

City of Los Angeles  
Department of Recreation & Parks  
**Mid-Valley Senior Citizen Center**

8801 Kester Ave. Panorama City, Ca, 91402  
818-892-0892

# November 2025



Monday

Tuesday

Wednesday

Thursday

Friday

3 **Social Hour & Coffee**  
9:00 AM - 10:30 AM  
**Tai Chi**  
10:30 AM - 11:30 AM  
**Loteria**  
12:00 PM - 3:30 PM

4 **Social Hour & Coffee**  
9:00 AM - 10:30 AM  
**Ballet Folklorico Cardio**  
10:30 AM - 11:30 AM  
**Loteria**  
12:00 PM - 3:30 PM

5 **Social Hour & Coffee**  
9:00 AM - 10:30 AM  
**Low Impact Chair Exercise**  
10:30 AM - 11:30 AM  
**Loteria**  
12:00 PM - 3:30 PM

6 **Social Hour & Coffee**  
9:00 AM - 10:30 AM  
**Loteria**  
10:30 AM - 11:30 AM  
12:00 PM - 3:30 PM

7 **Social Hour & Coffee**  
9:00 AM - 10:30 AM  
**Cooking Class**  
10:30 AM - 11:30 AM  
**Loteria**  
12:00 PM - 3:30 PM

10 **Social Hour & Coffee**  
9:00 AM - 10:30 AM  
**Tai Chi**  
10:30 AM - 11:30 AM  
**Loteria**  
12:00 PM - 3:30 PM

11  
**Veteran's Day  
CLOSED**

12 **Social Hour & Coffee**  
9:00 AM - 10:30 AM  
**Low Impact Chair Exercise**  
10:30 AM - 11:30 AM  
**Loteria**  
12:00 PM - 3:30 PM

13 **Social Hour & Coffee**  
9:00 AM - 10:30 AM  
**Loteria**  
10:30 AM - 11:30 AM  
12:00 PM - 3:30 PM

14 **Social Hour & Coffee**  
9:00 AM - 10:30 AM  
**Cooking Class**  
10:30 AM - 11:30 AM  
**Loteria**  
12:00 PM - 3:30 PM

17 **Social Hour & Coffee**  
9:00 AM - 10:30 AM  
**Tai Chi**  
10:30 AM - 11:30 AM  
**Loteria**  
12:00 PM - 3:30 PM

18 **Social Hour & Coffee**  
9:00 AM - 10:30 AM  
**Ballet Folklorico Cardio**  
10:30 AM - 11:30 AM  
**Loteria**  
12:00 PM - 3:30 PM

19 **Social Hour & Coffee**  
9:00 AM - 10:30 AM  
**Low Impact Chair Exercise**  
10:30 AM - 11:30 AM  
**Loteria**  
12:00 PM - 3:30 PM

20 **Social Hour & Coffee**  
9:00 AM - 10:30 AM  
**Birthday Celebration**  
11:30 AM - 1:00 PM  
**Aurora: Senior Information**  
11:30 AM - 12:00 PM  
**Loteria**  
10:30 AM - 11:30 AM  
1:00 PM - 3:30 PM

21 **Social Hour & Coffee**  
9:00 AM - 10:30 AM  
**Cooking Class**  
10:30 AM - 11:30 AM  
**Loteria**  
12:00 PM - 3:30 PM

24 **Social Hour & Coffee**  
9:00 AM - 10:30 AM  
**Tai Chi**  
10:30 AM - 11:30 AM  
**Loteria**  
12:00 PM - 3:30 PM

25 **Social Hour & Coffee**  
9:00 AM - 10:30 AM  
**Ballet Folklorico Cardio**  
10:30 AM - 11:30 AM  
**Thanksgiving Feast Party**  
11:30 AM - 1:00 PM  
**Loteria**  
1:00 PM - 3:30 PM

26 **Social Hour & Coffee**  
9:00 AM - 10:30 AM  
**Low Impact Chair Exercise**  
10:30 AM - 11:30 AM  
**Loteria**  
12:00 PM - 3:30 PM

27  
**Thanksgiving  
Day  
CLOSED**

28  
**CLOSED**

BIRTHDAY  
CELEBRATION!  
On Thursday  
11/20/2025  
&  
Thanksgiving Feast  
Party  
11/25/2025

HAPPY  
BIRTHDAY

11/13 Cynthia Paz  
11/16 Ramona Lujano  
11/19 Lydia Arca  
11/26 Majorie Fortuna

Wishing you a  
Thanksgiving filled  
with love, laughter,  
and cherished  
memories

**Vic Meal Program**

**Served Monday to Friday**

First come, first serve basis  
11:30 AM - 12:00 PM

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

