

City of Los Angeles
 Department of Recreation & Parks
Mid-Valley Senior Citizen Center
 8801 Kester Ave.
 Panorama City, CA 91402
 818-892-0892

March 2025



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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| | | | | | | | 1 | | | |
| 2 | Tabletop Games 3 9:00A-3:00P Social Hour & Coffee 9:30A-10:30A Loteria 10:00A-11:30A & 12:15P-1:00P | 4 | Low Impact Chair Exercise 10:00a-10:45a Loteria 10:45a-11:30a & 12:00pm-2:00p | 5 | Loteria 10am-11:30am & 12:15pm-1:00pm | 6 | Low Impact Chair Exercise 10:00a-10:45a Atauje Medical Equipment Loteria Prizes 12:00p-1:00p | 7 | Loteria 10am-11:30am & Simple Stretches & Loteria between 12:00p-1:00p | 8 |
| 9 | Tabletop Games 10 9:00A-3:00P Social Hour & Coffee 9:30A-10:30A Loteria 10:00A-11:30A & 12:15P-1:00P | 11 | Low Impact Chair Exercise 10:00a-10:45a Loteria JAR will have Prizes 10:45a-11:30a & 12:00pm-2:00p They will be doing a MEDICARE 101 answering questions. | 12 | Loteria 10am-11:30am & 12:15pm-1:00pm | 13 | Low Impact Chair Exercise 10:00a-10:45a Loteria 10:45a-11:30a & 12:00pm-2:00p ST. PATRICK'S DAY PARTY & BIRTHDAY CELEBRATION | 14 | Loteria 10am-11:30am & Simple Stretches & Loteria between 12:00p-1:00p | 15 |
| 16 | Tabletop Games 17 9:00A-3:00P Social Hour & Coffee 9:30A-10:30A Loteria 10:00A-11:30A & 12:15P-1:00P | 18 | Low Impact Chair Exercise 10:00a-10:45a Loteria 10:45a-11:30a & 12:00pm-2:00p | 19 | Loteria 10am-11:30am & 12:15pm-1:00pm | 20 | DAY TRIP TO CABAZON OUTLET , MORONGO MUSEUM & LUNCH AT CASINO | 21 | Loteria 10am-11:30am & Simple Stretches & Loteria between 12:00p-1:00p | 22 |
| 23 | Tabletop Games 24 9:00A-3:00P Social Hour & Coffee 9:30A-10:30A Loteria 10:00A-11:30A & 12:15P-1:00P | 25 | Low Impact Chair Exercise 10:00a-10:45a Loteria 10:45a-11:30a & 12:00pm-2:00p | 26 | Loteria 10am-11:30am & 12:15pm-1:00pm | 27 | Low Impact Chair Exercise 10:00a-10:45a Loteria 10:45a-11:30a & 12:00pm-2:00p | 28 | Loteria 10am-11:30am & Simple Stretches & Loteria between 12:00p-1:00p | 29 |
| 30 | CLOSED Cesar Chavez Day | 31 | <div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p>ALL PROGRAMS SUBJECT TO CHANGE OR CANCELLATION WITHOUT NOTICE. PERSONS WITH DISABILITES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS. REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS. PLEASE BE AWARE THAT SOME ACOMMODATIONS MAY TAKE 30 DAYS OR LONGER. PLEASE SUBMIT YOUR REQUEST FOR AN ACCOMMIDATION AS SOON AS POSSIBLE.</p> </div> | | | | | | | |