



Department of Recreation & Parks



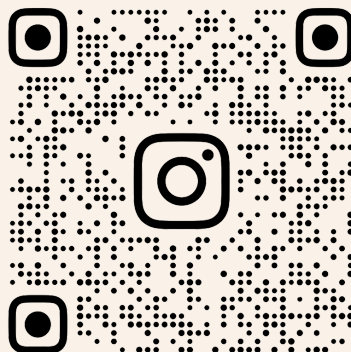
1820 N Las Palmas Ave
Los Angeles CA 90028
323-465-7787

laspalmas.seniorcenter@lacity.org

JANUARY NEWSLETTER



www.laparks.org/scc/las-palmas



[@laspalmasseniorcenter](https://www.instagram.com/laspalmasseniorcenter)

Hours of Operation

Monday - Friday 9am - 5pm
Saturday - Sunday Closed

Las Palmas Senior Center Membership

By becoming a member at Las Palmas Senior Center, you gain access to a wide variety of exclusive benefits including exclusive discounted rates on programs, activities, and trips. In order to participate in any class, event, trip, presentation, activity, or program at Las Palmas Senior Center, you must become a member.
Membership Cost: \$25

Las Palmas Senior Center Team

Facility Director

Damon Hooks

Recreation Assistants

Knarik Kirakosyan - Lethvia Lopez - Antonin Umurzakov - Hero Horner - Andy Herrera - Marla Hamaya - Victor Sanchez

Recreation Instructors

Beatriz Vasquez - James Murray - Daliana Lopez -
Laura Black - Deon Williams

Maintenance Supervisor

Luis Aguilar

Ground Caretaker

Orpha Maldonado

Park Advisory Board

Karen La Croix - President

Mireille Forcier - Vice President

Deloris Cunningham - Secretary

Dorothy Conte - Treasurer

Kay A, Brian B, Nikki D, Betty R Michael S - Board Members

Mayor

Karen Bass

Council Member 13th District

Hugo Soto Martinez

Recreation and Parks Commissioners

President - Renata Simril

Vice President - Luis Sanchez

Commissioners - Fiona Hutton, Marie Lloyd, Benny Tran

Griffith Metro Region Team

Superintendent - Anita Meacham

Principal Rec Supervisor I - Leslie Perez

Principal Rec Supervisor II - Kimberly Simonet

Recreation Supervisor - Central - Jaqueline Lopez

Recreation & Parks Administration

Exec Officer & Chief of Staff - Matthew Rudnick

General Manager - Jimmy Kim

Ass. General Manager Rec Branch - Chinyere Stoneham

Ass. General Manager Opr Branch - Brenda Aguirre

Activities & Programs may be subject to change without prior notice

Persons with disabilities are welcome to participate in our programs. Reasonable accommodations can be made with prior arrangements. Please be aware that some accommodations may take up to 30 days. Please submit your request as soon as possible

Creating Communities through People, Parks, & Programs

Resource Directory

Emergencies 911

LAPD Non-Emergency 1-877-275-5273

LAPD Hollywood Division 213-972-2971

City of LA - City Services 311

- Bulky Items
- Graffiti Removal
- Potholes
- Homeless Encampments

Department of Aging 1-800-510-2020

CAL Fresh 1-866-613-3777

LADWP 1-800-342-5397

Parking Enforcement 1-866-561-9742

Council District 13 Office 213-473-7013

St Barnabas Senior Services 323-957-2222

Bet Tzedek Legal Services 323-939-0506

Social Security 24hr Service 800-772-1234

LUNCH PROGRAM

Las Palmas Senior Center offers ready to eat lunch meals thanks to:



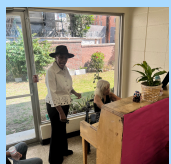
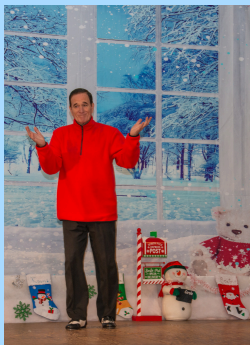
Dine In or Grab n Go

Registration Time: 9:30am-11am

Lunch Service: 11:30am-12:30pm

Voluntary Contribution: \$2.00

Program Questions?: 323-957-2222



EXPLORE THE CITY OF SOLVANG:

- EVERHOJ MUSEUM
- VINTAGE MOTORCYCLE MUSEUM
- DANISH BAKERIES
- OSTRICH LAND
- FLAG IS UP FARMS
- OLD MISSION SANTA INES

Member Fee \$5
Non Member Fee \$25

Sign Up Now!
Only 35 spots!

FUTURE EVENTS

Original Farmers Market Trip - Wednesday January 22nd

Metro TAP Card Workshop - Friday January 10th

myPlace Health Facility Tour - Wednesday January 16th

Valentines Day Dance - Friday February 14th

Solvang Field Trip - Thursday February 20th



IMPORTANT ANNOUNCEMENTS

Starting January 1st, Las Palmas Memberships will cost \$25. Membership at Las Palmas Senior Center, gives you access to a variety of exclusive benefits including FREE classes plus discounted rates on programs, activities, and trips.

JANUARY IS NATIONAL GLAUCOMA AWARENESS MONTH

WHAT IS GLAUCOMA?

Glaucoma is a group of eye diseases that can cause vision loss and blindness by damaging a nerve in the back of your eye called the optic nerve. The symptoms can start so slowly that you may not notice them. The only way to find out if you have glaucoma is to get a comprehensive dilated eye exam. There's no cure for glaucoma, but early treatment can often stop the damage and protect your vision.

SYMPTOMS OF GLAUCOMA

Glaucoma often has no symptoms initially, so half of those affected don't realize they have it. Over time, it causes gradual loss of peripheral vision, typically starting near the nose. This change is slow, making it hard to notice at first. As the disease progresses, side vision may become more impaired, and without treatment, glaucoma can lead to blindness.

ARE YOU AT RISK FOR GLAUCOMA?

Anyone can get glaucoma, but some people are at higher risk. You're at higher risk if you:

- Are over age 60, especially if you're Hispanic/Latino
- Are African American and over age 40
- Have a family history of glaucoma

Talk with your doctor about your risk for glaucoma, and ask how often you need to get checked. If you're at higher risk, you need to get a comprehensive dilated eye exam every 1 to 2 years.



<https://www.ncbi.nlm.nih.gov/learn/about-eye-health/eye-conditions-and-diseases/glaucoma>

Session = 3 Months

	PROGRAM	TIME	NON-MEMBER FEE	MEMBER FEE	DATES
M	Flow Meditation & Movement	9a-10a	N/A	FREE	1/1/25 - 3/31/25
	Rhythm Boxing	10a-11a	N/A	FREE	1/1/25 - 3/31/25
	Performance Workshop	11:15p-12:45p	N/A	FREE	1/1/25 - 3/31/25
	Dance Fitness	1p-2p	N/A	FREE	1/1/25 - 3/31/25
	Bingo	2p-4p	0.25c/Card	0.25c/Card	1/1/25 - 3/31/25
T	Shakespeare 4 Senior Soul	11a-1p	N/A	FREE	1/1/25 - 1/31/25
	Adult Coloring	1p-2:30p	N/A	FREE	1/1/25 - 3/31/25
	Fashion & Self Care	2:30p-3:30p	N/A	FREE	1/1/25 - 3/31/25
W	Flow Meditation & Movement	9a-10a	N/A	FREE	1/1/25 - 3/31/25
	Standing Pilates	10a-11a	N/A	FREE	1/1/25 - 3/31/25
	Computer Class	10a-11a	FREE	FREE	1/1/25 - 3/31/25
	Tech Assistance	11a-12	FREE	FREE	1/1/25 - 3/31/25
	Chair Exercise	2:30p-3:30p	\$60/Session	\$10/Session	1/1/25 - 3/31/25
	Old School Movie Nights	4p	N/A	FREE	1/1/25 - 3/31/25
TH	Gardening Class	9a-11a	N/A	FREE	1/1/25 - 3/31/25
	Performance Workshop	11:15a-12:45p	N/A	FREE	1/1/25 - 3/31/25
	Ballroom Dance	1p-2p	N/A	FREE	1/1/25 - 3/31/25
	Line Dance	2p-3p	N/A	FREE	1/1/25 - 3/31/25
	Loteria	2p-4p	0.25c/Card	0.25c/Card	1/1/25 - 3/31/25
F	Flow Meditation & Movement	9a-10a	N/A	FREE	1/1/25 - 3/31/25
	Rhythm Boxing	10a-11p	N/A	FREE	1/1/25 - 3/31/25
	Shakespeare 4 Senior Soul	11a-1p	N/A	FREE	1/1/25 - 1/31/25
	Watercolor for Beginners	1p-2:30p	N/A	FREE	1/1/25 - 3/31/25
	Yoga	2:30p-3:30p	\$60/Session	\$10/Session	1/1/25 - 3/31/25
	Open Mic	4p-5p	N/A	FREE	1/1/25 - 3/31/25
	Conversational Spanish	4p-5p	N/A	FREE	1/1/25 - 3/31/25

DONATIONS

We rely on the support from people like you to maintain and improve your park, and to offer programs and events that deepen our community's connections to each other.

Please contribute to Las Palmas by scanning the QR code to be directed to the donation site or go to www.laparksfoundation.org. Click on the "Friends of the Park" tab, and find the "Parks" drop down menu. Then select "Las Palmas Senior Center". You can even specify what you would like your donation to contribute too like, programs, office supplies, food, prizes, etc.

We also accept checks sent to: Los Angeles Parks Foundation 2650 N. Commonwealth Ave Los Angeles, CA 90027 | Memo Line: Las Palmas Senior Center

The Las Palmas family thanks you for supporting our mission to improve the quality of life for everyone.



VOLUNTEERS

Las Palmas Senior Center is hosting awesome events for people in the community. Events and programs are being added to our calendar constantly and we could use your help. We are always looking for volunteers to work with us in making our events run smoothly. We also welcome volunteer instructors who want to teach our participants certain skills or classes.

Visit www.laparks.org/volunteerapp to complete and submit your New Volunteer application, or scan the QR Code.



JANUARY CALENDAR


























MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

 <p>HAPPY NEW YEAR 2025</p>	<p>MARTIN LUTHER KING JR DAY</p> 	<p>1 CENTER CLOSED FOR HOLIDAY</p>	<p>2 Arthritis Exercise</p>  <p>10a-11a</p> <p>Loteria  2p-4p</p>	<p>3 CAL Fresh Application Assistance LOS ANGELES REGIONAL  9a-11:30a</p>
<p>6 BINGO 2p-4p</p> 	<p>7 Arthritis Exercise</p>  <p>10a-11a</p>	<p>8 Digital Guidance Workshop</p>  <p>9:30a-1p</p>	<p>9 Arthritis Exercise</p>  <p>10a-11a</p> <p>Book Club  11a-12p</p>	<p>10 Metro TAP Card Workshop</p>  <p>9:30a-1p</p>
<p>13 BINGO 2p-4p</p> 	<p>14 Arthritis Exercise</p>  <p>10a-11a</p>	<p>15 Digital Guidance Workshop</p>  <p>9:30a-1p</p>	<p>16 Arthritis Exercise</p>  <p>10a-11a myPlace Health Facility Tour  1p-3p</p>	<p>17</p>
<p>20 CENTER CLOSED FOR HOLIDAY</p>	<p>21 Arthritis Exercise</p>  <p>10a-11a</p>	<p>22 Digital Guidance Workshop</p>  <p>9:30a-1p</p> <p>Field Trip The Grove & Original Farmers Market 12p-3p</p>	<p>23 Arthritis Exercise</p>  <p>10a-11a</p> <p>Loteria  2p-4p</p>	<p>24</p>
<p>27 BINGO 2p-4p</p> 	<p>28 Arthritis Exercise</p>  <p>10a-11a</p> <p>Park Advisory Board Meeting 9:30a</p> <p><small>*Every last Tuesday of the month. All are welcome.</small></p>	<p>29 Digital Guidance Workshop</p>  <p>9:30a-1p</p>	<p>30 Arthritis Exercise</p>  <p>10a-11a</p> <p>Loteria  2p-4p</p>	<p>31 HAPPY BIRTHDAY PARTY 2:30p Special Thanks to AltaMed <small>Reminder: Yoga begins at 1p on this day</small></p>

Always Available Activities

- Ping Pong
- Billiards
- Computer Lab
- Board Games
- Card Games
- Patio Time
- TV Time
- Digital Guidance
- Music

SNACK BAR | 9am-4pm