

August 2023

RP — Recreation Park (208 Park Ave.)
LP — Las Palmas Park (505 S. Huntington St.)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <ul style="list-style-type: none"> • Music Class @9:00am • Park Ave Club @ 9:00am @ Rec Park • 3 Wins Fitness Workshop @9:30am • Senior Zumba @10:30am 	2 <ul style="list-style-type: none"> • Walkable Wednesday @ 8:30am • Birthday Celebration 10:00am-11:00am • Crafty Ladies @ 9am • Movement for Life @9am 	3 <ul style="list-style-type: none"> • Chair Zumba @ 10:30am • Matinee @ 12:00pm 	4 <ul style="list-style-type: none"> • Chair Yoga @9am • Doc Talk with Regal @ 9:30am • Park Bingo @ 11am Senior Trip <i>OLD SPANISH DAYS FESTIVAL</i>	5
6 Las Palmas Senior Club meeting @ 1:30pm	7 <ul style="list-style-type: none"> • LA Food Bank Distribution @9am –11am • Music Practice Sessions • Pickleball @ LP - 10am **AUGUST FITNESS CHALLENGE STARTS!	8 <ul style="list-style-type: none"> • Music Class @9:00am • Park Bingo @ 9am @ Recreation Park • Adult Coloring 10am-11am • Senior Zumba @10:30am 	9 <ul style="list-style-type: none"> • Walkable Wednesday @ 8:30am • Crafty Ladies @ 9am • Movement for Life @ 9am ~Tech Wednesday~	10 <ul style="list-style-type: none"> • Platicas de la Vida Cotidiana @ 9:30am • Chair Zumba @10:30 am 	11 <ul style="list-style-type: none"> • Chair Yoga @9am • Park Bingo @ 11am 	12 Senior Trip <i>DODGERS VS ROCKIES GAME</i>
13	14 <ul style="list-style-type: none"> • Music Practice Sessions • Pickleball @ LP - 10am • Tie-Dye Class @ 10am 	15 <ul style="list-style-type: none"> • Music Class @9:00am • Park Ave Club @ 9:00am @ Rec Park • Senior Zumba @10:30am 	16 <ul style="list-style-type: none"> • Walkable Wednesday @ 8:30am • Crafty Ladies @ 9am • Movement for Life @ 9am 	17 <ul style="list-style-type: none"> • Chair Zumba @10:30 am 	18 <ul style="list-style-type: none"> • Chair Yoga @9am • Park Bingo @ 11am • SCAM & Fraud Prevention @9:30am 	19 Las Palmas Senior Club Dance
20	21 <ul style="list-style-type: none"> • Aquatic Exercise @ 7:30am • Music Practice Sessions • Pickleball @ LP - 10am • Senior Citizens Day - Recreation Park 8:30am 	22 <ul style="list-style-type: none"> • Music Class @9:00am • Park Bingo @ 9am @ Recreation Park • Adult Coloring 10am-11am • Senior Zumba @10:30am 	23 <ul style="list-style-type: none"> • Walkable Wednesday @ 8:30am • Crafty Ladies @ 9am • Movement for Life @ 9am 	24 <ul style="list-style-type: none"> • Chair Zumba @ 10:30am • Platicas de la Vida Cotidiana @ 9:30am 	25 <ul style="list-style-type: none"> • Chair Yoga @9am • Park Bingo @ 11am 	26
27	28 <ul style="list-style-type: none"> • Music Practice Sessions • Pickleball @ 10am 	29 <ul style="list-style-type: none"> • Music Class @9:00am • Park Ave Club @ 9:00am @ Rec Park • Senior Zumba @10:30am 	30 <ul style="list-style-type: none"> • Walkable Wednesday @ 8:30am • Crafty Ladies @ 9am • Movement for Life @ 9am ~Tech Wednesday~	31 <ul style="list-style-type: none"> • Chair Zumba @10:30 am • City of San Fernando Birthday— 6pm-8:00pm Casa Lopez Adobe 	Register today for our activities! For more information, call Las Palmas Park at 818-898-7340. <hr/> ¡Regístrese hoy para nuestras actividades! <i>Para mas información, llame el Parque de Las Palma al 818-898-7340.</i>	