



**CITY OF LOS ANGELES**  
Department of Recreation and Parks

**Metro Region –Griffith District**

# Las Palmas SENIOR CENTER

**1820 N. Las Palmas Ave. Los Angeles, CA 90028**  
**Phone: 323-465-7787**

Email: [laspalmas.seniorcenter@lacity.org](mailto:laspalmas.seniorcenter@lacity.org)  
Website: [www.laparks.org/scc/las-palmas](http://www.laparks.org/scc/las-palmas)

**Karen Bass**  
Mayor

**Hugo Soto-Martinez**  
Council Member, 13<sup>th</sup> District

**RECREATION AND PARKS COMMISSIONERS**

Renata Simril, President  
Luis Sanchez, Vice President  
Fiona Hutton, Marie Lloyd, Benny Tran, Commissioners

**RECREATION AND PARKS ADMINISTRATION**

JIMMY KIM, General Manager  
Matthew Rudnick, Executive Officer and Chief of Staff  
Belinda Jackson, Assistant General Manager, Recreation Branch  
Brenda Aguirre, Assistant General Manager, Operations Branch

**Griffith Region**

Anita Meacham, Superintendent  
Kimberly Simonet, Principal Recreation Supervisor II  
Leslie Perez, Principal Recreation Supervisor I  
Marc Gross, Recreation Supervisor – Griffith District

**LAS PALMAS SENIOR CENTER**

Senior Director.....Nicole Bernal  
Recreation Coordinator..... Wayne Jong  
Recreation Assistants.....K.Kirakosyan, L. Lopez, S. Callejas  
Recreation Instructors.....B. Vasquez, C. Sebelius  
Park Maintenance Supervisor.....Ernie Gandara  
Grounds Caretaker.....Orpha Maldonado

2024

## Winter Program

**January February March**

**Creating Community through People, Parks and Programs**  
The classes and programs in this brochure may be subject to cancellation

## SENIOR CENTER HOURS

Monday – Friday            9:00 a.m. – 4:00 p.m.  
 Saturday                    Closed  
 Sunday                        Closed

\*Facility closed on Saturdays, Sundays and All City Holidays Unless Permitted

Monday, January 01, 2024 - New Year's Day  
 Monday, January 15, 2024 - Martin Luther King Day  
 Monday, February 19, 2024 President's Day  
 Monday, March 25, 2024 Chesar Chavez Day

### WEEKLY SCHEDULE

#### **Monday • Lunes**

10:00 a.m. – 11:00 a.m.....Arthritis Workshop  
 11:15 a.m. – 12:45 p.m.....Performance Workshop  
 1:00 p.m. - 2 :00 p.m.....Dance Fitness  
 2:00 p.m. - 4:00 p m .....Bingo (.25 per card - 6 card limit)

#### **Tuesday • Martes**

9:00 a.m. – 10:00 a.m.....Zumba Gold (10.00 quarterly)  
 10:00 a.m. – 12:00 p.m.....Theater Improv  
 1:00 p.m. - 3:30 p.m.....Arts & Crafts  
**VARIES - TBA.....MONTHLY TRIPS**

#### **Wednesday • Miercoles**

10:00 a.m. – 11:00 a.m.....Arthritis Workshop  
 2:30 p.m. - 3:30 p.m.....Chair Exercise Class (10.00 quarterly)

#### **Thursday • Jueves**

11:15 a.m. – 12:45 p.m.....Performance Workshop  
 9:00 a.m. - 10:00 a.m.....Pickleball (Yucca)  
 12:30 a.m. - 1:30 p.m.3rd Thursdays (To Be Announced)....SHOWS  
 1:00 p.m. - 3:00 p.m. (4th Thursday of the Month).....Dance Party

#### **Friday • Viernes**

10:00 a.m. – 12:00 p.m.....Theater Improv  
 2:30 p.m. – 3:30 p.m.....Yoga (\$10.00 quarterly)

*Persons with disabilities are welcome 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 accommodation as soon as possible.*

## LUNCH PROGRAM INFORMATION

**Senior Nutrition Program** For Seniors ages 60+

**Dine – In or Grab N Go**

9:00am-1:00pm / Lunch Served at 11:30am - First Come First Serve

Sign-In Begins at 9:30 a.m.            Donation \$2.00

*Presented by*

**St. Barnabas Senior Services Program (323) 957-2222**

## TRANSPORTATION INFORMATION

Cityride: (323) 666-0895

Taxi Cab Service / L.A. Taxi: (323) 221-0004

Independent Taxi: (800) 521-8294

Access Services, Inc.: (800) 827-0829 or (877) 640-3278



Operates 7 days a week Specialized Transportation Service  
 offered to Disabled Individuals.

## Referral Numbers

13<sup>th</sup> Council District, Councilman Hugo Soto-Martinez (213) 473-7013  
 13<sup>th</sup> Council District, Nellie Ruiz - Operations..... (213) 473-7013  
 1<sup>st</sup> District County Supervisor, Hilda Solis.....(213) 974-4111  
 Department of Aging.....311 or (800) 510-2020  
 Police Division (Hollywood Area).....(213) 972-2971  
 Bet Tzedek Legal Assistance .....(323) 939-0506  
 Social Security (24-hour service).....(800) 772-1234  
 St. Barnabas Senior Services.....(323) 957-2222  
 Griffith Park Adult Center .....(323) 644-5579  
 Yucca Community Center .....(323) 957-6339  
 Glassell Park Senior Center.....(323) 550-8809  
 Elysian Valley Recreation Center .....(323) 666-5058  
 Las Palmas Senior Center.....(323) 465-7787  
 Glassell Recreation Center Center .....(323) 225-9339  
 Metro Region Headquarters.....(213) 485-1310  
 50 + Senior Section.....(213) 485-7512

Activities and programs may be subject to cancellation