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

FEBRUARY 2020

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
**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*

---

**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! 10:00am to 10:45am
* $1 donation per class

---

**Wednesday**

**RUMMIKUB – OPEN PLAY**
8:45am - 10:30am
Front Auditorium
$1 donation per person
* Try your luck with one of our favorite pastimes.

**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.

---

**February 2020**

**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*

**NEW TAP Dance with Neena**
This is a new fun class for beginners who want to learn Classic Tap. Fun, Fun, Fun! CLASS STARTING IN MARCH 2020
3:00pm—4:00pm
$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

---

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

---

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

---

ALL CLASSES AND TIMES SUBJECT TO CHANGE
Wednesday

OPEN PLAY
10:30am
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 your favorite past times.

Thursday

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 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

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*

Special Presentations!
Humana will be here in our lounge on Tuesdays, February 4th and February 11th, offering some valuable information on health and senior programs. Andrew will be here from 9:00am to 11:00am. U.S. Census is still hiring as well for the upcoming 2020 Census and will be coming by in February. Call for more information.

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*

TUESDAYS
February 2020

LINE DANCE
Sylvia Davis
Auditorium
3:00 pm
$5 Donation per class*

ZUMBA/Body Groove
2:30pm to 3:50pm
Aerobic exercise. Have a fun time and get fit!
*$1 donation per class

WESTERN LINE DANCE
With Sylvia Davis
Intermediate/Advanced
Held in main auditorium
3:00 pm—4:30pm
$5 Donation per class*

INTERMEDIATE TAP
Auditorium
3:45pm—4:45pm
$1 Donation per class*

PIX A FLIX
THURSDAYS
Seating STARTS at 12:45pm
Movie STARTS at 1:00pm
*$1 Donation*

2/6/2020
Driven (R)
2/13/2020
The Peanut Butter Falcon (PG-13)
2/20/2020
The Good Liar (R)
2/27/2020
Blinded by the Light (PG-13)

Films are subject to change.
We are not responsible for the content of the films.

Films are subject to change.
We are not responsible for the content of the films.

WESTERN LINE DANCE
With Sylvia Davis
Intermediate/Advanced
Held in main auditorium
3:00 pm—4:30pm
$5 Donation per class*
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.
• The center will also be closed Monday, February 17, 2020 in observance of President’s Day

Upcoming Events and Projects

The Valentine’s Day Party and Dance will be on Friday, February 14th. We will be dancing our hearts out with live music, puzzles, trivia, dandy candy, raffle prizes, and fun, fun, fun! The City Clerk’s Office will be here as well as the Census staff with information on new voting procedures and the 2020 Census. Grab your honey bunny and let’s go dancing! 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.

If you’ve been to any of our parties, dances, and events you know what’s coming up this March 2020......the Census. It is so important to be heard and counted! Did you know that the Census is hiring temporary help for this monumental event as well? What a great way to make some extra cash and help your community at the same time. Come talk to the Census Bureau staff about all the new things going on. They will be here on February 14th as well as additional days TBA, 9:00am to 1:00pm in the lounge.

Our Partner, Humana, will be here in the lounge on February 4th. 11th, and at our Valentine’s Day Party on February 14th with valuable information on Medicare and senior programs. See Andrew at the Humana desk. He is a great resource for information!

Happy LEAP Year! Don’t forget that February has 29 days this year. More days to have fun!

Thank you for making the Canoga Park Senior Citizens’ Center a great place!

Canoga Park Senior Citizens’ Club

Please join us in welcoming our 2020-2023 Senior Club and PAB members

President - Lorry Reeves
1st Vice President - William Munoz
2nd Vice President - Vivian Johnson
Treasurer - Carmelita Damaso
Secretary - Rosalie Rhodes

Thank you for all your efforts and volunteerism. 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
• Western Bagel
• Pavillions-West Hills
• Vons-Mason/Chatsworth & Topanga

*K Bronx Pizzeria
*K Canoga Park Senior Club
*K Councilman Blumenfield, CD 3
*K LA Parks Foundation
*K The Original Tommy’s Burgers

PARK PROUD…..LA!
# February 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.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>OJ</td>
<td>LS Potato Leek Soup</td>
<td>SW Shredded Chicken Soup</td>
<td>LS Red Bean Ginger Soup</td>
<td>Meatloaf</td>
</tr>
<tr>
<td>Roast LS Turkey Breast</td>
<td>Baked Fish Vera Cruz or Breadcr White Fish</td>
<td>Warm Corn Tortilla</td>
<td>LS Beef Vegetable Stir Fry</td>
<td>LS Mushroom Sauce</td>
</tr>
<tr>
<td>WG Bread Stuffing w/herbs &amp; gravy</td>
<td>WG Dinner Roll</td>
<td>LS Pinto Beans</td>
<td>Shredded Cabbage and Tomato</td>
<td>WG Roll</td>
</tr>
<tr>
<td>Cranberry Sauce</td>
<td>Green Beans w/Herbs</td>
<td>Corn</td>
<td>Sage Mashed Potatoes</td>
<td>Sage Mashed Potatoes</td>
</tr>
<tr>
<td>Fresh Whole Yam or Sweet Potato</td>
<td>LS Beet Salad w/Orange</td>
<td>Fresh Fruit Cup</td>
<td>Carrots &amp; Peas</td>
<td>Carrots &amp; Peas</td>
</tr>
<tr>
<td>Mixed Salad</td>
<td>Barley w/Herbs</td>
<td>Lemon Pudding</td>
<td>Cantaloupe</td>
<td>Cantaloupe</td>
</tr>
<tr>
<td>Peach</td>
<td>Chocolate Pudding</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
</tr>
<tr>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
</tr>
</tbody>
</table>

| 10     |         |           |          | 14     |
|        | LS Vegetable Black Bean Soup | 12 | Enchilada Casserole w/Corn Tortilla | VALENTINE'S DAY PARTY AND DANCE |
|        | Caribbean Chicken | Albondogas Soup | LS Pinto Beans | Grape Juice |
|        | Brown Rice | Baked Herb Fish or Fish Sandwich | Mesclun Salad | Chicken a la Orange |
|        | Corn | WG Penne Pasta | Green Beans | Brown Rice Pilaf |
|        | Mixed Salad | LS Tomato Sauce | Pineapple & Mango Salad | Wheat Roll |
|        | Apple or Applesauce | Herbed Zucchini & Cauliflower | Salad | Peas & Carrots |
|        | Milk | Caesar Salad | Apple | Coleslaw |
|        |        | Fresh Peach or Nectarine | | White Cake |
|        |        | Milk | | w/Strawberries |

| 17     |         |           |          | 21     |
| CENTER IS CLOSED FOR PRESIDENT’S DAY | 18 | 19 | 20 |        |
|        |        | Garlic Roasted Chicken | Corn Chowder | Lentil Soup |
|        |        | BBQ Beef | Baked Fish or Spinach Quiche | Chicken Cacciatore |
|        |        | Whole Grain Roll | WG Noodles w/Herbs | WG Baked Ziti w/LS Sauce |
|        |        | Potato Salad | Whipped Cauliflower | Carrots and Zucchini |
|        |        | Broccoli | Coleslaw | Mixed Salad |
|        |        | Cherry Cobbler | Banana | Apple |
|        |        | Milk | Milk | Milk |

| 24     |         |           |          |        |
|        | Swedish Meatballs | 25 | 26 |        |
|        | WG Tarragon Noodles | Baked Ziti Pasta | Baked Ziti Pasta | Orange Juice |
|        | Beets w/Mandarin Oranges | w/Mozzarella Cheese | w/Mozzarella Cheese | Cheeseburger/WG Bun |
|        | Peas w/Onions | Green Peas | Green Peas | Oven roasted Red Potato |
|        | Fresh Fruit | Mixed Green Salad | Mixed Green Salad | Carrot Raisin Salad |
|        | Milk | Tangerine or Tangelo | Tangerine or Tangelo | Tapioca or Rice Pudding |

| 25     |         |           |          | 28     |
|        | LS Vegetable Barley Soup | 26 | 27 |        |
|        | Oven Fried Chicken | Baked Ziti Pasta | Orange Juice | LS Split Pea Soup |
|        | Macaroni and Cheese | w/Mozzarella Cheese | Cheeseburger/WG Bun | Baked Salmon w/Dill |
|        | Baked Sweet Potato | Green Peas | Oven roasted Red Potato | WG Roll |
|        | Coleslaw w/pineapple | Mixed Green Salad | Carrot Raisin Salad | Whipped Cauliflower |
|        | Banana | Tangerine or Tangelo | Tapioca or Rice Pudding | Spinach Salad w/mandarin orange |
|        | Milk | Milk | Milk | Green Beans |

| 26     |         |           |          |        |
|        |          |           |          |        |
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!!!

*San Antonio Winery*
Wednesday, March 11, 2020
$10 per person : Bus leaves at 10:00am, Returns approx. 4:30pm
Join us for a tour of the last remaining winery in Downtown Los Angeles. San Antonio Winery is a historic part of L.A. and has been operating for over 100 years. Lunch is on your own but, we have space reserved at the Magdalena Restaurant for 11:30am if you are interested in eating at the winery. Wine tasting is included! Join us for a wonderful trip.

*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 apprx. 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*
Getty Center Museum at Malibu-Spring 2020
Skirball-Spring 2020
California Science Center and Museum-Spring 2020

Call our Travel Office for more details (M-W 10am-12pm)

**Please note that prices & trip availability will depend on amount of passengers.***
When you 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 MON & WED 9am - 12pm 818-340-2634
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
Pilar Diaz, Member
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 Manager, 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
Mark 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

-----------------------------------------------------------------------------------------------------

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.