

City of Los Angeles * Department of Recreation & Parks * Metro Region

Las Palmas Senior Citizen Center

1820 N. Las Palmas Ave, Los Angeles, CA 90028

Phone: (323) 465-7787

Email: laspalmas.seniorcenter@lacity.org

Website: laparks.org/scc/las-palmas



Las Palmas Activities

Summer 2023

CLASS	INSTRUCTOR	DAY	TIME	FEE
PERFORMANCE WORKSHOP	Christina Sebelius	Monday/Thursday	10:00 a.m.-12:00 p.m	FREE
DANCE FITNESS/CHOREOGRAPHY	Beatriz Vasquez	Monday	1:00 p.m.-2:00 p.m.	FREE
THEATER	James Murray	Tuesday, Friday	10:00 a.m.-12:00 p.m	FREE
TECH TIME	Nicole Bernal	Tuesday	12:30-1:30pm	FREE
ARTS & CRAFTS	Socorro Callejas	Tuesday	1:30 p.m.-3:00 p.m	FREE
CHAIR EXERCISE	Beatriz Vasquez	Wednesday	2:30-3:30pm	\$10 monthly
YOGA	Beatriz Vasquez	Friday	2:30-3:30pm	\$10 monthly
COMPUTER LAB	None	Mon-Friday	9am-3pm	FREE
LUNCH PROGRAM	Leticia Tenes	Monday-Friday	11:30am-12:30pm	\$2.per person
PICKLE BALL	Nicole Bernal	Thursday	1:30-2:30 pm	FREE
ARTHRITIS EXERCISE	Partners in care	Tuesday/Thursday	9:00-10:00 am	FREE
MONTHLY TRIPS	Nicole Bernal	Tuesdays	varies	\$10-\$30
BINGO	Knarik	Mondays	2:00-4:00 pm	\$.25 a card
SHOWS	Christina Sebelius	3rd Thursday	12:30-1:30 pm	FREE

Persons with disabilities are welcomed to participate in our programs.

Reasonable accommodations will be made with prior arrangements .

All classes and programs are subject to change.