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

2020
Winter Program
January February March

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**

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
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<tr>
<td>Monday – Friday</td>
<td>8:30 a.m. – 4:00 p.m.</td>
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<tr>
<td>Saturday</td>
<td>Closed</td>
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<td>Sunday</td>
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*Facility closed on Saturdays, Sundays and All City Holidays Unless Permitted*

Wednesday, January 01, 2020 – New Year’s Day
Monday, January 20, 2020 – Martin Luther King Day
Monday February 17, 2020 – President’s Day
Monday, March 30, 2020 – Cesar Chavez 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.: 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. – 10:00 p.m.: 3rd Tuesday of each Month HHPNC Land Use Meeting
- 6:30 p.m. – 10:00 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**

<table>
<thead>
<tr>
<th>Cityride: (323) 666-0895</th>
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<tr>
<td>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.</td>
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<tr>
<td>Haga sus reservaciones por lo menos con 24 horas de anticipacion entre las 9:00 a.m. – 3:00 p.m, lunes a viernes.</td>
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<tr>
<td>Servicio: lunes a viernes, 8:00 a.m. – 6:00 p.m.</td>
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**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 |
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:** TBA - Check with Club Board

2. **Friendly Seniors Club**  
   **Special Events:** TBA - Check with Club Board

3. **Filipino American Adult Community Club**  
   **Special Events:** TBA - Check with Club Board

4. **Happy Highlanders Club**  
   **Special Events:** TBA - Check with Club Board

5. **Shuffle Board Club**  
   **Special Events:** TBA - Check with Club Board

6. **Highland Park Art Club**  
   **Special Events:** TBA - Check with Club Board

7. **Young Hearts Society Senior Club**  
   **Special Events:** TBA - Check with Club Board

**Los Angeles Regional Food Bank** – 8:30am-12:00 p.m.  
3rd Monday of each Month (unless falls on Holiday)  
January 27 (4th Monday), February 24 (4th Monday), March 16 (3rd Monday)

**Historic Highland Park Neighborhood Council Meetings**  
To be announced.....

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**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 – Jan. 08, Feb. 12, Mar. 11, 2020  
**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 Irigoyen
Trip 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 – Barbara Irigoyen
Secretary- Dolores Fenton
Meets every Monday at 10:00 a.m.-1:00 p.m……Membership $6.00 per year.

2. Friendly Seniors
President – Jesus Zamora
Secretary – Dolores Fenton
Meets every Wednesday at 10:00 am……… Members $6.00 per year.
Dancing at 12:30 p.m. – 3:30pm. Members $5.00 / Non-Members $7.00

3. Filipino American Adult Community Club
President- Mario Rivera
Secretary- Maria Bambico
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: $3.00

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4. Happy Highlanders
President- Rose Salcedo
Secretary: Anita Morales
Sgt of Arms: Gilbert Guerrero
Bingo at 1:00pm - 3:30pm
Club Meeting is 3rd Friday of the Month at 11:00am
Membership $6.00 per year.

5. Shuffleboard
President- Sandra Harlan
Secretary- George Gonzales
Meet 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
Secretary – Rosalie Roderer
Meet every Thursday at 12:30pm-4:00pm
Dance 1:00pm- 3:30pm - $4.00 Members / Non-Members $5.00
Membership $6.00 per year.

7. Art Club
President- Glenda Olacsi
Secretary- David McCully
Meet every Monday at 10:00 a.m.-1:00 p.m……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: $.25 per card
Must be member to play. Membership is $6.00 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 – $7.00 see clubs for details.

Enjoy live music and dance your heart away. All are welcome.