

SOUTH LOS ANGELES SPORTS ACTIVITY CENTER
 7020 S. Figueroa Street, Los Angeles, CA 90003

2024 PROGRAM SCHEDULE

FREE & CONTINUOUS | JANUARY 4 - JUNE 27th

AGES 50+ FOR ALL CLASSES

CLASS	DESCRIPTION	DAY /TIME	COST
Senior Meeting & Greeting	Seniors meet with Director and the Public	1st Tuesday of the Month 10:00am-3:00pm	FREE
Chair Exercise	Low impact exercise while sitting	Mon, Wed & Fri 11:00am-12:00pm	FREE
Card Table Club	Learn & Play Games of strategy and chance, Socially	Tuesdays 2:00pm-5:00pm	FREE
Art Social	A basic introduction & Discussion of creative art	Tuesdays 11:00am-2:00pm	FREE
Knitting & Crocheting	Learn the basic techniques of knitting and crocheting	Wednesdays 12:00pm-2:30pm	FREE
Book Club	Reading, review and discussion of great Books	2nd & 4th Friday of the Month 1:00pm-3:00pm	FREE

Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements. All information/activities are subject to change and/or cancellation without prior notice.

