

*\$ = Fee for activity

AUGUST

/ 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1 9am Clase de Canto \$ 10:30am Chair Zumba \$ 12pm Matinee	2 9am Chair Yoga \$ 11am Park Bingo \$	3
4 1:30pm Senior Club Meeting	5 9am LA Food Bank 9am Music Practice 10am Pickleball @ LP 10am Paint a Terracotta Pot	6 9am Music Class \$ 9am Park Bingo @ RP \$ 10am Adult Coloring 10:30am Zumba Gold	7 8:30am Walkable Weds. 9am Crafty Ladies 10am Birthday Celebration 11am Lotería 10-11:30 Mixed Line Dancing	8 9am Clase de Canto \$ 9am Platicas de la vida con café 10:30am Chair Zumba \$	9 9am Chair Yoga \$ 11am Park Bingo \$	10 7pm Summer Concert at the Park @ RP
11	12 9am Music Practice 10am Pickleball @ LP	13 9am Music Class \$ 9am Park Bingo @ RP \$ 10am Adult Coloring 10:30am Zumba Gold	14 8:30am Walkable Weds. 9am Crafty Ladies 11am Lotería 10-11:30 Mixed Line Dancing ~Tech Wednesday~	15 9am Clase de Canto \$ 10:30am Chair Zumba \$	16 9am Chair Yoga \$ 11am Park Bingo \$ 6pm-8pm Karaoke	17 Club's Summer Dance 7pm Summer Concert at the Park @ RP
18	19 9am Music Practice 10am Pickleball @ LP 11:30am Clase de inglés	20 9am Music Class \$ 9am Park Bingo @ RP \$ 10am Adult Coloring 10:30am Zumba Gold	21 8:30am Walkable Weds. 9am Crafty Ladies 9:30-10:30am National Senior Citizen's Day 11am Lotería 11:30am Clase de inglés 10-11:30 Mixed Line Dancing	22 9am Clase de Canto \$ 9am Platicas de la vida con café 10:30am Chair Zumba \$	23 9am Chair Yoga \$ 11am Park Bingo \$ 12-2pm Summer Beach Party	24 Senior Trip: Agua Caliente Casino 7pm Summer Concert at the Park @ Downtown SF
25	26 9am Music Practice 10am Pickleball @ LP 11:30am Clase de inglés	27 9am Music Class \$ 9am Park Bingo @ RP \$ 10am Adult Coloring 10:30am Zumba Gold	28 8:30am Walkable Weds. 9am Crafty Ladies 11am Lotería 11:30am Clase de inglés 10-11:30 Mixed Line Dancing ~Tech Wednesday~	29 9am Clase de Canto \$ 10:30am Chair Zumba \$	30 9am Chair Yoga \$ 11am Park Bingo \$	31 6pm City's Birthday @ Casa Lopez Adobe

Terracotta Pot Painting

\$5
Per person



In this month's session, you will learn how to properly paint and seal a terracotta pot. What is the best part? You keep your pot!

Monday, August 5
10:00am - 11:30am
Las Palmas Park
(Please arrive 15 mins early)

505 S. Huntington St., San Fernando
Register at Las Palmas Park
Monday-Friday, 9am-5pm.

We will have a raffle!

For more information, call us at 818-898-7340.

ZUMBA GOLD

Tuesdays
10:30am - 11:30am
Sponsored by OPTUM

WALKABLE WEDNESDAYS

Wednesdays
8:30am - 9am
(Inside gym)

MOVEMENT FOR LIFE

Thursdays
8am - 9am
\$10 /month

CHAIR ZUMBA GOLD

Thursdays
10:30am - 11:30am
\$10 /month

CHAIR YOGA

Fridays
9am - 10am
\$30 /month

AUGUST 2024

MATINEE

AT LAS PALMAS PARK



THURSDAY | AUGUST 1 | 12:00PM

Birthday Celebrations

at Las Palmas Park

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



For more information: 818-898-7340

THE CITY OF **SAN FERNANDO** *New twist on a classic dance!*

Cyndy's Mixed Line Dance

8-WEEK SESSION

WEDNESDAYS
10:00-11:30 am
\$25/per session

CLASS OPEN TO AGES 18+

LAS PALMAS PARK
505 South Huntington St.

FOR MORE INFORMATION & REGISTRATION
818-898-1290
SFCITY.ORG/SFRECREATION

THE CITY OF **SAN FERNANDO** Seniors 55+ welcomed

Summer Beach Party

WITH DJ CHRIS CANELO | Entry \$2.00
FRIDAY, AUGUST 23 | LAS PALMAS PARK
12PM-2PM

Spaces limited
Register by Friday 8/16/24

BEAT THE HEAT WITH AN AFTERNOON OF DANCING.

REGISTRATION INCLUDES (1) RAFFLE TICKET, A COOL DRINK AND SNACK.
For more information call 818-898-7340

LA CIUDAD DE **SAN FERNANDO**

Pláticas de la Vida con café

Acompáñenos para charlar sobre la vida, compartir experiencias y recibir apoyo mientras conversamos sobre nuestras emociones, ansiedades y mucho más. ¡Será una oportunidad maravillosa para conectarnos y fortalecernos juntos!

8 y 22 de agosto
9:00 AM | ¡Gratis!
Las Palmas Park
505. S. Huntington St.

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
hope. recovery. wellbeing.