



City of Los Angeles Department of Recreation and Parks  
 North Hollywood Senior Center  
 5301 Tujunga Ave. North Hollywood, C.A. 91606  
 Man Office: (818)487-6971 Rec. Center Office: (818)763-7651



# Spring Classes

Programs run from April 1 to June 30  
 Adult Ages 50+

ACTIVITY	DAY	TIME	FEE
Badminton	Monday	9:30am - 12:30pm	\$3 a class
Walk & Tone	Monday	10:00am - 11:00am	FREE
Mingle & Color	Monday	12:00pm - 2:00pm	FREE
Life with Tech	Monday	2:00pm - 3:00pm	FREE
Scrapbook Class	Monday	3:00pm - 4:00pm	\$1 a class
Art Class	Tuesday	9:30am - 11:00am	\$4 a class
Power Yoga	Tuesday	11:00am - 12:00pm	\$4 a class
Tai Chi Self Defense	Tuesday	12:00pm - 1:00pm	\$4 a class
Puzzle & Socialize	Tuesday	1:00pm - 3:00pm	FREE
Danza Mexica/Aztec Dance	Tuesday	7:00pm - 9:00pm	\$1 a class
Badminton	Wednesday	9:30am - 12:30pm	\$3 a class
Walking Exercise	Wednesday	9:00am - 10:00am	FREE
Line Dancing	Wednesday	10:00am - 12:00pm	\$5 a month <small>(IN CLASS THE MONTH OF APRIL)</small>



Programs run from April 1 to June 30 Adult Ages 50+

ACTIVITY	DAY	TIME	FEE
Board Games Class	Wednesday	12:00pm - 2:00pm	FREE
Book Class	Wednesday	2:00pm - 3:00pm	FREE
Karaoke	Wednesday	3:00pm - 4:00pm	FREE
Art Class	Thursday	9:30am - 11:00am	\$4 a class
Power Yoga	Thursday	11:00am - 12:00pm	\$4 a class
Tai Chi	Thursday	12:00pm - 1:00pm	\$4 a class
Checkers & Chess	Thursday	1:00pm - 2:00pm	FREE
Languages & Cultures Club	Thursday	2:00pm - 3:00pm	FREE
Mexican Rhythms, Music & Song	Thursday	7:00pm - 9:00pm	\$1 a class
Badminton	Friday	9:30am - 12:30pm	\$3 a class
Walk & Chat	Friday	10:00am - 11:00am	FREE
Power Yoga	Friday	11:00am - 12:00pm	\$4 a class
Tai Chi Self Defense	Friday	12:00pm - 1:00pm	\$4 a class
Knitting & Crocheting	Friday	1:00pm - 2:00pm	\$3 a class
Origami	Friday	2:00pm - 3:00pm	\$3 a class
Clay	Friday	3:00pm - 4:00pm	\$3 a class

**ALL PROGRAMS/CLASSES ARE SUBJECT TO CHANGE AND OR BE CANCELED WITHOUT PRIOR NOTICE**