

City of Los Angeles
Department of Recreation and Parks
Canoga Park Senior Citizen Center Stop 641-1
7326 Jordan Ave.
Canoga Park, CA 91303

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Los Angeles, CA
Permit # 12932

City of Los Angeles Department of Recreation & Parks

January thru March 2024



Canoga Park Senior Citizen Center

7326 Jordan Ave., Canoga Park, CA 91303
Phone: 818.340.2633 Fax: 818.887.2568
www.laparks.org



PARK PROUD LA!

JANUARY 2024 through MARCH 2024

**Classes and Activities offered-updated
(All classes subject to change and updates)**

means that \$1 of your class donation goes to helping your Senior Center

Mondays: Sr. Parkin' Walk Up Pantry, 9:30am to 10:30am (Start/end times are approximate.)

Park your vehicle in designated stalls. Walk/line up only on south wall of building for pantry distribution. When you arrive, make sure to sign in with staff. Names will be called from the list for pantry pick up. (No pantry 1/1, 1/15, 2/19 & 3/25)

Tap Dance, 10:00am to 11:00am

Come join Neena for fun filled Tap dance exercise, \$1 donation, bring your own water (no class 1/1, 1/15, 2/19, & 3/25)

Sit, Stitch, and Crochet Club, 1:00pm to 2:00pm

Join us for a relaxing hour of stitching, talking, and exchanging patterns. (no club meeting 1/1, 1/15, 2/19, & 3/25)

Beginning/Intermediate Line Dance, 2:00pm to 3:30pm

Participants bring their own water, \$1 donation, Enjoy fun dance instruction with lively music! (No class 1/1, 1/15, 2/19, & 3/25)

Tuesdays: Beginning Line Dance with Sylvia, 9:00am to 10:30am

Participants bring their own water, \$1 donation, come enjoy fun dance instruction with lively music!

Sit & Fit or Chair Salsa, 10:45am to 11:30am

Staff will lead you in a great exercise routine using sitting, upper body moves, Participants bring their own water, \$1 donation, Keep your exercise lively and fun

Yoga for Life, 1:00pm to 2:00pm

Our instructor, Radha, will lead your exercise routine using yoga poses, sitting, upper body moves. Chair adaption available. Participants bring their own water, \$1 donation.

Wednesdays: Sit & Fit Yoga or Chair Salsa, 9:30am to 10:30am

Staff will lead you in a great exercise routine using sitting, upper body moves, and yoga techniques. Participants bring their own water, \$1 donation. Make your exercise lively and fun! (held in lounge area)

Beginning/Intermediate Line Dance, 9:30am to 11:00am

Participants bring their own water, \$1 donation, come enjoy fun dance instruction with lively music! Beginning level

BINGO, 1:00pm to 2:30pm

Pre-Selected cards are 4 for \$1.00 max, Participants bring their own water, recreational Bingo game

Lego Builders 3:00pm to 4:00pm

Have fun and use your lego brain skills to build a simple locking brick project. First build will be provided. Participants bring their own water, \$1 donation

Thursdays: BINGO, 10:00am to 11:30am

Pre-Selected cards are 4 for \$1.00 max, Participants bring their own water, recreational Bingo game

Ukulele, 12:45pm to 2:15pm

Participants must bring their own instrument, beginners welcome, Participants bring their own water, \$1 donation

Advanced Line Dance with Sylvia, 2:45pm to 4:15pm

Instructor approval required prior to class, materials fee of \$5 pd to instructor, Participants bring their own water \$1 donation

Computer & Technology Skills - Thursday, 1:30pm-3:30pm

Learn basics of computer use including email, browsing, and online use and apps. Omega is here to help you navigate the internet. Please bring paper if you need to print multiple pages. \$1 donation, Sorry-no water or food allowed in BTOP Lab

Fridays: Beginning Line Dance with Kathy, 9:30am to 11:00am

Participants bring their own water, \$1 donation, Come enjoy fun dance instruction with lively music! Beginning level

Adult Art, 12:30am thru 1:45pm

Explore a variety of art mediums while letting your creative side blossom. Go at your own pace. Projects will be supplied. Participants bring their own water, \$1 donation

Folk Dance, 2:00pm to 4:15pm

Instructor evaluation required prior to joining class, Participants bring their own water, \$1 donation, Come dance to Folk music & steps from around the world. All skill levels welcome!

Mah Jong Clinic, in lounge, 12:30pm to 3:00pm (or until game play ends-normal business hours)

Join us for an informal clinic to learn the fun game of Mah Jong. Game is played in groups of 4 and it's addicting! No pressure here. You can watch the game, get a feel for how to play, ask questions about rules and instruction, play Mah Jong, and/or have a blast laughing and enjoying all the fun. It's up to you and what you're comfortable with. \$1 donation, participants bring your own water.

Billiards DAILY Monday thru Friday - 9:00am to 4:00pm Open play

Participants bring their own water, \$1 donation, maximum of 6 participants, no billiards on Fridays 12:00pm to 4:00pm (Facility is closed 1/1, 1/15, 2/19, 3/25 and as noted)

Open BTOP Lab - Tuesdays , 1:30pm-3:30pm

Computer use on your own. Please bring paper if you need to print multiple pages

News for you.....

Valentine's Day Party will be Wednesday, February 14th 11:30pm to 2:30pm

Come enjoy a heart filled holiday full of love! Raffles, music, and good company.
ONEgeneration lunch is separate and available on a first come, first served basis from 11:30am to 12:30pm.
Sign up prior to this event with Rosie at our front desk or call (818) 340-2633. Must be registered.

NBA & March Madness Raffle

Wear your NBA clothing attire to enter our raffle for NBA and March Madness. Join in the spirit of sports! There will be 3 drawings during the month of March 2024. Celebrate Basketball and the coming Spring ! Only sweater/jacket, shirt, pants, lanyard, hat, scarf, or visor qualifies as clothing attire. See staff for more information

Learning Lunches

"Nutrition and Healthy Eating", Thursday, January 18th, 11:45am, (ONEgeneration nutrition is separate)
"CHP Drive Smart", February 22nd, 11:45am (ONEgeneration nutrition is separate)

*****Renovation Project 2024*****

Our facility will be undergoing some much needed TLC consisting of a new roof, bathroom updates, and additional improvements starting early in 2024. Some of these improvements may require that we cannot be in the building. If temporary closures are required, we will post notices and do our best to inform you in advance. Thank you for your patience and understanding.

Backup BINGO Caller Needed

We are in need of a back up caller for our BINGO games. This would only be if our usual callers cannot be present.
Please contact Kari (818)340-2633 for more information. Training is available.

Registration is required for the facility and all activities.

Please see staff for registration form prior to attending any activity, class, event, or trip. Thank you

Rummikub sets are available for open play,

See Recreation staff to check out games.

Please note that our City facility observes health protocols for the security and safety of all

Senior Nutrition provided by ONEgeneration

Lunch Service –11:30am to 12:30pm, Daily Monday thru Friday

Good food, good friends, good times! Nutrition provided by ONEgeneration. Serving Caribbean Chicken, Shepard's Pie, and our popular Korean Beef. Yummy! Donation of \$3.00 for seniors 60+. Come speak with Alicia for more information. Monthly menu available online at www.laparks.org (go to "facilities", "senior centers", "Canoga Park Senior Center")
Call Luanne Grisham at (818) 708-4758 for more information

Canoga Park Senior Citizens' Travel Group

Upcoming trips.....

California Science Center. Chumash Casino - 2024

Must be registered at the center and a 2024 member of the Travel Group

Masks are strongly recommended.



If you are interested, call Maureen at 818-340-2633 on Mondays 9:30am to 12:30pm or speak to our staff

*You must be a member of the Canoga Park Senior Citizens' Travel Group and registered at the center to attend trips.

Travel Group Membership for 2024 is \$5 for the calendar year. Center registration is no cost. Come travel with us!

CITY OF LOS ANGELES

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Laura Island - Principal Recreation Supervisor II

Juan Aynat - Principal Recreation Supervisor I

David Gadelha - West Valley District Recreation Supervisor

Canoga Park Senior Citizens' Center Staff

Kari Haseltine - Recreation Facility Director

Recreation Assistants - Omega Bennett, Cassidy Guilfoyle,

Georgette Lambey, Liberty Maxwell, Paula Rodriguez

Maintenance Staff

Onier Vargas- Acting Park Maintenance Supervisor

Maria Sanchez, Maintenance Staff

2023 Senior PA Board

Lorry Reeves - President

Rosalie Rhodes - Secretary

Members– Cora Au, Maureen Moss, Mike Doot, William Munoz (ex-officio)

ONEgeneration Meal Program(satellite site)

Alicia Acosta, Site Manager

Call 818-705-2345 for Homebound & Grab and Go Meal Service

All classes and events offered are subject to unforeseen change and/or cancellation at any given time.

Payments are made by check or money order only. A collection fee will be charged for each check returned by the bank.

Department of Recreation and Parks refunds granted will be assessed a 15% fee. No full refunds will be issued unless a class/sports league/program is cancelled by the facility.

PlayLA Youth and Adaptive Youth Sports Program is made possible by the LA28 Olympic and Paralympic Games. Waivers available for those who qualify, ask for details.

Good Sportsmanship is Everyone's Responsibility. Be a Good Sport. The Department of Recreation and Parks is devoted to achieving gender equity through a continuous commitment to girls and women in sports.

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. Please submit your request for an accommodation as soon as possible