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



**SUNLAND**



**SENIOR CENTER**

*shine brighter together*

# Winter Program

## JANUARY - FEBRUARY - MARCH

**8640 FENWICK STREET, SUNLAND, CA 91040**  
**OFFICE PHONE: (818)353-9571**  
**WEBSITE: LAPARKS.ORG/SCC/SUNLAND**  
**OFFICE: MONDAY-FRIDAY 10:00AM-4:00PM**





# 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



Senior Cal Fresh  
 nutrition program



**Mondays: Feb 3rd, Feb 10th  
 Feb 17th & Feb 24th**  
 Workshop will begin at 10:45am

Department of Mental  
 Health workshops



**Fridays: Jan 31st, Feb 28th  
 & Mar 28th**  
 Workshop will begin at 11:00am

# 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 picked communally 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 .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: Jan 14th, Feb 11th & Mar 11th**  
**Class will begin at 2:00pm**

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, Tibetan bowls, ocean drums, and chakra tuning forks.

A Sound Bath is an acoustic sound healing journey that relaxes the body, clears the subconscious, calms the mind, and activates your body's natural 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.



# WINTER EVENTS

## Resource Fair

**Thursday, January 23rd**  
**Event starts at 10:30am**

Join us along with several organizations that will be there to show what resources are out there for seniors from nutrition to mental health & more.

## Valentine's Day Event

**Thursday, February 13th**  
**Event starts at 10:30am**

All are welcome to come enjoy friends, music and other festivities.

## March Madness

**Thursday, March 13th**  
**Event starts at 10:30am**

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



# 8 WEEK WELLNESS SESSIONS

CLASSES BEGIN THE SECOND WEEK OF JANUARY & RUN THRU THE END FEBRUARY

## Learn to Sketch

Mondays @ 10:00am - 10:45am

Join Kevork 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.

