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

JANUARY 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*

**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

**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

**Line Dance with Peggy**
This fun dance class will keep you moving!
3:00pm - 4:30pm
$5 Donation per class

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**Tuesday**

**BEGINNING LINE DANCE**
Held in the Auditorium
8:45 am - 10:15 am
$1 Donation per class*

**DANCE WITH SYLVIA & CEEOY**
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*

**BINGO**
Held in the Auditorium
10:00 am - 11:30 am
$1 for 1-4 cards. 6 cards max $2.50 per card.
Try your luck with one of our favorite past times.

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**Wednesday**

**SUMMUMIR-OPEN PLAY**
8:45am - 10:30am
Front Auditorium

**BINGO**
Held in the Auditorium
10:00 am - 11:30 am
$1 for 1-4 cards. 6 cards max $2.50 per card.
Try your luck with one of our favorite past times.

**ZUMBA/Body Groove**
Held in Auditorium
3:15pm to 5:30pm
Join us for our mid-week exercise class.
Have fun and get fit!
$1 Donation per class

**SIT & FIT YOGA**
Held in the Auditorium
3:30pm - 4:30pm
$1 Donation per class*

**Western Line Dance**
With Sylvia Davis
Held in the Auditorium
1:30pm - 2:30pm

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**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*

**URUKELE & 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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**Friday**

**BEGINNING LINE DANCE**
Held in the Auditorium
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!**
The U.S. Census Bureau will be here on Tuesday, January 7th and 8th to tell us about new 2020 voting procedures and provide information on jobs with the Census. Alzheimer’s Association will be back in February 2020 with more valuable information as well.

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**Canoga Park Book Club**
Who doesn’t like a good book right? We are in the process of starting a book club on Fridays from 1:30pm to 2:30pm in our auditorium area. If you are interested in joining this intriguing and stimulating activity please let Kari know.

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**JANUARY 2020**

**WESTERN LINE DANCE**
With Sylvia Davis
Held in the Auditorium
1:30pm - 2:30pm

**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

**Line Dance with Peggy**
This fun dance class will keep you moving!
3:00pm - 4:30pm
$5 Donation per class

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*means that $1 of your class donation goes to helping your Senior Center
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.
• The center will also be closed Wednesday, January 1, 2020 in observance of New Year’s Day and Monday, January 20, 2020 in observance of Martin Luther King, Jr. Day

Upcoming Events and Projects

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 January 7th and the 9th, 9:00am to 1:00pm in the lounge.

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.

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
• Pavilions-West Hills
• Vons-Mason/Chatsworth & Topanga
• LA Parks Foundation

*The Original Tommy’s Burgers
PARK PROUD…..LA!
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<tr>
<th>Monday</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td><strong>JANUARY 1, 2020</strong></td>
<td><strong>CENTER IS CLOSED FOR NEW YEAR’S DAY</strong></td>
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<td><strong>HAPPY NEW YEAR 2020</strong></td>
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<td><strong>CENTER IS CLOSED</strong></td>
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<tr>
<td>Shepard's Pie</td>
<td>Beef Fajita</td>
<td>Garlic Roasted Chicken</td>
<td>Corn Chowder</td>
<td>Lentil Soup</td>
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<td>w/Mashed Potatoes</td>
<td>Warm Flour Tortilla</td>
<td>WG Noodles w/Herbs</td>
<td>Baked Fish or Spinach Quiche</td>
<td>Chicken Cacciatore</td>
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<tr>
<td>WG Roll Broccoli</td>
<td>LS Pinto Beans</td>
<td>Whipped Cauliflower</td>
<td>WG Roll</td>
<td>WG Baked Ziti</td>
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<tr>
<td>Green Salad w/apple</td>
<td>Carrot, Raisin Salad</td>
<td>Coleslaw</td>
<td>Fresh Baked Yam</td>
<td>Carrots and Zucchini</td>
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<tr>
<td>Banana Milk</td>
<td>Tangelo</td>
<td>Pear Milk</td>
<td>Green Salad</td>
<td>Mixed Salad</td>
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<td></td>
<td>Milk</td>
<td></td>
<td>Pineapple and Mango Milk</td>
<td>Apple Milk</td>
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<td>13</td>
<td>14</td>
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<td>16</td>
<td>17 <strong>MLK Jr. Day Lunch</strong></td>
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<tr>
<td>Swedish Meatballs</td>
<td>Split Pea Soup</td>
<td>Turkey Chow Mein w/Mixed Vegetables</td>
<td>Orange Juice</td>
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<td>WG Tarragon Noodles</td>
<td>Baked Salmon</td>
<td>Jasmine Brown Rice</td>
<td>Cheeseburger/WG Bun</td>
<td>Oven Fried Chicken</td>
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<td>Beets w/Mandarin</td>
<td>w/Dill Sauce</td>
<td>Mixed Green Salad</td>
<td>Oven Roasted Red Potato</td>
<td>Cornbread</td>
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<td>Oranges Peas w/Onions</td>
<td>WG Roll</td>
<td>Tangerine</td>
<td>Carrot Raisin Salad</td>
<td>Seasoned Spinach/Greens</td>
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<tr>
<td>Banana Milk</td>
<td>Whipped Cauliflower</td>
<td>Spinach Salad</td>
<td>Tapioca Pudding</td>
<td>Whipped Turnips</td>
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<td>Spinach Salad</td>
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<td>Tossed Green Salad</td>
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<td>Pear Milk</td>
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<td>Rice Pudding</td>
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<tr>
<td><strong>CENTER IS CLOSED FOR Martin Luther King, Jr. HOLIDAY</strong></td>
<td>Stuffed Bell Pepper</td>
<td>LS Butternut Squash Soup Baked Fish w/Cilantro Sauce Vegetable Barley Pilaf Peas and Onions Spinach Salad w/Tomato</td>
<td>Chicken Dijon Brown Rice Pilaf Green Beans Beet w/Mandarin Orange Salad</td>
<td>LS Minestrone Soup Lasagna- Vegetable Or Meat Mesclun Salad Mango &amp; Pineapple Milk</td>
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<td></td>
<td>WG Roll Broccoli</td>
<td>Butternut Squash Soup</td>
<td>Baked Fish</td>
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<td></td>
<td>Mixed Salad w/Mango</td>
<td>w/Cilantro Sauce</td>
<td>Vegetable Barley Pilaf</td>
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<td>Vanilla Pudding</td>
<td>Vegetable</td>
<td>Peas and Onions</td>
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<td>Milk</td>
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<td>Spinach Salad</td>
<td>Spinach Salad w/Tomato</td>
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<td>Orange</td>
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<td>LS Tomato Basil Soup</td>
<td>OJ</td>
<td>WG Spaghetti w/Meatballs Italian Vegetable Blend Caesar Salad w/croutons</td>
<td>Tarragon Turkey Stew w/Vegetables</td>
<td>Tortilla Soup</td>
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<tr>
<td>Tuna Noodle Casserole</td>
<td>Tandoori Style Chicken Pita Bread Or Brown Rice Ginger Carrots Mesclun Salad Banana</td>
<td>Cantaloupe</td>
<td>BBQ Chicken</td>
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<tr>
<td>WG Roll Broccoli</td>
<td>Spinning Salad w/Bread</td>
<td>Or Brown Rice Ginger Carrots Mesclun Salad Banana</td>
<td>Barley or Biscuit Green Salad Fresh Fruit Cup</td>
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<tr>
<td>Spinach Salad Orange Milk</td>
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<td>30</td>
<td></td>
<td><strong>CENTER IS CLOSED FOR Martin Luther King, Jr. HOLIDAY</strong></td>
<td><strong>Suggested donation $3.00 for patrons 60+</strong></td>
<td><strong>NO reservations and NO holds for lunches. First come, first served. Lunches are limited. Meals that are listed are subject to change.</strong></td>
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*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+*
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.

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