



GLASSELL PARK SENIORS



September



MON	TUE	WED	THU	FRI	SAT
 HAPPY LABOR DAY CENTER IS CLOSED FOR HOLIDAY	2 ZUMBA-GYM 9:00AM-10:00AM STRETCHING CLASS 10:10AM-11AM  ART CLASS 11:30AM-2:00PM COMMUNITY DANCE PARTY 1:00PM-4:00PM 	3 CHAIR AEROBICS 9:00AM SENIOR MEETING 10:00AM YOGA- 10: PICKLEBALL @GYM 9-12PM LET'S DRAW 12PM-2:30PM BINGO- 1PM-3PM	4 ZUMBA GOLD 9AM MAOF-BINGOCIZE 10:00AM YOGA-10:00AM CROCHET CLASS 11:20AM-2PM WISER DINING CLASS- 11AM LINE DANCE 12-1PM TAI-CHI- 1PM LAHD HANDYWORKER WORKSHOP 2PM	5 ZUMBA 9-10AM PICKLEBALL@GYM 9-12PM LINE DANCE 10:15AM KARAOKE DANCE 12PM-3PM 	6 TAI CHI 9:00-10AM SALSA CLASS 10:30AM- 11:30AM SALSA SOCIAL 11:30AM- 12:30PM
8 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 	9 ZUMBA-GYM 9:00AM-10:00AM STRETCHING CLASS 10:10AM-11AM ART CLASS 11:30AM-2:00PM COMMUNITY DANCE PARTY 1:00PM-4:00PM 	10 CHAIR AEROBICS 9:00AM ARTHRITIS-10AM YOGA- 10:00AM PICKLEBALL 9:00AM-12PM LET'S DRAW 12PM-2:30PM BINGO- 1PM-3PM 	11 ZUMBA GOLD-9AM MAOF-BINGOCIZE 10:00AM YOGA-10:00AM CROCHET CLASS 11:20AM-2PM WISER DINING CLASS- 11AM GARDEN CLASS 9AM LINE DANCE 12-1PM PREVENTATIVE & PRACTICAL-1:05PM TAI-CHI- 2PM	12 ZUMBA 9-10AM PICKLEBALL@GYM 9-12PM LINE DANCE 10:15AM KARAOKE DANCE 12PM-3PM 	13 TAI CHI 9:00-10AM SALSA CLASS 10:30AM- 11:30AM SALSA SOCIAL 11:30AM- 12:30PM 
15 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 	16 ZUMBA-GYM 9:00AM-10:00AM STRETCHING CLASS 10:10AM-11AM ART CLASS 11:30AM-2:00PM COMM.DANCE PARTY BIRTHDAY CELEBRATION AND MEXICAN INDEPENDENCE 1:00PM-4:00PM 	17 CHAIR AEROBICS 9:00AM ARTHRITIS-10AM YOGA- 10:00AM PICKLEBALL 9:00AM-12PM LET'S DRAW 12PM-2:30PM BINGO- 1PM-3PM FIELD TRIP 4:30PM- Dodgers	18 ZUMBA GOLD-9AM MAOF-BINGOCIZE 10:00AM YOGA-10:00AM CROCHET CLASS 11:20AM-2PM LINE DANCE 12-1PM PREVENTATIVE & PRACTICAL-1:05PM TAI-CHI- 2PM HEALTHY FOOD WORKSHOP 2:00PM	19 ZUMBA 9-10AM PICKLEBALL@GYM 9-12PM LINE DANCE 10:15AM KARAOKE DANCE 12PM-3PM	20 TAI CHI 9:00-10AM SALSA CLASS 10:30AM- 11:30AM SALSA SOCIAL 11:30AM- 12:30PM
22 FALL 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 	23 ZUMBA-GYM 9:00AM-10:00AM STRETCHING CLASS 10:10AM-11AM ART CLASS 11:30AM-2:00PM COMMUNITY DANCE PARTY 1:00PM-4:00PM 	24 CHAIR AEROBICS 9:00AM ARTHRITIS-10AM YOGA- 10:00AM PICKLEBALL 9:00AM-12PM LET'S DRAW 12PM-2:30PM BINGO- 1PM-3PM	25 ZUMBA GOLD-9AM MAOF-BINGOCIZE 10:00AM YOGA-10:00AM CROCHET CLASS 11:20AM-2PM LINE DANCE 12-1PM PREVENTATIVE & PRACTICAL-1:05PM TAI-CHI- 1PM	26 ZUMBA 9-10AM PICKLEBALL@GYM 9-12PM LINE DANCE 10:15AM KARAOKE DANCE 12PM-3PM	27 SENIOR RUMMAGE SALE 8AM-3PM 
29 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	30 ZUMBA-GYM 9:00AM-10:00AM STRETCHING CLASS 10:10AM-11AM ART CLASS 11:30AM-2:00PM COMMUNITY DANCE PARTY 1:00PM-4:00PM 	SPREAD KIND NESS  			3750 VERDUGO RD, LOS ANGELES, CA 90065 MONDAY-FRIDAY 9:00AM-5:00PM PHONE #323-550-8809 PHILLIP.GONZALEZ@LACITY.ORG 