



**City of Los Angeles  
Department of Recreation & Parks  
Metro Region-North District**



# **El Sereno Senior Citizen Center**



**4818 KLAMATH PL. L. A., CA. 90032  
Phone: (323) 222-2040  
Website: [www.laparks.org](http://www.laparks.org)**

"The classes and programs in this brochure may be subject to change or cancellation"  
"Las clases y programas en este folleto pueden ser sujetos á cambio o cancelación"

# General Information / Información General

## **CENTER HOURS / HORARIO DEL CENTRO**

**Monday thru Friday / Lunes a Viernes**

**9:00a.m. - 4:00 p.m.**

**Saturday and Sunday / Sabado y Domingo**

**CLOSED / CERRADO**

\*Facility closed on All City Holidays /

El Centro estara cerrado en dias festivos de la Ciudad:

Creating Community through People, Parks and Programs!

### **Class Information /** **Información de Clases**

Registration begins / Matriculación empieza  
3/18/2024

Classes begin / Clases comienzan:  
4/1/2024

### **Annual Registration /** **Matriculación Anual**

Registration Cost / Costo de Matriculación: \$5.00

### **Payment Information /** **Información sobre pagos**

Cash, credit card, check, and money order payments are accepted. Cash payments must be made in exact amount only. Please make check / money order payable to:

**City of L. A. Department of Rec. and Parks**

A collection fee will be charged for each returned check.

Pagos con dinero en efectivo, tarjeta de credito, cheques, y giros son aceptados. Pagos en efectivo deben ser en la cantidad exacta. Pagos con cheques deben ser hechos a:

**"City of Los Angeles Dept. of Rec and Parks"**

Se cobrara una cuota por cheques sin fondos



**"Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangement."**

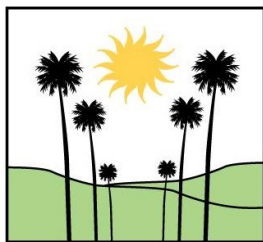
**"Personas con discapacidades son bienvenidas a participar en nuestros programas. Se harán acomodaciones razonables con aviso previo."**



### **Refund Policy /** **Poliza de reembolso**

"Full refunds are only issued when the senior center cancels the activity. A 15% cancellation fee is assessed for all other refunds. Changes or transfers per class registration may be assessed additional fees after the first day of a session, "Reembolos completos seran hechos solamente cuando el Centro cancela la clase. Un cobro de 15% de costos administrativos para todo reembolso.

Tarifas adicionales pueden ser cobradas por cambios o transferencias por cada inscripción de clase después del primer día de una sesión.



**LA-32**

Neighborhood Council

## **LA 32 Neighborhood Council** **Consular del Vecindario LA32**

**Meetings held first Wednesday of the month**

**6:00PM-8:00PM**

**Juntas cada primer miércoles del mes**

# General Information / Información General

## EL SERENO SENIOR CENTER ADVISORY BOARD

The El Sereno Senior Citizen Center Advisory Board is a collective group of volunteers dedicated to making our center a better place. The Board is always looking for new members. If interested and would like more information, please contact the Director at: (323) 222-2040

## COMITE CONSEJERO DE EL SERENO SENIOR CITIZEN CENTER”

El Comité Consejero es un grupo colectivo de voluntarios dedicados a mantener nuestro centro un lugar mejor. El comité siempre está buscando nuevos miembros. Si está interesado y desea más información, favor de comunicarse con el Director al: (323) 222-2040.

## CURRENT BOARD / COMITE ACTUAL

Jesus Ruiz– President, Guadalupe Estrada– Vice President, Kathleen Solano– Secretary, Patricia Salazar– member and Maria Ortega-member

## REFERENCE PHONE NUMBERS / NUMEROS DE TELEFONO DE REFERENCIA

14<sup>th</sup> Council District, Councilman Kevin de León  
Consulado Distrito 14, Consular Kevin de León..  
.....(323) 254-5295  
Department of Aging / Departamento de  
Envejecimiento.....311 or (800)510-2020  
LAPD-Northeast Police Division / Division de  
Policia del Noreste.....(323) 344-5701  
Social Security (24-hour service) / Seguro Social  
(servicio de 24 horas).....(800) 772-1234  
Mexican American Opportunity Foundation(MAOF)  
.....(323) 890-9600  
Montecito Heights Senior Center.....(213) 485-8550  
Eagle Rock Recreation Center.....(323) 257-6948  
Lincoln Park Senior Center.....(213) 847-1726  
Lincoln Height Senior Center.....(323) 225-9339  
**Cityride:**.....(323) 666-0895

## CITY OF LOS ANGELES Mayor –Karen Bass Councilmember Kevin de Leon 14th District Department of Recreation and Parks Board of Recreation and Park Commissioners

Renata Simril- President  
Luis Sanchez- Vice President  
Members: Fiona Hutton, Marie Lloyd and  
Benny Tran

## Recreation and Parks Administraton

Jimmy Kim-General Manager  
Matthew Rudnick-Executive Officer &  
Chief of Staff

Belinda Jackson - Assistant General  
Manager, Recreation Services Branch  
Cathie Santo-Domingo- Assistant General  
Manager- Planning, Construction  
& Maintenance Branch

Brenda Aguirre-  
Assistant General Manager,  
Special Operations Branch

## Metro Region Administration

Anita Meacham- Superintendent  
Kimberly Simonet - Principal Recreation  
Supervisor II  
Sharon Nishihara-Recreation Supervisor –  
North District

## El Sereno Senior Citizen Center Staff

Jose Luis Gonzalez –Facility Director  
Rec Assistants

Alex Sandoval, Rafa Frayre,  
Griselda Ramirez and Maruca Medina

## **SOCIAL HOUR / HORA SOCIAL THURSDAY / JUEVES 12:00PM-1:00PM**

*Feel like talking about social events,  
the community or anything in  
particular? Drop by and hang out.  
Desea hablar de eventos sociales, la  
comunidad o cualquier otra cosa en  
particular? Venga y pase un rato.*

# General Information / Información General

## WEEKLY SCHEDULE AT A GLANCE / HORARIO SEMANAL EN UNA VISTA

### MONDAY / LUNES

9:30 a.m. – 10:30 a.m.	Chair Exercise/Ejercicio en Silla
11:00 a.m.12:0p.m.	Arthritis Exercise/ Ejercicio para Artritis
11:00 a.m. – 12:00 p.m.	Lunch / Almuerzo
10:30 a.m.1:0p.m.	Music Jamboree / Musica Francachela
12:00 p.m. – 1:00 p.m.	Meditation Class / Clase de Meditación
1:00 p.m.2:0p.m.	Pickleball
10:00 a.m. – 12:00 p.m.	Pool / Billar
12:00 p.m. – 2:00p.m.	Chess / Ajedrez

### TUESDAY / MARTES

9:30 a.m. – 10:30 a.m.	Chair Yoga / Yoga en Silla
10:00 a.m. – 12:00 p.m.	Pool / Billar
11:00 a.m. – 12:00p.m.	Bingo
11:00 a.m. – 12:00 p.m.	Lunch / Almuerzo
12:00 p.m. – 2:00 pm.	Water Color Painting / Pintar con Colores de Agua

### WEDNESDAY / MIERCOLES

9:30 a.m. – 10:30 a.m.	Chair Exercise / Ejercicio en Silla
10:30 a.m.1:0p.m.	Music Jamboree/ Musica Francachela
10:00 a.m. – 12:00 p.m.	Pool / Billar
11:00 a.m. – 12:00 p.m.	Lunch / Almuerzo
11:00 a.m.12:00 p.m.	Arthritis Exercise / Ejercicio para Artritis
1:00 p.m. – 2:00 p.m.	Baile con Ritmo

### THURSDAY / JUEVES

9:30 a.m. – 10:30 a.m.	Chair Yoga / Yoga en Silla
10:00 a.m. – 12:00 p.m.	Pool / Billar
11:00 a.m. – 12:00p.m.	Bingo
11:00 a.m. – 12:00 p.m.	Lunch / Almuerzo
12:00 p.m. – 1:00p.m.	Social Hour / Hora Social
12:00 p.m. – 2:00 p.m.	Knitting /Tejido

### FRIDAY / VIERNES

9:30 a.m. – 10:30 a.m.	Chair Exercise/Ejercicio en Silla
11:00 a.m. – 12:00 p.m.	Smartphone Class / Clase de Smarphone
11:00 a.m. – 12:00 p.m.	Lunch / Almuerzo
10:00 a.m. – 12:00 p.m.	Pool / Billar
11:30 a.m. – 12:30 p.m.	Game / Juego: Dicho al Hecho
1:00 p.m.2:0p.m.	Pickleball

# Fitness Classes / Clases de Forma Fisica

## **CHAIR EXERCISE /** **EJERCICIO EN SILLA**

***\$15 -10 weeks/semanas***

Or \$1.00 each time you attend / Ó \$1.00 cada vez que venga

**MONDAY, WEDNESDAY & FRIDAY**  
**APRIL 1 - JUNE 7**

**9:30AM-10:30AM**

**LUNES, MIÉRCOLES, Y VIERNES**  
**1 de ABRIL a 7 de JUNIO**



*Safe, effective, low impact workout good for all fitness levels.*  
*Sesión de bajo impacto, seguro y efectivo para todo nivel de forma física*

## **CHAIR YOGA /** **YOGA EN SILLA**

***\$10 -10 weeks/semanas***

Or \$1.00 each time you attend / Ó \$1.00 cada vez que venga



**TUESDAY & THURSDAY**  
**APRIL 2 - JUNE 6**

**9:30AM-10:30AM**

**MARTES, Y JUEVES**  
**2 de ABRIL a 6 de JUNIO**

*Beginning Yoga—Increase flexibility, reduce tension in neck, shoulders and back.*

*Yoga para Principiante—Aumente flexibilidad, reduja tension en el cuello, hombros y espalda.*

# Fitness Classes / Clases de Forma Fisica

## **BAILE CON RITMO** **FREE / GRATIS** **10 weeks/semanas**



**WEDNESDAYS**  
**APRIL 3- JUNE 5**

**1:00PM-2:00PM**

**MIERCOLES**  
**3 de ABRIL a 5 de JUNIO**

*Burn calories, improve heart health  
and reduce stress.  
Queme calorías, mejore salud del  
corazón, y reduzca stress.*

## **ARTHRITIS EXERCISE /** **EJERCICIO para ARTRITIS** **\$10 -10 weeks/semanas**

**Or \$1.00 each time you attend / Ó \$1.00 cada vez que venga**

**MONDAY & WEDNESDAY**  
**APRIL 1 - JUNE 5**

**11:00 AM-12:00 PM**

**LUNES Y MIERCOLES**  
**1 de ABRIL a 5 de JUNIO**



*Benefits—Keep joints flexible and muscles strong.  
Sleep better and increase energy*

# Fitness Classes / Clases de Forma Fisica

## ***MEDITATION CLASS / CLASE de MEDITACIÓN***

**MONDAYS / LUNES  
APRIL 1 - JUNE 3 /  
1 de ABRIL a 3 de JUNIO**

**12:00PM-1:00PM**

**ENJOY AN EMPOWERING AND  
RELAXING TIME  
DISFRUTE UN TIEMPO DE  
EMPODERAMIENTO Y RELAJACIÓN**



## **PICKLE BALL**



**MONDAY & FRIDAY  
APRIL 1 - JUNE 7**

**1:00PM-2:00PM**

**LUNES Y VIERNES  
1 de ABRIL a  
7 de JUNIO**

**Come join and experience one of the fastest-growing sports in the country! If you have played tennis, squash, badminton, or table tennis, you are sure to enjoy this exciting game.**

**Playing equipment will be provided**

**Venga y aprenda uno de los deportes con un crecimiento más rápido en el país! Si ha jugado tennis, squash, badminton, o tennis de mesa, disfrutará este emocionante juego.**

**Se proporcionará equipo de juego**

# Fitness Classes / Clases de Forma Fisica

## **SMARTPHONE CLASS /** **CLASE DE SMARTPHONE** **FREE—10 weeks/semanas**



**WEDNESDAYS**

**APRIL 3– JUNE 5**

**12:00PM-1:00PM**

**MIERCOES**

**3 de ABRIL a 5 de JUNIO**

*Come and learn how to use our phone / Venga y aprenda a usar su telefono*

*\*Text messages / Textear Mensajes, Apps / Aplicaciones, Listen to Music / Oir Musica, Take Pictures / Tome Fotos, Create an Email Account / Crear una Cuenta de Correo Electronico*

## **DICHO AL HECHO**

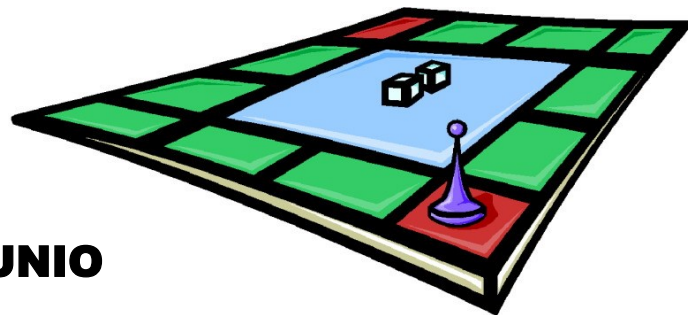
**FRIDAYS**

**APRIL 5– JUNE 7**

**11:30AM-12:30PM**

**VIERNES**

**5 de ABRIL a 7 de JUNIO**



Come join us and play an entertaining bilingual (English/Spanish) board game called: "Dicho al Hecho". Join in on the fun while delightfully engaging in learning to play this new game.

Venga a jugar un divertido y bilingual (inglés/español) juego de mesa llamado: "Dicho al Hecho". Únase a la diversión mientras aprende a jugar este nuevo juego



# Center Activities / Actividades en el Centro



**\$0.25 per card / por tarjeta (6 max)**  
**TUESDAY/MARTES & THURSDAY/JUEVES**  
**11:00AM-12:00PM**

**WATER COLOR PAINTING**  
**PINTAR con CLORES de AGUA**

**\$10 -10 weeks/semanas**  
**Or \$1.00 each time you attend / cada vez que venga**

**TUESDAY**  
**APRIL 2 - JUNE 4**  
**12:00PM-2:00PM**  
**MARTES**  
**2 de ABRIL a 4 de JUNIO**

*Let your artistic side come out and have some fun. /  
Deje que su lado artístico salga y diviértase.*



## **LUNCH / ALMUERZO**



**MEXICAN AMERICAN OPPORTUNITY FOUNDATION LUNCH PROGRAM**  
**Hot meals for lunch provided Monday-Friday between**  
**11AM-12PM. Donation \$2.00**

**PROGRAMA DE ALMUERZO POR LA FUNDACIÓN DE**  
**OPORTUNIDAD DE MEXICANO AMERICANOS**  
**Se ofrecen comidas calientes para almuerzo Lunes a**  
**Viernes 11:00AM-12:00PM. Donacion \$2.00**

# Center Activities / Actividades en el Centro

**CHESS**



**CHESS / AJEDREZ**

**MONDAY / LUNES**

**12:00PM -2:00PM**

*Learn to play Chess, or improve your knowledge. Advanced players are welcome to participate.*

*Aprenda a jugar ajedrez, o mejore su conocimiento. Jugadores avanzados son bienvenidos a participar*

**MUSIC PRACTICE / JAMBOREE**

**PRACTICA DE MUSICA / FRANCAACHELA**

**MONDAY and WEDNESDAY / LUNES Y MIERCOLES**

**10:30AM-1:00PM**



**If you like to sing, play an instrument or just want to hear music. Come and participate. Its open to everyone.**

**Si le gusta cantar, tocar un instrumento, o solo oir musica. Venga y participe. Es abierto para todos.**

***KNITTING / TEJIDO***

**THURSDAYS / JUEVES**

**12:00PM-2:00PM**

**If you like to knit, come and Participate, it is open to everyone. Si le gusta tejer, venga y participe, es abierto para todos.**



# Special Events / Eventos Especiales

## **SPRING PAINT N SIP**

## **PINTAR Y SORBER en PRIMAVERA**

Come have a  
fun time! / ¡Venga  
a pasar un rato  
agradable !

- FREE / GRATIS
- Age: 50 & older /  
Edad: 50 y mayor
- Music / Musica
- Raffle / Rifa
  - Snacks/  
Botanas

**Wednesday / Miercoles**

**April 10 / 10 de Abril**

**12:00pm-2:00pm**

**Please Sign-up Before  
Event Day.**

**Space is Limited to 50  
participants**

**Por Favor Apuntese  
Antes del Evento**

**Espacio es Limitado a  
50 participantes**

Sponsored by  
Patrocinado por:



Alignment Health

# Special Events / Eventos Especiales

## MOTHER'S DAY DANCE BAILE del DIA de las MADRES

Come have a lovely time! /  
¡Venga a pasar un rato agradable !

- FREE / GRATIS
- Age: 50 & older /  
Edad: 50 y mayor
  - MUSIC /  
MUSICA
  - FOOD /  
COMIDA

Friday / Viernes  
May 10 / 10 de Mayo  
10:00am-2:00pm

Please Sign-up  
**BEFORE** May 1st.  
Space is Limited  
Por Favor Apuntese  
**ANTES** del 1 de Mayo  
Espacio es Limitado



Sponsored by  
Patrocinado por:



# Facility Rental / Rentar la Facilidad

For information about available space and for obtaining a permit you can call: 323-222-2040 or come in to the main office. An **APPLICATION FOR USE OF FACILITIES** must be filled out, and fees paid, a minimum of one month prior to desired date of event.

Para obtener información sobre espacio disponible y para obtener un permiso pueden llamar al 323-222-2040 o entrar a la oficina principal. Una **SOLICITUD DE USO DE LAS INSTALACIONES** debe ser completada, y hacer el pago, un mínimo de un mes con anticipo de la fecha del evento.

## **ROOM FEE / CUOTA DEL CUARTO:**

50 person/as max: \$20.00 per hour / por hora  
100 person/as max \$30.00 per hour / por hora  
100+ person/as: \$40.00 per hour / por hora

**KITCHEN RENTAL / RENTAR LA COCINA: \$75.00**

**REFRESHMENT FEE / CUOTA DE REFRIGERIO: \$25.00**

**STAFF FEE /PERSONAL: \$30.00 per hour / por hora**

## **\*TABLES/MESAS:**

\$75.00 (9 or less/ 9 o menos),  
\$100.00 (10 or more / 10 o mas)

## **CHAIRS/ SILLAS:**

\$50.00 (Less than 100/ menos de 100),  
\$100.00 (100 or more 100 o mas)

**CLEAN UP/BREAKAGE REFUNDABLE DEPOSIT / DEPOSITO  
REEMBOLSABLE DE LIMPIAR O DAÑOS: \$100.00**

**IN ADDITION: Permittee is required to have a \$1 million Event General Liability Insurance, with the City of L.A. as additionally Insured. / \*EN ADICION: Se requiere que el permisionario tenga un Seguro de Responsabilidad Civil General de \$1 millón con la Ciudad de L.A. como asegurado adicional**

**THE SALE, SERVING AND CONSUMPTION OF ALCOHOLIC  
BEVERAGES IS NOT PERMITTED  
NO SE PERMITE VENDER, SERVIR O CONSUMIR BEBIDAS  
ALCOHÓLICAS**