supervisor

Maria Sanchez, Maintenance Staff

2025 Senior PA Board

Lorry Reeves - President

Rosalie Rhodes - Secretary

Members– Cora Au, Mike Doot, William Munoz (ex-oficio)

ONEgeneration Meal Program(satellite site)

Alicia Acosta, Site Manager

Call 818-705-2345 for Homebound & Grab and Go Meal Service

All classes and events offered are subject to unforeseen change and/or cancellation at any given time.

Payments are made by check or money order only. A collection fee will be charged for each check returned by the bank.

Department of Recreation and Parks refunds granted will be assessed a 15% fee. No full refunds will be issued unless a class/sports league/program is cancelled by the facility.

PlayLA Youth and Adaptive Youth Sports Program is made possible by the LA28 Olympic and Paralympic Games. Waivers available for those who qualify, ask for details.

Good Sportsmanship is Everyone's Responsibility. Be a Good Sport. The Department of Recreation and Parks is devoted to achieving gender equity through a continuous commitment to girls and women in sports.

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