

September 2023

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

Sun Mon Tue Wed Thu Fri Sat

Register today for our activities!
For more information, call Las Palmas Park at 818-898-7340.

¡Regístrese hoy para nuestras actividades!
Para mas información, llame el Parque de Las Palma al 818-898-7340.

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FACILITY CLOSED



5

- Music Class @9:00am
- Park Bingo @ 9:00am @ Recreation Park
- Senior Zumba @10:30am

6

- Walkable Wednesday @ 8:30am
- Birthday Celebration 10:00am-11:00am
- Crafty Ladies @ 9:00am
- Movement for Life @ 9:00am

7

- Chair Zumba @ 10:30am
- Matinee @ 12:00pm
- Clase de Canto @ 9:00am

8

- Chair Yoga @9am
- Park Bingo @ 11:00am ~Potluck~
- Doc Talk with Regal @ 9:30am

9

Senior Trip
*MEDIEVAL TIMES
DINNER &
TOURNAMENT*

10

Las Palmas Senior Club
Meeting @ 1:30pm
POTLUCK

11

- Music Practice Sessions
- Pickleball @ LP @ 10:00am
- Tie-Dye Class @ 10am

12

- Music Class @9:00am
- Park Bingo @ 9am @ Recreation Park
- Adult Coloring 10am-11am
- Senior Zumba @10:30am

13

- Walkable Wednesday @ 8:30am
- Crafty Ladies @ 9:00am
- Movement for Life @ 9:00am ~Tech Wednesday~

14

- Platicas de la Vida Cotidiana @ 9:00am
- Chair Zumba @10:30 am
- Clase de Canto @ 9:00am

15

- Chair Yoga @9am
- Park Bingo @ 11am CANCELED
- Hispanic Heritage Celebration @ 12pm

16

Las Palmas Senior
Club Dance

17

- LA Food Bank Distribution @9am –11am
- Music Practice Sessions
- Pickleball @ LP @ 10:00am

18

- Music Class @9:00am
- Park Bingo @ 9:00am @ Recreation Park
- Senior Zumba @10:30am

20

- Walkable Wednesday @ 8:30am
- Crafty Ladies @ 9:00am
- Movement for Life @ 9:00am ~Tech Wednesday~

21

- Chair Zumba @ 10:30am
- Clase de Canto @ 9:00am

22

- Chair Yoga @9am
- Park Bingo @ 11:00am
- Senior Bowling @11am

23

24

- Music Practice Sessions
- Pickleball @ LP @ 10:00am

25

- Music Class @9:00am
- Park Bingo @ 9:00am @ Recreation Park
- Adult Coloring 10am-11am
- Senior Zumba @10:30am
- Arthritis Exercise @ 11:30am @ RP

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27

- Walkable Wednesday @ 8:30am
- Crafty Ladies @ 9:00am
- Movement for Life @ 9:00am ~Tech Wednesday~

28

- Platicas de la Vida Cotidiana @ 9:00am
- Chair Zumba @10:30 am
- Clase de Canto @ 9:00am
- Arthritis Exercise @ 11:30am @ RP

29

- Chair Yoga @9am
- Park Bingo @ 11:00am

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Senior Trip
*BALBOA PARK,
SAN DIEGO*

September 2023

 **LAS PALMAS BINGO** 

EVERY FRIDAY 11:00AM

 **\$6 for 1 Booklet**
(3 sheets of 3 games each)
Prizes will be provided.

55+ SENIOR Bowling

FRIDAY, SEPTEMBER 22 11AM

BRUNSWICK MATADOR BOWL
Food & Shoe rental not included

Call Las Palmas Park at 818-989-7340 to be added to the interest list.

PLATICAS DE LA VIDA COTIDIANA



Jueves 14 de septiembre 28 de septiembre 9:00am

Las Palmas Park

****Café GRATUITO****



FOR SENIORS 55+ YEARS & OLDER

PARK AVE CLUB

Recreation Park - 208 Park Ave Tuesdays | 9am - 11:30am

Join us weekly for crocheting, Park Bingo, and monthly potlucks.

PARK BINGO - Starts at 9:45am
Fee: \$6/1 card or \$10/2 cards

MATINEE



THURSDAY | SEPT 7 12:00PM

LAS PALMAS PARK

Burn Prevention & Fire Safety Education for Seniors



We invite you to join us for a FREE presentation on:

*1st, 2nd, and 3rd Degree Burns
Fire Safety & First Aid
Burn Prevention
Emergency Burn Treatment*

*September 8, 2023
9:30 - 10:30am*

*Location: Las Palmas Park
505 S Huntington St., San Fernando, CA 91340
Duration: 45-minutes + Q & A session*

RSVP by calling us at 818-898-7340.



Birthday Celebrations

at Las Palmas Park

Every first Wednesday of the month. 10:00 am - 11:00 am





For more information: 818-898-7340

Walkable Wednesdays

8:30am - 9:00am

Las Palmas Park - 505 S. Huntington St.
Group meets in the **INDOOR GYM** during the summer.

Let's do it together! Join us every Wednesdays to complete a 30-minute walk at your pace.



FREE

LAS PALMAS GOLDEN FUN LEAGUE PRESENTS...

Tie-Dye Monday!

FOR SENIORS

Monday, September 11 10:00am - 11:00am

Las Palmas Park

Bring your own **t-shirt** to create a fun design with fun colors on your shirts.

Register Today!