



Lincoln Heights Senior Center

2323 Workman St LA CA 90031

Weekly Schedule/Horario Semanal

OCT-DEC 2025

(323) 225-9339



Monday / Lunes

CAFE, TE Y ARTE
FREE - GRATIS
9am-10am

Art & Book Club/
Club de lectores y arte
\$5.00 8 weeks / semanas
12pm-1:30pm

Karaoke and Dancing
FREE - GRATIS
12:30pm-2:00PM
No clase 7/22/25

Sewing Class /
Clases de Costura
\$5.00 8 weeks / semanas
2:00pm-3:00pm

Tuesday / Martes

Loteria
.25 CENTS CARD -
TARJETAS .25 CENTOS
10am-11am

CAFE, TE Y ARTE
FREE - GRATIS
12pm-1pm

Open play
Ping Pong/Putting
12pm-2pm

Open play
Ping Pong/Putting
12pm-2pm

Wednesday / Miercoles

CAFE, TE Y ARTE
FREE - GRATIS
8:30am-12:00pm

Chair Yoga / Yoga en silla
\$5.00 8 weeks / semanas
9:15am-10:15am

Dicho al Hecho board game
FREE - GRATIS
12pm-1pm

Clase de Ingles
FREE - GRATIS
10am-11am

Sewing Class /
Clases de Costura
\$5.00 8 weeks / semanas
1:30pm-2:30pm

Thursday / Jueves

Latin Dance Class & Chair
Exercise /
Clase de baile & ejercicios
de silla
\$5.00 8 week/semanas
9am-10am

Loteria
.25 CENTS CARD -
TARJETAS .25 CENTOS
10am-11am

Art & Book Club/
Club de lectores y arte
\$5.00 8 weeks / semanas
12pm-1pm

Friday / Viernes

Latin Dance & Chair Yoga /
Baile & ejercicios de silla
\$5.00 8 week/semanas
9am-10am

Computer & Cell Phones/
Computacion y Celulares
FREE - GRATIS
10:00am-10:45am

Art & Book Club/
Club de lectores y arte
\$5.00 8 weeks / semanas
11am-12:30pm

Special Events

1) October Dance
Martes Oct 28
Musica de DJ
12pm-3pm

2) Jueves Nov 20
Thurs Nov. 20
Celebration de
Thanksgiving
12pm-3pm

3)HOLIDAY
DANCE
12/16/25
12pm-3pm

Important Dates

Facility Closed
Holidays
Martes/Tues.
10/13/2025
Thurs.Fri
Jueves Viernes
11/27/25
11/28/25
Dec
Jueves 12/25/25

TRIPS

3)PASEO AL
UNION
STATION Y
CITY HALL
OCT 23 CON
MTA

EVERY DAY /
CADA DÍA

Library and Open Computer Lab /
Biblioteca abierta y computadores
10am-4:30pm

FREE LUNCH PROGRAM /
EL PROGRAMA DE ALMUERZO GRATIS
11am-12pm | Registration required / registracion obligatorio

REC & PARKS

Registration required
for all programming.
Schedule time and
dates subject to
change.

