



HUNTINGTON PARK SENIOR PROGRAM

Parks
Make
Life
Better!

WEEKLY SCHEDULE

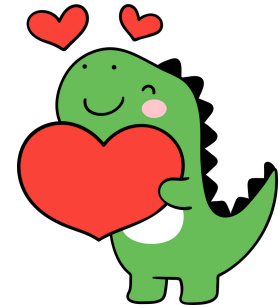


ZUMBA
MONDAY AND WEDNESDAY
10 A.M. TO 11 A.M.

HUGS IN A MUG
MORNING COFFEE
MONDAY-FRIDAY
9 A.M. TO 10 A.M.



CHAIR YOGA
TUESDAY AND THURSDAY
10 A.M. TO 11 A.M.



CONGREGATE MEALS
MONDAY-FRIDAY
11:30 A.M. TO 12:30 P.M.

HEARTS & MASTERPIECES
ARTFUL AFTERNOON
MONDAY-FRIDAY
11:30 A.M. TO 12:30 P.M.

CRAFTING FROM THE HEART
MOD PODGE CLASS
MONDAY AND WEDNESDAY
12 P.M. TO 2 P.M.

LEARNING TOGETHER
ENGLISH CLASS
MONDAY AND THURSDAY
1 P.M. TO 2 P.M.

CTRL + FUN
COMPUTER/CELL PHONE CLASS
MONDAY AND WEDNESDAY
1 P.M. TO 3:30 P.M.

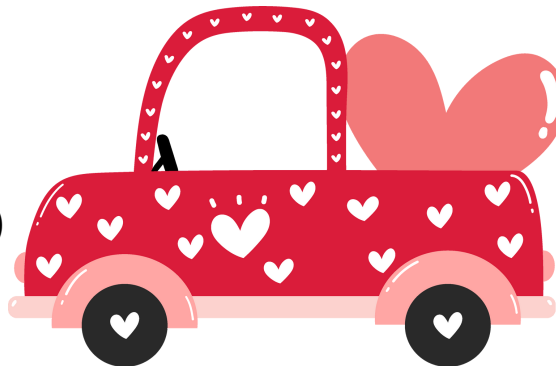


LOVE IN EVERY FOLD
ORIGAMI CLASS
THURSDAY
1 P.M. TO 3:30 P.M.

FRIDAY'S SCHEDULE

CHAIR YOGA 9 A.M. TO 10 A.M.
CHAIR ZUMBA 10 A.M. TO 11 A.M.
FROM 1 P.M. TO 3:30 P.M.

- **PLAY & CONNECT WITH POPCORN (1ST AND 3RD)**
- **KARAOKE (2ND)**
- **LOTERIA (4TH)**



HOURS OF OPERATION:
Monday-Friday 9 a.m. to 3:30 p.m.
PROGRAM NON-RESIDENT MEMBERSHIP FEE:
\$50 Yearly or \$5 Monthly

Huntington Park Community Center
6925 Salt Lake Ave. Huntington Park, CA
90255
(323)584-6352

LOVE, FEBRUARY

be my
VALENTINE



WALK FOR WELLNESS

-Huntington Park Community Center at 7:45 a.m.

Tuesday, February 3rd

-The entrance of Salt Lake Park at 7:45 a.m.

Tuesday, February 17th



HEALTHY GROUP SESSIONS

12:30 p.m. to 1:30 p.m.

Wednesday, February 4th and 18th



HEALING ART



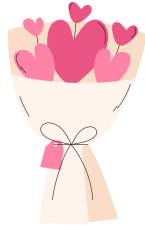
2 p.m. to 3 p.m.

Friday, February 6th and 20th

HAPPY VALENTINE'S DAY DANCE

Thursday, February 12th

2 p.m.



MOON HIKE

In Partnership with TreePeople

Friday, February 13th

5 p.m.



TreePeople



SENIOR PROGRAM **CLOSED**

Monday, February 16th- Presidents' Day



L.A. FOOD BANK PROGRAM

11 a.m. to 1 p.m.

- Must be 60 years and older
- Identification required

Thursday, February 19th



PRAISE CHAPEL CHRISTIAN FELLOWSHIP SENIOR FOOD PANTRY

9 a.m. to 11 a.m.

Wednesday, February 25th





PROGRAMA PARA PERSONAS DE LA TERCERA EDAD DE HUNTINGTON PARK

Parks
Make
Life
Better!

PROGRAMA SEMANAL

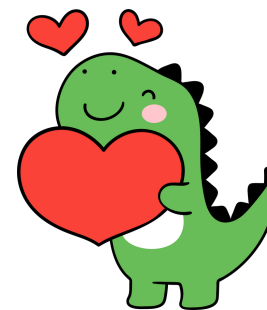


ZUMBA
LUNES Y MIÉRCOLES
10 A.M. A 11 A.M.

ABRAZOS EN UNA TAZA
CAFÉ DE LA MAÑANA
LUNES-VIERNES
9 A.M. A 10 A.M.



YOGA EN SILLA
MARTES Y JUEVES
10 A.M. A 11 A.M.



COMIDAS CONGREGADAS
LUNES-VIERNES
11:30 A.M. A 12:30 P.M.

CORAZONES Y OBRAS
MAESTRAS
TARDES ARTÍSTICAS
LUNES-VIERNES
11:30 A.M. A 12:30 P.M.

HECHO CON EL CORAZÓN
CLASE DE MOD PODGE
LUNES Y MIÉRCOLES
12 P.M. A 2 P.M.

APRENDIENDO JUNTOS
CLASE DE INGLÉS
LUNES Y JUEVES
1 P.M. A 2 P.M.

CTRL + DIVERSIÓN
CLASE DE COMPUTADORA/CELULAR
LUNES Y MIÉRCOLES
1 P.M. A 3:30 P.M.



AMOR EN CADA DOBLEZ
CLASE DE ORIGAMI
JUEVES
1 P.M. A 3:30 P.M.

PROGRAMACION DEL VIERNES

YOGA EN SILLA 9 A.M. A 10 A.M.
ZUMBA EN SILLA 10 A.M. A 11 A.M.
DE 1 P.M. A 3:30 P.M.

- JUEGA, CONECTA Y DISFRUTA PALOMITAS (1^{ER} Y 3^{ER})
- KARAOKE (2^{DO})
- LOTERIA (4^{TO})



HORARIO:
LUNES-VIERNES 9 A.M. A 3:30 P.M.
TARIFA DE MEMBRESÍA PARA NO
RESIDENTES:

\$50 ANUAL O \$5 MENSUAL

Centro Comunitario de Huntington Park
6925 Salt Lake Ave. Huntington Park,
CA, 90255

(323)584-6352

CON AMOR, FEBRUARY

be my
VALENTINE



CAMINATA PARA EL BIENESTAR

- Centro Comunitario a las 7:45 a.m.
Martes, 3 de Febrero
- La entrada de Salt Lake Park a las 7:45 a.m.
Martes, 17 de Febrero



SESIONES GRUPALES SALUDABLES

12:30 p.m. a 1:30 p.m.
Miercoles, 4 y 18 de Febrero



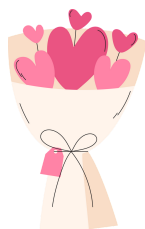
ARTE CURATIVO

2 p.m. a 3 p.m.
Viernes, 6 y 20 de Febrero



BAILE PARA EL DÍA DE LA AMISTAD

Jueves, 12 de Febrero
2 p.m.



CAMINATA LUNAR

En colaboración con TreePeople

Viernes, 13 de Febrero
5 p.m.



TreePeople



PROGRAMA CERRADO

Lunes, 16 de Febrero- Día de los
Presidentes



PROGRAMA DEL BANCO DE ALIMENTOS DE LOS ANGELES

11 a.m. a 1 p.m.

- Debe tener 60 años o más
- Identificación requerida

Jueves, 19 de Febrero



PRAISE CHAPEL CHRISTIAN FELLOWSHIP DESPENSA DE ALIMENTOS

9 a.m. a 11 a.m.

Miercoles, 25 de Febrero

