

City of Los Angeles Department of Recreation & Parks <u>Mid-Valley Senior Citizen Center</u> 8801 Kester Ave. Panorama City, CA 91402 818 892 0892

Mid-Valley Senior Citizen Senior Citizen Center April/May 2024 Newsletter

April/May **Events**

Thursday 4/25 -Western Hoedown Thursday 5/2 -Cinco De Mayo Thursday 5/9 -Mother's Day

April 1st

Every First Monday of the Month is FOOD BANK pick-up. The boxes will be picked-up and distributed at the MVSCC Senior Center. What is not taken home by Friday will be given away. Unless you let us know.

Dates MVSCC Will Be Closed

Monday-5/27 Memorial Day

April/May Birthdays Celebrations April

4/5 Maria Macias 4/7 Amelia Rojas 4/13 Enemeregildo Quezada 4/25 Martha Arellano 4/29 Erlinda Aquilar May



5/9 Rosa Arellano 5/16 Aurora Gaite

Every third Thursday of the month.

April 18th & May 16th

Reminders

April 11th -11:30am-1:00pm-

Presentation

Healing Urban Barrios will be doing a Disaster Preparedness Presentation. They will explain how to be ready in case of a disaster or emergency. Prizes will be given away.

April 23 & May 28th-11:30 am-12:30pm Mental Health Wellness Series for Older Adults

April Topic- Good Sleep for Emotional Wellbeing May Topic-Hoarding

ALL PROGRAMS SUBJECT TO CHANGE OR CANCELLATION WITHOUT NOTICE. PERSONS WITH DISABILITES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS. REASONABLE ACCOMMODATIONS WILL MADE WITH PRIOR ARRANGEMENTS. PLEASE BE AWARE THAT SOME ACOMMODING TIONS MAY TAKE 30 DAYS OR LONGER. PLEASE SUBMIT YOUR REQUEST FOR AN ACCOMMIDATION AS SOON AS POSSIBLE.