

CITY OF LOS ANGELES



**Eric Garcetti**  
Mayor

**Jose Huizar**  
Council Member, 14<sup>th</sup> 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, Stephanie Galvez  
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](mailto:highlandpark.seniorcenter@lacity.org)  
Website: [www.laparks.org](http://www.laparks.org)

## 2019 Summer Program July August September

**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  
 Thursday, July 04, 2019 – Independence Day (4<sup>th</sup> of July)  
 Monday, September 02, 2019 – Labor 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. .... 3<sup>rd</sup> Tuesday of each Month HHPNC Land Use Meeting  
 6:30 p.m. – 9:30 p.m. .... 1<sup>st</sup> & 3<sup>rd</sup> 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 viernes.

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**

14<sup>th</sup> Council District, Councilman Jose Huizar..... (323) 254-5295  
 1<sup>st</sup> Council District, Councilman Gil Cedillo..... (213) 304-3889  
 1<sup>st</sup> 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: Inquire with Club Board

2. Friendly Seniors Club

Special Events: Inquire with Club Board

3. Filipino American Adult Community Club

Special Events: Inquire with Club Board

4. Happy Highlanders Club

Special Events: Inquire with Club Board

5. Shuffle Board Club

Special Events: Inquire with Club Board

6. Highland Park Art Club

Special Events: Inquire with Club Board

7. Young Hearts Society Senior Club

Special Events: Inquire with Club Board

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

3<sup>rd</sup> Monday of each Month (unless falls on Holiday)

**July 15** (3<sup>rd</sup> Monday), **August 19** (3<sup>rd</sup> Monday), **September 16** (3<sup>rd</sup> Monday)

**Historic Highland Park Neighborhood Council Meetings**

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

**Regular Meetings: Jul 18, Aug 1, 15, Sep 5, 19**

**Land Use Meetings: Jul 16, Aug 20, Sep 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:** 2<sup>nd</sup> 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 Irigoyen**

**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* *Vice President- Barbara Irigoyen*  
*Secretary- Dolores Fenton* *Treasurer- Fermina Guerrero*

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

**2. Friendly Seniors**

*President – Esther Gonzalez* *Vice President- Jesus Zamora*  
*Secretary – Dolores Fenton* *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* *Vice President- \_\_\_\_\_*  
*Secretary- 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: 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 3<sup>rd</sup> 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 / 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- Cecilia Does*  
**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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