



Department of Recreation & Parks



1820 N Las Palmas Ave

Los Angeles CA 90028

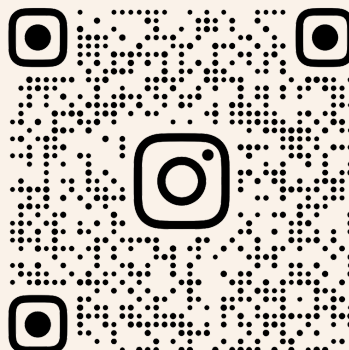
323-465-7787

laspalmas.seniorcenter@lacity.org

OCTOBER 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

“On the Move” Riders Program Tour - Friday Oct 3

“The Horror” Performance - Friday Oct 10

90+ Legacy Luncheon Thursday Nov 13



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!

TIPS FOR DENTAL HYGENE

TAKING CARE OF YOUR TEETH & MOUTH

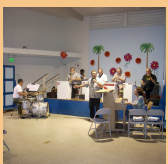
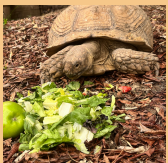
Healthy teeth and gums make it easier to enjoy a variety of nutritious and tasty foods as we age. While people of all ages experience dental health problems each year, thanks to advances in oral health research, today's older adults are keeping their natural teeth longer compared with previous generations.

HOW TO CLEAN YOUR TEETH & GUMS

- Gently brush your teeth on all sides with a soft-bristle brush and fluoride toothpaste.
- Use small circular motions and short back-and-forth strokes.
- Brush carefully and gently along your gum line.
- Lightly brush your tongue or use a tongue scraper
- Clean between your teeth with dental floss, pre-threaded flossers, a water flosser, or a similar product.

WHAT IF I WEAR DENTURES ?

Sometimes removable false teeth (dentures) are needed to replace badly damaged teeth or teeth lost because of gum disease. Be careful when wearing dentures because it may be harder for you to feel hot foods and drinks. Follow your dentist's instructions for taking care of your dentures. Keep your dentures clean and free from food that can cause stains or bad breath. Brush dentures every day with a denture-care product, and soak them in water or a denture-cleansing liquid at night.



Session = 3 Months

	PROGRAM	TIME	NON-MEMBER FEE	MEMBER FEE	DATES
M	Performance Workshop	11:15a-12:45p	N/A	FREE	7/1/25-9/30/25
	Dance Fitness	1p-2p	N/A	FREE	7/1/25-9/30/25
T	Solo Performance	11a-12p	N/A	FREE	7/1/25-9/30/25
	Learning/Playing Card Games	11a-2p	N/A	FREE	7/1/25-9/30/25
	Adult Crafting	1p-2:30p	N/A	FREE	7/1/25-9/30/25
	Table Tennis & Billiards 101	2p-4p	N/A	FREE	7/1/25-9/30/25
W	Tech Assistance	10a-12p	N/A	FREE	7/1/25-9/30/25
	Knitting & Crochet Club	1:30p-2:30p	N/A	FREE	7/1/25-9/30/25
	Chair Exercise	2:30p-3:30p	\$60/Session	\$10/Session	7/1/25-9/30/25
	Old School Movie Nights	4p	N/A	FREE	7/1/25-9/30/25
TH	Gardening Class	9a-11a	N/A	FREE	7/1/25-9/30/25
	Performance Workshop	11:15a-12:45p	N/A	FREE	7/1/25-9/30/25
	Guided Meditation	1p-2p	N/A	FREE	7/1/25-9/30/25
	Table Tennis & Billiards 101	2p-4p	N/A	FREE	7/1/25-9/30/25
F	Learning/Playing Dominoes	11a-2p	N/A	FREE	7/1/25-9/30/25
	Yoga	2:30p-3:30p	\$60/Session	\$10/Session	7/1/25-9/30/25
	Friday Night Jam Sandwich	4p	N/A	FREE	7/1/25-9/30/25

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.



OCTOBER CALENDAR





























MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

 <p>HALLOWEEN</p>	<p>DENTAL HYGENE MONTH</p> 	<p>1</p> <p>Tech Assistance 10a-2p</p> 	<p>2</p> <p>TABLE TENNIS 2p-4p</p>  <p>BILLIARDS 2p-4p</p> 	<p>3</p> <p>METRO "On the Move" Riders Program</p> <p>M Metro 9a-2p</p>
<p>6</p>	<p>7</p> <p>TABLE TENNIS 2p-4p</p>  <p>BILLIARDS 2p-4p</p> 	<p>8</p> <p>Tech Assistance 10a-2p</p> 	<p>9</p> <p>Book Club LOS ANGELES PUBLIC LIBRARY 1p-2p</p> <p>TABLE TENNIS 2p-4p</p>  <p>BILLIARDS 2p-4p</p> 	<p>10</p> <p>Performance: "The Horror"</p>  <p>12p</p> <p>Sponsored by  Welbe Health</p>
<p>13</p> <p>CENTER CLOSED</p>	<p>14</p> <p>TABLE TENNIS 2p-4p</p>  <p>BILLIARDS 2p-4p</p> 	<p>15</p> <p>Tech Assistance 10a-2p</p> 	<p>16</p> <p>TABLE TENNIS 2p-4p</p>  <p>BILLIARDS 2p-4p</p> 	<p>17</p>
<p>20</p>	<p>21</p> <p>TABLE TENNIS 2p-4p</p>  <p>BILLIARDS 2p-4p</p> 	<p>22</p> <p>Tech Assistance 10a-2p</p> 	<p>23</p> <p>TABLE TENNIS 2p-4p</p>  <p>BILLIARDS 2p-4p</p> 	<p>24</p>
<p>27</p>	<p>28</p> <p>Park Advisory Board Meeting 10a <i>Every last Tuesday of the month. All are welcome.</i></p> <p>TABLE TENNIS 2p-4p</p>  <p>BILLIARDS 2p-4p</p> 	<p>29</p> <p>Tech Assistance 10a-2p</p> 	<p>30</p> <p>TABLE TENNIS 2p-4p</p>  <p>BILLIARDS 2p-4p</p> 	<p>31</p> <p>HAPPY BIRTHDAY PARTY 2:30p</p> <p>Presented by  Welbe Health Games Food Screenings <i>Reminder: Yoga begins at 1p on this day</i></p>

Always Available Activities

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

SNACK BAR | 9am-4pm