



# Huntington Park Senior Program

## Daily Programming

6925 Salt Lake Ave, Huntington Park , Ca 90255 (323) 584-6352

***\*\*Programming for seniors 62 years and older\*\****

### Monday

- Zumba
- Sewing Class
- Computer/Cell Phone Class



### Time

- 10:00 am - 11:00 am
- 11:30 am - 12:30 pm
- 2:00 pm - 4:00 pm

### Tuesday

- Gardening
- Chair Yoga
- Paint by Numbers
- Arts and Craft

- 9:00 am - 10:00 am
- 10:00 am - 11:00 am
- 11:30 am - 12:30 pm
- 12:00 pm - 2:00 pm

### Wednesday

- Chair Zumba
- Paint by Numbers
- Arts and Craft
- Computer/Cell Phone Class

- 10:00 am - 11:00 am
- 11:30 am - 12:30 pm
- 12:00 pm - 2:00 pm
- 2:00 pm - 4:00 pm

### Thursday

- Gardening
- Chair Yoga
- Paint by numbers
- Arts and Craft

- 9:00 am - 10:00 am
- 10:00 am - 11:00 am
- 11:30 am - 12:30 pm
- 12:00 pm - 2:00 pm

### Friday

- Chair Yoga
- Zumba
- Sewing Class
- LOTERIA (4th Friday)
- KARAOKE (2nd Friday)



- 9:00 am - 10:00 am
- 10:00 am - 11:00 am
- 11:30 am - 12:30 pm
- 12:00 pm - 4:00 pm

Coffee Time Monday-Friday, 9-10 am

\*\*CONGREGATE MEALS\*\*

Lunch Monday-Friday 11:30-12:30 p.m.





**Monday**

**FEBRUARY 19  
CLOSED**

**Tuesday**

**Walk for Wellness meets at the Huntington Park  
Community Center at 7:45 a.m.  
(every 1st Tuesday of the month)**

**Parks  
Make  
Life  
Better!**



**Walk for Wellness meets at the Farmers Market  
parking lot at 7:45 am.  
(every 3rd Tuesday of the month)**

**Wednesday**

**Healthy Group Sessions 12:30pm-1:30pm  
(every 1st and 3rd Wednesday of the month)**

**February 14  
Live Entertainment  
11:00am-1:00pm  
Happy Valentines Day**

**Thursday**

**February 15  
L.A Food Bank Program  
1:00pm-2:30pm  
(every 3rd Thursday of the month)  
-Must be 60 years and older  
-Identification required**

**February 22  
The Music Center Performance:  
Rochel Garner Coleman Shadow Ball  
12:00pm-1:00pm**

**Friday**

**Tech Talk Group Sessions  
1:00 pm-2:00pm  
(every 1st and 3rd Friday of the month)**

**Healing Art 2:00pm-3:00pm  
February 16**

**California Science Center  
9:00am-5:00pm**

**February 23  
Live Entertainment  
11:00am-1:00pm**





# Programa para personas mayores de Huntington Park

## Programación diaria

**6925 Salt Lake Ave, Huntington Park , Ca 90255 (323) 584-6352**

***\*\*Programación para personas mayores de 62 años y mayores\*\****

### Lunes

**Zumba**

**Costura**

**Curso de computadora/ celular (principiantes)**

### Martes

**Jardineria**

**Yoga en silla**

**Pintura por número**

**Artes y oficios**

### Miércoles

**Zumba en silla**

**Pintura por número**

**Curso de computadora/ celular (principiantes)**

### Jueves

**Jardineria**

**Yoga en silla**

**Pintura por número**

**Artes y oficios**

### Viernes

**Yoga en silla**

**Zumba**

**Costura**

**LOTERIA (4to Viernes)**

**KARAOKE (2do Viernes)**



### Horario

**10:00 am - 11:00 am**

**11:30 am - 12:30 pm**

**2:00 pm - 4:00 pm**

**9:00 am - 10:00 am**

**10:00 am - 11:00 am**

**11:30 am - 12:30 pm**

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

**10:00 am - 11:00 am**

**11:30 am - 12:30 pm**

**2:00 pm - 4:00 pm**

**9:00 am - 10:00 am**

**10:00 am - 11:00 am**

**11:30 am - 12:30 pm**

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

**9:00 am - 10:00 am**

**10:00 am - 11:00 am**

**11:30 am - 12:30 pm**

**12:00 pm - 4:00 pm**

**Hora del café de lunes a viernes, de 9 a 10 a.m.**

**\*\*COMIDAS CONGREGADAS\*\***

**Almuerzo de lunes a viernes de 11:30 a 12:30 p.m.**





**Lunes**

**19 DE FEBRERO  
CERRADO**

**Martes**

**Walk for Wellness se reúne en el Centro Comunitario  
de Huntington Park a las 7:45 a.m.**

**(cada 1er martes del mes)**

**Walk for Wellness se reúne en el estacionamiento de  
Farmers Market a las 7:45 am.**

**(cada tercer martes del mes)**

**Miércoles**

**Sesiones grupales saludables 12:30 p.m.-1:30 p.m.**

**(cada 1er y 3er miércoles del mes)**

**14 de Febrero**

**Entretenimiento en vivo**

**11:00-1:00 p.m.**

**Feliz día de San Valentín**

**Jueves**

**15 de Febrero**

**Programa del Banco de Alimentos de Los Ángeles**

**1:00-2:30 p.m.**

**(cada tercer jueves del mes)**

**-Debe tener 60 años o más.**

**-Identificación requerida**

**22 de Febrero**

**Actuación del Centro de Música:**

**Rochel Garner Coleman Sombra Bola**

**12:00-1:00 p.m.**

**Viernes**

**Sesiones grupales de charlas técnicas**

**1:00-2:00 p.m.**

**(cada 1er y 3er viernes del mes)**

**Arte Curativo 2:00pm-3:00pm**

**16 de Febrero**

**Centro de Ciencias de California**

**9:00 am-5:00 pm**

**23 de Febrero**

**Entretenimiento en vivo**

**11:00-1:00 p.m.**

**Parks  
Make  
Life  
Better!**

