CITY OF LOS ANGELES
Karen Bass, Mayor
Eunsses Hernandez, Councilmember, Council District 1

Department of Recreation and Parks
Board of Commissioners
Renata Simril, President
Luis Sanchez, Vice President
Tafarai Bayne, Member
Fiona Hutton, Member
Benny Tran, Member

Recreation and Parks Administration
Jimmy Kim, General Manager
Matthew Rudnick
Executive Officer and Chief of Staff
Belinda Jackson, Assistant General Manager, Recreation Services Branch
Brenda Aguirre, Assistant General Manager, Special Operations Branch
Cathie Santo-Domingo, Assistant General Manager, Planning, Construction & Maintenance Branch

Metro Region
Anita Meacham, Superintendent
Javier Solis, Superintendent, Park Maintenance Division
Kimberly Simonet, Principal Recreation Supervisor II
Ramon Cerrillos, Principal Recreation Supervisor II
Sharon Nishihara, North District Supervisor

Montecito Heights Senior Citizen Center
Beatrice Estrada, Recreation Facility Director

Recreation Staff & Instructors
Maria Mata, Alicia Ortega, Brenda Argumaniz, Ana Salas, Jose Vera

City of Los Angeles
Department of Recreation and Parks
Metro Region-North District

MONTECITO HEIGHTS
SENIOR CITIZEN CENTER

FALL /OTOÑO
2023

4545 Homer Street
Los Angeles, CA. 90031
Phone: (213) 485-8550
Website: www.laparks.org

“The classes and programs in this brochure may be subject to change or cancellation.”
"Las clases y programas en este folleto pueden ser sujetos á cambio o cancelación"
GENERAL INFORMATION / INFORMACION GENERAL

CENTER HOURS / HORARIO DEL CENTRO
Monday—Friday / Lunes a Viernes
9:00 a.m.—4:00 p.m.
Saturday—Sunday / Sabado y Domingo
CLOSED / CERRADO

DATES TO REMEMBER / FECHAS PARA RECORDAR
♦ Indigenous People’s Day—October 9, 2023
♦ Veterans Day—November 10, 2023
♦ Thanksgiving—November 23-24, 2023
♦ Christmas Day—December 25, 2023
CLOSED / CERRADO

“Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements.”

“Personas con discapacidades son bienvenidas a participar en nuestros programas. Se haran acomodaciones razonables con aviso previo.”

PAYMENT INFORMATION / INFORMACION SOBRE PAGOS
Cash, check, and money order payments are accepted. Cash payments must be made in exact amount only. Please make check / money order payable to:
“City of Los Angeles”
A collection fee will be charged for each returned check. Pagos con dinero en efectivo, cheques, y giros son aceptados. Pagos en efectivo deben ser en la cantidad exacta. Pagos con cheques deben ser hechos a:
“City of Los Angeles”
Se cobrara una quota por cheques sin fondos

Refund Policy / Poliza de Reembolso
“Full refunds are only issued when the Senior Center cancels the activity. A 15% cancellation fee is assessed for all refunds.
“Reembolso completo solo se hara si el Centro cancela la actividad. Una multa de 15 % de costos administrativos.

OUR PARK ADVISORY BOARD NEEDS YOU!
A Park Advisory Board is a group of patrons who are interested in improving and increasing programs at the center as well as working with the parks staff in an advisory capacity for the betterment of Montecito Heights Senior Citizen Center. We are accepting applications, if you are interested in being apart of a dynamic team that assist the recreation staff in their journey of meeting the needs of the community, please contact the center at (213) 485-8550 for more information.
GENERAL INFORMATION / INFORMACION GENERAL

FACILITY RENTAL / RENTAR EL SALON
For information about available space and for obtaining a permit you can call 213-485-8550 or come in to the main office. An APPLICATION FOR USE OF FACILITIES must be filled out, and fees paid, a minimum of one month prior to desired date of event.

Para obtener información sobre espacio disponible y para obtener un permiso pueden llamar al 213-485-8550 o entrar a la oficina principal. Una SOLICITUD DE USO DE LAS INSTALACIONES debe ser cumplimentada, y hacer el pago, un mínimo de un mes con anticipo de la fecha del evento.

ALL PERMITS REQUIRE INSURANCE. TODOS LOS PERMISOS REQUIEREN SEGURO

*ROOM FEE / CUOTA DEL CUARTO:
(50 person/max): $25 per hour / por hora
(100 person/max) $40 per hour / por hora
(10+ person/as) $70 per hour / por hora

*KITCHEN RENTAL / RENTAR LA COCINA: $75.00

*REFRESHMENT FEE / CUOTA DE REFRIGERIO: $25.00

*STAFF FEE /PERSONAL: $30.00 per hour / por hora

*TABLES/MESAS:
(9 or less/ 9 o menos) = $100
(10 or more / 10 o mas) = $125

*CHAIRS/ SILLAS:
(Less than 100/ menos de 100) = $75
(100 or more 100 o mas) = $125

*CLEAN UP/BREAKAGE REFUNDABLE DEPOSIT /
DEPOSITO REEMBOLSABLE DE LIMPIAR O ROTURAS:
THE SALE, SERVING AND CONSUMPTION OF ALCOHOLIC BEVERAGES IS NOT PERMITTED
NO SE PERMITE VENDER, SERVIR O CONSUMIR BEBIDAS ALCOHÓLICAS.

MONTECITO HEIGHTS SENIOR CITIZEN CENTER STAFF
Beatrice Estrada – Facility Director
Recreation Assistants:
BMaria Mata, Alicia Ortega, Ana Salas, Brenda Argumaniz

REFERENCE PHONE NUMBERS / NUMEROS DE TELEFONO DE REFERENCIA
Council District 1, Councilmember Eunisses Hernandez
(213) 473-7001

Department of Aging
Departamento de Envejecimiento………………….(213)482-7252

LAPD—Hollenbeck Police Division
Division de Policía del Hollenbeck…………………(323) 342-4100

Social Security (24-hour service)
Seguro Social (servicio de 24 horas)…………….(800) 772-1213

Mexican American Opportunity Foundation………..(323) 890-1555

Arroyo Seco Neighborhood Council ………..(323) 418-2762

Montecito Heights Recreation Center …………..(213) 485-5148

Lincoln Heights Senior Center………………..(323) 225-9339

Cityride: ………………………………………………(323) 666-0895

MAOF Transportation Assistant Program ………..(323)526-9344

ACCESS Services …………..(800)827-0829 / (877)640-3278

Taxi Cab Service / LA Taxi …………..…………….(323)221-0004

Our mission is to contribute to creating balance by providing quality recreational services and programs to our residents and visitors by providing facilities to the general population, especially youth, seniors and to all our special needs.
**LUNCH / ALMUERZO**

**MEXICAN AMERICAN OPPORTUNITY FOUNDATION LUNCH PROGRAM**

Hot & Cold meals are provided for lunch only on Wednesdays & Fridays between the hours of 11:00 a.m.—12:00 p.m. Donation: $2.00

**PROGRAMA DE ALMUERZO POR LA FUNDACIÓN DE OPORTUNIDAD DE MEXICANO AMERICANOS**

Se sirven comidas frías y calientes para el almuerzo solamente los miércoles y viernes entre las 11:00 a.m.—12:00 p.m. Donación: $ 2.00

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**FALL - ACTIVITY SCHEDULE**

**CHAIR EXERCISE / EJERCICIO DE SILLA**

This class provides easy movements and stretches, It also enhances your endurance, balance, strength and flexibility. Workout at your own pace.

Esta clase proporciona movimientos y estiramientos fáciles. y mejoras en la resistencia, el equilibrio, la fuerza y la flexibilidad. Trabaja a tu propio ritmo

**MONDAYS / LUNES y TUESDAYS / MARTES**

**OCTOBER 16—DECEMBER 18**

9:30A.M. - 10:30A.M.

**FREE / GRATIS**

**SPONSORED BY MAOF**

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**FALL SPECIAL EVENTS AT A GLANCE**

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>TIME</th>
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<tbody>
<tr>
<td>October 27th</td>
<td>Halloween event</td>
<td>11AM-2PM</td>
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<tr>
<td>November 14th</td>
<td>Movie Matinee: A Million Miles Away</td>
<td>12:30PM</td>
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<tr>
<td>December 12th</td>
<td>Movie Matinee: T.B.A.</td>
<td>12:30PM</td>
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**VOLUNTEER INFORMATION**

Montecito Heights Senior Citizen Center is looking for motivated volunteers who are interested in teaching a class and/or helping with special events. All volunteers must be LIVESCANT which consist of Fingerprint and a background check is required by the Department of Recreation & Parks. For additional information, please contact the office at (213)485-8550.
ADULT EXCURSIONS / EXCURSIONES PARA ADULTOS

Do you want to break free from the routine for a while? How about a trip? ¿Quieres liberarte de la rutina por un tiempo? ¿Qué tal un viaje?

2023 FALL TRIP SCHEDULE

<table>
<thead>
<tr>
<th>DATE</th>
<th>TRIP</th>
<th>PRICE</th>
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<tbody>
<tr>
<td>October 2, 2023</td>
<td>Aquarium of the Pacific</td>
<td>$5.00</td>
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<td></td>
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<td>Bring money to</td>
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<tr>
<td>December 17, 2023</td>
<td>Christmas Spectacular at The Soraya - CSU</td>
<td>$45.00</td>
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<tr>
<td></td>
<td>Northridge 3:00pm</td>
<td>Payment due by November 6</td>
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<td></td>
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<td>Spaces limited</td>
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¿Qué tal un viaje?

SMARTPHONE FOR SENIORS

Keep connected to family and friends Manténgase conectado con familia y amigos

TUESDAYS / MARTES
October 3—November 28
1:00 P.M. - 2:00 P.M.
COST/COSTO: $5.00

SOCIAL HOUR CAFÉ / CAFÉ DE LA HORA SOCIAL

Good ideas start with coffee.
If you enjoy classic board games, playing cards, puzzles, making new friends and socializing.
Las buenas ideas comienzan con el café.
Si te gusta jugar juegos de mesa clásicos, jugar a las cartas, hacer puzzles, Conocer nuevos amigos y socializar.

TUESDAYS / MARTES
October 3—November 28
2:00 P.M. — 3:00 P.M.
FREE/GRATIS

BINGO

Join us for a day of bingo, socializing and prizes. Únase con nosotros para un día de bingo, socialización y premios.

WEDNESDAYS / MIERCOLES
October 4—December 6
10:00 A.M. - 12:00 P.M.
SEWING & KNITTING

**CONNECTION**

Work at your own pace and share your techniques in this fun and social environment. Must provide own materials.

Trabaja a tu propio ritmo y comparte tus técnicas en este ambiente divertido y social. Debe traer sus propios materiales.

**TUESDAYS / MARTES: SEWING/ DE COSER**

11:00A.M. — 12:00P.M.

**WEDNESDAYS / MIERCOLES: KNITTING / TEJIDO DE PUNTO:** 11:00A.M. — 12:00P.M.

**OCTOBER 4—DECEMBER 6**

11:00A.M. — 12:00P.M.

**COST/COSTO:** $5.00 / 8 WKS.

FOLKLORICO

Come dance folklorico learn traditional Mexican cultural dances. Bring your own shoes and skirt to practice.

Ven bailar folklorico aprende bailes culturales estradicionales Mexicanos. Trae tus propios zapatos y falda alapráctica.

**WEDNESDAYS / MIERCOLES**

**OCTOBER 4—DECEMBER 6**

12:00P.M. — 2:00P.M.

FREE / GRATIS

CERAMICS / CERAMICA

Participants will learn texturing, painting the clay and the functions of glazing. Must provide own materials.

Los participantes aprenderán texturizar, pintar la arcilla y las funciones del acristalamiento. Debe proporcionar materiales propios.

**THURSDAYS / FRIDAYS**

**JUEVES / VIERNES**

**OCTOBER 5—DECEMBER 8**

10:00A.M. — 12:00P.M.

**COST/COSTO:** $5.00 / 8 WEEKS

MUSIC CLUB / CLUB DE MUSICA

Do you like to sing, play an instrument or just like to listen to music. Come and socialize on Fridays.

¿Te gusta cantar, tocar un instrumento o simplemente escuchar música? Ven y socializa los viernes.

**FRIDAYS / VIERNES**

10:00 A.M. — 1:00 P.M.

FREE / GRATIS

Sign-up Now!