

\$ = Fee for class



JANUARY



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1  Happy New Year! Facility Closed	2	3	4	5 9am LA Food Bank	6
7 1:30pm Senior Club Meeting ~Potluck~	8	9 9am Music Class \$	10 9am Crafty Ladies	11 9am Clase de Canto \$	12 9am Chair Yoga \$ 11am Park Bingo \$	13
14	15  Facility Closed in Observance of Martin Luther King, Jr. Day	16 9am Music Class \$ 9am Park Bingo @RP \$ 10am Adult Coloring 10:30am Senior Zumba	17 9am Crafty Ladies 9:30am Technology Workshop in English 10am Birthday Celebration ~ Tech Wednesday~	18 9am Clase de Canto \$ 10:30am Chair Zumba \$	19 9am Chair Yoga \$ 9:30am Doc Talk with Regal 11am Park Bingo \$	20
21	22 9am Music Practice Sessions 10am Pickleball @ LP	23 9am Music Class \$ 9am Park Bingo @RP \$ 10am Adult Coloring 10:30am Senior Zumba	24 9am Crafty Ladies ~ Tech Wednesday~	25 8am Movement for Life *Free Class* 9am Clase de Canto \$ 9am Platicas de la vida 10:30am Chair Zumba \$	26 9am Chair Yoga \$ 11am Park Bingo \$	27
28	29 9am Music Practice Sessions 10am Pickleball @ LP	30 9am Music Class \$ 9am Park Bingo @RP \$ 10am Adult Coloring 10:30am Senior Zumba	31 9am Crafty Ladies ~ Tech Wednesday~	1	2	3
					RP- Recreation Park (208 Park Ave.) LP- Las Palmas Park (505 S. Huntington St.)	



Doctor Talks

with Regal Medical Group

Come join us as we sit down with a doctor and ask important questions regarding you or your loved one's health.

Friday, January 19 | 9:30 AM

Las Palmas | 505 S. Huntington St.




Pláticas de la Vida con Cafe

Acompáñenos para charlar sobre la vida y conversar sobre nuestro dolor emocional, nuestras ansiedades, y mucho mas

9 AM

LAS PALMAS PARK

505 S.HUNTINGTON ST..

25 de enero

8 de febrero

22 de febrero

21 de marzo

7 de marzo

818.898.7340

WWW.SFCITY.ORG/SFRECREATION




Seniors 55+ are welcomed.

Birthday Celebrations

at Las Palmas Park

January 17, 2024

10:00 am - 11:00 am





For more information: 818-898-7340

EXERCISE FOR SENIORS 55+

SENIOR ZUMBA

Tuesdays

10:30 am - 11:30 am

Sponsored by 

MOVEMENT FOR LIFE

Thursday

8am - 10 am

\$10 /month

CHAIR ZUMBA

Thursdays

10:30 am - 11:30 am

\$10 /month

CHAIR YOGA

Fridays

9 am - 10 am

\$30 /month

LAS PALMAS PARK - GYM

505 HUNTINGTON ST.