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.					1 • Chair Yoga @9am	2
, ,	a nuestras actividades! 1, llame el Parque de Las Palma	al 818-898-7340.			Park Bingo @ 11:00am "Potluck"	
3	4	5	6	7	8	9
	FACILITY CLOSED LABOR DAY	 Music Class @9:00am Park Bingo @ 9:00am @ Recreation Park Senior Zumba @10:30am 	Walkable Wednesday 8:30am Birthday Celebration 10:00am-11:00am Crafty Ladies @ 9:00am Movement for Life @ 9:00am	 Chair Zumba @ 10:30am Matinee @ 12:00pm Clase de Canto @ 9:00am 	 Chair Yoga @9am Park Bingo @ 11:00am Doc Talk with Regal @ 9:30am 	Senior Trip MEDIEVAL TIMES DINNER & TOURNAMENT
10	11	12	13	14	15	16
Las Palmas Senior Club Meeting @ 1:30pm POTLUCK	 Music Practice Sessions Pickleball @ LP @ 10:00am Tie-Dye Class @ 10am 	 Music Class @9:00am Park Bingo @ 9am @ Recreation Park Adult Coloring 10am-11am Senior Zumba @10:30am 	 Walkable Wednesday 8:30am Crafty Ladies @ 9:00am Movement for Life @ 9:00am "Tech Wednesday" 	 Platicas de la Vida Cotidiana @ 9:00am Chair Zumba @10:30 am Clase de Canto @ 9:00am 	Chair Yoga @9am Park Bingo @ 11am CANCELED Hispanic Heritage Celebration @ 12pm The second	Las Palmas Senior Club Dance
17	18	19	20	21	22	23
	LA Food Bank Distribution @9am -11am Music Practice Sessions Pickleball @ LP @ 10:00am	Music Class @9:00am Park Bingo @ 9:00am @ Recreation Park Senior Zumba @10:30am	Walkable Wednesday 8:30am Crafty Ladies @ 9:00am Movement for Life @ 9:00am ~Tech Wednesday~	 Chair Zumba @ 10:30am Clase de Canto @ 9:00am 	 Chair Yoga @9am Park Bingo @ 11:00am Senior Bowling @11am 	
24	25	26	27	28	29	30
	 Music Practice Sessions Pickleball @ LP @ 10:00am 	 Music Class @9:00am Park Bingo @ 9:00am @ Recreation Park Adult Coloring 10am-11am Senior Zumba @10:30am Arthritis Exercise @ 11:30am @ RP 	Walkable Wednesday 8:30am Crafty Ladies @ 9:00am Movement for Life @ 9:00am ~Tech Wednesday~	 Platicas de la Vida Cotidiana @ 9:00am Chair Zumba @10:30 am Clase de Canto @ 9:00am Arthritis Exercise @ 11:30am @ RP 	 Chair Yoga @9am Park Bingo @ 11:00am 	Senior Trip BALBOA PARK, SAN DIEGO



11:00AM

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

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.









PLATICAS DE LA VIDA

COTIDIANA

ueves

9:00am

14 de septiembre

28 de septiembre

Las Palmas Park

Café GRATUITO

Every first Wednesday of the

month.

10:00 am - 11:00 am

SAN FERNANDO Pink Tree Insurance

Mental Health

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.



For seniors 55 years & older

Walkable

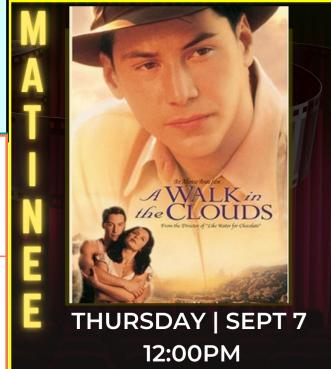
Wednesdays

830am - 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.

September 2023



LAS PALMAS PARK

For seniors 55 years & older



