

CITY OF LOS ANGELES



Eric Garcetti
Mayor

Jose Huizar
Council Member, 14th District

RECREATION AND PARKS COMMISSIONERS

Sylvia Patsouras, President
Lynn Alvarez, Vice President
Nicole Chase, Pilar Diaz, Joseph Halper, Members
Iris L. Davis, Board Secretary

RECREATION AND PARKS ADMINISTRATION

Michael A. Shull, General Manager
Anthony-Paul (AP) Diaz, Esq., Executive Officer, Chief of Staff
Sophia Pina Cortez, Assistant GM, Special Operations
Vicki Israel, Assistant GM, Operations Branch
Cathie Santo Domingo, Acting Assistant GM, Planning, Construction&Maintenance Branch

Metro Region

Anita Meacham, Superintendent
Deanne Dedmon, Acting Principal Recreation Supervisor II
Vacant , Principle Recreation Supervisor I
Juan Benitez, Principal Grounds Maintenance Supervisor II
Sharon Nishihara, Recreation Supervisor – North District

HIGHLAND PARK REC. CENTER & ADULT CENTER CLUSTER

Senior Director.....Elizabeth Narvaez
Recreation Coordinators..... Edward Ocampo, Heidi Jimenez
Senior Center Coordinator.....Wayne Jong
Recreation Assistants.....A. Zimmerle, C. Taylor, C. Lau, J. Guzman, D. Guzman, A. Moreno
Grounds Caretaker.....Alicia Garibay, Lupita Jaurez

CITY OF LOS ANGELES
Department of Recreation and Parks

Metro Region –North District

HIGHLAND PARK SENIOR CITIZEN CENTER

6152 N. Figueroa St • Los Angeles, CA 90042
Phone: 323-256-6866

Email: highlandpark.seniorcenter@lacity.org
Website: www.laparks.org

2019

Fall Program

October November December

Community through People, Parks and Programs

*Persons with disabilities are welcome to participate in our classes and programs.
Reasonable accommodations will be made with prior arrangements.*

Activities and programs may be subject to cancellation.

SENIOR CENTER HOURS

Monday – Friday 8:30 a.m. – 4:00 p.m.
Saturday Closed
Sunday Closed

*Facility closed on Saturdays, Sundays and All City Holidays Unless Permitted

Monday, October 14, 2019 – Memorial Day

Monday, November 11, 2019 – Veteran's Day

November 28-29, 2019 – Thanksgiving and Day After

December 25, 2019 – Christmas Day

WEEKLY SCHEDULE

Monday ● Lunes

9:00 a.m. – 12:00 p.m.**Shuffleboard Club**
9:00 a.m. – 10:00 a.m.**Exercise Class**
10:00 a.m. – 1:00 p.m.**Monday Senior Club**
1:00 p.m. – 3:30 p.m.**Live Music & Dancing**
1:00 p.m. - 3:30 p.m.**Filipino American Adult Community Club**

Tuesday ● Martes

9:00 a.m. – 12:15 p.m.**Basic Drawing... Highland Park Art Club**
1:00 p.m. – 4:00 p.m.**Oil Painting..... Highland Park Art Club**

Wednesday ● Miercoles

9:00 a.m. – 12:00 p.m.**Shuffleboard Club**
9:00 a.m. – 10:00 a.m.**Chair Yoga Class**
10:00 a.m. – 4:00 p.m.**Friendly Seniors Club**
1:00 p.m. – 3:30 p.m.**Live Music & Dancing**

Thursday ● Jueves

9:00 a.m. -11:00 a.m.**Yoga and Stretch / Relaxation Class**
1:30 p.m. – 3:30 p.m.**Live Music & Dancing**
12:30 p.m. - 4:00 p.m.**Young Hearts Society Senior Club**
6:30 p.m. – 9:30 p.m.**3rd Tuesday of each Month HHPNC Land Use Meeting**
6:30 p.m. – 9:30 p.m.**1st Thursday of each Month. Historic Highland Park Neighborhood Council Community Meeting**

Friday ● Viernes

9:00 a.m. – 12:00 p.m.**Shuffleboard Club**
9:00 a.m. – 10:00 a.m.**Exercise Class**
10:00 a.m. – 12:00 p.m.**Crochet and Knitting Class**
10:00 a.m. – 4:00 p.m.**Happy Highlanders Senior Club**
1:00 p.m. – 3:30 p.m.**Bingo (6 Card Limit)**

TRANSPORTATION INFORMATION

Cityride: (323) 666-0895

Reservation must be made 24 hours in advance. Call between the hours of 9:00 a.m. to 3:00 p.m., Monday thru Friday. Service: Monday –Friday, 8:00 a.m. – 6:00 p.m.

Haga sus reservaciones por lo menos con 24 horas de anticipacion entre las 9:00 a.m. – 3:00 p.m. lunes a vienes.
Servicio: lunes a viernes, 8:00 a.m. – 6:00 p.m.

Taxi Cab Service

L.A. Taxi: (323) 221-0004
Bell Cab Cooperative: (888) 452-4100
Independent Taxi: (800) 521-8294



Access Services, Inc.: (800) 827-0829 or (877) 640-3278

Operates 7 days a week, 5 am to 1 a.m.: \$1.80 each way
Specialized Transportation Service
offered to Disabled Individuals.



Referral Numbers

14th Council District, Councilman Jose Huizar..... (323) 254-5295
1st Council District, Councilman Gil Cedillo..... (213) 304-3889
1st District County Supervisor, Hilda Solis.....(213) 974-4111
Department of Aging.....311 or (800) 510-2020
LAPD-Northeast Police Division.....(323) 344-5701
Arroyo Seco Library(323) 255-0537
Bet Tzedek Legal Assistance(323) 939-0506
Social Security (24-hour service).....(800) 772-1234
Mexican American Opportunity Foundation (MAOF)...(323) 890-9600
Boyle Heights Senior Center(323) 264-5757
Eagle Rock Recreation Center(323) 257-6948
Glassell Park Senior Center.....(323) 550-8809
Highland Park Recreation Center(213) 847-4875
El Sereno Senior Center.....(323) 222-2040
Lincoln Heights Senior Center(323) 225-9339
Montecito Heights Senior Center(213) 485-8550
Yosemite Recreation Center(323) 257-1644
Metro Region Headquarters.....(213) 485-1310

SENIOR CLUB SPONSORED ACTIVITIES cont.

Shuffleboard

Days: Mondays, Wednesdays & Fridays

Time: 9:00am-12:00pm

Cost: \$5.00 per year

Enjoy the morning playing shuffleboard. It's a game of skill trying to knock other people's discs out of play while trying to score points.

Cancelled if raining.

SENIOR CLUBS' SPECIAL EVENTS

To participate some club activities may be an extra cost.

1. Monday Club

Special Events: Saturday, October 5th, 2019 Rummage Sale

2. Friendly Seniors Club

Special Events: Saturday, October 5th, 2019 Rummage Sale

3. Filipino American Adult Community Club

Special Events: Saturday, October 5th, 2019 Rummage Sale

4. Happy Highlanders Club

Special Events: Saturday, October 5th, 2019 Rummage Sale

5. Shuffle Board Club

Special Events: Saturday, October 5th, 2019 Rummage Sale

6. Highland Park Art Club

Special Events: Saturday, October 5th, 2019 Rummage Sale

7. Young Hearts Society Senior Club

Special Events: Saturday, October 5th, 2019 Rummage Sale

Los Angeles Regional Food Bank – 8:00am-12:00 p.m.

3rd Monday of each Month (unless falls on Holiday)

October 21 (3rd Monday), **November 18** (3rd Monday), **December 15** (3rd Monday)

Historic Highland Park Neighborhood Council Meetings

1st and 3rd Thursdays of the Month / 3rd Tuesdays (Land Use)

Regular Meetings: Oct 3, Nov 7, Dec 5

Land Use Meetings: Oct 15, Nov 19, Dec 17

Class/Club DESCRIPTIONS

* The classes and programs in this brochure may be subject to cancellation.

Highland Park Art Club

Leader: Joseph (Pepe) Apablaza

Days: Every Tuesday

Fee: Club Membership is \$5.00 per year.

Time: 9:00 a.m. – 4:00 p.m.

If you want to learn to paint or draw, or refine your skills, this is the club for you. In this hands on club, other members will guide you through your artistic journey and help you find your inner artist.

Crochet and Knitting Class

Leader: Margarita Sosa

Days: Every Friday (ongoing)

Fee: No Charge

Time: 10:00 a.m. - 12:00 p.m.

Come have fun with fellow knitters and crocheters, and learn a few new stitches. Open to all levels.

Free Blood Pressure Test

Hospital Staff: Jess

When: 2nd Wednesday of each Month – Apr. 10, May. 08, Jun. 12

Time: 10:00 a.m.-11:00 a.m.

Come and have your blood pressure taken for free by an Alhambra Hospital Staff.

Tread Mill

Open

Days: Monday – Friday **Fee:** No Charge

Time: Varies

Sign up in office. It's lots of fun and it's good for you.

*Waiver MUST be signed. Tennis shoes must be worn.

Exercise Class

Instructor: Francine Fisher

Time: 9:00 a.m.-10:00 a.m. Mondays & Fridays

Fee: No Charge *Waiver MUST be signed

Computer Lab

Open

Days: Monday – Friday **Time:** 8:30am – 4:00pm

Fee: No Charge.....**Sign up in the Office**

Yoga - Stretch and Relaxation Class / Chair Yoga Instructor: Ivan Corpeno

Day: Thursdays **Time:** 9:00am – 11:00am / **Day:** Wednesdays **Time:** 9:00am – 10:00am

Fee: No Charge *Waiver MUST be signed

CENTER TRIPS **Trip Coordinators: John & Barbara Irigoven**

Trips to Be Announced

Available at the Center on Mondays, Wednesdays and Fridays from 9:00am-12:00pm or Call Barbara at (626) 795-9874

SENIOR NUTRITION PROGRAM – Persons 60 years & older and their spouse regardless of age

Seniors are invited to enjoy a hot delicious meal served daily here at the Highland Park Senior Citizen Center **Sign-in begins: 10:00 a.m.**

Days: Monday-Friday 9:30 a.m.-1:30 p.m. Lunch served: 11:30 a.m.

Donations of \$2.00 help offset the cost of the meal for the nutrition program. **First come.....First serve...**

For daily menu information: Please see **Lucina Lopez**, Dining Coordinator

SENIOR CLUBS

We have 7 different senior clubs at Highland Park Senior Citizen Center. You may join 1 or all 7 clubs. Below is a brief description and Club Board.

1. Monday Club

*President – Rachel Reyes
Secretary- Dolores Fenton*

*Vice President- Barbara Irigoyen
Treasurer- Fermina Guerrero*

Meets every Monday at 10:00 a.m.-1:00 p.m.....**Membership \$5.00 per year.**

2. Friendly Seniors

*President – Jesus Zamora
Secretary – Dolores Fenton*

*Vice President- Hilda Delgado
Treasurer – Mercedes Montes*

Meets every Wednesday at 10:00 am..... **Membership \$5.00 per year.**
Dancing at 1:00 p.m. – 3:30pm.... Members \$4.00 / Non-Members \$5.00

3. Filipino American Adult Community Club

*President- Mario Rivera
Secretary- Treasurer- Pacita V. Grulla*

Vice President- Rufina Domingo Badi

Meets every Monday 1:00 p.m. – 3:30 p.m.
Dancing at 1:00 p.m. – 3:30 p.m.**Membership \$5.00 per year.**
Dance: Members \$3.00 / Non-Members \$3.00

4. Happy Highlanders

*President- Rose Salcedo Vice President – Yolanda Lorica
Secretary / Treasurer- William Evans
Meets every Friday at 10:30am..... Bingo at 1:00pm - 3:30pm
Club Meeting is 3rd Friday of the Month at 11:00am Cards: .25 per card / 6 maximum
Membership \$5.00 per year.*

5. Shuffleboard

*President- Sandra Harlan Vice President- Jesus Marquez
Secretary / Treasurer - John Irigoyen
Meets every Monday, Wednesday & Friday at 9:00 a.m. – 12:00 p.m.
Membership \$5.00 per year.*

6. Young Hearts Society Senior Club

*President- Stella Lewiskin Vice President- Armida Munoz
Secretary – Rosalie Roderer Treasurer – Esperanza Ornelas
Meets every Thursdays at 12:30pm-4:00pm Membership \$5.00 per year
Dance 1:30pm- 3:30pm - \$3.00 Members / Non-Members \$5.00*

7. Art Club

*President- Glenda Olacsi Vice President- Joseph (Pepe) Apablaza
Secretary- Ellen Alleyne Treasurer- Nikki Thomas
Membership \$5.00 per year.*

Los Angeles Federation of Senior Citizen Clubs

**Federation President.....Stephanie Vendig
East Area Federation President.....Victor Pierce
East Area Federation Field Representative...Esperanza Pina (213) 485-7512**

SENIOR CLUB SPONSORED ACTIVITIES

BINGO

Day: Friday
Time: 1:00 p.m.-3:30 p.m.
Cost: \$0.25 per card
Must be member to play. Membership is \$5.00 per year.
6 cards maximum

Play BINGO every week. It’s fun, exciting and keeps you thinking.

DANCE

Days: Mondays, Wednesdays & Thursdays
Time: 1:00 p.m.-3:30 p.m.
Cost: \$3.00 – \$5.00 see clubs for details.
Enjoy live music and dance your heart away. All are welcome.

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