



City of Los Angeles Department of Recreation and Parks
 North Hollywood Senior Center
 5301 Tujunga Ave. North Hollywood, C.A. 916061
 Main Office: (818)487-6971 Rec. Center Office: (818)763-7651



North Hollywood Senior Center

Winter Classes for Adults Ages 50+

Happy Holidays

Felices Fiestas

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عطلات سعيدة

Счастливых праздников

छुट्टियों की शुभकामनाएँ

节日快乐

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SELAMAT HARI RAYA

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Note: First come first serve basis. Payments must be made prior to attending class. 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. Programs and classes are subject to change or cancellation without notice. No refunds will be issued unless the program is cancelled by the senior center.

You do NOT need to be 50 to participate



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Winter Classes

Programs run from January 6th to March 22nd
 Adults Ages 50+

CLASSES WILL TENTATIVELY BEGIN JANUARY 6 TH			
ACTIVITY	DAY	TIME	FEE
Badminton	Monday	9:00am - 12:00pm	\$3 per class
Walk and Tone	Monday	10:00am - 11:00am	FREE
Arthritis Exercise Class in English	Monday	11:00am - 12:00pm	\$3 per class
Mingle and Color	Monday	1:00pm - 3:00pm	FREE
Life with Tech	Monday	2:00pm - 3:00pm	FREE
Scrapbook Class	Monday	3:00pm - 4:00pm	\$1 per class
CLASSES WILL TENTATIVELY BEGIN JANUARY 7 TH			
ACTIVITY	DAY	TIME	FEE
Art Class	Tuesday	9:30am - 11:00am	\$3 per class
Power Yoga	Tuesday	11:00am - 12:00pm	\$3 per class
Tai Chi Self Defense	Tuesday	12:00pm - 1:00pm	\$3 per class
Puzzle and Socialize	Tuesday	2:00pm - 3:00pm	FREE
Danza Mexica/ Aztec Dance	Tuesday	7:00pm - 9:00pm	\$1 per class

CLASSES WILL TENTATIVELY BEGIN JANUARY 8TH

ACTIVITY	DAY	TIME	FEE
Badminton	Wednesday	9:00am - 12:00pm	\$3 per class
Walking Exercise	Wednesday	10:00am - 11:00am	FREE
Arthritis Exercise Class in Spanish	Wednesday	11:00am - 12:00pm	\$3 per class
Board Games Class	Wednesday	12:00pm - 1:00pm	FREE
Book Club	Wednesday	2:00pm - 3:00pm	FREE
Karaoke	Wednesday	3:00pm - 4:00pm	FREE

CLASSES WILL TENTATIVELY BEGIN JANUARY 9TH

ACTIVITY	DAY	TIME	FEE
Art Class	Thursday	9:30am - 11:00am	\$3 per class
Power Yoga	Thursday	11:00am - 12:00pm	\$3 per class
Tai Chi	Thursday	12:00pm - 1:00pm	\$3 per class
Checkers and Chess	Thursday	1:00pm - 2:00pm	FREE
Life with Tech	Thursday	2:00pm - 3:00pm	FREE
Mexican Rhythms, Music and Song	Thursday	2:00pm - 3:00pm	\$1 per class

CLASSES WILL TENTATIVELY BEGIN JANUARY 10TH

ACTIVITY	DAY	TIME	FEE
Badminton	Friday	9:00am - 12:00pm	\$3 per class
Walk and Chat	Friday	10:00am - 11:00am	FREE
Knitting and Crocheting	Friday	11:00am - 12:00pm	\$3 per class
Origami	Friday	12:00pm - 1:00pm	\$2 per class
Clay	Friday	1:00pm - 2:00pm	\$3 per class
Fun Friday	Friday	2:00pm - 4:00pm	FREE