

*\$ = Fee for activity

MARCH



2 0 2 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	1 9am Chair Yoga \$ 9:30am Doc Talk with Regal (make-up class) 11am Park Bingo \$	2
3 1:30pm Senior Club Meeting (Potluck)	4 9am LA Food Bank 9am Music Practice Sessions 10am Tie Dye Monday 10am Pickleball @ LP 11:30am Clase de inglés	5 9am Music Class \$ 9am Park Bingo @RP \$ 10am Adult Coloring 10:30am Senior Zumba	6 8:30am Walkable Wed. 9am Crafty Ladies 9:30am Taller de tecnología Pt. 2 10am Birthday Celebration 11:30am Clase de inglés	7 9am Clase de Canto \$ 9am Platicas de la vida con café 12pm Matinee	8 9am Chair Yoga \$ 11am Park Bingo \$	9
10 Senior Trip Pancho Villa Restaurant \$	11 9am Music Practice Sessions 10am Pickleball @ LP 11:30am Clase de inglés	12 9am Music Class \$ 9am Park Bingo @RP \$ 10am Adult Coloring 10:30am Senior Zumba	13 8:30am Walkable Wed. 9am Crafty Ladies 11:30am Clase de inglés ~Tech Wednesday~	14 9am Clase de Canto \$	15 9am Chair Yoga \$ 11am St Patrick's Bingo & Sundae \$	16 St. Patrick's Senior Dance 7pm-11:45pm 
17	18 9am Music Practice Sessions 10am Pickleball @ LP 11:30am Clase de inglés	19 9am Music Class \$ 9am Park Bingo @RP \$ 10am Adult Coloring 10:30am Senior Zumba	20 8:30am Walkable Wed. 9am Crafty Ladies 9:30am Technology Workshop Pt. 2- English 11:30am Clase de inglés ~ Tech Wednesday~	21 9am Clase de Canto \$ 9am Platicas de la vida con cafe	22 9am Chair Yoga \$ 11am Park Bingo \$	23
24	25 9am Music Practice Sessions 10am Pickleball @ LP 11:30am Clase de inglés	26 9am Music Class \$ 9am Park Bingo @RP \$ 10am Adult Coloring 10:30am Senior Zumba	27 8:30am Walkable Wed. 9am Crafty Ladies 11:30am Clase de inglés ~ Tech Wednesday~	28 9am Clase de Canto \$	29 9am Chair Yoga \$ 11am Park Bingo \$	30  Spring Jamboree at Las Palmas 10am-1pm
31 	1	2	3	4	5	6

JOIN US

Metro RESOURCES



Come learn about the various programs Metro offers and how to qualify

- Fair Capping
- Low income Fare is Easy (LIFE) Program
- On the Move Riders Program
- GO Pass for K-12 & Community College Students

METRO WILL PROVIDE INFORMATION
AT THE UPCOMING EVENTS:

SPRING JAMBOREE
MARCH 30, 2024
10 AM - 1PM
LAS PALMAS PARK
505 S. HUNTINGTON ST.

SENIOR EXPO
MAY 17, 2024
8:30 AM - 1 PM
LAS PALMAS PARK
505 S. HUNTINGTON ST.



Community Relations
213-733-4257 | metro.net facebook.com/losangelesmetro @metrolosangeles

THE CITY OF
SAN FERNANDO

For more information, call 818-898-7340.

Para traducción en español, llame al
818-898-7340.

MARCH 2024

LAS PALMAS GOLDEN FUN LEAGUE PRESENTS...

FREE Tie-Dye Monday!

FOR SENIORS

Mondays Las Palmas Park

Come and create a far out
design with fun colors!

For more information call (818) 898-7340.

Seniors 55+ are welcomed.

Birthday Celebrations

at Las Palmas Park

Every first Wednesday of the
month.

10:00 am - 11:00 am

Parks
Make
Life
Better!

THE CITY OF
SAN FERNANDO

Pink Tree Insurance

For more information: 818-898-7340



MATINEE



THURSDAY,
MARCH 7
12PM
LAS PALMAS PARK

SENIOR TRIPS



SHEN-YUN
AT THE DOLBY THEATRE
SATURDAY, APRIL 6



OLVERA STREET &
CHINATOWN
SATURDAY, APRIL 13

OLD TOWN SAN DIEGO
SATURDAY, MAY 4

EXERCISE FOR SENIORS 55+

SENIOR ZUMBA

Tuesdays
10:30 am - 11:30 am

Sponsored by OPTUM

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.

Pláticas de la Vida con café

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.

7 de marzo

21 de marzo

