

City of Los Angeles * Department of Recreation & Parks * Metro Region

Montecito Heights Senior Citizen Center

4545 Homer Street., Los Angeles, CA 90031

Phone: (213) 485-8550

Email: montecitoheights.seniorcenter@lacity.org



SPRING 2024

SCHEDULE OF CLASSES



CLASS	DESCRIPTION	DAY/TIME	COST
VIRTUAL EXERCISE	Come in person to Increase strength, cardio endurance, flexibility, balance, coordination in an upbeat atmosphere. Instructor on video.	Mondays 10:00am—11:00am	4/8/24-6/10/24 FREE/8 wk. session Class size: 15
SOCIAL HOUR CAFE	If you enjoy playing games, arts n crafts, loteria, puzzles, making new friends, and socializing. Stop by on Mondays.	Mondays 11:00am-1:00pm	4/8/24-6/17/24 FREE/10 wk. session Class size: 15
LET'S PLAY BINGO	Day of Bingo, socializing and prizes. Each Bingo card is .25 cents	Wednesdays 10:00am—11:00am	4/10/24-6/5/24 FREE/On-going Class size: 30
NUTRITION PROGRAM SPONSORED BY MEXICAN AMERICAN OPPORTUNITY FOUNDATION	Stop by every Wednesday & Friday to eat a nutritional meal. Donation \$2.00	Wednesday & Friday 11:00am—12:00pm	4/10/24-6/5/24 FREE/ On-going Class size: 50
BALLET FOLKLORICO	Come learn traditional Mexican cultural dances. Bring your own shoes and skirt to practice.	Wednesdays: 12:00pm-2:00pm Thursdays: 1:00pm-3:00pm	4/10/24-6/5/24 FREE/8 wk. session Class size: 15
CERAMICS	Participants will learn texturing, painting the clay and the functions of glazing. Must provide own materials.	Thursdays/Fridays 10:00am—12:00pm	4/11/24-6/7/24 \$10.00/10 wk. session Class size: 15
MUSIC FOR WELLNESS	Do you like to sing, play an instrument or just like to listen to music. Come and socialize on Fridays.	Fridays 10:00am—1:00pm	4/12/24-5/31/24 FREE/8 wk. session Class size: 30

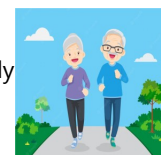
HOURS OF OPERATION

Monday—Friday (Closed weekends)
8:30 a.m.– 5:00 p.m.

CITY HOLIDAYS—Facility Closed

*May 27—Memorial Day * June 19-Juneteenth * July 4-Fourth of July

Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements. Achieving gender equality through a continuous commitment to girls and women in sports.. All programs are subject to change and/or cancellation



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PRIMAVERA 2024

HORARIO DE CLASES



CLASE	DESCRIPCIÓN	DÍA	COSTO
EJERCICIO VIRTUAL	Aumente la fuerza, la resistencia cardiovascular, la flexibilidad, el equilibrio y la coordinación en un ambiente alegre. Instructor en video.	Lunes 10:00am—11:00am	4/8/24-6/10/24 FREE/ 8 wk. sesión Tamaño de la clase: 15
CAFÉ DE LA HORA SOCIAL	Si te gustan los juegos, las manualidades, la lotería, los rompecabezas, hacer nuevos amigos y socializar.	Lunes 11:00am—1:00pm	4/8/24-6/10/24 FREE/10 wk. sesión Tamaño de la clase: 15
JUGAMOS BINGO	Día de Bingo, socialización y premios.	Miércoles 10:00am—11:00am	4/10/24-6/5/24 en curso Tamaño de la clase: 30
PROGRAMA DE NUTRICIÓN	Visítanos todos los miércoles y viernes para comer una comida nutritiva. Donación \$2.00	Miércoles y Viernes 11:00am-12:00pm	4/10/24-6/5/24 programa en curso Tamaño de la clase: 50
BALLET FOLKLORICO	Ven a aprender danzas culturales tradicionales mexicanas. Trae tus propios zapatos y falda para practicar.	Miércoles: 12:00pm-2:00pm Jueves: 1:00pm-3:00pm	4/10/24-6/5/24 Gratis/ 8 wk. sesión Tamaño de la clase: 15
CERAMICA	Los participantes aprenderán a texturizar, pintar la arcilla y las funciones del glaseado. Debe proporcionar sus propios materiales.	Jueves y Viernes 10:00am—12:00pm	4/11/24-6/14/24 \$10.00/10 wk. sesión Tamaño de la clase: 15
MÚSICA PARA EL BIENESTAR	¿Te gusta cantar, tocar un instrumento o simplemente escuchar música? Ven y socializa.	Viernes 10:00am—1:00pm	4/12/24-5/31/24 Gratis/sesión Tamaño de la clase: 30

HORAS DE OPERACIÓN

Lunes—Viernes (Fines de semana cerrado)
8:30 a.m.— 5:00 p.m.

VACACIONES EN LA CIUDAD—CENTRO CERRADO

*27, de Mayo—Día de los Caídos * 19, de Junio—Juneteenth
4, de Julio—Cuatro de Julio



Las personas con discapacidades son bienvenidas a participar en nuestros programas. Se harán adaptaciones razonables con arreglos previos. Lograr la igualdad de género a través de un compromiso continuo con las niñas y mujeres en los deportes. Todos los programas están sujetos a cambios y/o cancelaciones.