Happy Spring 2019!

Spring begins on March 20th!

Daylight Savings (time change): Sunday, March 10th

Now is the perfect time to:

- Plan your flower beds and garden.
- Put away winter clothes and prepare summer clothes.

The Center will be closed Monday March 27 for Cesar Chavez Day

Important Information

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<td>Club and Business Meetings</td>
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<td>Schedule of Activities</td>
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<tr>
<td>Jewish Family Services</td>
<td>4</td>
</tr>
</tbody>
</table>

Center Hours
Monday-Friday
8:30am - 4:00pm

Club Office
(310) 473-3161
(Membership Tuesday/Thursday 9:30am –12:30pm

Transportation
(310) 231-0369
8:30am – 3:30pm

Front Desk
(310) 479-4119
Monday – Friday
8:30am - 4:00pm

Social Services
(310) 231-9228
Mon/Tue/Thurs/Fri
8:30am -12:00pm

Nutrition
(323) 937-5852
8:30am - 3:30pm

Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements.
SAVE THE DATES!!

Stay tuned for some amazing opportunities and upcoming events:

- Wednesday, May 22nd  2019  *(Senior Fraud Awareness Day Event)*

![Senior Fraud Image]

- Friday, May 31st, Saturday, June 1st, & Sunday, June 2nd
- City of Los Angeles Department of Recreation and Parks
  
  *“Salute To Recreation” @ Northridge RC*
  
  *(Flyer and more details to come)*

![Salute To Recreation Image]

***IMPORTANT ANNOUNCEMENT:*** Interested in getting *more* involved at Felicia Mahood? Join our Senior Club Leadership team today!!!

*(For more info, please stop by our Main Office or Senior Club office for details).*
The YWCA International & Ladies Club

Meets on Monday, Wednesday & Thursday Mornings at the Felicia Mahood Senior Center

For further information Contact Zohreh Pedram At (310) 289-5488 0r (310) 231-9267

کلوپ بین المللی و بانوان

YWCA همه هفته در روزهای دوشنبه، چهارشنبه و پنجشنبه در Felicia Mahood Senior Center تشکیل می‌شود

از شما برای پیوستن به این کلوپ دعوت می‌شود برای اطلاعات بیشتر با تماس حاصل فرمایید

کلوپ بین المللی و بانوان

March Birthday Party Thursday, March 28, 2019, at 1pm

Auditorium

Our entertainment will be “Olga” the Belly Dancer, who will dance Persian and Arabic music very beautifully. You don’t want to miss this beautiful Birthday Party and Belly Dancer. Coffee and cupcakes will be served.

April Birthday Party Thursday, April 25, 2019, 1pm

Auditorium

We have an exciting Greek dancers Festival, recreating the atmosphere of the Greek Taverna with Dances of Zorba the Greek. Please join us. Coffee and danish will be served.

-Faye (Fakhri) Khoshbin, Entertainment Chair

Membership Board and Business Meetings

March 14th and April 11th at 1:00 pm-Auditorium

Please join in the important discussions that we will have during the Business meetings.

The Lap Robe Sewers would like to thank everyone for their generous donations of fabric, yarn, buttons and other notions, even sewing machines. With your help we were able to produce a significant number of lap robes, hats, wheel chair totes, baby blankets, hats and sweaters, and more! As your generosity continues, so does our ability to create and give back to our community. Many thanks!

-Mollie Bowling
JFS provides a range of support services to help older adults remain healthy, active and in their homes. We help all seniors regardless of race, creed, etc.

**Social Services** - If you or someone you know needs help for themselves or to care for an older family member, make an appointment with one of our Social Workers at (310) 231-9228.

**Transportation** – JFS provides door-to-door van service for older adults who cannot use curb-to-curb transportation. To find out more, call (310) 231-0369.

**Home Delivered Meals** – Are you unable to shop and cook for yourself? Home delivered meals are available. Call (323) 937-5852 for program information.

**ESL Classes**

*(English as a Second Language)*

9:30-11:30am

Have you ever felt frustrated that you cannot speak English in today’s world?

Do you want to learn how to speak like an American?

Do you want and need to read and write in English?

Do you want to communicate in English?

Then this is the class for you.

**Taught by an experienced teacher.**

**Classes are free!**
Showtime Tuesdays At 12:30

March 2019

3/5  I Can Only Imagine (2018)
The true story behind the most popular Christian song of all time.
Director(s): The Erwin Brothers (Andrew and Jon)/ Stars: Michael J. Finley, Madeline Carroll, Dennis Quaid, Cloris Leachman
Biography/ Drama/ Family/ Music / 110 min. Rated PG

In the afterlife, one guardian helps a man through his trials, while his two colleagues help a former guardian on earth.
Director: Yong-hwa Kim/ Stars: Jung-woo Ha, Ji-Hoon Ju, Hyang-gi Kim, and Dong-seok Ma.
Korean/ Action / Drama / Fantasy 142 min (Unrated)

3/19  Rain Man (1988)
After the reading of the will, Charlie kidnaps his newly revealed brother Raymond, taking him on a ransom road trip.
Director: Barry Levinson / Stars: Dustin Hoffman, Tom Cruise, Valeria Golino, and Bonnie Hunt/ Drama/ English / Italian
133 min. Rated R

Told by way of letters, a writer forms an unexpected bond with the residents of Guernsey Island when she decides to write a book about their experiences during the war.
Director: Mike Newell/ Stars: Lily James, Michiel Huisman, Katherine Parkinson, Tom Courtenay, Jessica Brown Findlay.
Drama/ History/ Romance/ UK/ France/ USA/ English/ German/ French/ 124 min TV-14

April 2019

4/2  Champions (Campeones) (2018)
Assistant Basketball Coach Marco Montes gets fired during an important game, drowning his sorrows in alcohol.
Director: Javier Frazier/ Stars: (too many to list) Comedy/ Drama/ Sport/ Spain/ Mexico/ Spanish w subtitles/ 124 min

Life gets complicated when you love one woman and worship 11 men. Director: David Evans/ 102 min Rated R

4/16  Saving Brinton (2017)
In rural Iowa, former schoolteacher Michael Zahs uncovers century-old show reels at the world’s oldest theatre.
Directors: Tommy Haines, Andrew Sherburne/ Stars: Michael Zahs, Serge Bromberg, Greg Pickman/ 90 min Unrated

4/23  Leap! (2016)
In the 1880’s, Felicie, a poor orphan girl who dreams of becoming a ballerina, runs away from her orphanage in rural Brittany with her best friend, Victor, who dreams of becoming an inventor…
Director(s): Eric Summer, Eric Warin/ Stars: Elle Fanning, Dane DeHaan, Carly Rae Jepsen, Terrence Scammell, Kate McKinnon. Animation/ Adventure/ Comedy/ Family/ Music
France/ Canada/ 89 min. PG

4/30  First Man (2018)
The life of Neil Armstrong, on his journey to becoming the 1st human to walk the moon, one of the most dangerous missions in the history of space travel. Director: Damien Chazelle/ Stars: Ryan Gosling, Claire Foy, Jason Clarke, Kyle Chandler, Corey Stoll, Patrick Fugit, Christopher Abbott, Ciaran Hinds, Olivia Hamilton, Pablo Schreiber, Shea Whigham, Ethan Embry, Brian D’arcy James, Cory Micheal Smith. Biography/ Drama / History/ USA/ Japan 141 min. PG-13
# Schedule Of Activities

(Classes and programs in this brochure may be subject to cancellation without prior notice)

<table>
<thead>
<tr>
<th>Monday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>9:30-11:30 am ESL (English As Second Language) (Rm. 3)</td>
<td>9:00 am-2:30 pm Persian Ladies Club (Rm. 3)</td>
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<tr>
<td>For more Info call: (310) 231-9228</td>
<td>9:30-2:30pm Lap Robe sewing (Craft Rm.)</td>
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<tr>
<td>10:00am -12:00 pm Line Dancing (Auditorium)</td>
<td>10:15-11:15 am Chair dancing (Rm. 4)</td>
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<tr>
<td>Mah Jongg Ladies: 10:00 am-1:30pm (Craft Rm).</td>
<td>10:00–11:15 Naam Yoga (Auditorium)</td>
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<tr>
<td>11:30-3:30 pm Pinochle (Rm. 3)</td>
<td>11:45 am-12:45 pm Arthritis Foundation (Physical Fitness class) (Auditorium)</td>
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<tr>
<td>1:00-2:00 pm T’ai Chi (Community Rm).</td>
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<tr>
<td>1:00-4:00 pm Acting Class (Auditorium)</td>
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<tr>
<td><strong>Tuesday</strong></td>
<td><strong>Thursday</strong></td>
</tr>
<tr>
<td>9:00-12:00 pm Art Fundamentals (Rm. 2)</td>
<td>9:00 am-2:30 pm Persian Ladies Club (Rm. 3)</td>
</tr>
<tr>
<td>10:00– 11:15 am Naam Yoga (Auditorium)</td>
<td>9:30-2:30pm Lap Robe sewing (Craft Rm.)</td>
</tr>
<tr>
<td>10:05-11:05 am Chair Dancing (Rm. 4)</td>
<td>10:15-11:15 am Chair dancing (Rm. 4)</td>
</tr>
<tr>
<td>10:30 am -1:30pm Pan (Craft Rm.)</td>
<td>10:00–11:15 Naam Yoga (Auditorium)</td>
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<tr>
<td>(every other week)</td>
<td>11:45 am-12:45 pm Arthritis Foundation (Physical Fitness class) (Auditorium)</td>
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<tr>
<td>12:30 Showtime (Movies) (Auditorium)</td>
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<tr>
<td><strong>Wednesday</strong></td>
<td><strong>Friday</strong></td>
</tr>
<tr>
<td>12:30-3:00 pm Duplicate Bridge (Community Rm.)</td>
<td>9:00-11:30 Art Group (Rm. 2)</td>
</tr>
<tr>
<td>1:00-4:00 pm Acting Class (Auditorium)</td>
<td>10:30-11:30 Gait and Balance Class (Community Rm.)</td>
</tr>
<tr>
<td><strong>Saturday (PERMIT GROUPS ONLY)</strong></td>
<td>$2.00 Per Class</td>
</tr>
<tr>
<td></td>
<td>For more info call: (310)231-9228</td>
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<tr>
<td></td>
<td>12:15-2:00pm Bingo (Rm. 2)</td>
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<tr>
<td></td>
<td><strong>Saturday (PERMIT GROUPS ONLY)</strong></td>
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<tr>
<td></td>
<td>9:30 am-2:30 pm Scrabble (Community Rm.)</td>
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<tr>
<td></td>
<td>10:00 am Line Dancing (Auditorium)</td>
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<tr>
<td>*Our exercise classes are low-impact and tailored for Seniors.</td>
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<tr>
<td>*Persons with disabilities are welcome to participate in our classes and programs.</td>
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</tr>
<tr>
<td>*Reasonable accommodations will be made with prior arrangements.</td>
<td><strong>Saturday (PERMIT GROUPS ONLY)</strong></td>
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### MARCH 2019

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td><strong>4 Orange Juice</strong></td>
<td><strong>CHICKEN ADOBO</strong></td>
<td><strong>BBQ CHKN</strong></td>
<td><strong>7 Orange Juice</strong></td>
<td><strong>1 Turkey A La King</strong></td>
</tr>
<tr>
<td>Brown rice, <strong>Butter squash or sweet potato, Green Beans w/ Olive Oil, Red Gelatin w/ fruit</strong></td>
<td><strong>5 Mushroom Soup</strong></td>
<td>**Cornbread, *<em>Herbed Carrots, Mesclun Salad, Ranch Dressing, <em>Pineapple &amp; Mandarin Fruit Cup</em></em></td>
<td></td>
<td>Parsley noodles, *<em>broccoli, Mix Gm Salad w/ Romaine Radish, 1000 Island Dressing, <em>Pineapple/ Mango Fruit Cup</em></em></td>
</tr>
<tr>
<td><strong>11 Lentil Soup</strong></td>
<td>*<em>TRKY BOLOGNESE w/ Penne Pasta &amp; Tomato Sauce, Herbed Zucchini &amp; Yellow Squash, Caesar Salad w/ dressing, <em>Pineapple/ Mango Fruit Cup</em></em></td>
<td>**12 BEEF MEATLOAF w/ mushroom sauce, Whole Grain Bread, Sage Mashed Potatoes, **Broccoli, **<em>Cantaloupe or <em>Orange or Tangerine</em></em></td>
<td></td>
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<tr>
<td><strong>18 Hearty Veg Soup</strong></td>
<td><strong>BAKED FISH</strong></td>
<td><strong>13 Minestrone Soup</strong></td>
<td><strong>14 OVEN FRIED CHKN</strong></td>
<td></td>
</tr>
<tr>
<td><strong>25 CLOSED</strong> (Cesar Chavez Holiday)</td>
<td></td>
<td>BAKED SALMON w/ Dill sauce, Brown Rice Pilaf, Roasted Corn, *<strong>Spinach Salad, 1000 Island Dressing</strong></td>
<td>Mac &amp; Cheese, Green Beans w/ Herbs, *Coleslaw, Banana</td>
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### APRIL 2019

<table>
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<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1 CHKN DJON</strong></td>
<td><strong>VEGETABLE TIPS</strong></td>
<td><strong>10 Tomato Basil Soup</strong></td>
<td><strong>11 CARRIBEAN CHKN</strong></td>
<td><strong>12 TURKEY A LA KING</strong></td>
</tr>
<tr>
<td>Whole Grain Roll, rosemary potatoes, *<strong>mixed salad, ranch dressing, fresh or unsweetened canned peach</strong></td>
<td><strong>W/ MUSHROOM SAUCE,</strong> Noodles w/ herbs, **Carrots &amp; Zucchini, Mesclun Salad Mix, Italian dressing, **<em>Cantaloupe or <em>Orange or Tangerine</em></em></td>
<td><strong>BEEF HAMBURGER</strong> Hamburger Bun, lettuce, tomato, onion, Baked Potato Wedges, <em>Red &amp; Green Coleslaw, banana</em>*</td>
<td>**Black bean sauce, whole grain roll, Green peas w/ onions, *<strong>Carrot, apple, Bell pepper, Celery Salad, Grapes or pear</strong></td>
<td>**Parsley noodles, *<em>broccoli, Mixed Green Salad, 1000 Island Dressing, <em>Pineapple and Mango Fruit Cup</em></em></td>
</tr>
<tr>
<td><strong>8 Albondigas Soup</strong></td>
<td><strong>BEF FJITA, Warm</strong></td>
<td><strong>17 BBCHK CHKN</strong></td>
<td><strong>18 Orange Juice</strong></td>
<td><strong>EASTER MENU</strong></td>
</tr>
<tr>
<td>Flour Tortilla, Pinto Beans, Mesclun Mix Salad, Cilantro dressing, **<em>Cantaloupe or <em>Orange or tangerine</em></em></td>
<td><strong>SANTA FE CHICKEN</strong> brown rice pilaf, Green Beans w/ pimento, Roasted corn, Oatmeal Cookie</td>
<td>Combined, *<em>Herbed Carrots, Mesclun salad, Ranch dressing, <em>Pineapple &amp; Mandarin Fruit Cup</em></em></td>
<td><strong>BBCHKN</strong> BEEF LASAGNA Pasta in entree, Roasted Brussels Sprouts, Mixed Salad Greens w/ radish, Italian dressing, Apple &amp; applesauce</td>
<td>*Orange Juice, *<em>TRKY W’ CRANBERRY SAUCE, rice pilaf, whole grain, <strong>Whipped sweet potato, mixed green salad, Italian dressing, Tapioca pudding</strong></em></td>
</tr>
<tr>
<td><strong>15 Orange Juice</strong></td>
<td><strong>CHICKEN ADOBO</strong></td>
<td><strong>16 Mushroom Soup</strong></td>
<td><strong>18 Orange Juice</strong></td>
<td><strong>26 Orange Juice</strong></td>
</tr>
<tr>
<td>*<em>22 Lentil Soup, TRKY BOLOGNESE w/ penne pasta, tomato sauce, Herbed Zucchini &amp; Yellow Squash, Caesar salad w/ dressing, <em>Pineapple &amp; Mango, Fruit Cup</em></em></td>
<td><strong>TURKEY AND VEG CURRY</strong> Whole Grain Roll, Green peas, *<strong>Spinach salad, 1000 Island dressing, banana</strong></td>
<td><strong>TURKEY A LA KING</strong> Parsley noodles, *<em>broccoli, Mixed Green Salad, 1000 Island Dressing, <em>Pineapple and Mango Fruit Cup</em></em></td>
<td><strong>BBCHKN</strong> BEEF LASAGNA Pasta in entree, Roasted Brussels Sprouts, Mixed Salad Greens w/ radish, Italian dressing, Apple &amp; applesauce</td>
<td>**ROAST TRKY BREAST, Cranberry sauce, WG Bread stuffing, Roasted brussel sprouts, <strong>Fresh Baked Sweet potato or Yam, Chocolate Chip Cookie</strong></td>
</tr>
<tr>
<td>**29 Hearty Veg Soup, BAKED FISH, Barley pilaf w/herbs, Green Beans w/ almonds, <strong>broccoli salad, Apple or Applesauce</strong></td>
<td><strong>OVEN FRIED CHKN</strong> Mac and Cheese, Green Beans w/ herbs, <em>Coleslaw, Banana</em>*</td>
<td>**24 Minestrone soup, BAKED SALMON w/ Dill sauce, brown rice pilaf, roasted corn, *<strong>spinach salad, 1000 Island dressing, Apple</strong></td>
<td><strong>EGG FRIED CHKN</strong> Mac &amp; Cheese, Green Beans w/ herbs, <em>Coleslaw, Banana</em>*</td>
<td><strong>EGG FRIED CHKN</strong> Mac &amp; Cheese, Green Beans w/ herbs, <em>Coleslaw, Banana</em>*</td>
</tr>
</tbody>
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Menu Subject to Changes
City of Los Angeles • Department of Recreation and Parks

Felicia Mahood
SENIOR MULTIPURPOSE CENTER
11338 Santa Monica Boulevard
Los Angeles, CA  90025

City of Los Angeles
Eric Garcetti, Mayor
Mike Bonin, Council Member, 11th District

Board of Recreation and Parks Commissioners
Sylvia Patsaouras, President
Lynn Alvarez, Vice President
Joseph Halper, Member
Pilar Diaz, Member
Nicole Chase, Member

Administration
Michael A. Shull, General Manager
Anthony-Paul (AP) Diaz, Esq., Executive Officer & Chief of Staff
Vicki Israel, Assistant General Manager, Recreation Services
Ramon Barajas, Assistant General Manager, Planning, Maintenance & Construction Branch
Sophia Pina-Cortez, Assistant General Manager—Special Operations Branch

Recreation Center Staff
Zel Limenih, Director In Charge
Recreation assistants: Zohreh Pedram, Joann Lemus, Alan Davis, Erlinda Sanchez, Jessica Fragoso, Ryan Hicks, Darius Maxey,

Valley Region
Charles Singer, Superintendent
Michael L. Harrison, Principal Recreation Supervisor II
Marc Israel, Valley Shoreline District Supervisor
Zel Limenih, Felicia Mahood Director In Charge

2019 Executive Officers
Acting President
John Kato
Secretary
Bonnie Simmons
Acting Treasurer
Alexa Almaz

Board and Ex-officio Members
Board Member
Faye (Fakhri) Khoshbin
Board Member
Sharadha Viswanathan
Trip Coordinator
Sylvia Gremson
Bingo Coordinator
Sal Gentile