**APRIL to JUNE 2023**

**Classes and Activities offered**

*(All classes subject to change and updates)*

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

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**Mondays:** Sr. Parkin' Walk Up Pantry, 9:30am to 10:30am (Start/end times are approximate.)
- Park your vehicle in designated stalls. Walk/line up only on south wall of building for pantry distribution. When you arrive, make sure to sign in with staff. Names will be called from the list for pantry pick up.
- (No pantry on 5/29 & 6/19)

**Beginning/Intermediate Line Dance, 2:00pm to 3:30pm**
- Participants bring their own water, $1 donation, Come enjoy fun dance instruction with lively music!
- (No class on 5/29 & 6/19)

**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! Beginning level

**Sit & Fit, Chair Boxing, or Chair Salsa, 10:45am to 11:30am**
- Staff will lead you in a great exercise routine using sitting, upper body moves, Participants bring their own water, $1 donation. Sit Fit, Chair Salsa, and Tai Chi will rotate each week to keep your exercise lively and fun.

**Movie Madness, 1:00pm to 3:30pm (or when movie finishes)**
- Select movies for participants to watch, various ratings. Participants bring their own water, $1 donation

**Wednesdays:** **Sit & Fit, Chair Boxing, or Chair Salsa, 9:00am to 10:15am**
- Staff will lead you in a great exercise routine using sitting, upper body moves, Participants bring their own water, $1 donation. Sit Fit, Chair Salsa, and Tai Chi will rotate each week to keep your exercise lively and fun.

**BINGO, 1:00pm to 2:30pm starting March 1st**
- 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

**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, Participants bring their own water, $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, Participants bring their own water $1 donation

**Fridays:** **Beginning Line Dance with Kathy, 10:00am to 11:20am**
- Participants bring their own water, $1 donation, Come enjoy fun dance instruction with lively music! Beginning level

**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

**Folk Dance , 2:00pm to 4:15pm,**
- Instructor evaluation required prior to joining class, Participants bring their own water, $1 donation, Come dance to Folk music & steps from around the world. All skill levels welcome!

**Billiards DAILY Monday thru Friday - 9:00am to 4:00pm Open play**
- Participants bring their own water, $1 donation, maximum of 6 participants, no billiards on 5/29 & 6/19

**BTOP Computer Lab - various hours, call for more information**

**Upcoming activities and classes......Book Club, Sit and Stitch**
Senior Nutrition provided by ONEgeneration has started!
Lunch Service –11:30am to 12:30pm, Daily Monday thru Friday

Join us for a delicious lunch catered by ONEgeneration. Some of the new menu items are Asian Beef Stir Fry, Salmon with Dill Sauce, Chicken Mole, Korean Beef, Cashew Chicken, and Chicken Milanese just to name a few. Yum! Donation of $3.00 for seniors 60+. Come speak with Alicia for more information. Monthly menu available online at www.laparks.org (go to “facilities”, “senior centers”, “Canoga Park Senior Center”.
Call Luanne Grisham at (818) 708-4758 for more information;

Come dine with us today!

News for you…….

**Please note that our City facility observes COVID protocols for the safety and health of all.**
Participating will be screened for registration and health status prior to entrance.
Masks are strongly recommended while inside the facility.

Independence Day Party is scheduled for Monday, July 3rd, 12:30pm to 2:00pm
Join us in the celebration of the birth of the USA! Entertainment, Raffles, and Fun! ONEgeneration lunch is separate and available on a first come, first served basis from 11:30am to 12:30pm.
Sign up prior to this event with Rosie at our front desk or call (818) 340-2633. Must be registered.

Registration is required for the facility and all activities.
Please see staff for registration form prior to attending any activity, class, event, or trip. Thank you

Rummikub sets are available for open play.
See Recreation staff to check out games.

Come visit us and wear an MLB or college team baseball shirt or hat for a chance to enter our May 2023 raffle drawings
Celebrate the baseball season and the boys of summer! See staff for more information

Canoga Park Senior Citizens’ Club

RIVERSIDE CASINO in LAUGHLIN
Tuesday thru Thursday; June 6th, 7th, & 8th, 2023
$260.00 per double occupancy, $330.00 single occupancy
Bus leaves at 8:45am on June 6th and returns approx. 5:00pm on June 8th (3 day trip)
This is one of our most popular trips. Price includes transportation and lodging at the Riverside Casino in Laughlin. You will also receive a $15 lunch voucher from the casino and a Fun Pack of coupons for local restaurants and activities. Fun, Fun, Fun!

Mail all payments for this trip to:
Canoga Park Senior Club
c/o Mail Shoppe
7210 Jordan Ave., Box #A-37
Canoga Park, CA 91303

Must be registered at the center and a 2023 member of the travel club.
Masks are strongly recommended.

*** We are looking for additional volunteer host/hostesses for our trips. ***
If you are interested, call Maureen or Vivian at 818-340-2634 on Mondays 9:30am to 12:30pm.
CITY OF LOS ANGELES
Department of Recreation and Parks
Mayor: Karen Bass
Councilmember: Bob Blumenfield – 3rd District

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

Department Of Recreation & Parks Administration
Jimmy Kim, General Manager
Matthew Rudnick, Executive Officer & Chief of Staff
Belinda Jackson, Assistant General Manager - Recreation Services
Cathie M. Santo Domingo, Assistant General Manager - Planning, Maintenance & Construction Branch
Brenda Aguirre - Assistant General Manager, Special Operations Branch
Chinyere Stoneham - Valley Region Superintendent
Bob DeHart - Principal Recreation Supervisor II
Traci Goldberg - Acting Principal Recreation Supervisor I
Steve Cline - West Valley District Recreation Supervisor

Canoga Park Senior Citizens’ Center Staff
Kari Haseltine - Recreation Facility Director
Recreation Assistants - Cassidy Guilfoyle, Liberty Maxwell, Georgette Lambey

Maintenance Staff
Edgar Fuentes - Acting Park Maintenance Supervisor
Maria Sanchez, Maintenance Staff

2023 Senior PA Board
Lorry Reeves - President
William Munoz - 1st Vice President
Rosalie Rhodes - Secretary
Members– Vivian Johnson, Maureen Moss, Mary Griswold (ex-officio)

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/sport/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.