City of Los Angeles Department of Recreation & Parks
Canoga Park Senior Citizen Center
7326 Jordan Ave., Canoga Park, CA 91303
Phone: 818.340.2633 Fax: 818.887.2568
Nutrition: 818.992.8094 www.laparks.org

PARK PROUD LA!
**Monday**

**Say YES to YOGA**

Held in the Auditorium  
8:45am - 9:45am  
$4 Donation per class*

**SIT & FIT Active**  
Held in the Auditorium  
10:00 am - 11:00 am  
$1 Donation per class*

**COMPUTER SKILLS FOR SENIORS**

Having problems with that new “smart” phone? Don’t know how to get an email account? Trying to figure out what Bing or Google is? If you are interested, please sign up on the interest list in the front office and we will let you know when classes start back up in 2020.  
* $1 donation per session

**SCOTTISH & ENGLISH DANCE**  
Held in the Auditorium  
1:15 pm – 2:45 pm  
$1 Donation per class*

**ZUMBA GOLD**  
**Body Groove**

This fun dvd led class will keep you moving!  
3:00 to 4:30pm,  
* Held in the Auditorium *  
$1 donation per class*

**Tuesday**

**BEGINNING LINE DANCE**  
And WESTERN LINE DANCE  
With Sylvia & Peggy

Held in the Auditorium  
8:45 am – 10:15 am  
$1 Donation per class*

**BEGINNING/INTERMEDIATE TAP DANCE**

Held in the Auditorium  
10:30 am – 11:30 am  
*$1 Donation per class*

**Color Away Stress**

Join us for a relaxing time to just color, create, and de-stress. Seasonal, Holiday theme, or just fun projects to work on. Markers, pencils, and pictures will be provided or bring your own. See Elsa for more information. Keep your creative juices flowing!  
10:00 am to 10:45 am  
* $1 donation per class

**BINGO**

Held in the Auditorium  
1:00 pm – 2:30 pm  
$1 for 1-4 cards. 6 cards max $.25 per card.  
Try your luck with one of our favorite past times.

**ZUMBA/Body Groove**  
And Exercise

Held in auditorium.  
3:15pm to 3:50pm  
*$1 donation per class

**ZUMBA GOLD**

Body Groove

Join us for a mid-week exercise class. Have a fun time and get fit!  
*$1 donation per class

**SIT AND FIT YOGA**

Held in lounge, dvd led  
3:15 to 4:15 pm  
$1 Donation per class*

****Beginning TAP Dance** with Neena**

This is a new fun class for beginners who want to learn Classic Tap. Fun, Fun, Fun!  
3:00pm—4:00pm

* means that $1 of your donation goes to helping your Senior Center.

**Wednesday**

**RUMMIKUB**

- OPEN PLAY

Held in the Auditorium  
8:45am - 10:30am

**ZUMBA/Gold**

Body Groove  
Held in the Auditorium  
3:00 to 4:00

**SIT & FIT YOGA**

Held in the Auditorium  
3:50pm - 4:30pm  
$1 Donation per class

**                                                                                **

**APRIL 2020**

**WESTERN LINE DANCE**  
With Sylvia Davis

Held in the Auditorium  
1:30 pm – 3:00 pm  
$5 Donation per class

**SIT & FIT YOGA**

Held in the Auditorium  
3:50pm - 4:30pm  
$1 Donation per class

**COMPUTER SKILLS FOR SENIORS**

Having problems with that new “smart” phone? Don’t know how to get an email account? Trying to figure out what Bing or Google is? If you are interested, please sign up on the interest list in the front office and we will let you know when classes start back up in 2020.  
* $1 donation per session

**ALL CLASSES AND TIMES SUBJECT TO CHANGE**
**Tuesday**

**OPEN PLAY**

8:30am—10:30am

Held in the Auditorium

**BINGO**

Held in the Auditorium

10:00 am – 11:30 am

For 1-4 cards. 6 cards max $.25 per card. Try your luck with one of our favorite pastimes.

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**Wednesday**

**Say YES to YOGA**

Held in the Auditorium

8:45am—9:45am

$4 donation per class*

**SIT & FIT Active**

Held in the Auditorium

10:00 am - 11:00 am

$1 Donation per class*

**UKULELE & SING-A-LONG**

If you play or just listen you are more than welcome to sit in and enjoy.

* $1 donation per class*

Held in the auditorium

1:30pm - 2:30pm

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**Thursday**

**PIX A FLIXTHURSDAYS**

**Seating STARTS** at 12:45pm

**Movie STARTS** at 1:00pm

* $1 Donation*

- **4/2/2020**
  - DARK WATERS (PG-13)

- **4/9/2020**
  - HARRIET (PG-13)

- **4/16/2020**
  - MOTHERLESS BROOKLYN (R)

- **4/23/2020**
  - JUMANJI:THE NEXT LEVEL (PG-13)

- **4/30/2020**
  - BOMBSHELL (R)

Films are subject to change.

We are not responsible for the content of the films.

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**Friday**

**BEGINNING LINE DANCE With Peggy**

8:45am—10:00am

$5 Donation per class*

**INTERMEDIATE TAP**

Held in the Auditorium

10:15 am – 11:15 am

$1 Donation per class*

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**Special Presentations!**

The U.S. Census is ON! Be counted in this once every ten years count of our communities! We have several BTOP computers set up for easy online Census access. It is so easy to do and means so much for funding of senior community programs. If you have any questions just come in or call us.

818-340-2633

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**April 2020**

**LINE DANCE**

Sylvia Davis

Held in main auditorium

3:00 pm - 4:30 pm

$5 Donation per class*

**Body Groove Exercise**

8:45am—10:00am

3:15pm to 3:50pm

$1 Donation per class*

Join Kathy and Diane for a fun mix of line dance and exercise. Get moving and get fit! We are not responsible for the content of the films.

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**WESTERN LINE DANCE**

With Sylvia Davis

Intermediate/Advanced

Held in main auditorium

3:00 pm—4:30pm

$5 Donation per class*

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**UKULELE & SING-A-LONG**

If you play or want to just listen you are more than welcome to sit in and enjoy.

* $1 donation per class*

Held in the auditorium

1:30pm - 2:30pm

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**ZUMBA Gold Body Groove**

This fun dvd led class will keep you moving. Get ready for the weekend with ZUMBA! 3:00 to 4:30pm * Auditorium*

$1 donation per class*

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ALL CLASSES AND TIMES SUBJECT TO CHANGE
NOTES & REMINDERS

• If you have any suggestions of trips feel free to talk to our volunteers in our Travel Dept.
• Senior Club volunteer run Country Store is open M-TH 9:00am -12:00pm or as posted.
• If you ever have any questions about any of our activities please feel free to ask.
• As posted: The City of Los Angeles is not responsible for vehicles damaged or lost at the Canoga Park Senior Center. Parking at the Senior Center is for patrons of the center and at owner’s own risk.

Upcoming Events and Projects

IT’S HERE! THE U.S. CENSUS IS ON! It is so important to be heard and counted! We have four BTOP computers set up for easy access for online census reporting. Be heard and be counted! Monday thru Friday, 9:30am to 11:30am and 1:30pm to 3:30pm. We are here to help!

Mother’s Day is almost here and time to celebrate that wonderful woman called MOM. Join us on May 8th for a fiddling party with Bob Ryman performing. We will have trivia, dandy candy, raffle prizes, and good company. ONEgeneration will have a lunch service on a first come, first served basis, with a $3.00 suggested lunch donation for “youngsters” 60+ years old.

The Salute to Recreation Senior Dance is just around the corner. Come on an adventure with us and celebrate with a “Tribute to Motown”. The event will be held on Friday, May 29th at Northridge Recreation Center located at 18300 Lemarsh St., Northridge, CA. Doors open at 5:00pm with a dinner of BBQ chicken, garlic mashed potatoes, Caesar salad, fresh roll, and dessert! There will be live music and dancing along with raffle prizes too. Dinner will be first come, first served. It’s going to be great, so see you there!

Do the Nomads or the Electric Prunes ring a bell? If so, then we are looking for YOU! Back in the day our facility, the Canoga Park Senior Citizens’ Center, was called the Tri-County Community Center and was a hot spot for teens and the community to come and dance, for 50 cents a year too. Ahh the good old days! Canoga Park High School and Columbus Junior High had dances here too. A 60 year reunion is in the works and we’d love to see you all here at our Senior Homecoming Dance in September 2020. Call us and let us know if you can attend some reunion activities or just want to see where everyone is. 818-340-2633.

Canoga Park Senior Citizens’ Club

Are you a member of the Club? If so, way to go! If not, you are missing out on some great trips and events. Make sure to stop by and sign up to be a member of the Canoga Park Senior Citizens’ Club. Membership is $5.00 for the calendar year and gives you access to some very affordable excursions and activities. Travel office is open Monday Thru Wednesday, 9:00 am to 1:00pm or as otherwise noted. If you can’t make it during those hours, a self-service kiosk is located outside of the office on the west wall. Don’t delay, sign up to be a member today!

And to all our members who have already signed up for 2020....Thank You!

Here’s to a great year ahead!

WE ARE LOOKING FOR A FEW GOOD VOLUNTEERS!

Pick up donations? ______
Help in the Senior Store? ______
Call Bingo? ______
Send us your information or call us at 818-340-2633

MANY THANKS TO OUR GENEROUS SPONSORS

Please support them when you can by shopping at these locations. Thank you!

• 99 Cents Only Stores
• The Bagel Store
• Dollar Store
• Dollar Tree
• Sprouts Market-West Hills
• *K Bronx Pizzeria
• * Canoga Park Senior Club
• * Councilman Blumenfield, CD 3
• * The Original Tommy’s Burgers
• * Old New York Deli & Bakery

PARK PROUD.....LA!
### April 2020 Lunch Program Schedule

For seniors 60 and over

For Nutrition information, please call 818.992.8094 after 9:30 AM

Lunch is served Monday thru Friday at 11:30am – Suggested donation $3.00 for patrons 60+

No reservations and no holds for lunches. First come, first served. Lunches are limited. Meals that are listed are subject to change.

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<td>Garlic Roasted Chicken</td>
<td>LS Corn Chowder</td>
<td>LS Lentil Soup</td>
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<td>WG Noodles w/herbs</td>
<td>Baked Fish</td>
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<td>Whipped Cauliflower</td>
<td>WG Roll</td>
<td>Carrots &amp; Zucchini w/herbs</td>
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<td>Coleslaw</td>
<td>Fresh Baked Yam</td>
<td>Mixed Green Salad</td>
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<td>Green Salad</td>
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<td>Swedish Meatballs</td>
<td>Turkey Chow Mein</td>
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<td>WG Tarragon Noodles</td>
<td>Jasmine Brown Rice</td>
<td>Cheeseburger</td>
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<td>Beet Salad</td>
<td>Crispy Noodles</td>
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<td>Peas w/onions</td>
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<td>Easter Lunch</td>
<td>Stuffed Bell Pepper</td>
<td>LS Butternut Squash Soup</td>
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<td>WG Roll</td>
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<td>LS Tomato Basil Soup</td>
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<td>Spaghetti w/ Meatballs</td>
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<td>Fish w/Lemon Sauce</td>
<td>Tandoori Style Chicken</td>
<td>Italian Vegetable Blend</td>
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<td>Broccoli</td>
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<td>Spinach Salad</td>
<td>Ginger Carrots</td>
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<td>LS Potato Leek Soup</td>
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<td>Roast LS Turkey</td>
<td>Baked Fish Vera Cruz</td>
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<td>Cranberry Sauce</td>
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TRIP INFORMATION

Telephone: 818.340.2633                                    Fax: 818.887.2568

SIGN UP EARLY – DON’T BE LEFT OUT - SPACE IS LIMITED!

A. All trip business is to be conducted during Trip Office Hours only. Hours are listed below or as otherwise posted outside the office. Call before coming for ALL Senior Club business.
   - Monday 8:30am-12:00pm
   - Tuesday 8:30am-12:00pm
   - Wednesday 8:30am-12:00pm

Show Your Membership Card at time of sign up. Non-members pay an additional $5 per person.

B. Your seat is not reserved until it is paid for. Payments in person or by mail. If payment is made by mail
   Please do the following:
   1. Send payment with your name, phone number, trip name and date, and the name of traveling companion, if needed.
   2. Make checks payable to “Canoga Park Senior Citizens Club.” Please do not send cash.
   3. Enclose a self-addressed stamped envelope, so your receipt can be mailed to you.

C. If you are on the waiting list, please call two weeks before the trip to let us know if you are still interested. We will call you if there is an cancellation and/or opening.

CANCELLATION CHARGES AND OTHER POLICIES

A. A charge of $3.00-day trips; $5.00-overnight trips is assess on every cancellation.
B. A refund will be given, less the cancellation charge, if your reservation is canceled four (4) weeks in ADVANCE for ALL TRIPS.
C. Reservations canceled AFTER four (4) weeks before the trip will be given a refund less the cancellation charge ONLY if your reservation is re-sold. There are no exceptions to this as the club must pay for the trips weeks in advance and will not be reimbursed for those who reserve but do not attend the trip.
D. There will be a charge of $10.00 for checks returned for lack of sufficient funds.

DAY OF TRIP

A. Please arrive 30 minutes before departure. Park your car in the lot on the East side of the Center, behind the main building. DO NOT PARK IN THE REGULAR PARKING LOT, it will be locked.
B. Check-in with the host/hostess. Bring your receipt to receive your name tag, luggage tag and an updated itinerary.
C. You are responsible for your transportation to and from the Center, which may be closed on your return and no telephone available. Please bring your cell phone.

PLEASE ARRIVE AT THE STATED TIME. IF YOU ARRIVE EARLY. YOU MAY HAVE TO SIT IN YOUR CAR UNTIL THE CENTER OPENS AT 8:30 A.M.

TRIP ITINERARY

A. Trip itinerary, dates, and/or times are subject to change without notification.
B. For your safety on the trip, please carry your completed membership card with you at all times
C. People with any kind of health problem needing assistance must be accompanied by someone responsible for them at all times during any trip.

D. Please do not be late getting to the bus on the return trip. We can only wait 15 minutes. After that, you will be responsible for getting home.

PLEASE REMEMBER YOUR SEAT IS NOT Reserved UNTIL YOU HAVE PAID FOR IT.

Under Title II of the A.D.A. we will not discriminate based on disability.

We will provide reasonable accommodations on trips, with prior notice.
**UPCOMING TRIPS**

Payment in full for all trips must be made at time of reservation, which guarantees a seat.

You must show your membership card (which must be current) when signing up AND have it with you when you go on trips.

Trips may be cancelled when too few people sign up. Please arrive at the center at the time indicated on your receipt. Park in the back parking lot. The side lot will be closed and locked when we return.

- ALL PASSENGERS MUST CHECK-IN WITH THE ESCORT BEFORE BOARDING BUS
- PAID MEMBERSHIP FOR 2019 IS REQUIRED FOR ALL TRIPS.
- NO WATER WILL BE PROVIDED ON ANY TRIPS
- NO DRINKS ON BUS! WATER ONLY!!!

*Chumash Casino and Solvang*

Tuesday, April 28, 2020

$30 per person : Bus leaves at 9:00am, Returns approx. 6:30pm

This is a very popular trip! Come with us to Chumash Casino and get $30 in game play from the casino (ID required). If you want, visit the nearby village of Solvang for an enjoyable shopping experience filled with European ambiance.

*Riverside Resort and Casino*

Wednesday thru Friday, May 20th, 21st, 22nd, 2020

$120 pp/dbl ; $150 pp/single

Bus leaves 9:00am on Wednesday, Returns approx. 6:30 pm on Friday

Join us for one of our most popular trips! Price includes 3 day/2night room stay, 3 meal vouchers, transportation, and driver’s tip. The resort offers slot machines, Black Jack, Poker, and BINGO just to mention a few. Shopping is close by as well as movie theaters, buffets, and fine dining.

TRIPS IN THE WORKS:

- The Getty Museum
- Aquarium of the Pacific
- California Science Center
- Japanese Gardens

**Please note that prices & trip availability will depend on amount of passengers.***

Come in or call ask for Donna or Vivian. They can sign you up for the trips that interest you. The more people that sign up, the more excursions we can book!

If you need more information on any of these trips, please call or visit our Travel Department at 818-340-2634 and ask for Donna or Vivian

(Destinations & dates are subject to change)

Trip Office hours are Monday, Tuesday, Wednesdays

9am - 12pm
CITY OF LOS ANGELES
Department of Recreation and Parks
Mayor: Eric Garcetti
Councilmember: Bob Blumenfield – 3rd District

Board of Recreation and Park Commissioners
Sylvia Patsaouras, President
Lynn Alvarez, Vice President
Joseph Halper, Member
Nicole Chase, Member

Department Of Recreation & Parks Administration
Michael A. Shull, General Manager
Anthony-Paul (AP) Diaz, Esq., Executive Officer & Chief of Staff
Vicki Israel, Assistant General Manager - Recreation Services
Cathie M. Santo Domingo, Assistant General Manager - Planning, Maintenance & Construction Branch
Sophia Pina-Cortez, Assistant General Manger, Special Operations Branch
Charles Singer - Superintendent
Gonzalo Manrique - Principal Recreation Supervisor II
Rob Dehart - Principal Recreation Supervisor I
Therman Calloway - Principal Grounds Maintenance Supervisor II
Marc Israel - West Valley District Recreation Supervisor

Canoga Park Senior Citizens’ Center Staff
Kari Haseltine - Recreation Director
Recreation Assistants - Cassidy Guilfoyle, Liberty Maxwell, Elsa Cuevas, Malik Poshe-Ray, Gabby Barrillas

ONEgeneration - Nutrition Site
Jeannie Wang - Manager

Maintenance Staff
Jasmine Ibarra

2020 Senior Club Board
Lorry Reeves - President
William Munoz - 1st Vice President
Vivian Johnson - 2nd Vice President
Lita Damaso - Treasurer
Rosalie Rhodes - Secretary

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Center Hours: 8:30 am to 4:30 pm Monday -- Friday
Nutrition Hours: 11:30 pm to 12:30 pm Monday -- Friday

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.

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 welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements to ensure equal access to its programs, services and activities.