

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

Presorted  
First-Class Mail  
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Los Angeles, CA  
Permit # 12932

City of Los Angeles Department of Recreation & Parks  
**JULY through SEPTEMBER 2024**



**Canoga Park Senior Citizen Center**

7326 Jordan Ave., Canoga Park, CA 91303  
Phone: 818.340.2633 [www.laparks.org](http://www.laparks.org)



PARK PROUD LA!

# JULY 2024 through SEPTMEBER 2024

Classes and Activities offered  
(All classes subject to change)

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

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 9/2)

**Jewelry Making, 10:00am to 11:00am**

Bring your creative self and experience making jewelry-earrings, bracelets, etc. , \$1 donation, bring your own water (no class 9/2)

**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 9/2)

**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 9/2)



**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**

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.

**Let's Talk about It, 2:30pm to 3:30pm**

This is a group session for women to respectfully discuss different current topics weekly. \$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.

**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

**BINGO, 1:00pm to 2:30pm**

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

**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

**Yoga for Life, 3:00pm to 4:00pm**

Namaste! 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.

**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.

**Billiards DAILY Monday thru Friday - 9:00am to 4:00pm \* Open BTOP Lab - Tuesdays , 1:30pm-3:30pm**



# Canoga Park Senior Citizen Center

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## Independence Day Party Wednesday, July 3rd, 10:00am to 3:00pm

Join us in celebrating our country's Independence Day! Bob Ryemon will be here singing Beatles hits along with Neil Diamond and Patriotic classics. Fun, friends, puzzles, raffles, dancing, & singing! What a DAY!  
ONEgeneration lunch is separate and on a first come, first served basis.

**\*Thank you to the Canoga Park Senior Club for helping to make this wonderful event happen\***

### Learning Lunches

Upcoming lunches in the works.....

**LA Metro & TAP** - July 25th at 11:30am

**Reading Labels & How much Sodium or Sugar is in what you Eat** - August 22nd

**Transitioning-Stay At Home or Assisted Living-YOU decide** - September TBD

(ONEgeneration nutrition is separate)

\*call for dates and times\*

### 90+ Legacy Lunch – Casablanca

Friendship Auditorium, November 7, 2024, 11:00am to 2:00pm

This event is for our esteemed members that are 90 years young or more. Lunch, live music, dancing, and raffles to celebrate all that is YOU. Must be a registered member at the Canoga Park Senior Citizens' Center.

See Kari if you would like to attend this celebration. Here's looking at you kid!

### \*\*\*Renovation Project 2024\*\*\*

Our facility will be undergoing some much needed TLC consisting of a new roof, bathroom updates, and additional improvements. Our new roof is beautiful and there are more improvements coming. 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

**\*\*Please note that our City facility observes health protocols for the security and safety of all\*\***

Participants will be screened for registration and health status prior to entrance

PARK PROUD LA!



### 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](http://www.laparks.org)  
(go to "facilities", "senior centers", "Canoga Park Senior Center")

Call Luanne Grisham at (818) 708-4758 for more information

**FUN!**

### Canoga Park Senior Citizens' Travel

Upcoming trips.....

**Chumash Casino, \$45pp, August 2024**

**\*call for more information\***



**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**

Renata Simril, President

Luis Sanchez, Vice President

Fiona Hutton, Marie Lloyd, Benny Tran-Commissioners

## **Department Of Recreation & Parks Administration**

Jimmy Kim, General Manager

Matthew Rudnick, Executive Officer & Chief of Staff

Chinyere Stoneham, Assistant General Manager - Recreation Services

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

Brenda Aguirre Jennens - Assistant General Manager, Special Operations Branch

Traci Goldberg - 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

## **2024 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

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**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**