



CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS
WESTCHESTER SENIOR CENTER
8740 LINCOLN BLVD, LOS ANGELES, CA 90045
(310) 649-3317/ WESTCHESTER.SCC@LACITY.ORG

Knitting & Crocheting

MONDAYS 9AM-12PM

With Ms. Shirley

\$25 month

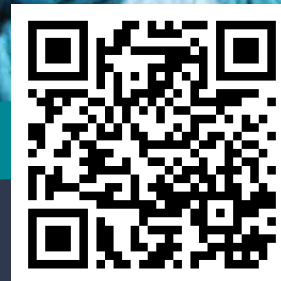
Bring your knitting and crochet projects, needles and yarn, and your creativity! This class offers the perfect opportunity to compare notes, learn new skills, and knit side-by-side with friends old and new! Instructor Shirley will be there to advise, teach, recommend ideas and share her knowledge! Group will work towards projects to give back to the community.

**REGISTER NOW - ONLINE AT LAPARKS.ORG,
IN PERSON AT THE OFFICE, OR BY PHONE 310-649-3317**



WESTCHESTER.SCCLA

ALL PROGRAMS SUBJECT TO CHANGE OR CANCELLATION.
PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR 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.





*DUPLICATE

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No. _____
County, Calif.
**LICENSE AND CERTIFICATE
OF MARRIAGE.**

in hand
To ha
ances, unto the
Illa

Genealogy 101

Rotating Mondays* | 10 AM
Westchester Senior Center

JOIN SHELLENA ON MONDAYS TO LEARN HOW TO
EXPLORE YOUR FAMILY HERITAGE, KEEP A RECORD
TO PASS DOWN TO FAMILY MEMBERS, AND JOIN
OTHERS WHILE SEARCHING THROUGH THE PAST..

**REGISTER NOW - ONLINE AT LAPARKS.ORG,
IN PERSON AT THE OFFICE, OR BY PHONE 310-649-3317**

MEMBERS
\$FREE

NON-MEMBERS
\$12

* DATES:
APRIL 8, 22
MAY 6, 20
JUNE 3, 17



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TECH HELP

**Available Mondays &
Fridays 9am-2pm,
by appointment**

FREE!!!

AGES 50+

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310-649-3317**

"ONE-ON-ONE ASSISTANCE"



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Master Sculpturs With Leigh

\$FREE FOR MEMBERS
\$15 NON-MEMBERS

APRIL 1 - MAY 20
12PM-1PM MONDAYS

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WESTCHESTER SENIOR CENTER & REC CENTER BREATH AND BALANCE

In this 8 week series, we will learn how to breath for all situations. There are many ways to breath. Through practicing breathing techniques, we will improve our everyday function (abilities, ease, movement) but most surprisingly, our balancing ability. You will be surprised where we go in this calming & rejuvenating class.

Join us and explore you!

INSTRUCTOR: BETH RUBENSTEIN

Members
\$Free
Non-Members
\$5 / session

April 1 - May 20
Mondays 2:00-3:00pm

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BEGINNING WATERCOLOR

INSTRUCTOR: REGINE

**LEARN TO WATERCOLOR IN THIS 8 WEEK COURSE. STUDENTS
WILL BE TAUGHT MULTIPLE TECHNIQUES WHILE WORKING ON
VARIOUS PAINTINGS**

APRIL 1 - MAY 20TH

MONDAYS | 2PM - 4PM

MEMBERS \$50 ENTIRE SESSION / NON-MEMBERS \$100 ENTIRE SESSION

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Billiards

Available
Mon-Fri
1-5pm

FREE!!!

**COME
JOIN THE
TEAM!**

*“AVAILABILITY DEPENDENT
UPON PROGRAMS”*



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MEMBERS
\$40/ SESSION

NON-MEMBERS
\$80/ SESSION

YOGA: GROUNDING

Mindful Yoga is yoga for everybody. The primary focus in this class is connecting with your breath. Proper breathing will balance your emotional state, reduce your stress, give you focus and clarity and impact your ability to make the right decisions.

The series will combine classical yoga postures with mindful awareness of breath and mind. You will learn mindful breathing exercises that will develop your ability to focus your attention, help you manage stressful situations, and make you more alert and calm.

Mondays 5:00-6:00 pm

Dates : 4/1-5/20



Michael has been a dedicated practitioner of all types of yoga since 2008. He has taught yoga and mindfulness to at-risk youth and adults in underserved communities. He has also taught in the Cornell prison education program. He is currently pursuing his masters in clinical mental health counseling at LMU.

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WESTCHESTER SENIOR CENTER & REC CENTER

KICKBOXING

In this class, students will learn fundamentals of kickboxing, developing strength, cardiovascular conditioning, coordination, and body awareness.

This class is beginner friendly, geared towards improving fitness while still learning proper technique and application. It involves doing drills with partners, but does not include any sparring.

Mixed Martial Arts gloves are required.

INSTRUCTOR: MICHAEL HA
LOCATION: SENIOR CENTER



April 8 - June 3
Mondays 7:30-8:30pm



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ZUMBA

**TUESDAYS &
FRIDAYS
9:00-10:00AM**

 *DANCE YOUR CARES AWAY*

ZUMBA

**FREE FOR MEMBERS
or \$10/ month**

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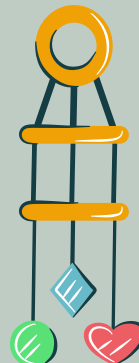
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Garden Charm

TUESDAYS 10AM

With Ms Sharon



WORK ON GARDEN PROJECTS SUCH AS MACRAME PLANT HOLDERS, SUN CATCHERS, WIND CHIMES AND MUCH MORE WITH MS SHARON.

REGISTER AT LAPARKS.ORG

MEMBERS
\$FREE



NON-MEMBERS
\$10/ MONTH



OR BY PHONE
310-649-3317



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**PRESENTED BY
 PARTNERS IN CARE**

BINGO-CIZE WORKSHOP

**JOIN P.I.C IN THIS 10 WEEK
 WORKSHOP WHERE YOU'LL
 EXERCISE YOUR MIND AND
 BODY WHILE PLAYING BINGO
 AND HAVING FUN!**

**TUES & THURS
 4/16-6/20
 11:30AM-12:30PM**

\$ FREE



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Walking Club

*STROLLS WITH
DIRECTOR KIRSTIN*

**TUESDAYS at 1pm
&
FRIDAYS at 9:15am**

**ALL
WELCOME
FREE!!!**

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MIXED MEDIA

STUDIO TIME

BRING YOUR PROJECTS AND WORK AMONGST OTHER ARTISTS

*BRING YOUR OWN SUPPLIES

TUESDAYS | 1PM - 4PM

\$10 MONTH FOR MEMBERS / \$20 MONTH NON-MEMBERS

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FUSION MAT PILATES

TUESDAYS / 6-7 PM

APRIL 9 - MAY 28TH

LOCATION: SENIOR CENTER

Fusion Mat Pilates includes: Mat Pilates, Pilates Barre/Ballet & light weights. This class will help strengthen the mind - body connection & help you center in to develop a strong core. This is an all levels class and instructor will offer modifications & progressions for everyone.

MEMBERS \$45
NON-MEMBERS \$90

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**ABOUT THE
 INSTRUCTOR:**

SHAY IS A CLASSICAL PILATES & BARRE ABOVE
 INSTRUCTOR. AND FORMER DANCER &
 PROFESSIONAL DANCE DIRECTOR FOR THE NBA.
 SHE UNDERSTANDS BODY MOVEMENT &
 PLACEMENT. HER CLASSES ARE DESIGNED FOR
 EACH CLIENT TO ACHIEVE MIND & BODY
 CONNECTION WITH FOCUS ON CREATING AN
 INCLUSIVE & EQUITABLE ENVIRONMENT TO
 PILATES FOR ALL.





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LINE DANCING

Wednesdays, 9-10am

Dates: 4/3-5/24

Instructor: Corinna

MEMBERS

\$20/ 8 WK SESSION

NON-MEMBERS

\$40/ 8 WK SESSION

YEEHAW! IT'S TIME TO STEP OUT AND GET YOUR WORK OUT ON. COME TOGETHER WEDNESDAY MORNINGS FOR AN HOUR OF COUNTRY LINE DANCE WITH INSTRUCTOR CORINNA

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CHAIR YOGA

This gentle practice teaches yoga fundamentals: movement, breath, and relaxation from the comfort and security of your chair.

Students will learn tools for maintaining everyday functional movement and for enjoying stress relief.

This beginner-friendly class is safe for all bodies and all abilities. It is ideal for seniors, those working with injuries, and anyone looking for a low-impact entry into fitness.

INSTRUCTOR: CAROLINE

**WEDNESDAYS
10:30-11:30AM**

**Members
\$FREE
Non-Members
\$10 month**



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BINGO

WEDNESDAYS AT WSC

12:00PM-2:00PM



**limit six cards a game*
\$.25 a card



Westchester Senior Center

8740 LINCOLN BLVD

**DROP-INS
 WELCOME**

Is it your lucky day?



310-649-3317



@WESTCHESTER.SCCLA



Westchester.scc@lacity.org



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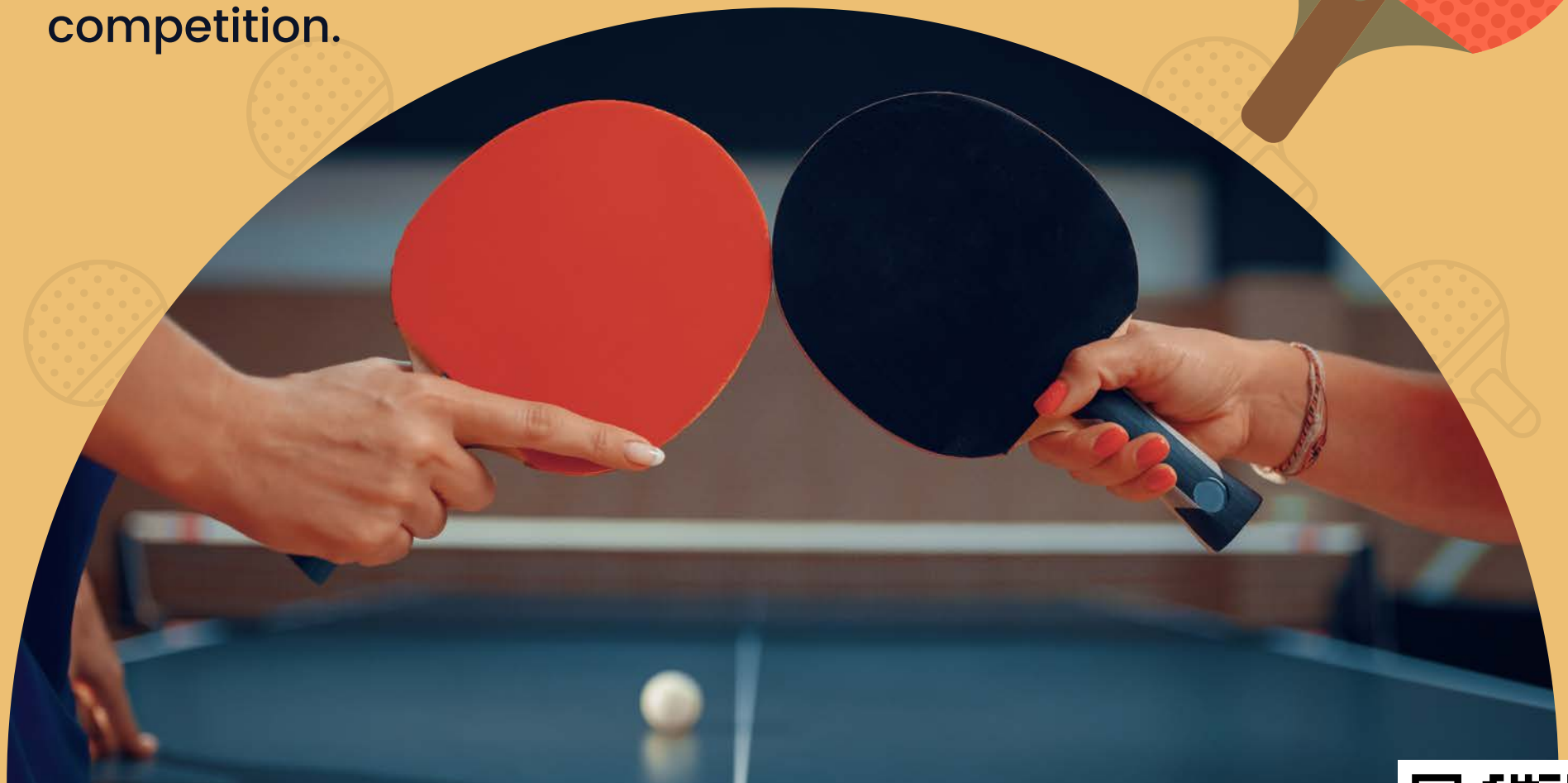
PING PONG PALS

WEDNESDAYS

2:30 - 3:30 PM

Join us Wednesdays for some friendly competition.

\$FREE



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WESTCHESTER SENIOR CENTER & REC CENTER

MMA FUNDAMENTALS

Mixed martial arts (MMA) combines techniques from a variety of different martial arts disciplines. In this class, students will learn fundamentals of MMA, developing strength, cardiovascular conditioning, coordination, and body awareness.

This class is beginner friendly, geared towards improving fitness while still learning proper technique and application. It involves doing drills with partners, but does not include any sparring.

Mixed Martial Arts gloves are required.

INSTRUCTOR: MICHAEL HA

LOCATION: SENIOR CENTER



April 10 - May 29
Wednesdays 7:30-8:30pm

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LATIN BALLROOM DANCE

APRIL 3 – MAY 22
THURSDAYS
9:00–10:00AM

*COME BAILA YOUR CARES AWAY WITH
INSTRUCTOR CORINNA. EXPLORE THE VARIOUS
STYLES OF LATIN DANCE SUCH AS RUMBA,
SALSA, MERENGUE, AND MUCH MORE!*

Members
\$20
Non-Members
\$40

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PICKLE BALL



\$5/DAY

9:00 AM

THURSDAYS

See Tom Brewster
for more details

**MEET AT THE WESTCHESTER
PICKLEBALL COURTS**

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JOIN NOW

MEMBERS
\$5/ MONTH

NON-MEMBERS
\$10/ MONTH

GENTLE EXERCISE

THURSDAYS 10:00AM

JOIN MS CLEO AND KEEP MOVING WITH GENTLE EXERCISE TO IMPROVE MENTAL AND PHYSICAL HEALTH. FOCUS ON STRETCHING AND MOVEMENT. MOVE FROM STATION TO STATION WITH MUSIC TO HELP CONDITION THE MIND, BODY, AND SPIRIT

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WESTCHESTER.SCCLA





CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS
WESTCHESTER SENIOR CENTER
8740 LINCOLN BLVD, LOS ANGELES, CA 90045
(310) 649-3317/ WESTCHESTER.SCC@LACITY.ORG

Spring Crafts with Jolene

Join Jolene Thursday mornings for crafts focused on the brilliance of Spring. We will make things like Butterfly art, candle holders, garland, and much more.

**Thursdays 10:00-11:30AM
4/11-5/30**

**MEMBERS
\$FREE**

**NON-
MEMBERS
\$15/
SESSION**

REGISTER AT
LAPARKS.ORG



OR BY PHONE
310-649-3317

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KARAOKE

1ST AND 3RD THURSDAY OF THE MONTH

 **12-2PM**

FREE

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Watercolor Studio

with
Samaiya



Members
\$5/month

Non-Members
\$10/month

THURSDAYS 2 - 4 PM

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WESTCHESTER SENIOR
CENTER & REC CENTER

ADULT DANCE WORKSHOP

Adult Dance Workshop will explore the various styles of theater dance such as Tap, Jazz, and Ballet. Come get a work out and have a good time while strengthening your core and listening to the rhythm of the beat!

INSTRUCTOR: MS CYNTHIA

LOCATION: SENIOR CENTER



April 11 - May 30
Thursdays 7:00-8:30pm

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GENTLE YOGA

THIS GENTLE PRACTICE TEACHES YOGA FUNDAMENTALS: MOVEMENT, BREATH, AND RELAXATION. STUDENTS WILL LEARN TOOLS FOR MAINTAINING EVERYDAY FUNCTIONAL MOVEMENT AND FOR ENJOYING STRESS RELIEF. THIS BEGINNER-FRIENDLY CLASS IS SAFE FOR ALL BODIES AND ALL ABILITIES. IT IS IDEAL FOR SENIORS, THOSE WORKING WITH INJURIES, AND ANYONE LOOKING FOR A LOW-IMPACT ENTRY INTO FITNESS.

Dates:
4/5-5/24

Fridays
10:15-11:15am

Instructor:
Zara

MEMBERS
\$40/ 8 WK SESSION

NON-MEMBERS
\$80/ 8 WK SESSION

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Memory Retention With Kirstin

JOIN US FRIDAYS TO PLAY GAMES,
 EXPLORE YOUR MIND, AND LEARN
 VARIOUS TRICKS TO KEEP
 YOUR MIND SHARP

**MEMBERS
 \$FREE**



**NON-MEMBERS
 \$15**

**4/2-5/22
 FRIDAYS 12PM**

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LAPARKS.ORG



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Knitting Club

Come knit along with friends in Knitting Club. Pass time together working on your projects & sharing ideas on things to make. Bring your own supplies

ALL WELCOME

FRIDAYS

1:00-3:00PM

FREE!!!

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CINEMA CLUB



**JOIN US FOR AN
 AFTERNOON MOVIE
 AND DISCUSSION!**

**2ND & 4TH
 FRIDAYS**

1:00 PM



\$FREE



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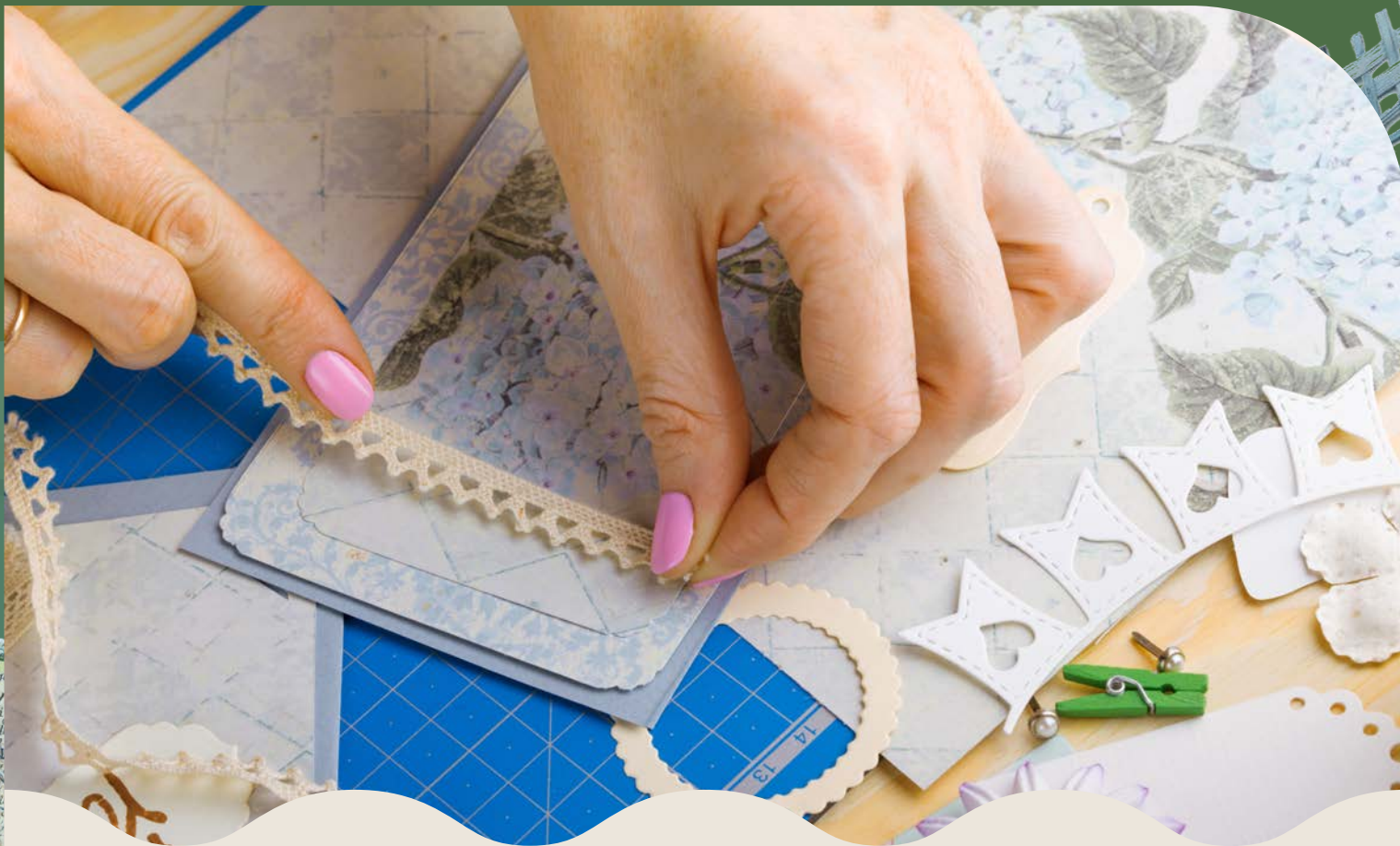


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Scrapbooking Club



Dates:
 April 5 - May 24

FRIDAYS 2-4PM

Members: Free
 Non-Members: \$15/sess

INSTRUCTOR: RACHELLE

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2ND FRIDAYS OF THE MONTH

CHESS

WITH EDGAR



12-1pm

\$Free



Learn Chess in a relaxed environment and practice your skills with Edgar! Beginner's welcome!

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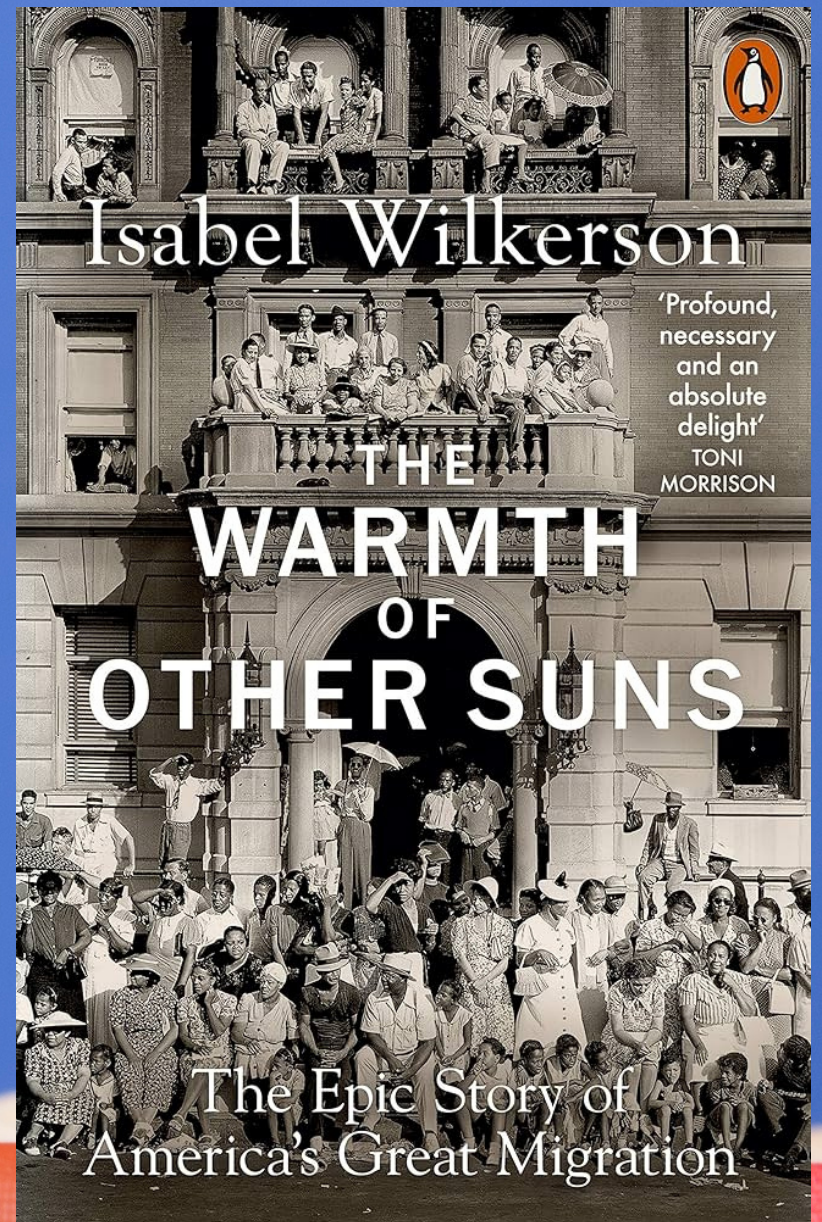
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WSC BOOK CLUB

- Monthly Meet-ups
- Group Discussions
- Recommendations

Welcome

Next Meet: March 26th at 3pm
The Warmth of Other Suns
by Isabel Wilkerson



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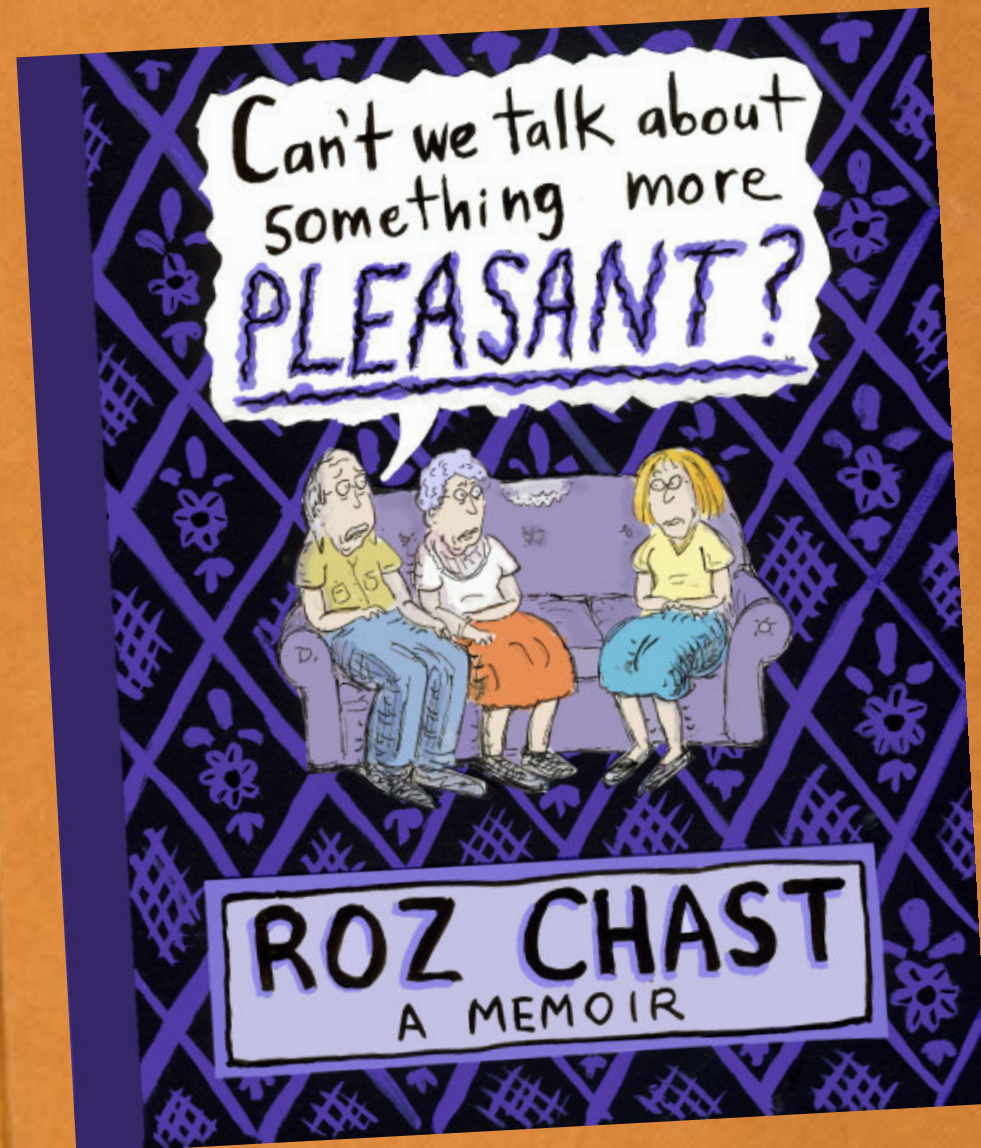
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WSC BOOK CLUB

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- Recommendations Welcome

Welcome

Next Meet: April 23 at 3pm
Can't We Talk About
Something More Pleasant
by Roz Chast



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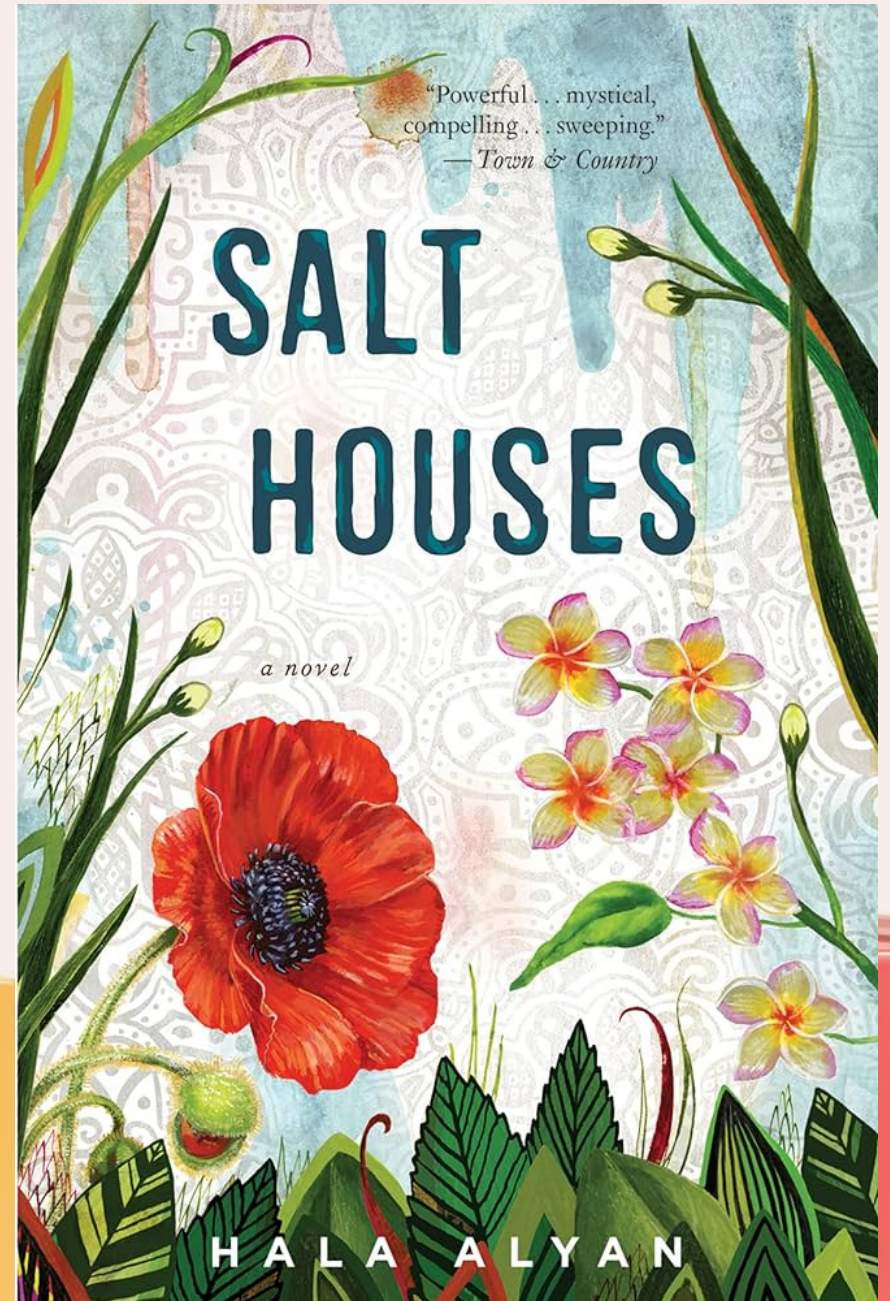
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Welcome

Next Meet: May 28 at 3pm
Salt Houses
by Hala Alyan



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