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

City of Los Angeles Department of Recreation & Parks
July 2023 thru September

Canoga Park Senior Citizen Center
7326 Jordan Ave., Canoga Park, CA 91303
Phone: 818.340.2633      Fax: 818.887.2568
www.laparks.org
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 9/4)

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 9/4)

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! (no class 7/4)

Sit & Fit 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. Keep your exercise lively and fun! (held in lounge area)

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 (no class 7/4)

Wednesdays: Sit & Fit Yoga or Chair Salsa, 9:30am to 10:30am **NEW**
Staff will lead you in a great exercise routine using sitting, upper body moves, and yoga techniques. Participants bring their own water, $1 donation. Make your exercise lively and fun! (held in lounge area)

Beginning/Intermediate Line Dance, 9:30am to 11:00am **NEW**
Participants bring their own water, $1 donation, come enjoy fun dance instruction with lively music! Beginning level

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!

Ongoing: Sit and Stitch, call for times and dates
Join us for knitting fun. Beginner, Intermediate, Advanced. Share patterns, keep up on projects, explore new yarns and trends

Lego Lovers, call for additional times and dates
drop in for the latest Lego project update, see what’s new in our group projects, or just share what you are working on
News for you........

**Independence Day Party will be 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.

**Halloween Party, Dance, & Costume Parade will be Tuesday, October 31st 12:30pm to 3:30pm**
Come have a Spooktacular time with us at our annual Halloween Party. Giving Music will be performing and there will be dancing, singing, and a parade for our costumes. Raffles and prizes for contest winners!
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.

**NFL November Raffles**
Come in and visit us wearing an NFL football team shirt, jacket, hat, etc. for a chance to enter our raffle drawings for prizes. There will be 4 drawings during the month of November. Celebrate Football and all that is fall! See staff for more information.

**BINGO Caller Needed**
We are in need of a caller for our Thursday morning BINGO game. Please contact Kari (818)340-2633 for more information. We are grateful for any volunteers to keep our Thursday BINGO going. Training available, Help us create FUN.

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

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**Senior Nutrition provided by ONEgeneration is ongoing**
Lunch Service – 11:30am to 12:30pm, Daily Monday thru Friday
Good food, good friends, good times! Nutrition provided by ONEgeneration. Serving BBQ Beef, Shepherd’s Pie, Salmon, and Korean BBQ 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;

**Canoga Park Senior Citizens’ Travel Club**
Upcoming trips...........

**Aquarium of the Pacific—October**
Must be registered at the center and a 2023 member of the travel club.
Masks are strongly recommended.
If you are interested, call Maureen at 818-340-2634 on Mondays 9:30am to 12:30pm or speak to our staff
“You must be a member of the Canoga Park Senior Citizens’ Club and registered at the center to attend trips.
Club Membership is $5 for the calendar year. Registration is no cost. 2023. Come travel with us!
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.