



Department of Recreation & Parks



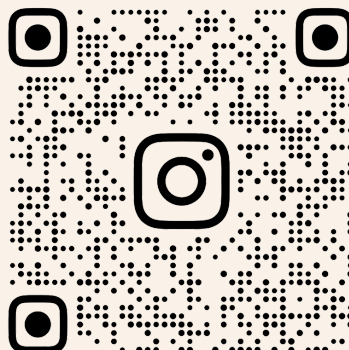
1820 N Las Palmas Ave
Los Angeles CA 90028
323-465-7787

laspalmas.seniorcenter@lacity.org

NOVEMBER NEWSLETTER



www.laparks.org/scc/las-palmas



[@laspalmasseniorcenter](https://www.instagram.com/laspalmasseniorcenter)

Hours of Operation

Monday - Friday 9am - 5pm
Saturday - Sunday Closed

Las Palmas Senior Center Membership

By becoming a member at Las Palmas Senior Center, you gain access to a wide variety of exclusive benefits including exclusive discounted rates on programs, activities, and trips. In order to participate in any class, event, trip, presentation, activity, or program at Las Palmas Senior Center, you must become a member. Membership Cost: \$25

Las Palmas Senior Center Team

Facility Director

Damon Hooks

Recreation Assistants

Knarik Kirakosyan - Lethvia Lopez - Antonin Umurzakov - Hero Horner - Andy Herrera - Marla Hamaya - Victor Sanchez

Recreation Instructors

Beatriz Vasquez - James Murray - Daliana Lopez -
Laura Black - Deon Williams

Maintenance Supervisor

Luis Aguilar

Ground Caretaker

Orpha Maldonado

Park Advisory Board

Karen La Croix - President
Mireille Forcier - Vice President
Deloris Cunningham - Secretary
Dorothy Conte - Treasurer
Kay A, Brian B, Nikki D, Betty R Michael S - Board Members

Mayor

Karen Bass

Council Member 13th District

Hugo Soto Martinez

Recreation and Parks Commissioners

President - Renata Simril
Vice President - Luis Sanchez
Commissioners - Fiona Hutton, Marie Lloyd, Benny Tran

Griffith Metro Region Team

Superintendent - Anita Meacham
Principal Rec Supervisor I - Leslie Perez
Principal Rec Supervisor II - Kimberly Simonet
Recreation Supervisor - Central - Jaqueline Lopez

Recreation & Parks Administration

Exec Officer & Chief of Staff - Matthew Rudnick
General Manager - Jimmy Kim
Ass. General Manager Rec Branch - Chinyere Stoneham
Ass. General Manager Opr Branch - Brenda Aguirre

Activities & Programs may be subject to change without prior notice

Persons with disabilities are welcome to participate in our programs. Reasonable accommodations can be made with prior arrangements. Please be aware that some accommodations may take up to 30 days. Please submit your request as soon as possible.

Creating Communities through People, Parks, & Programs

Resource Directory

Emergencies 911

LAPD Non-Emergency 1-877-275-5273

LAPD Hollywood Division 213-972-2971

City of LA - City Services 311

- Bulky Items
- Graffiti Removal
- Potholes
- Homeless Encampments

Department of Aging 1-800-510-2020

CAL Fresh 1-866-613-3777

LADWP 1-800-342-5397

Parking Enforcement 1-866-561-9742

Council District 13 Office 213-473-7013

St Barnabas Senior Services 323-957-2222

Bet Tzedek Legal Services 323-939-0506

Social Security 24hr Service 800-772-1234

LUNCH PROGRAM

Las Palmas Senior Center offers ready to eat lunch meals thanks to:



Dine In or Grab n Go

Registration Time: 9:30am-11am

Lunch Service: 11:30am-12:30pm

Voluntary Contribution: \$2.00

Program Questions?: 323-957-2222



UPCOMING EVENTS

90+ Legacy Luncheon *Thursday Nov 13*

Field Trip: Camarillo Outlets *Tuesday Nov 18*

Thanksgiving Potluck *Friday Nov 21*

IMPORTANT ANNOUNCEMENTS

Las Palmas' FALL season has begun! Registration for paid fitness classes is now open. Members pay just \$10, which covers classes until the end of DECEMBER. Non-members pay \$60. When registering, let the staff know which FREE classes you're joining as well. Payment is required before participation!



DAY OF THE DEAD

What is the Day of the Dead?

The Day of the Dead is a Mexican holiday where families welcome back the souls of their deceased relatives for a brief reunion that includes food, drink and celebration... the holiday is celebrated each year from October 31-November 2. According to tradition, the gates of heaven are opened at midnight on October 31 and the spirits of children can rejoin their families for 24 hours. The spirits of adults can do the same on November 2.

What Are Some Day of the Dead Traditions?

On the Day of the Dead, it's believed that the border between the spirit world & the real world dissolves. During this brief period, the souls of the dead awaken & return to the living world to feast, drink, dance & play music with their loved ones. In turn, the living family members treat the deceased as honored guests, & leave the deceased's favorite foods & other offerings on the *ofrendas*. *Ofrendas* can be decorated with candles, bright marigolds called *cempasuchil* alongside food like stacks of tortillas & fruit. People commonly wear skull masks & eat sugar candy molded into the shape of skulls. The pan de ánimas of All Souls Day rituals in Spain is reflected in pan de muerto, the traditional sweet baked good.





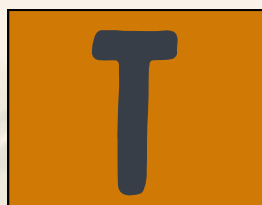
C L A S S S C H E D U L E



Session = 3 Months



PROGRAM	TIME	NON-MEMBER FEE	MEMBER FEE	DATES
Performance Workshop	11:15a-12:45p	N/A	FREE	10/1/25-12/31/25
Dance Fitness	1p-2p	N/A	FREE	10/1/25-12/31/25
Creative Crafts	3p-5p	N/A	FREE	11/1/25-12/31/25



Solo Performance	11a-12p	N/A	FREE	10/1/25-12/31/25
Learning/Playing Card Games	11a-2p	N/A	FREE	10/1/25-12/31/25
Table Tennis & Billiards 101	2p-4p	N/A	FREE	10/1/25-12/31/25



Tech Assistance	10a-12p	N/A	FREE	10/1/25-12/31/25
Knitting & Crochet Club	1:30p-2:30p	N/A	FREE	10/1/25-12/31/25
Chair Exercise	2:30p-3:30p	\$60/Session	\$10/Session	10/1/25-12/31/25
Old School Movie Nights	4p	N/A	FREE	10/1/25-12/31/25



Gardening Class	9a-11a	N/A	FREE	10/1/25-12/31/25
Performance Workshop	11:15a-12:45p	N/A	FREE	10/1/25-12/31/25
Guided Meditation	1p-2p	N/A	FREE	10/1/25-12/31/25
Table Tennis & Billiards 101	2p-4p	N/A	FREE	10/1/25-12/31/25
Commercial Acting 4 Seniors	2P-4P	\$60	FREE	11/3/25-12/18/25



Learning/Playing Dominoes	11a-2p	N/A	FREE	10/1/25-12/31/25
Yoga	2:30p-3:30p	\$60/Session	\$10/Session	10/1/25-12/31/25
Friday Night Jam Sandwich	4p	N/A	FREE	10/1/25-12/31/25

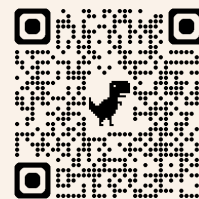
DONATIONS

We rely on the support from people like you to maintain and improve your park, and to offer programs and events that deepen our community's connections to each other.

Please contribute to Las Palmas by scanning the QR code to be directed to the donation site or go to www.laparksfoundation.org. Click on the "Friends of the Park" tab, and find the "Parks" drop down menu. Then select "Las Palmas Senior Center". You can even specify what you would like your donation to contribute too like, programs, office supplies, food, prizes, etc.

We also accept checks sent to: Los Angeles Parks Foundation 2650 N. Commonwealth Ave Los Angeles, CA 90027 | Memo Line: Las Palmas Senior Center

The Las Palmas family thanks you for supporting our mission to improve the quality of life for everyone.



VOLUNTEERS

Las Palmas Senior Center is hosting awesome events for people in the community. Events and programs are being added to our calendar constantly and we could use your help. We are always looking for volunteers to work with us in making our events run smoothly. We also welcome volunteer instructors who want to teach our participants certain skills or classes.

Visit www.laparks.org/volunteerapp to complete and submit your New Volunteer application, or scan the QR Code.



NOVEMBER CALENDAR











MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3	4 ELECTION DAY 	5 Tech Assistance 10a-2p 	6 TABLE TENNIS 2p-4p  BILLIARDS 2p-4p 	7
10	11 CENTER CLOSED VETERANS DAY 	12 Tech Assistance 10a-2p 	13 Book Club  1p-2p Commercial Acting 4 Seniors 2P-4P 	14
17	18 Field Trip Camarillo Outlets  8:30a	19 Tech Assistance 10a-2p 	20 Commercial Acting 4 Seniors 2P-4P 	21 Thanksgiving Potluck Dinner & Birthday Celebrations  1p
24	25 Park Advisory Board Meeting 10a <i>Every last Tuesday of the month. All are welcome.</i>	26 Tech Assistance 10a-2p 	27 CENTER CLOSED THANKSGIVING 	28 CENTER CLOSED
		 DAY OF THE DEAD		NATIONAL STRESS AWARENESS DAY 

Always Available Activities

- Ping Pong
- Billiards
- Computer Lab
- Board Games
- Card Games
- Patio Time
- TV Time
- Digital Guidance
- Music

SNACK BAR | 9am-4pm