
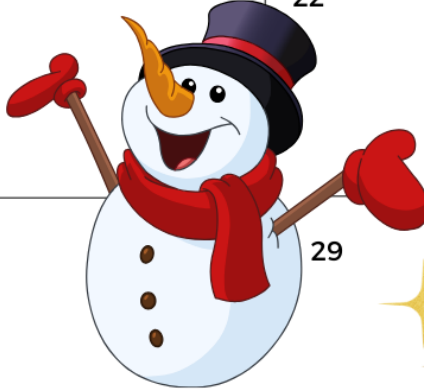




DECEMBER

/ 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 Register today for our activities! For more information, call Las Palmas Park at 818-898-7340. ----- ¡Regístrate hoy para nuestras actividades! Para mas información, llame el Parque de Las Palmas al 818-898-7340.			<div style="border: 2px solid black; padding: 5px;"> RP- Recreation Park (208 Park Ave.) LP- Las Palmas Park (505 S. Huntington St.) </div>			
			8:30am WalkableWednesday		1 9am Chair Yoga 11am Park Bingo 9:30am Doc Talk with Regal	2
3 1:30 Senior Club Meeting	4 9am LA Food Bank Distribution 9am Music Practice sessions 10am Pickleball @ LP 11:30 am Clase de Ingles	5 9am Park Bingo @ RP 9am Music Class 10am Adult Coloring 10:30am Senior Zumba	6 9am Crafty Ladies 9am-10:30am Clase de Manualidades 11am Birthday Celebration 9:30am Technology Workshop in Spanish Part 2 11am Tech Wednesday/ Computer Lab 11:30 am Clase de Ingles	7 8am Movement For Life 9am Platicas de La Vida Cotidiana 9am Clase de Canto 9:30am Holiday Card Making 10:30am Chair Zumba	8 9am Chair Yoga 11am Park Bingo	9
10	11 9am Music Practice sessions 10am Pickleball @ LP 11:30 am Clase de Ingles	12 9am Park Bingo @ RP 9am Music Class 10am Adult Coloring 10:30am Senior Zumba	13 8:30am WalkableWednesday 9am Crafty Ladies 9am-10:30am Clase de Manualidades 9:30am Technology Workshop in English Part 2 11am Tech Wednesday/ Computer Lab 11:30am Clase de Ingles	14 8am Movemnet For Life 9am Clase de Canto 10:30am Chair Zumba	15 9am Chair Yoga 11am Park Bingo 12pm Holiday Celebration 	16
17	18	19	20	21 	22 	23
24	25	26	27	28	29 	30
	<h1>Winter Break</h1>					
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DECEMBER 2023



THE CITY OF SAN FERNANDO

COME CELEBRATE THE SEASON WITH US!

Jingle Bell ROCK OUT Party

DECEMBER 15

12 PM - 2 PM
LAS PALMAS PARK

RAFFLES | MUSIC | PHOTO BOOTH |
& MORE

WEAR YOUR FAVORITE HOLIDAY
SWEATER!

RSVP ONLINE OR
IN PERSON AT LAS PALMAS

818-898-7340

WWW.SFCITY.ORG/SFRECREATION

 Regal Medical Group  Lakeside Community Healthcare



Seniors 55+ are welcomed.

Birthday Celebrations

at Las Palmas Park

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

 THE CITY OF SAN FERNANDO  Pink Tree Insurance

For more information: 818-898-7340



Doctor Talks

with Regal Medical Group

Come join us as we sit down with a doctor and ask important questions regarding you or your loved one's health.

Friday, December 1 | 9:30 AM

Las Palmas | 505 S. Huntington St.

 Regal Medical Group  Lakeside Community Healthcare

MATINEE



**THURSDAY,
DECEMBER 7
12 PM
LAS PALMAS PARK**

For seniors 55 years & older

Walkable Wednesdays

8:30am - 9:00am

Las Palmas Park - 505 S. Huntington St.
Group meets at the outdoor picnic tables.

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

