

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



2025

OCTOBER



HAPPY
 HALLOWEEN

Monday

Tuesday

Wednesday

Thursday

Friday

Vic Meal Program
Served Monday to Friday
 11:30 AM - 12:00 PM

¹ **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

² **Social Hour & Coffee**
 9:00 AM - 10:30 AM
Loteria
 10:30 AM - 11:30 AM
 12:00 PM - 3:30 PM

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

⁸ **Social Hour & Coffee**
 9:00 AM - 10:30 AM
Loteria
 10:30 AM - 11:30 AM
 12:00 PM - 3:30 PM

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

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

¹³
Closed

¹⁴ **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

¹⁵ **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

¹⁶ **Social Hour & Coffee**
 9:00 AM - 10:30 AM
Loteria
 10:30 AM - 11:30 AM
 1:00 PM - 3:30 PM
Birthday Celebration
 11:30 AM - 1:00 PM

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

²⁰ **Social Hour & Coffee**
 9:00 AM - 10:30 AM
Tai Chi
 10:30 AM - 11:30 AM
Loteria
 12:00 PM - 3:30 PM

²¹ **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

²² **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

²³ **Social Hour & Coffee**
 9:00 AM - 10:30 AM
Aurora: Senior Information
 11:30 AM - 12:00 PM
Loteria
 10:30 AM - 11:30 AM
 12:00 PM - 3:30 PM

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

²⁷ **Social Hour & Coffee**
 9:00 AM - 10:30 AM
Tai Chi
 10:30 AM - 11:30 AM
Loteria
 12:00 PM - 3:30 PM

²⁸ **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

²⁹ **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

³⁰ **Social Hour & Coffee**
 9:00 AM - 10:30 AM
Loteria
 10:30 AM - 11:30 AM
 1:00 PM - 3:30 PM
Halloween Party
 11:30 AM - 1:00 PM

³¹ **Social Hour & Coffee**
 9:00 AM - 10:30 AM
Cooking Class
 10:30 AM - 11:30 AM
Loteria
 12:00 PM - 3:30 PM

BIRTHDAY'S CELEBRATION!
 On Thursday 10/16/2025
 &
 Halloween Party
 10/30/2025

Birthdays for the month of
 October
 10/15 Freddy



Join us if you dare for a
 Halloween scare...Wear a
 costume and join us for
 our Halloween party!!
 Spooky season is here!
 Get ready for a month
 full of tricks, treats, and
 let the ghouls roll!

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.

