

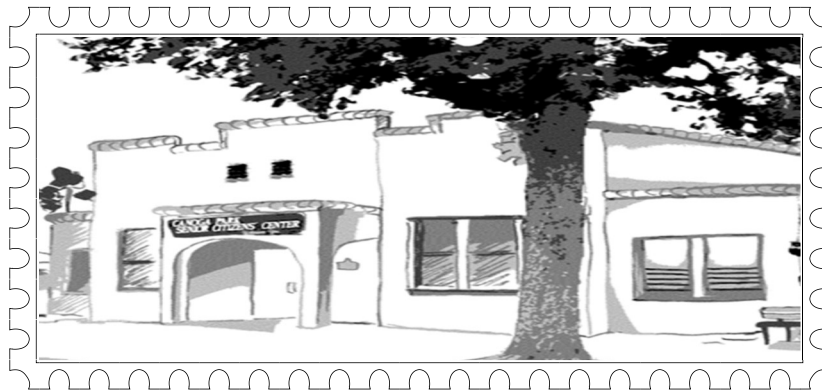
City of Los Angeles
Department of Recreation and Parks
Canoga Park Senior Citizen Center Stop 641-1
7326 Jordan Ave.
Canoga Park, CA 91303

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City of Los Angeles Department of Recreation & Parks
APRIL through JUNE 2024



Happy
Mother's
Day



Happy
Father's
DAY



Canoga Park Senior Citizen Center

7326 Jordan Ave., Canoga Park, CA 91303
Phone: 818.340.2633 www.laparks.org



PARK PROUD LA!

APRIL 2024 through JUNE 2024

Classes and Activities offered-updated
(All classes subject to change and updates)

means that \$1 of your class donation goes to helping your Senior Center



Mondays: Sr. Parkin' Walk Up Pantry, 9:30am to 10:30am (Start/end times are approximate.)

Park your vehicle in designated stalls. Walk/line up only on south wall of building for pantry distribution. When you arrive, make sure to sign in with staff. Names will be called from the list for pantry pick up. (No pantry 5/27)

Tap Dance, 10:00am to 11:00am

Come join Neena for fun filled Tap dance exercise, \$1 donation, bring your own water (no class 5/27)

Sit, Stitch, and Crochet Club, 1:00pm to 2:00pm

Join us for a relaxing hour of stitching, talking, and exchanging patterns. (no club meeting 5/27)

Beginning/Intermediate Line Dance, 2:00pm to 3:30pm

Participants bring their own water, \$1 donation, Enjoy fun dance instruction with lively music! (No class 5/27)

Tuesdays: Beginning Line Dance with Sylvia, 9:00am to 10:30am

Participants bring their own water, \$1 donation, come enjoy fun dance instruction with lively music!

Sit & Fit or Chair Salsa, 10:45am to 11:30am

Staff will lead you in a great exercise routine using sitting, upper body moves, Participants bring their own water, \$1 donation, Keep your exercise lively and fun

Yoga for Life, 12:45pm to 1:45pm (new time)

Our instructor, Radha, will lead your exercise routine using yoga poses, sitting, upper body moves. Chair adaption available. Participants bring their own water, \$1 donation.

Wednesdays: Sit & Fit, Yoga, or Chair Salsa, 9:30am to 10:30am

Staff will lead you in a great exercise routine using sitting, upper body moves, and yoga techniques. Participants bring their own water, \$1 donation. Make your exercise lively and fun! Held in lounge area. (No class 6/19)

Beginning/Intermediate Line Dance, 9:30am to 11:00am

Participants bring their own water, \$1 donation, come enjoy fun dance instruction with lively music! Beginning (no class 6/19)

BINGO, 1:00pm to 2:30pm

Pre-Selected cards are 4 for \$1.00 max, Participants bring their own water, recreational Bingo game (no Bingo 6/19)

Lego Builders 3:00pm to 4:00pm

Have fun and use your lego brain skills to build a simple locking brick project. First build will be provided. Participants bring their own water, \$1 donation (no class 6/19)

Thursdays: BINGO, 10:00am to 11:30am

Pre-Selected cards are 4 for \$1.00 max, Participants bring their own water, recreational Bingo game

Ukulele, 12:45pm to 2:15pm

Participants must bring their own instrument, beginners welcome, Participants bring their own water, \$1 donation

Advanced Line Dance with Sylvia, 2:45pm to 4:15pm

Instructor approval required prior to class, materials fee of \$5 pd to instructor, Participants bring their own water \$1 donation

Computer & Technology Skills - Thursday, 1:30pm-3:30pm

Learn basics of computer use including email, browsing, and online use and apps. Omega is here to help you navigate the internet. Please bring paper if you need to print multiple pages. \$1 donation, Sorry-no water or food allowed in BTOP Lab

Fridays: Beginning Line Dance with Kathy, 9:30am to 11:00am

Participants bring their own water, \$1 donation, Come enjoy fun dance instruction with lively music! Beginning level

Adult Art, 12:30am thru 1:45pm

Explore a variety of art mediums while letting your creative side blossom. Go at your own pace. Projects will be supplied. Participants bring their own water, \$1 donation

Folk Dance, 2:00pm to 4:15pm

Instructor evaluation required prior to joining class, Participants bring their own water, \$1 donation, Come dance to Folk music & steps from around the world. All skill levels welcome!

Mah Jong Clinic, in lounge, 12:30pm to 3:00pm (or until game play ends-normal business hours)

Join us for an informal clinic to learn the fun game of Mah Jong. No pressure here. You can watch the game, get a feel for how to play, ask questions about rules and instruction, play Mah Jong, and/or have a blast \$1 donation, participants bring your own water.

IN THE WORKS....Book Club, Senior Acting, Life Writing

Billiards DAILY Monday thru Friday - 9:00am to 4:00pm Open play

Participants bring their own water, \$1 donation, maximum of 6 participants, no billiards on Fridays 12:00pm to 4:00pm
(Facility is closed 1/1, 1/15, 2/19, 3/25 and as noted)

Open BTOP Lab - Tuesdays , 1:30pm-3:30pm

Computer use on your own. Please bring paper if you need to print multiple pages

Salute to Recreation Senior Dance is BACK!
Friday, May 3rd, doors open at 5:00pm

We are so excited to announce the return of the much loved Salute to Recreation Senior Dance at Northridge Recreation Center. This year's theme is "A Salute to Motown and Disco". Entrance fee is \$2.00 and includes dinner, dessert, & beverage along with dancing and live music. There will be raffles and FUN, FUN, FUN! We thank the participating esteemed Neighborhood Councils of CD 12, Councilman Lee's office and staff, BSA Troop 92, and the **Canoga Park Senior Club** for helping to make this wonderful event happen.

You don't want to miss this one!!



Mother's Day Flower Power
Friday, May 10th, all day

Come celebrate all Mothers with us on this special day. Raffles throughout the day and a flower for those special ladies in our lives who we call MOM. This is a great time to try out our popular beginning line dance or folk dance classes too. We look forward to seeing you here!

Father's Day Dance and Ice Cream Social Party
Friday, June 14th, 10:00am to 3:00pm



Join us for dancing with Giving Music and Ice Cream. Yummy!

What a great way to show the Dads how much they mean to us. Puzzles, Raffles, Dancing, & ice cream of course! Just what a Dad needs. ONEgeneration lunch is separate and on a first come, first served basis.



Learning Lunches

"Healthy Brain Habits", Tuesday, April 9th, 11:45am, (ONEgeneration nutrition is separate)

*****Renovation Project 2024*****

Our facility will be undergoing some much needed TLC consisting of a new roof, bathroom updates, and additional improvements starting mid-March 2024. Some of these improvements may require that we cannot be in the building. If temporary closures are required, we will post notices and do our best to inform you in advance. Thank you for your patience and understanding.

Registration is required for the facility and all activities.

Please see staff for registration form prior to attending any activity, class, event, or trip. Thank you

Senior Nutrition provided by ONEgeneration

Lunch Service -11:30am to 12:30pm, Daily Monday thru Friday

Good food & good times! Nutrition provided by ONEgeneration. Come join your friends for a hot meal or make new friends. Donation of \$3.00 for seniors 60+. Come speak with Alicia for more information.

Monthly menu available in-person or online at www.laparks.org
(go to "facilities", "senior centers", "Canoga Park Senior Center")

FUN!

Canoga Park Senior Citizens' Travel

Upcoming trips.....

California Science Center, April 24th, \$10 pp

Bus leaves at 9:00am, Returns 4:30pm



Must be registered at the center and a 2024 member of Canoga Park Senior Travel . Masks are strongly recommended.

Call 818-340-2633 and speak to our staff. Sign up must be in person to reserve a spot.

*Must be a member of Canoga Park Senior Citizens' Travel and registered at the center to attend trips. *
Travel Group for 2024 is \$5 for the calendar year. Center registration is no cost. Come travel with us!

CITY OF LOS ANGELES

Department of Recreation and Parks

Mayor: Karen Bass

Councilmember: Bob Blumenfield – 3rd District

Board of Recreation and Park Commissioners

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Luis Sanchez, Vice President

Fiona Hutton, Marie Lloyd, Benny Tran-Commissioners

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Cathie M. Santo Domingo, Assistant General Manager - Planning, Maintenance & Construction Branch

Brenda Aguirre - Assistant General Manager, Special Operations Branch

Laura Island - Principal Recreation Supervisor II

Juan Aynat– Principal Recreation Supervisor I

Cynthia Dib - West Valley District Recreation Supervisor

Canoga Park Senior Citizens' Center Staff

Kari Haseltine - Recreation Facility Director

Recreation Assistants - Omega Bennett, Cassidy Guilfoyle,

Georgette Lambey, Liberty Maxwell, Paula Rodriguez

Maintenance Staff

Renee Martinez– Park Maintenance Supervisor

Maria Sanchez, Maintenance Staff

2023 Senior PA Board

Lorry Reeves - President

Rosalie Rhodes - Secretary

Members– Cora Au, Maureen Moss, Mike Doot, William Munoz (ex-officio)

ONEgeneration Meal Program(satellite site)

Alicia Acosta, Site Manager

Call 818-705-2345 for Homebound & Grab and Go Meal Service

All classes and events offered are subject to unforeseen change and/or cancellation at any given time.

Payments are made by check or money order only. A collection fee will be charged for each check returned by the bank.

Department of Recreation and Parks refunds granted will be assessed a 15% fee. No full refunds will be issued unless a class/sports league/program is cancelled by the facility.

PlayLA Youth and Adaptive Youth Sports Program is made possible by the LA28 Olympic and Paralympic Games. Waivers available for those who qualify, ask for details.

Good Sportsmanship is Everyone's Responsibility. Be a Good Sport. The Department of Recreation and Parks is devoted to achieving gender equity through a continuous commitment to girls and women in sports.

Persons with disabilities are welcomed to participate in our classes and 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