

City of Los Angeles
 Department of Recreation & Parks
MID-VALLEY SENIOR CITIZEN CENTER
 8801 Kester Ave.
 Panorama City, Ca 91402
 818-892-0892



November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1  Dia De Los Muertos	2
3 New Weekly Activities Begin This Week	4 Social Hour & Coffee 9:30a - 10:15a	5 Low Impact Chair Exercise 10:00a -10:45a	6 Basic Exercise 10:00a -10:45a	7 Art with Ruthie 10:45a - 11:30a	8 Simple Stretches & Lotteria	9
10	11 Veteran's Day Holiday CLOSED	12 Low Impact Chair Exercise 10:00a -10:45a	13 Basic Exercise 10:00a -10:45a	14 Healthy Cooking 10:45a - 11:30a	15 Simple Stretches & Lotteria	16
17	18 Social Hour & Coffee 9:30a - 10:15a	19 Low Impact Chair Exercise 10:00a -10:45a	20 Basic Exercise 10:00a -10:45a	21 Art with Ruthie 10:45a - 11:30a	22 Simple Stretches & Lotteria	23
24	25	26 Low Impact Chair Exercise 10:00a -10:45a Thanksgiving Feast	27 Basic Exercise 10:00a -10:45a	28  CLOSED	29 Holiday Closed	30

ALL PROGRAMS SUBJECT TO CHANGE OR CANCELLATION WITHOUT NOTICE.
 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.