



January 2024

Senior Program

Parks
Make
Life
Better!



Monday

Tuesday

Wednesday

Thursday

Friday

PROGRAM INFORMATION

Activities:

- Zumba
- Chair Zumba
- Chair Yoga
- Sewing
- Painting
- Arts & Craft
- Excursions

REMINDERS

L.A food bank program every third Thursday of the month
- January 18
(1pm - 2:30pm)
- must be 60 years
- identification required



8
9:00am-10:00am: Coffee
10:00am-11:00am: Zumba
11:30am-12:30pm: Sewing
2:00pm-4:00pm: Computer /
Cellphone Course (Beginners)

15
**CLOSED IN
OBSERVANCE OF MLK
DAY**

22
9:00am-10:00am: Coffee
10:00am-11:00am: Zumba
11:30am-12:30pm: Sewing
2:00pm-4:00pm: Computer /
Cellphone Course (Beginners)

29
9:00am-10:00am: Coffee
10:00am-11:00am: Zumba
11:30am-12:30pm: Sewing
2:00pm-4:00pm: Computer /
Cellphone Course (Beginners)

2
9:00am-10:00am: Coffee
9:30am-10:00am: Gardening
10:00am-11:00am: Chair Yoga
11:30am-12:30pm: Paint by numbers
12:00pm-4:00pm: Arts and Craft

9
9:00am-10:00am: Coffee
9:30am-10:00am: Gardening
10:00am-11:00am: Chair Yoga
11:30am-12:30pm: Paint by numbers
12:00pm-4:00pm: Arts and Craft

16
8:00am-9:00am: **Walk for Wellness**
(meet at the Farmers Market parking lot)
10:00am-11:00am: Chair Yoga
11:30am-12:30pm: Paint by numbers
12:00pm-2:00pm: Arts and Craft

23
9:00am-10:00am: Coffee
9:30am-10:00am: Gardening
10:00am-11:00am: Chair Yoga
11:30am-12:30pm: Paint by numbers
12:00pm-4:00pm: Arts and Craft

30
9:00am-10:00am: Coffee
9:30am-10:00am: Gardening
10:00am-11:00am: Chair Yoga
11:30am-12:30pm: Paint by numbers
12:00pm-4:00pm: Arts and Craft

3
9:00am-10:00am: Coffee
10:00am-11:00am: Chair Zumba
11:30am-12:30pm: **Healthy Group Sessions**
1:00pm-2:00pm: Sewing
2:00pm-3:00pm: Computer /
Cellphone Course (Beginners)

10
9:00am-10:00am: Coffee
10:00am-11:00am: Chair Zumba
11:30am-12:30pm: Sewing
2:00pm-3:00pm: Computer /
Cellphone Course (Beginners)

17
9:00am-10:00am: Coffee
10:00am-11:00am: Chair Zumba
11:30am-12:30pm: **Healthy Group Sessions**
1:00pm-2:00pm: Sewing
2:00pm-3:00pm: Computer /
Cellphone Course (Beginners)

24
9:00am-10:00am: Coffee
10:00am-11:00am: Chair Zumba
11:30am-12:30pm: Sewing
2:00pm-3:00pm: Computer /
Cellphone Course (Beginners)

31
9:00am-10:00am: Coffee
10:00am-11:00am: Chair Zumba
11:30am-12:30pm: Sewing
2:00pm-3:00pm: Computer /
Cellphone Course (Beginners)

4
9:00am-10:00am: Coffee
9:30am-10:00am: Gardening
10:00am-11:00am: Chair Yoga
11:30am-12:30pm: Paint by numbers
12pm-2pm: Arts and Craft

11
9:00am-10:00am: Coffee
9:30am-10:00am: Gardening
10:00am-11:00am: Chair Yoga
11:30am-12:30pm: Paint by numbers
12pm-2pm: Arts and Craft

18
9:00am-10:00am: Coffee
9:30am-10:00am: Gardening
10:00am-11:00am: Chair Yoga
11:30am-12:30pm: Paint by numbers
12:00pm-2:00pm: Arts and Craft
FOOD PANTRY
1:00pm-2:30pm

25
9:00am-10:00am: Coffee
9:30am-10:00am: Gardening
10:00am-11:00am: Chair Yoga
11:30am-12:30pm: Paint by numbers
12pm-2pm: Arts and Craft

5
9:00am-10:00am: Coffee / Chair
Yoga
10:00am-11:00am: Zumba
11:00am-1:00pm: **Tech Talk**
Group Sessions
1:00pm-2:00pm: Arts and Craft

12
9am-10am: Coffee / Chair
Yoga
10:00am-11:00am: Zumba
12:00pm-4pm **KARAOKE**

19
9:00am-10:00am: Coffee / Chair
Yoga
10:00am-11:00am: Zumba
11:00am-1:00pm: **Tech Talk**
Group Sessions
1:00pm-2:00pm: Arts and Craft

26
9am-10am: Coffee
10:00am-11:00am: Zumba
12:00pm-4pm **LOTERIA**

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