

*\$ = Fee for class

APRIL

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9am Music Class \$ 9am Park Bingo @ RP \$ 10am Adult Coloring 10:30am Zumba Gold	2 8:30am Walkable Weds. 9am Crafty Ladies 10am Birthday Celebration	3 9am Clase de Canto \$ 9:30am-11am Alzheimer's LA: Cuidándonos juntos 10:30am Chair Zumba \$	4 9am Chair Yoga \$ 10:30am Pickleball 11am Park Bingo \$	5 Senior Trip: Downtown Disney
6 1:30pm Senior Club Meeting	7 9am LA Food Bank 9am Music Practice 9:30am Spring Mason Jar \$ 10am Pickleball	8 9am Music Class \$ 9am Park Bingo @ RP \$ 10am Adult Coloring 10:30am Zumba Gold	9 8:30am Walkable Weds. 9am Crafty Ladies 9:30am Safe Browsing II	10 9am Clase de Canto \$ 9am Pláticas de la vida 10:30am Chair Zumba \$	11 9am Chair Yoga \$ 10:30am Pickleball 11am Park Bingo \$	12 Senior Trip: Soboba Casino
13	14 9am Music Practice 10am Pickleball	15 9am Music Class \$ 9am Park Bingo @ RP \$ 9:30am Protein: Are you getting enough? with Humana 10am Adult Coloring 10:30am Zumba Gold	16 8:30am Walkable Weds. 9am Crafty Ladies	17 9am Clase de Canto \$ 10:30am Chair Zumba \$	18 9am Chair Yoga \$ 10:30am Pickleball 11am Park Bingo \$	19 Spring Jamboree 10am - 1pm FREE!
20 HAPPY EASTER	21 9am Music Practice 10am Pickleball	22 9am Music Class \$ 9am Park Bingo @ RP \$ 10am Adult Coloring 10:30am Zumba Gold	23 8:30am Walkable Weds. 9am Crafty Ladies 9:30am Become Comfortable with the Keyboard	24 9am Clase de Canto \$ 9am Pláticas de la vida 10:30am Chair Zumba \$	25 9am Chair Yoga \$ 10:30am Pickleball 11am Park Bingo \$	26 Senior Club Spring Dance
27	28 9am Music Practice 10am Pickleball	29 9am Music Class \$ 9am Park Bingo @ RP \$ 10am Adult Coloring 10:30am Zumba Gold	30 8:30am Walkable Weds. 9am Crafty Ladies			
					RP- Recreation Park (208 Park Ave.) LP- Las Palmas Park (505 S. Huntington St.)	

SENIOR GOLDEN FUN LEAGUE
PRESENTS

SPRING MASON JAR CRAFT

MONDAY, APRIL 7 | 9:30AM - 11:00AM
LAS PALMAS PARK
505 S. HUNTINGTON ST.

\$5.00 / PER PERSON

- STEP BY STEP HELP
- SENIORS 55 YEARS & OLDER
- SUPPLIES INCLUDED



REGISTRATION ENDS
WEDNESDAY, APRIL 2.

REGISTER TODAY!
818-898-7340 | SFCITY.ORG/SFRECREATION

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


Humana

CA License #0K61463

APRIL

BAGELS AND LEARN PROTEIN: ARE YOU GETTING ENOUGH?



 TUESDAY
APRIL 15, 2025
9:30 am - 10:30 am

 LAS PALMAS PARK
505 S. Huntington St.

Get the nutrition you need with
the right amount of protein!
Join us to learn the importance
of protein, recommended
intake, and the best sources for
optimal health.

Register today!

PICKLEBALL

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

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

Pláticas de la Vida *con café*

10 de abril y
24 de abril
9:00 AM | ¡Gratis!
Las Palmas Park
505. S. Huntington St.



Coming soon...

Mother's Day Tea Garden: May 9 | 12pm - 2pm

Senior Fest: May 16 | 8:30am - 1pm



For more information, call 818-898-7340