



PARK PROUD LA

Eric Garcetti
Mayor

Jose Huizar
Council Member, 14th District

RECREATION AND PARKS COMMISSIONERS

Sylvia Patsouras, President
Lynn Alvarez, Vice President
Nicole Chase, 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

Juan Benitez, Principal Grounds Maintenance Supervisor II
Steve Cline, 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 Caretakers.....Alicia Garibay, Sandra Martinez

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

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

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

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 vienes, 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: 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.....

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 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 – Barbara Irigoyen

Vice President- Esther Luna

Secretary- Dolores Fenton

Treasurer- Fermina Guerrero

Meets every Monday at 10:00 a.m.-1:00 p.m.....**Membership \$6.00 per year.**

2. Friendly Seniors

President – Jesus Zamora

Vice President- Hilda Delgado

Secretary – Dolores Fenton

Treasurer – Mercedes Montes

Meets every Wednesday at 10:00 am..... **Membership \$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

Vice President- Rufina Domingo Badi

Secretary- Maria Bambico

Treasurer- Pacita V. Grulla

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

Vice President – Yolanda Lorica

Secretary: Anita Morales

Treasurer- William Evans

Sgt of Arms: Gilberto Guerrero..... Bingo at 1:00pm - 3:30pm

Club Meeting is 3rd Friday of the Month at 11:00am Cards: .25 per card / 6 maximum

Membership \$6.00 per year.

5. Shuffleboard

President- Sandra Harlan

Vice President- Jesus Marquez

Secretary- George Gonzales

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- Rachel Reyes

Secretary – Rosalie Roderer

Treasurer – Rosemarie Manese

Meets every Thursdays at 12:30pm-4:00pm **Membership \$6.00 per year**

Dance 1:00pm- 3:30pm - \$4.00 Members / Non-Members \$5.00

7. Art Club

President- Glenda Olacsi

Vice President- Joseph (Pepe) Apablaza

Secretary- David McCully

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 \$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.