

\*\$ = Fee for class

# FEBRUARY

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 1:30pm Senior Club Meeting	3 9am LA Food Bank 9am Music Practice 9:30am Terracotta Pot Painting \$ 10am Pickleball	4 9am Music Class \$ 9am Park Bingo @ RP \$ 10am Adult Coloring 10:30am Zumba Gold	5 8:30am Walkable Weds. 10am Birthday Celebration 9am Crafty Ladies 12:00pm-1:30pm Mixed Line Dancing \$	6 9am Clase de Canto \$ 9:30-10:30am Alzheimer's LA: Cuidándonos juntos 10:30am Chair Zumba \$ 12pm Matinee	7 9am Chair Yoga \$ 10:30am Pickleball 11am Park Bingo \$	8
9	10 9am Music Practice 10am Pickleball	11 9am Music Class \$ 9am Park Bingo @ RP \$ 10am Adult Coloring 10:30am Zumba Gold	12 8:30am Walkable Weds. 9:30am Become Comfortable with the Keyboard 9am Crafty Ladies 12:00pm-1:30pm Mixed Line Dancing \$  ~Tech Appointments~	13 9am Clase de Canto \$ 9am Pláticas de la vida 10:30am Chair Zumba \$	14 9am Chair Yoga \$ 9:30am La Amistad Cafe 10:30am Pickleball 11am Park Bingo \$	15 Senior Club Valentine's Dance
16	17  Facility Closed	18 9am Music Class \$ 9am Park Bingo @ RP \$ 9:30am Four Steps to Jumpstart Healthy Habits 10am Adult Coloring 10:30am Zumba Gold	19 8:30am Walkable Weds. 9am Crafty Ladies 12:00pm-1:30pm Mixed Line Dancing \$  ~Tech Appointments~	20 9am Clase de Canto \$ 10:30am Chair Zumba \$	21 9am Chair Yoga \$ 10:30am Pickleball 11am Park Bingo \$	22 Senior Trip: Pala Casino
23	24 9am Music Practice 10am Pickleball	25 9am Music Class \$ 9am Park Bingo @ RP \$ 10am Adult Coloring 10:30am Zumba Gold	26 8:30am Walkable Weds. 9:30am Digital Connection 9am Crafty Ladies 12:00pm-1:30pm Mixed Line Dancing \$ 12pm Doc Talk ~Tech Appointments~	27 9am Clase de Canto \$ 9am Pláticas de la vida 10:30am Chair Zumba \$	28 9am Chair Yoga \$ 10:30am Pickleball 11am Park Bingo \$	

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

# FEBRUARY

LA CIUDAD DE  
**SAN FERNANDO**

## Pláticas de la Vida *con café*

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



LOS ANGELES COUNTY  
DEPARTMENT OF  
MENTAL HEALTH  
*from recovery well-being*

THE CITY OF  
**SAN FERNANDO**

\*For seniors 55 years and older  
Senior Golden Fun League Presents:

## TERRACOTTA POT PAINTING




Monday, February 3  
9:30am - 11:00am  
Las Palmas Park  
505 S. Huntington St., San Fernando

**\$5.00 PER PERSON**

\*Register by Wednesday, January 29 at Las Palmas Park\*  
For more information call: 818-898-7340

# MATINEE


AT LAS PALMAS PARK



THURSDAY | FEBRUARY 6 | 12:00PM

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

Register online at [sfcity.org/sfrecreation](http://sfcity.org/sfrecreation)



## 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!

**Exercise and cholesterol**

Wednesday, February 26  
12:00PM - 1:00PM  
Las Palmas Park  
505 S. Huntington St.

LA CIUDAD DE  
**SAN FERNANDO**

Regal Medical Group

Lakeside Community Healthcare™

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



**For more information, call 818-898-7340**