



SUNLAND



SENIOR CENTER

shine brighter together

Spring Program APRIL - MAY - JUNE

8640 FENWICK STREET, SUNLAND, CA 91040

OFFICE PHONE: (818)353-9571

WEBSITE: LAPARKS.ORG/SCC/SUNLAND

OFFICE: MONDAY-FRIDAY 9:00AM-4:00PM

City of Los Angeles
Department of Recreation & Park stop 641-10
Sunland Senior Citizen center
8640 FENWICK STREET
SUNLAND, CA 91040

SCOPE OF THE PROGRAMS

At Sunland Senior Center, our mission is to provide a secure and welcoming haven where seniors can find a sense of belonging and love within their community. Our primary goal is to cultivate an active and healthy environment that encourages the formation of lasting friendships.

Persons with disabilities are welcomed to participate in our classes and programs. Please be aware that some accommodations may take 30 days or longer. Please submit your request for an accommodation as soon as possible.



LUNCH PROGRAM

Lunch is served! Join us
Monday through Friday
11:30am - 12:30pm
 Suggested donation guide:
 Under 60 years old: \$8.10
 Over 60 years old: \$3.10
 Coffee Served Daily



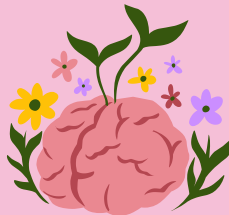
Department of Mental Health Workshops Wednesdays (English):

April 16th: Discover Your Passion

May 21st: Grief & Loss

June 18th: Late Life Transitions

^Workshop will begin at 1:00pm^



Wednesdays (Spanish):

Abril 23: Bullying (Intimidacion y Acoso en Adultos Mayores)

Mayo 28: Holiday Blues (Tristeza Navidena)

Junio 25: Social Isolation (Aislamiento Social)

^Workshop will begin at 1:30pm^



WEEKLY ACTIVITIES

Country Line Dancing

Mondays & Fridays @ 12:00pm-1:30pm

Learn the Cha-cha, chasse and ball change with instructor Mike and his curated line dance lessons. There is a **suggested donation of \$5** per class and runs all season.



Movie Matinee

Thursdays @ 1:00pm

Bringing the big screen to you with weekly movies chosen by the participants. Popcorn and coffee provided.

A donation of \$1 per movie is appreciated.



Bollywood Yoga

Wednesdays @ 9:15am

This exercise class brings a fusion of energy from Bollywood music combined with the flow of yoga. This class is adaptable to all levels and abilities.

A suggested donation of \$1 per movie is appreciated

Follow-Along workout

Fridays @ 10:00am

Join us for this self-guided video work out class.

ALL SEASON Bingo Bonanza

Tuesdays @ 10:00am - 11:30am

Bingo cards are 0.25 cents each with a maximum of 6 cards & a \$1 gift card for game winners. There is a 10 minute intermission with an end time at 11:30am sharp.



Sound Bath

Tuesdays: April 8th, May 13th, & June 10th

Class will begin at 1:00pm

A Sound Bath is a meditative experience where those in attendance are "bathed" in sound waves. These waves are produced by various sound sources, including healing instruments such as gongs, crystal singing bowls, chimes, and chakra tuning forks.

A Sound Bath is a sound healing journey that relaxes the body, clears the subconscious, calms the mind, and activates your body's healing systems. Everything you need for this experience is provided. Just lie back and let the sound vibrations wash away stress and rejuvenate your body and mind.

Field Trip: L.A. Zoo

Thursday, May 22nd

Details of this event to be announced at Golden Matriarchs Gala event.

SPRING EVENTS

Spring Celebration

Thursday, April 24th

Event starts at 10:30am

Join us for a fun-filled morning with a delicious breakfast of pancakes, sausage, & egg scramble!

Enjoy an arts and crafts project & enter our exciting raffle for a chance to win great prizes.

Golden Matriarchs Gala

Thursday, May 8th

Event starts at 10:30am

Join us at this social event celebrating mothers. Details of this event to be announced later.

Paternal Extravaganza

Thursday, June 12th

Event starts at 10:30am

Join us at this social event celebrating fathers. Details of this event to be announced later.

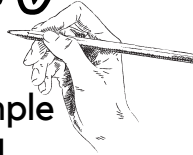
8 WEEK WELLNESS SESSIONS

CLASSES BEGIN THE SECOND WEEK OF APRIL & RUN THRU THE END OF MAY

Learn to Sketch

Mondays @ 10:00am

Join Keyork to learn how to sketch and draw simple things. This is a beginners class. **A suggested donation of \$1 per class is appreciated.**



Music & Movement

Wednesdays @ 10:15am - 11:30am

Join Rachel Seward as she brings dance and exercise into one fun and adaptable group exercise. **A suggested donation of \$1 per class is appreciated.**



Yarn Club

Wednesdays @ 11:00am

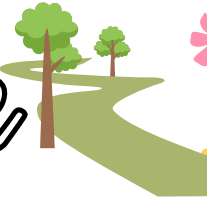
Join us for crochet and knitting with this participant-led club. This is a weekly meet-up among all skill levels at their own leisure with basic materials.



Walk and Tone

Thursdays @ 9:30am - 10:15am

Participants will join Lori on a curated walk around Sunland Park and then return to the center for a simple body tone session. **A suggested donation of \$1 per class is appreciated.**



Art Hour

Thursdays @ 10:30am - 11:30am

Classes vary from crafts to water colors and align according to holidays. All skill levels welcome. Materials are provided. **A suggested donation of \$1 per class is appreciated for supplies.**

