

JANUARY

2025

***\$ = Fee for class**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Facility Closed	2	3	4
s 1:30pm Senior Club Meeting	6 9am LA Food Bank	7	8 10am Crafty Ladies	9	10	11
12	13 9am Music Practice 9:30am Painting with Parks 10am Pickleball	14 9am Music Class \$ 9am Park Bingo @ RP \$ 10am Adult Coloring 10:30am Zumba Gold	15 8am Movement For Life \$ 8:30am Walkable Weds. 10am Birthday Celebration 10am Crafty Ladies	16 9am Clase de Canto \$ 10:30am Chair Zumba \$ 12pm Matinee	17 9am Chair Yoga \$ 10:30am Pickleball 11am Park Bingo \$	18
19	20  Facility Closed	21 9am Music Class \$ 9am Park Bingo @ RP \$ 10am Adult Coloring 10:30am Zumba Gold	22 8am Movement For Life \$ 8:30am Walkable Weds. 10am Crafty Ladies 12-1:30pm Mixed Line Dancing \$ ~Tech Appointments~	23 9am Clase de Canto \$ 10:30am Chair Zumba \$	24 9am Chair Yoga \$ 10:30am Pickleball 11am Park Bingo \$	25
26	27 9am Music Practice 10am Pickleball	28 9am Music Class \$ 9am Park Bingo @ RP \$ 10am Adult Coloring 10:30am Zumba Gold	29 8am Movement For Life \$ 8:30am Walkable Weds. 9:30-10:30am Intro to Computers 10am Crafty Ladies 12-1:30pm Mixed Line Dancing \$ 12pm Doc Talk ~Tech Appointments~	30 9am Clase de Canto \$ 10:30am Chair Zumba \$ 9:30-10:30am Alzheimer's LA: Cuidándonos juntos	31 9am Chair Yoga \$ 10:30am Pickleball 11am Park Bingo \$	

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

PAINTING AT THE PARK

MONDAY, JANUARY 13
9:30AM - 11:00AM
LAS PALMAS PARK
505 S. HUNTINGTON ST.

\$5.00

SUPPLIES AND STEP-BY-STEP INSTRUCTIONS WILL BE PROVIDED.

Register by Friday, January 10 at Las Palmas Park.

For more information call: 818-898-7340



Senior Golden Fun League presents

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



JANUARY



Doctor Talks with Regal Medical Group

Join us for an informative medical talk with a doctor, where you are encouraged to bring your health and wellness questions!

Blood Pressure

Wednesday, January 29
12:00PM - 1:00PM
Las Palmas Park
505 S. Huntington St.



ZUMBA GOLD

Tuesdays
10:30am - 11:30am
Sponsored by **Humana**

WALKABLE WEDNESDAYS

Wednesdays
8:30am - 9am

MOVEMENT FOR LIFE

Wednesdays
8am - 9am
\$10/month

CHAIR ZUMBA GOLD

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

CHAIR YOGA

Fridays
9am - 10am
\$30/month

Register online at sfcity.org/sfrecreation



MATINEE

AT LAS PALMAS PARK



THURSDAY | JANUARY 16 | 12:00 PM

Pláticas de la Vida con café

20 de febrero y
27 de febrero
9:00 AM | ¡Gratis!
Las Palmas Park
505 S. Huntington St.

