



# GLASSELL PARK SENIORS



# November



MON	TUE	WED	THU	FRI	SAT
			 3750 VERDUGO RD, LOS ANGELES, CA 90065 MONDAY-FRIDAY 9:00AM-5:00PM PHONE #323-550-8809 PHILLIP.GONZALEZ@LACITY.ORG		 TAI CHI 9:00-10AM SALSA CLASS 10:30AM-11:30AM SALSA SOCIAL 11:30AM-12:30PM
TAI-CHI 9:20AM-10:45AM MEDITATION 11:30AM-12:15PM ORIGAMI 12:00PM ENGLISH CLASS 12:30PM-2:30PM STRENGTH CARDIO 1:00PM YIN YANG YOGA 2:00PM LATIN DANCE HITS 3:30PM-4:30PM	ZUMBA-GYM 9:00AM-10:00AM STRETCHING CLASS 10:10AM-11AM BEGINNER PICKLEBALL SESSION - 10:30AM ART CLASS 11:30AM-2:00PM COMM.DANCE PARTY 1:00PM-4:00PM	CHAIR AEROBICS 9:00AM SENIOR MEETING 10:00AM NO YOGA TODAY NO ARTHRITIS CLASS PICKLEBALL @GYM 9-12PM LET'S DRAW 12PM-2:30PM BINGO- 1PM-3PM	ZUMBA-9AM MAOF-ARTHRITIS 10:00AM YOGA-10:00AM BEGINNER PICKLEBALL SESSION -10:30AM LINE DANCE 12-1PM TAI-CHI- 11:10AM MENTAL HEALTH WORKSHOP-1PM DOC TALK 3PM-4PM	ZUMBA 9-10AM PICKLEBALL@GYM 9-12PM LINE DANCE 10:15AM KARAOKE DANCE 12PM-3PM	TAI CHI 9:00-10AM SALSA CLASS 10:30AM-11:30AM SALSA SOCIAL 11:30AM-12:30PM
TAI-CHI 9:20AM-10:45AM MEDITATION 11:30AM-12:15PM ORIGAMI 12:00PM BEGINNER PICKLEBALL 10:30AM ENGLISH CLASS 12:30PM-2:30PM STRENGTH CARDIO 1:00PM YIN YANG YOGA 2:00PM LATIN DANCE HITS 3:30PM-4:30PM	CENTER CLOSED FOR Veteran's Day	CHAIR AEROBICS 9:00AM ARTHRITIS-10AM YOGA- 10:00AM PICKLEBALL 9:00AM-12PM CROCHET -11:30AM-2PM LET'S DRAW 12PM-2:30PM BINGO- 1PM-3PM	ZUMBA-9AM MAOF-ARTHRITIS 10:00AM YOGA-10:00AM BEGINNER PICKLEBALL SESSION -10:30AM LINE DANCE 12-1PM TAI-CHI- 11:10AM	ZUMBA 9-10AM PICKLEBALL@GYM 9-12PM LINE DANCE 10:15AM KARAOKE DANCE 12PM-3PM	TAI CHI 9:00-10AM SALSA CLASS 10:30AM-11:30AM SALSA SOCIAL 11:30AM-12:30PM
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					NO CLASS TODAY DUE TO HOLIDAY WEEKEND