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 2023 thru March 2023

Canoga Park Senior Citizen Center
7326 Jordan Ave., Canoga Park, CA 91303
Phone: 818.340.2633 Fax: 818.887.2568
www.laparks.org
**JANUARY to MARCH 2023**

Classes and Activities offered-updated

*(All classes subject to change and updates)*

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

**Mondays:** Sr. Parkin' Walk Up Pantry, 9:45am to 10:45am *(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 1/2, 1/16, 2/20, & 3/27)

**TAP Dance, 1:00pm to 2:00pm**
Come TAP away to fun music with Neena, Must have TAP shoes, Participants bring their own water
$1 donation, (No class on 1/2, 1/16, 2/20, & 3/27)

**Billiards DAILY Monday thru Friday - 1:30pm to 3:30pm Open play**
Participants bring their own water, $1 donation, **maximum of 6 participants**, no billiards on 1/2, 1/16, 2/20, & 3/27)

**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:** Sr. Parkin' Pantry, 9:45am to 10:45am *(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.

**BINGO, 1:00pm to 2:30pm TBD for start date**
Pre-Selected cards are 4 for $1.00 max, We are looking to confirm a bingo caller, Participants bring their own water

**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

**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, ongoing**
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!
News for you……

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

In person dining will resume in January 2023. Please visit www.laparks.org and select the Canoga Park Senior Center tab for our webpage. Then select the available monthly list of hot boxed meals that will be served. Lunch hours 11:30am to 12:30pm, Monday thru Friday.
Contact Luanne Grisham for more details at (818)705-2345.

Our Spring Fling Party and Dance is scheduled for Friday, March 17th. Come join us to celebrate the coming of spring and all the fun holidays that happen! Dancing and refreshments 1:00pm to 4:00pm.

Upcoming classes: Book Club-Mondays 1:00pm to 2:00pm.

**Please note that our City facility observes COVID protocols for the safety and health of all. Participants will be screened for vaccination and health status prior to entrance. Vaccination card must be presented upon entrance. Masks are strongly recommended while inside the facility.**

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**Canoga Park Senior Citizens’ Club**

**MOTOR CITY NIGHTS VI-THE TEMPTATIONS, LUNCH AND TRIBUTE SHOW**
Monday, April 17, 2023; $140.00 per person
Bus leaves 11:00am, returns approx. 5:00pm
Includes reserved seating for a wonderful tribute to the amazing Temptations at The Grand in Long Beach. Each guest will have a choice of entrée: Beef brisket with baby red roasted potatoes and green beans or a Portobello Mushroom Cap filled with vegetables and topped with tomato sauce. Both entrées will have homemade rolls with butter, gourmet salad, and chocolate truffle mousse cake for dessert. Beverage service is included for coffee, tea, and iced water.
A great show, great company, and great lunch make for a great time!

**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!

Upcoming TRIPS and EXCURSIONS……

Skirball Center - Senior Day Thursdays
Chumash Casino and Solvang

Call our Trip Office on Mondays from 9:00am to 12:00pm to get more information on these Meet and Greet trips! (818) 340-2634

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

*** We are looking for additional volunteer host/hostesses for our trips. ***
If you are interested, call Lorry or Vivian at 818-340-2634.
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
Ramon Cerrillos, Maintenance Staff

2022 Senior Club / PA Board
Lorry Reeves - President
William Munoz - 1st Vice President
Vivian Johnson - 2nd Vice President
Lita Damaso - Treasurer
Rosalie Rhodes - Secretary

ONEgeneration Meal Program(satellite site)
Luanne Grisham
Call 818-705-2345 for Homebound & Grab and Go Meal Service

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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.