



City of Los Angeles
 Department of Recreation & Parks
 Mid-Valley Senior Citizen Center
 8801 Kester Ave.
 Panorama City, CA 91402
 818.892.0892



Mid-Valley Senior Citizen Senior Citizen Center April/May 2024 Newsletter

April/May Events

Thursday 4/25 –
 Western Hoedown
 Thursday 5/2 –
 Cinco De Mayo
 Thursday 5/9 –
 Mother’s Day

April 1st

Every First Monday of
 the Month is FOOD
 BANK pick-up. The
 boxes will be picked-up
 and distributed at the
 MVSCC Senior Center.
 What is not taken home
 by Friday will be given
 away. Unless you let us
 know.

Dates MVSCC Will Be Closed

Monday-5/27
 Memorial Day

April/May Birthdays Celebrations

April

4/5 Maria Macias
 4/7 Amelia Rojas
 4/13 Enemeregildo Quezada
 4/25 Martha Arellano
 4/29 Erlinda Aguilar

May

5/9 Rosa Arellano
 5/16 Aurora Gaité

Every third Thursday of the month.

April 18th & May 16th

Reminders

April 11th – 11:30am–1:00pm– Presentation

Healing Urban Barrios will be doing a Disaster Preparedness Presentation. They will explain how to be ready in case of a disaster or emergency. Prizes will be given away.

April 23 & May 28th–11:30 am–12:30pm Mental Health Wellness Series for Older Adults

April Topic– Good Sleep for Emotional Wellbeing
 May Topic– Hoarding