

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9am Chair Yoga \$ 10:30am Pickleball 11am Park Bingo \$	2
3 Las Palmas Club 1:30pm Senior Club Meeting	4 9am LA Food Bank 9am Music Practice 10am Pickleball 12:30pm Mixed Line Dance \$	5 9am Music Class \$ 9am Park Bingo @ RP \$ 10am Adult Coloring 10:30am Zumba Gold	6 8:30am Walkable Weds. 9am Crafty Ladies 10am Birthday Celebration 10:30am Stretching & Strenghtening \$	7 9am Clase de Canto \$ 9:30am Alzheimer's LA: Cuidándonos juntos 10:30am Chair Zumba \$	8 9am Chair Yoga \$ Canceled 10:30am Pickleball 11am Park Bingo \$	9
10	11 9am Music Practice 9:30am Tie Dye Craft 10am Pickleball 12:30pm Mixed Line Dance \$	12 9am Music Class \$ 9am Park Bingo @ RP \$ 10am Adult Coloring 10:30am Zumba Gold	13 8:30am Walkable Weds. 9am Crafty Ladies 9:30am Be More Comfortable w/ Keyboards 10:30am Stretching & Strenghtening \$	14 9am Clase de Canto \$ 9am Pláticas de la vida 10:30am Chair Zumba \$	15 9am Chair Yoga \$ 10:30am Pickleball 11am Park Bingo \$	16 7pm Summer Concert @ Pioneer Park Las Palmas Club Summer Dance
17	18 8:15am Chair Yoga \$ (MAKE-UP Class) 9am Music Practice 10am Pickleball 12:30pm Mixed Line Dance \$	19 9am Music Class \$ 9am FREE Park Bingo @ RP 9:30am Healthy Brain with Humana 10am Adult Coloring 10:30am Zumba Gold	20 8:30am Walkable Weds. 9am Crafty Ladies 10:30am Stretching & Strenghtening \$	21 9am Clase de Canto \$ 9:30am Metro on the Move workshop 10am Ice cream Social 10:30am Chair Zumba \$	22 9am Chair Yoga \$ 10:30am Pickleball 11am FREE Park Bingo	23 7pm Summer Concert @ Las Palmas Park
CELEBRATING NATIONAL SENIOR CITIZENS DAY						
24	25 9am Music Practice 10am Pickleball 12:30pm Mixed Line Dance \$	26 9am Music Class \$ 9am Park Bingo @ RP \$ 10am Adult Coloring 10:30am Zumba Gold	27 8:30am Walkable Weds. 9am Crafty Ladies 9:30am Email Basics 10:30am Stretching & Strenghtening \$ 12pm Lunch and Learn: Wellness with Dr. Parvinchi	28 9am Clase de Canto \$ 9am Pláticas de la vida Canceled 10:30am Chair Zumba \$	29 9am Chair Yoga \$ 10:30am Pickleball 11am Park Bingo \$	30 SF City's Birthday Party @Lopez Adobe

BAGELS AND LEARN

HEALTHY BRAIN: HABITS OF HAPPY PEOPLE



TUESDAY,
AUGUST 19
9:30 - 10:30 am



LAS PALMAS PARK
505 S. Huntington St.

Presented By:

Humana



Register Today!
818-898-7340 | SFCITY.ORG/SFRECREATION

Happiness looks
different for
everyone, but
optimists share
common daily
habits.
Join us to discover
what they are!

AUGUST

TAKING CARE OF OURSELVES TOGETHER



Alzheimer's
LOS ANGELES

Join our educational discussion on
Alzheimer's and brain health, and
let's learn together how to take
care of our families!

August 7
9:30 AM | Free!
Las Palmas Park
505 S. Huntington St.



SUMMER TIME TIE DYE

JOIN US FOR A STEP-BY-STEP
CLASS TO DESIGN YOUR VERY
OWN TIE DYE SHIRT!

MONDAY, AUGUST 11
9:30 - 11:00AM

FOR SENIORS 55 YEARS & OLDER
\$5.00/PER PERSON
(SUPPLIES INCLUDED)

LAS PALMAS PARK
505 S. HUNTINGTON ST.

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

Celebrate National Senior Citizens Day

JOIN US FOR FREE FUN AND SWEET TREATS!

Park Bingo at Recreation Park (208 Park Ave.)
Tuesday, August 19 | 9:00AM

Park Bingo at Las Palmas Park (505 S. Huntington St.)
Friday, August 22 | 11:00AM

Fruit Pops Giveaway

Las Palmas Park
Thursday, August 21 | 10:30AM - 12:00PM
(While supplies last)



FREE
BINGO
WEEK!



Call us today to register: 818-898-7340

Pláticas de la Vida *con café*

Join us to chat about life, share experiences, and
find mutual support as we discuss our emotions,
anxieties, and much more. It will be a wonderful
opportunity to connect and grow stronger together!

August 11
9:00 AM
Free to join!

Las Palmas Park
505 S. Huntington St.



Register Today!
(818)898-7340
sfcity.org/sfrecreation

