

\*\$ = Fee for activity

# OCTOBER



/ 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1 9am Music Class \$ 9am Park Bingo @RP \$ 10:30am Zumba Gold	2 8:30am Walkable Weds. 9am Crafty Ladies 10am Birthday Celebration 10-11:30am Mixed Line Dancing \$	3 8am Movement for life \$ 9am Clase de Canto \$ 9-10:30am Alzheimer's LA: Cuidándonos juntos 10:30am Chair Zumba \$ 12pm Matinee	4 9am Chair Yoga \$ 11am Park Bingo \$ 9:3am Doc Talk	5
6 1:30pm Senior Club Meeting	7 9am LA Food Bank 9am Music Practice 9:30-11am Day of the Dead Clay Workshop \$ 10am Pickleball @ LP	8 9am Music Class \$ 9am Park Bingo @RP \$ 10am Adult Coloring 10:30am Zumba Gold	9 8:30am Walkable Weds. 9am Crafty Ladies 9:30-10:30am Intro to Computers 10-11:30am Mixed Line Dancing \$ 12pm Doc Talk ~Tech Wednesday~	10 8am Movement for life \$ 9am Clase de Canto \$ 9am Pláticas de la vida con café 10:30am Chair Zumba \$	11 9am Chair Yoga \$ 11am Park Bingo \$	12 Senior Trip: \$ Morongo Casino
13	14 9am Music Practice 10am Pickleball @ LP	15 9am Music Class \$ 9am Park Bingo @RP \$ 10am Adult Coloring 10:30am Zumba Gold	16 8:30am Walkable Weds. 9am Crafty Ladies 10-11:30am Mixed Line Dancing \$ ~Tech Wednesday~	17 8am Movement for life \$ 9am Clase de Canto \$ 10:30am Chair Zumba \$	18 9am Chair Yoga \$ 11am Park Bingo \$	19 Halloween Dance
20	21 9am Music Practice 10am Pickleball @ LP	22 9am Music Class \$ 9am Park Bingo @RP \$ 10am Adult Coloring 10:30am Zumba Gold	23 8:30am Walkable Weds. 9am Crafty Ladies 9:30-10:30am Intro to Computers 10-11:30am Mixed Line Dancing \$ 12pm Doc Talk ~Tech Wednesday~	24 8am Movement for life \$ 9am Clase de Canto \$ 9am Pláticas de la vida con café 10:30am Chair Zumba \$	25 9am Chair Yoga \$ 11am Park Bingo \$	26 11am-4pm Day of the Dead @RP
27	28 9am Music Practice 10am Pickleball @ LP	29 9am Music Class \$ 9am Park Bingo @RP \$ 10am Adult Coloring 10:30am Zumba Gold	30 8:30am Walkable Weds. 9am Crafty Ladies 10-11:30am Mixed Line Dancing \$ ~Tech Wednesday~	31 8am Movement for life \$ 9am Clase de Canto \$ 10:30am Chair Zumba \$ 12pm Halloween Costume Party \$		

\*Revised 9/25/24\*

THE CITY OF **SAN FERNANDO**

**DÍA DE MUERTOS**

**CLAY WORKSHOP**

*Day of the Dead*

**Fee: \$5**  
Supplies provided!

**MONDAY, OCTOBER 7**  
**9:30AM - 11:00AM**  
LAS PALMAS PARK - COURTYARD

Join us for an exciting class where you'll transform modeling clay into a skull art, adorned with vibrant flowers and dazzling beads.

Coffee, pastries and a raffle will be provided.

For more information, please call: 818-898-7340

**REGISTER BY WEDNESDAY OCTOBER 2.**

FOR SENIORS 55 YEARS AND OLDER

# OCTOBER 2024

**MATINEE**  
AT LAS PALMAS PARK

Mario Moreno "Cantinflas" Rosita Aranas y Ángel Garasa en  
**El Señor Fotógrafo**

**THURSDAY | OCTOBER 3 | 12:00PM**

Leisurely Strolling For seniors 55 years & older

**Walkable Wednesdays**  
8:30am - 9:00am

Las Palmas Park - 505 S. Huntington St.

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

**Group meets at the outdoor picnic tables.**

For more information call: 818-898-7340

<b>ZUMBA GOLD</b> Tuesdays 10:30am - 11:30am Sponsored by OPTUM	<b>WALKABLE WEDNESDAYS</b> Wednesdays 8:30am - 9am
<b>MOVEMENT FOR LIFE</b> Thursdays 8am - 9am <b>\$10/month</b>	<b>CHAIR ZUMBA GOLD</b> Thursdays 10:30am - 11:30am <b>\$10/month</b>
<b>CHAIR YOGA</b> Fridays 9am - 10am <b>\$30/month</b>	

LA CIUDAD DE **SAN FERNANDO**

**Pláticas de la Vida con café**

10 y 24 de octubre  
9:00 AM | ¡Gratis!  
Las Palmas Park

505. S. Huntington St.

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

**Doctor Talks with Regal Medical Group**

Friday, October 4 | 9:30 AM - 10:30 AM  
*Diet & Nutrition in the Elderly*

**Lunch & Learn**

**\*\*SNACKS & REFRESHMENTS PROVIDED\*\***  
**MUST RSVP BY OCTOBER 4.**

Wednesday, October 9 | 12:00 PM - 1:00 PM  
*Medicare 101*

Wednesday, October 23 | 12:00 PM - 1:00 PM  
*Prescribed Medication versus Over-the-Counter Medication*

Las Palmas Park - 505 S. Huntington St.