

MARCH

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 SFV Mile Run & Walk
2 1:30pm Senior Club Meeting	3 9am LA Food Bank 9am Music Practice 9:30am Spring Frame Decor \$ 10am Pickleball	4 9am Clase de música \$ 9am Park Bingo @ RP \$ 10am Adult Coloring 10:30am Zumba Gold	5 8:30am Walkable Wednesday 10am Birthday Celebration 10am Crafty Ladies 12-1:30pm Mixed Line Dancing \$	6 9am Clase de Canto \$ 9:30-10:30am Alzheimer's LA: Cuidándonos juntos 10:30am Chair Zumba \$	7 9am Chair Yoga \$ 10:30am Pickleball 11am Park Bingo \$	8
9	10 9am Music Practice 10am Pickleball	11 9am Clase de música \$ 9am Park Bingo @ RP \$ 10am Adult Coloring 10:30am Zumba Gold	12 8:30am Walkable Wednesday 9:30am Safe Browsing I 10am Crafty Ladies 12-1:30pm Mixed Line Dancing \$	13 9am Clase de Canto \$ 9am Pláticas de la vida 10:30am Chair Zumba \$	14 9am Chair Yoga \$ 10:30am Pickleball 11am Park Bingo \$	15 Senior Club St. Patrick's Dance
16	17 9am Music Practice 10am Pickleball	18 9am Clase de música \$ 9am Park Bingo @ RP \$ 9:30am Cholesterol Control with Humana 10am Adult Coloring 10:30am Zumba Gold	19 8:30am Walkable Wednesday 10am Crafty Ladies	20 9am Clase de Canto \$ 10:30am Chair Zumba \$	21 9am Chair Yoga \$ 10:30am Pickleball 11am Park Bingo \$	22
23	24 9am Music Practice 10am Pickleball	25 9am Clase de música \$ 9am Park Bingo @ RP \$ 10am Adult Coloring 10:30am Zumba Gold	26 8:30am Walkable Wednesday 9:30am Digital Connection 10am Crafty Ladies 12pm Doc Talk	27 9am Clase de Canto \$ 9am Pláticas de la vida 10:30am Chair Zumba \$	28 9am Chair Yoga \$ 10:30am Pickleball 11am Park Bingo \$	29
30	31 Facility Closed					

MARCH

THE CITY OF **SAN FERNANDO**

PICKLEBALL

Las Palmas Park
505 S. HUNTINGTON ST.
818-898-7340

- **MONDAYS 10:00AM-12:00PM** •
- **FRIDAYS 10:30AM-1:00PM** •



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!

Weight Management/Healthy Lifestyle

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

LA CIUDAD DE **SAN FERNANDO**  

THE CITY OF **SAN FERNANDO**

Spring FRAME DECOR

**For seniors 55 years & older*

Join this class for a step-by-step on how to create your own frame artwork inspired by bees and flowers!

\$5.00 per person

MONDAY, MARCH 3
9:30AM - 11:00AM
LAS PALMAS PARK
505 S. Huntington St., San Fernando

Register by Wednesday, February 26.

Presented by the Senior Golden Fun League.

LA CIUDAD DE **SAN FERNANDO**

Pláticas de la Vida con café

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



LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
hope recovery wellbeing

Get Medicare-ready with a no-obligation benefits review

Call a licensed sales agent
Germán Silva
747-295-2835 (TTY: 711)



Humana CA License #0K61463

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