Winter 2020

Hours of Operation:
Monday-Friday 9:00am - 5:00pm
Saturday-Sunday Closed (Available by permit only)
*Closed all holidays (January 1, 2020; February 17, March 30)

- Programs are open to any individual 50 years and “better”!
- Donations accepted for all activities. Full refunds are only issued when the recreation center cancels the activity. A 15% cancellation fee is assessed for all refunds. After the first day of a session, the recreation center issues a partial refund to patrons withdrawing from the activity.
- Volunteers welcome and must be fingerprinted (no charge).
- Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements.
- All participants must complete a registration form before participating in activities.
- The classes and programs in this brochure are subject to cancellation.
### Important Phone Numbers

- **Department of Aging MPC Paratransit**  
  (213) 252-4030

- **Department of Aging**  
  www.aging.lacity.org  
  (213) 482-7252

- **Department on Disability**  
  www.disability.lacity.org  
  (213) 202-2764

- **CityRide**  
  www.ladottransit.com/other/cityride  
  (818) 908-1901

- **Access Services**  
  www.accessla.org  
  (800) 827-0829

- **Valley Intercommunity Council (VIC)**  
  (818) 981-1284

- **Sunland Recreation Center**  
  (818) 352-5282

- **Alicia Broadous-Duncan Multipurpose Senior Center**  
  (818) 834-6100

- **Robert M. Wilkinson Multipurpose Senior Center**  
  (818) 885-5144

- **Film Permit Office**  
  (323) 644-6220

- **Council District 7 Monica Rodriguez**  
  (818) 352-3287

- **LAPD Foothill Station**  
  (818) 756-8861

- **LAPD Security Services**  
  (213) 978-4670

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**Classes and Activities**

- **O - Ongoing**
- **S - Session runs January 6-March 14**

<table>
<thead>
<tr>
<th>DAY/TIME</th>
<th>TIME</th>
<th>CLASS/ACTIVITY</th>
<th>INSTRUCTOR</th>
<th>DONATION PER CLASS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td>10-11AM</td>
<td>50+ EXERCISE (O) Guided movement and strength drills to stay fit</td>
<td>VIDEO LED</td>
<td>$1</td>
</tr>
<tr>
<td></td>
<td>2:30-3:30PM</td>
<td>BADMINTON (S) Learn and practice the sport of Badminton for all levels</td>
<td>ADRIA D.</td>
<td>$1</td>
</tr>
<tr>
<td><strong>TUESDAY</strong></td>
<td>10-11AM</td>
<td>OUTDOOR FITNESS (S) Walk, move and use outdoor fitness equipment donated by LA Parks Foundation</td>
<td>ADRIA D.</td>
<td>$1</td>
</tr>
<tr>
<td></td>
<td>10-11AM</td>
<td>MEDITATION (O) Learn to relax and focus your mind on the present</td>
<td>MS. O</td>
<td>$1</td>
</tr>
<tr>
<td></td>
<td>12-1:30PM</td>
<td>LINE DANCE (O) Learn country line dances for all levels by instructor</td>
<td>MIKE B.</td>
<td>$5</td>
</tr>
<tr>
<td><strong>WEDNESDAY</strong></td>
<td>2:30-4PM</td>
<td>CANDLE MAKING (S) Learn basic candle making techniques. Supplies include candle tin, wick, 12oz wax and essential oil.</td>
<td>MS. O</td>
<td>$5</td>
</tr>
<tr>
<td><strong>THURSDAY</strong></td>
<td>10-11AM</td>
<td>MEDITATION (O)</td>
<td>MS. O</td>
<td>$1</td>
</tr>
<tr>
<td></td>
<td>10-11AM</td>
<td>BEGINNING YOGA (S) Learn basic yoga and stretching techniques to build strength.</td>
<td>ADRIA D.</td>
<td>$1</td>
</tr>
<tr>
<td></td>
<td>1230-130PM</td>
<td>COMPUTER BASICS (S) Explore using a PC with Windows 7.</td>
<td>MS. O</td>
<td>$1</td>
</tr>
<tr>
<td></td>
<td>130-230PM</td>
<td>PICKLEBALL (S) Enjoy a game of pickleball.</td>
<td>ADRIA D.</td>
<td>$1</td>
</tr>
<tr>
<td><strong>FRIDAY</strong></td>
<td>10-11AM</td>
<td>50+ EXERCISE (O)</td>
<td>VIDEO LED</td>
<td>$1</td>
</tr>
<tr>
<td></td>
<td>12-1:30PM</td>
<td>LINE DANCING (O) Design your own greeting cards and other paper crafts</td>
<td>MIKE B.</td>
<td>$5</td>
</tr>
<tr>
<td></td>
<td>1-2pm</td>
<td>CARDS &amp; CRAFTS (S)</td>
<td>ADRIA D.</td>
<td>$1</td>
</tr>
</tbody>
</table>

Participation in fitness classes involves varying degrees of accidental injury risks. The City of Los Angeles Department of Recreation and Parks is not responsible for any injury to any person suffered while participating in fitness classes. Each adult certifies upon registration that he/she is physically capable of participating in a class. RAP recommends every participant speak with a physician prior to participating in exercise classes.

"Achieving gender equity through a continuous commitment to girls and women in sports"
COMMUNITY NEWS

Sunland-Tujunga Neighborhood Council
Meets 2nd Wednesday of the month
6:30pm - Locations vary
See stnc.org for more information

Sunland Neighborhood Watch
Meets 3rd Monday of the month
9am Foothill Starbucks
or 3rd Tuesday of the month
6pm at Foothill Library
LAPD Sr. Lead Officer Contreras
For More Information

Community Police Advisory Board
Meets 2nd Thursday of the month 6pm
12953 Branford St Pacoima 91331

Sunland Park Advisory Board
See Director Nichole Royer for more information.

FREE ONGOING DROP IN ACTIVITIES

MOVIES IN THE LOUNGE      MON-FRI    1-5PM
Pick from a library of movies to enjoy in comfort.

COUPON CLIPPERS           MON       10-11AM
Bring in weekly ads with coupons to clip and exchange with others.

OPEN KARAOKE              MON       1230-2PM
Come sing your heart out and practice your skills in a fun group.

CHESS CHALLENGERS        TUE       1-2PM
From novice to expert, come enjoy some friendly competition in chess.

CARD GAME HOUR           THU       1-2PM
A time to learn and play card/table games and socialize. Games TBA weekly.

BOOK CLUB                FRI       10-11AM
If you love to read, come share with other readers and discuss the latest reads.

BUNCO                    FRI       1:30-3PM
An easy to play dice game among friends to pass the time. Prizes awarded.

PUZZLES, GAMES AND BOOKS AVAILABLE DAILY

SENIOR CLUBS

SUNLAND KNIT AND CROCHET CLUB
MEETS THURSDAYS 11AM-1PM
BRING YOUR KNIT AND CROCHET PROJECTS TO WORK ON IN A GROUP
ENVIRONMENT. OPEN TO ALL LEVELS. EXPERIENCED MEMBERS ARE
AVAILABLE TO OFFER ADVICE, INSTRUCTION OR JUST TO SHARE.
CLUB HOSTS CRAFT BOUTIQUE FIRST FRIDAY OF EVERY MONTH 12:00-3:00PM.

SUNLAND BINGO CLUB
MEETS WEDNESDAYS 12:30-2:30PM
.25 PER CARD
COME ENJOY BINGO FOR THE CHANCE TO WIN GROCERY GIFT CARDS. LICENSED BY LOS ANGELES POLICE COMMISSION.
**HOT LUNCH**

Nutritious Hot Lunch  
Monday - Friday  
11:30AM - 12:30PM

Seniors age 60+ $2.50 Donation  
All others $8.19

See Nutrition staff to register the first time you dine.  
*Menu available upon request*

Program run by Valley Intercommunity Council.  
For more information and for Home Delivered meals contact (818) 400-0602

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**SPECIAL EVENTS**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Time</th>
<th>Details</th>
</tr>
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<tbody>
<tr>
<td>SENIOR MASTERY CLASSES</td>
<td>1/29-4/1 (WED.) 10-11AM</td>
<td>Series of educational workshops ranging from financial to managing medication</td>
</tr>
<tr>
<td>UNDERSTANDING ALZHEIMER’S</td>
<td>JANUARY 31 10-11AM</td>
<td>A free education program presented by the Alzheimer’s Association.</td>
</tr>
<tr>
<td>MIND READER SHOW</td>
<td>FEBRUARY 12 1030-1130AM</td>
<td>Participate in a performance by a mind reader.</td>
</tr>
<tr>
<td>VALENTINE’S DAY PARTY</td>
<td>FEBRUARY 14 10AM-12PM</td>
<td>Celebrate with friends, refreshments, door prizes and a show by “Dance Now”.</td>
</tr>
<tr>
<td>KNITTING BOUTIQUE</td>
<td>JAN 3, FEB 7, MAR 6 12PM-3PM</td>
<td>A variety of crafts from sewn to jewelry on sale for community. Proceeds go to the Sunland Knit and Crochet Club for operational expenses and service projects.</td>
</tr>
<tr>
<td>BIRTHDAY CELEBRATIONS</td>
<td>JAN 15, FEB 19, MAR 18 11AM</td>
<td>Birthdays are special! Let’s celebrate those having birthdays with a cake and fun activities.</td>
</tr>
<tr>
<td>FIELD TRIPS (space limited, locations TBA)</td>
<td>JAN 30, FEB 27, MAR 26 10AM-3PM</td>
<td>Van will transport those signed up to different locations.</td>
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**COMING SPRING 2020**

<table>
<thead>
<tr>
<th>Event</th>
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<tbody>
<tr>
<td>Spring Class Registration</td>
<td>March 2</td>
</tr>
<tr>
<td>Spring Class Session</td>
<td>April 13-June 26</td>
</tr>
<tr>
<td>Spring Celebration</td>
<td>April 9</td>
</tr>
<tr>
<td>Mother’s Day Celebration</td>
<td>May 7</td>
</tr>
<tr>
<td>Father’s Day Celebration</td>
<td>June 18</td>
</tr>
</tbody>
</table>