



GLASSSELL PARK SENIORS



MON	TUE	WED	THU	FRI	SAT
<p>TAI-CHI 1</p> <p>9:20AM-10:45AM</p> <p>MEDITATION</p> <p>11:30AM-12:15PM</p> <p>ORIGAMI</p> <p>12:00PM</p> <p>ENGLISH CLASS</p> <p>12:30PM-2:30PM</p> <p>STRENGTH CARDIO</p> <p>CANCELLED</p> <p>YIN YANG YOGA</p> <p>CANCELLED</p>	<p>2</p> <p>ZUMBA -GYM</p> <p>9:00AM-10:00AM</p> <p>STRETCHING CLASS</p> <p>10:10AM-11AM</p> <p>ART CLASS</p> <p>11:30AM-2:00PM</p> <p>COMMUNITY DANCE</p> <p>PARTY</p> <p>1:00PM-4:00PM</p>	<p>CHAIR AEROBICS 3</p> <p>9:00AM</p> <p>SENIOR MEETING</p> <p>10:00AM</p> <p>NO YOGA CLASS</p> <p>NO ARTHRITIS CLASS</p> <p>PICKLEBALL @GYM</p> <p>9AM-12PM</p> <p>LET'S DRAW</p> <p>12PM-2:30PM</p> <p>CROCHET-11:30AM-2PM</p> <p>BINGO- 1PM-3PM</p>	<p>ZUMBA 9AM 4</p> <p>YOGA-10:00AM</p> <p>TAI-CHI- 11AM</p> <p>CROCHET CLASS</p> <p>11:20AM-2PM</p> <p>LINE DANCE 12-1PM</p> <p>DEPT.MENTAL HEALTH-</p> <p>1:00PM</p> <p>TOPIC-DEPRESSION</p> <p>DOC TALK-3PM</p> <p>OSTEOPOROSIS</p>	<p>5</p> <p>ZUMBA 9-10AM</p> <p>PICKLEBALL@GYM</p> <p>9-12PM</p> <p>LINE DANCE</p> <p>10:15AM</p> <p>KARAOKE DANCE</p> <p>12PM-4PM</p>	<p>6</p> <p>TAI CHI</p> <p>9:00-10AM</p> <p>SALSA CLASS</p> <p>10:30AM-</p> <p>11:30AM</p> <p>SALSA SOCIAL</p> <p>11:30AM-</p> <p>12:30PM</p>
<p>8</p> <p>TAI-CHI</p> <p>9:20AM-10:45AM</p> <p>MEDITATION</p> <p>11:30AM-12:15PM</p> <p>ORIGAMI</p> <p>12:00PM</p> <p>ENGLISH CLASS</p> <p>12:30PM-2:30PM</p> <p>STRENGTH CARDIO</p> <p>1:00PM</p> <p>YIN YANG YOGA</p> <p>2:00PM</p>	<p>9</p> <p>ZUMBA -GYM</p> <p>9:00AM-10:00AM</p> <p>STRETCHING CLASS</p> <p>10:10AM-11AM</p> <p>ART CLASS</p> <p>11:30AM-2:00PM</p> <p>COMMUNITY DANCE</p> <p>PARTY</p> <p>1:00PM-4:00PM</p>	<p>10</p> <p>CHAIR AEROBICS</p> <p>9:00AM</p> <p>ARTHRITIS-10AM</p> <p>YOGA- 10:00AM</p> <p>PICKLEBALL</p> <p>9:00AM-12PM</p> <p>CROCHET-11:30AM</p> <p>LET'S DRAW</p> <p>12PM-2:30PM</p> <p>BINGO- 1PM-3PM</p> <p>FIELD TRIP-LA OPERA</p> <p>LA BOHEME-6PM</p>	<p>11</p> <p>ZUMBA 9AM</p> <p>YOGA-10:00AM</p> <p>TAI-CHI-11AM</p> <p>CROCHET CLASS</p> <p>11:20AM-2PM</p> <p>LINE DANCE 12-1PM</p> <p>DEPT.MENTAL HEALTH</p> <p>1:00PM</p> <p>TOPIC-RESILIENCY</p>	<p>12</p> <p>ZUMBA 9-10AM</p> <p>PICKLEBALL@GYM</p> <p>9-12PM</p> <p>LINE DANCE</p> <p>10:15AM</p> <p>KARAOKE DANCE</p> <p>12PM-4PM</p>	<p>13</p> <p>TAI CHI</p> <p>9:00-10AM</p> <p>SALSA CLASS</p> <p>10:30AM-</p> <p>11:30AM</p> <p>SALSA SOCIAL</p> <p>11:30AM-</p> <p>12:30PM</p>
<p>15</p> <p>TAI-CHI</p> <p>9:20AM-10:45AM</p> <p>MEDITATION</p> <p>11:30AM-12:15PM</p> <p>ORIGAMI</p> <p>12:00PM</p> <p>ENGLISH CLASS</p> <p>12:30PM-2:30PM</p> <p>STRENGTH CARDIO</p> <p>1:00PM</p> <p>YIN YANG YOGA</p> <p>2:00PM</p>	<p>16</p> <p>ZUMBA -GYM</p> <p>9:00AM-10:00AM</p> <p>STRETCHING CLASS</p> <p>10:10AM-11AM</p> <p>ART CLASS</p> <p>11:30AM-2:00PM</p> <p>COMM.DANCE PARTY</p> <p>BIRTHDAY CELEBRATION</p>	<p>17</p> <p>CHAIR AEROBICS</p> <p>9:00AM</p> <p>ARTHRITIS-10AM</p> <p>YOGA- 10:00AM</p> <p>PICKLEBALL</p> <p>9:00AM-12PM</p> <p>CROCHET-11:30AM</p> <p>LET'S DRAW</p> <p>12PM-2:30PM</p> <p>BINGO- 1PM-3PM</p>	<p>18</p> <p>NO CLASSES TODAY</p> <p>JOIN US FOR OUR HOLIDAY PARTY!!</p> <p>11:30AM-3:00PM</p>	<p>19</p> <p>ZUMBA 9-10AM</p> <p>PICKLEBALL@GYM</p> <p>9-12PM</p> <p>LINE DANCE</p> <p>10:15AM</p> <p>KARAOKE DANCE</p> <p>12PM-4PM</p>	<p>20</p> <p>TAI CHI</p> <p>9:00-10AM</p> <p>SALSA CLASS</p> <p>10:30AM-</p> <p>11:30AM</p> <p>SALSA SOCIAL</p> <p>11:30AM-</p> <p>12:30PM</p>
<p>22</p> <p>NO TAI-CHI CLASS</p> <p>MEDITATION</p> <p>11:30AM-12:15PM</p> <p>ORIGAMI</p> <p>12:00PM</p> <p>ENGLISH CLASS</p> <p>12:30PM-2:30PM</p> <p>STRENGTH CARDIO</p> <p>1:00PM</p> <p>YIN YANG YOGA</p> <p>2:00PM</p>	<p>23</p> <p>ZUMBA -GYM</p> <p>9:00AM-10:00AM</p> <p>NO STRETCHING CLASS</p> <p>NO ART CLASS</p> <p>COMMUNITY DANCE</p> <p>PARTY</p> <p>1:00PM-4:00PM</p>	<p>24</p> <p>NO CHAIR AEROBICS</p> <p>ARTHRITIS-10AM</p> <p>NO YOGA CLASS</p> <p>PICKLEBALL</p> <p>9:00AM-12PM</p> <p>NO CROCHET</p> <p>NO LET'S DRAW CLASS</p> <p>BINGO- 1PM-3PM</p>	<p>25</p> <p>CENTER IS CLOSED FOR HOLIDAY</p>	<p>26</p> <p>ZUMBA 9-10AM</p> <p>PICKLEBALL@GYM</p> <p>9-12PM</p> <p>LINE DANCE</p> <p>10:15AM</p> <p>KARAOKE DANCE</p> <p>12PM-4PM</p>	<p>27</p> <p>NO CLASSES TODAY</p>
<p>29</p> <p>NO TAI-CHI CLASS</p> <p>MEDITATION</p> <p>11:30AM-12:15PM</p> <p>ORIGAMI</p> <p>12:00PM</p> <p>ENGLISH CLASS</p> <p>12:30PM-2:30PM</p> <p>STRENGTH CARDIO</p> <p>1:00PM</p> <p>YIN YANG YOGA</p> <p>2:00PM</p>	<p>30</p> <p>ZUMBA -GYM</p> <p>9:00AM-10:00AM</p> <p>NO STRETCHING CLASS</p> <p>NO ART CLASS</p> <p>COMMUNITY DANCE</p> <p>PARTY</p> <p>1:00PM-4:00PM</p>	<p>31</p> <p>JOIN US FOR OUR COUNTDOWN TO 2026 PARTY</p> <p>11:00AM-3:00PM</p> <p>NEW YEAR'S EVE</p>	<p>3750 VERDUGO RD, LOS ANGELES, CA 90065 MONDAY-FRIDAY 9:00AM-5:00PM PHONE #323-550-8809 PHILLIP.GONZALEZ@LACITY.ORG</p> <p>HAPPY HOLIDAYS</p>		