

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Las Palmas Club 1:30pm Senior Club Meeting	2 9am LA Food Bank 9:30am Painting with Parks 9am Music Practice 10am Pickleball	3 9am Music Class \$ 9am Park Bingo @ RP \$ 10am Adult Coloring 10:30am Zumba Gold	4 8:30am Walkable Weds. 10am Birthday Celebration 9am Crafty Ladies	5 9am Clase de Canto \$ 9:30am Alzheimer's LA: Cuidándonos juntos 10:30am Chair Zumba \$	6 9am Chair Yoga \$ 10:30am Pickleball 11am Park Bingo \$	7 Las Palmas Club Senior Trip: Catalina Island
8	9 9am Music Practice 10am Pickleball	10 9am Music Class \$ 9am Park Bingo @ RP \$ 10am Adult Coloring 10:30am Zumba Gold	11 8:30am Walkable Weds. 9:30am Be More Comfortable w/ Keyboards 9am Crafty Ladies	12 9am Clase de Canto \$ 9am Pláticas de la vida 10:30am Chair Zumba \$	13 9am Chair Yoga \$ 10:30am Pickleball 11am Park Bingo \$	14 Las Palmas Club Father's Day Dance
15	16 9am Music Practice 10am Pickleball	17 9am Music Class \$ 9am Park Bingo @ RP \$ 9:30am Healthy Brain with Humana 10am Adult Coloring 10:30am Zumba Gold	18 8:30am Walkable Weds. 9am Crafty Ladies	19 Facility Closed	20 9am Chair Yoga \$ 10:30am Pickleball 11am Park Bingo \$ 10am Father's Day Ice Cream Bar	21
22	23 9am Music Practice 10am Pickleball	24 9am Music Class \$ 9am Park Bingo @ RP \$ 10am Adult Coloring 10:30am Zumba Gold	25 8:30am Walkable Weds. 9:30am Safe Browsing II 9am Crafty Ladies	26 9am Clase de Canto \$ 9am Pláticas de la vida 10:30am Chair Zumba \$	27 9am Chair Yoga \$ 10:30am Pickleball 11am Park Bingo \$	28
29 Updated on 5/28/25	30 9am Music Practice 10am Pickleball					
					RP- Recreation Park (208 Park Ave.) LP- Las Palmas Park (505 S. Huntington St.)	

THE CITY OF **SAN FERNANDO** For seniors 55 years and older

PAINTING AT THE PARKS

MONDAY, JUNE 2
9:30AM – 11:00AM
LAS PALMAS PARK
505 S. HUNTINGTON ST.

\$5.00



SUPPLIES AND STEP-BY-STEP INSTRUCTIONS WILL BE PROVIDED.

Register by Wednesday, May 28 at Las Palmas Park.

For more information call: 818-898-7340.

JUNE

THE CITY OF **SAN FERNANDO** Co-Sponsors: 

Birthday Celebration

The 1st Wednesday of each month

10:00 - 11:00AM
Las Palmas Park

Seniors 55 & older are welcome to drop in and enjoy some cake with refreshments

For more information: (818) 898-7340



PARK BINGO

*SENIORS 55 & OLDER
\$6/PER PLAYING CARD

RECREATION PARK
TUESDAY | 9:45 – 11:30AM
*DOORS OPEN AT 9AM
GAMES | CROCHET | POTLUCK

LAS PALMAS PARK
FRIDAY | 11:00AM – 12:00PM
GAMES | PRIZES | FUN

FOR MORE INFORMATION: 818-898-7340

THE CITY OF **SAN FERNANDO** SENIORS 55 YEARS & OLDER

FATHER'S DAY

— ICE CREAM BAR —

Friday, June 20 | 10:00AM - 12:00PM
Las Palmas Park - 505 S. Huntington St.

Kick off Father's Day weekend with a cool treat at our Ice Cream Bar!
Stop by and enjoy a sweet treat on us.
While supplies last.

RSVP to be entered into a special raffle by calling 818-898-7340.

LA CIUDAD DE **SAN FERNANDO**

Pláticas de la Vida con café

June 12 & June 26
9:00 AM | Free!

Las Palmas Park
505. S. Huntington St.



LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
hope. recovery. wellbeing.

THE CITY OF **SAN FERNANDO**

BAGELS AND LEARN

HEALTHY BRAIN: WHAT'S NORMAL AND WHAT'S NOT?



Presented By: **Humana**

TUESDAY
JUNE 17, 2025
9:30 am - 10:30 am

LAS PALMAS PARK
505 S. Huntington St.

Find out how our brains change as we age and learn simple habits that may help keep your memory and thinking skills in good shape. Let's talk about what you can do to help keep your brain working well.

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

Get Medicare-ready with a no-obligation benefits review

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

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