



# WESTCHESTER SENIOR CENTER NEWS

50+ Welcome!

[www.laparks.org/scc/westchester](http://www.laparks.org/scc/westchester)

SPRING 2022

## Dear 50+ & Pumped!



The first quarter of 2022 has come and gone! We are doing a few activities at the Senior Center and adding more for this Spring quarter! It feels really good to be back in the building! The park Maintenance Staff is able to water and cut the grass again, the sports fields are being refurbished, and we're returning to more programming throughout the park. It's looking good!

We're making progress and we want to keep you as safe as possible. We need to be vigilant on keeping our distance, washing our hands, and at the time of this publication, we need to wear masks inside the Senior Center.

Please call the center with any questions regarding the most current City of Los Angeles Covid-19 protocols, at 310-649-3319. We want you back and we want you safe.

If you would like more information on the status of the Senior Center, please join the **VIRTUAL meeting** with our Asst. General Manager, Jimmy Kim, on Tuesday, April 5th, 11am on Zoom:

**MEETING ID: 846 0523 9500**

**PASSCODE: 389826**



### AARP Tax Preparation 2022

It's been going well this tax season and AARP is back in the Westchester Senior Center! Last day for doing taxes at Westchester is Tuesday, April 12, 2022.

Thank you to AARP and their trained volunteers: Ava, Ari, Don, Gail, and Marie! You are appreciated!

### Senior Nutrition Program

Come by and pick up a Grab N Go hot lunch, Monday through Friday from 11am-12pm. Tina and I would love to see you!

Even if you don't want a lunch, stop by and say Hi! We're here M-F, 10am-2pm

Best wishes, Cristina



## Westchester Book Club



### The Best We Could Do

by Thi Bui

Get your free copy and let's discuss it in-person on April 4th at 2pm!

*Light Snacks provided.*

### In this Issue:

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- Message from the MAAC Board
- Rotary Luncheon
- Schedule of Activities & Classes

LOS ANGELES PUBLIC LIBRARY



LAPL Arts & Crafts at the Center



## COVID-19 Precautions



Even though the federal, state, and local Covid-19 guidelines have relaxed, the City of Los Angeles Department of Recreation and Parks still requires proof of full vaccination status and face masks indoors. We will also maintain 6' apart for social distancing.

Please be understanding and patient; it is for all of our protection.

"Pursuant to City of Los Angeles Ordinance No. 187219, beginning Monday, November 29, 2021, PROOF OF COVID-19 VACCINATION will be required for individuals eligible for COVID vaccination to enter all indoor LA Parks facilities. All individuals that are eligible for COVID vaccination participating or entering an indoor facility must show PROOF OF COVID-19 VACCINATION.

For those unable to provide PROOF OF COVID-19 VACCINATION, alternative programming is available.

Information can be found here: [bit.ly/rapalt](https://bit.ly/rapalt)."

You can visit [www.laparks.org](http://www.laparks.org)  
for the locations of these opportunities!

### THE MEMOIR CLUB

**Hi Friends!**

**In 1920, Virginia Woolf and friends attended the first meeting of the Memoir Club, a Club which reportedly lasted until 1964, The various members weren't looking for approval, but to entertain each other with stories from their diverse, interesting lives.**

**Please join us for the first meeting of Westchester's very own "Memoir Club," at Westchester Senior Center on Monday, April 18, at 1:00pm. Catch up with some old friends, and meet some new ones. Together, we'll shape a casual Club to encourage us to share, in writing, the most interesting, profound, hilarious, life-changing events of our individual lives. Bring your ideas, notebook and pens. Muffins and tea provided!\* Sign-up at the Senior Center by calling 310-649-3319.**  
**- Kathy Saenz**

**\*(All food is pre-packaged and strict dining rules will be enforced: 6' apart, washing hands, un-masked ONLY while eating)**



## Westchester 50+ News



### We're Springing Back!

The Senior Citizen's Club is being reborn as the MAAC (the Mature Adults Activity Center) Board of the Westchester Senior Citizens' Center. Please see page one from the Federation regarding a virtual meeting with the Assistant General Manager of Recreation and Parks for further information and ask any questions you may have.

Westchester Park is undergoing big improvements! It's a lovely time of year to check out all of the activity in the park—join a friend and walk around! The sports fields are being upgraded and should be ready for fun just in time for summer; the tennis courts are packed and now *pickleball* is available for those of us 50 years and older on Wednesday mornings (on Saturdays for everyone), and as always the Skate Park is a popular scene.

Progress has been made in moving many unhoused from the Park into better living situations. Thanks to all of you who have contacted local officials, the Neighborhood Council, and various City departments regarding the current condition of the parking lot. It can't hurt for our Seniors and members of the public to keep pressuring our Council office to make the parking lot more accessible, safe and attractive. To reach CD11, you can call (310) 568-8772 with your comments and concerns.

We'd like to thank our kind neighbors in the *Rotary Club of Westchester* and at the *Emerson Avenue Community Garden* for their continued support of our Westchester Seniors.



Save the Date:

Saturday, May 14th, 2022  
from 11am-2pm.



We look forward to seeing you as we all "spring back" to Westchester Senior Center!

- *Westchester MAAC Board (formerly known as WSCC Club Board)*
- Linda Absher,
- Kathy Davison,
- Kathy Saenz





# Westchester 50+ & Pumped Class Schedule - Winter 2022




8740 Lincoln Blvd., Los Angeles, CA 90045 (310) 649-3319

*All classes, trips, and programs are subject to change and cancelation without notice.*

*Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements.*

**2022 Holidays and Closures: Spring Quarter: May 30—Memorial Day  
Summer Quarter: July 4—Independence Day ; Sept. 5th—Labor Day**

| Class Name   | Class Description   |
|--|---|
| Hot Lunch for Seniors 62+  | Through a Dept. of Aging grant, a well-balanced, hot lunch is provided to seniors 62+ (\$2.00 suggested donation). Grab 'N' Go until further notice.  |
| Billiards  | Members are free to play billiards Monday-Friday throughout the day.  |
| Memoir Club  | Meet with others to write stories of your life in a fun and encouraging atmosphere. Light snacks provided.* Monday, April 18, 1pm-2pm. Run by Kathy Saenz—Free!   |
| Move It! Shake It! Lift It!  | Move to dynamic exercises each Tuesday from 9:30am-10:30am with Instructor Dee. (virtual class) \$5 per class   |
| LAPL Arts & Crafts   | Arts & Crafts with the Library! Join Rita on Tuesdays from 11am-12pm. Free!   |
| Mixed Media Studio Time  | Bring you own supplies and work on your art in a class setting. Tuesdays from 1pm-4pm. \$5 per month  |
|  Bingo! | Break up the week with Bingo! Non-monetary prizes may be won for up to two winners per game. Wednesdays 12pm-2pm. \$0.25 per card; 6 cards maximum.<br><b><i>SPECIAL SPRING BINGO FOR APRIL 13TH 12PM-2PM—JOIN US!</i></b>      |
| How to Spot Scams  | Learn how to protect your valuable, personal information from scams and computer viruses. 2-week course. Two Wednesdays per month. Free   |
| Crush-Covid Camp!  | Banish the Covid Blues with gentle exercises to improve mental and physical flexibility. Move from station to station with music to help condition, the mind, body and spirit. Thursday mornings from 10am-11am. \$5 per month. |
| Karaoke  | Sing along with a group or solo to the words of your favorite songs – so much fun! First Thursday of each month, 12pm. \$5 per quarter  |
| Beginning Watercolor   | Learn the basics of watercolor. Every Thursday April 14-June 30 @2pm. Supplies are not included; please call the Center for supplies list. \$5/month  |
| Walk Westchester   | Walk at a comfortable pace around Westchester with friends! Thursday and Friday mornings at 8am. Meet in front of the skate park. Free  |
| <b>NEW EVENING ACTIVITIES!</b>   |   |
| Game Night   | Old School Games like Scrabble, Rummy Tile, Dominoes, Table Tennis, etc. Light refreshments included.* 4/22, 5/27, 6/24 @5:30-7pm. \$2 per person   |

**\*(All food is pre-packaged and strict dining rules will be enforced: 6' apart, washing hands, un-masked ONLY while eating.)**

## WEEKLY SCHEDULE BY ACTIVITY

| Program                          | Day/Time                                      | Instructor    | Dates             | Cost                        |
|----------------------------------|---|---------------|-------------------|-----------------------------|
| Senior Lunch 62+                 | Monday-Friday 11am-12pm                       | Dept of Aging | On-going          | \$2 Donation                |
| Billiards                        | Monday through Friday<br>Call ahead for hours | Self Guided   | On-going          | Memb. Req.                  |
| Memoir Club (April 18th)         | Monday 1pm-2pm                                | Kathy S.      | On-going          | Free                        |
| Move It, Shake It, Lift It!      | Tuesdays 9:30am-10:30am<br>(Virtual Class)    | Dee           | On-going          | \$5/class                   |
| LAPL Arts & Crafts               | Tuesdays 11am-12pm                            | Rita—LAPL     | On-going          | Free                        |
| Mixed Media Studio Time          | Tuesdays 1pm-4pm                              | Cristina      | Ongoing           | \$5/month                   |
| Bingo!                           | Wednesdays 12pm-2pm                           | Staff         | On-going          | \$0.25/card;<br>max 6 cards |
| How to Spot Scams                | Wednesdays 3pm-4pm                            | Cristina      | April 13th & 20th | Free                        |
| Walk Westchester                 | Thursdays & Fridays 8am-9am                   | Cristina/Beth | On-going          | Free                        |
| Crush Covid Camp                 | Thursdays 10am-11am                           | Cristina      | On-going          | \$5/month                   |
| Karaoke                          | 1 <sup>st</sup> Thursday 12pm-2pm             | Cristina      | On-going          | \$5/quarter                 |
| Beginning Watercolor             | Thursdays 2pm-4pm                             | Cristina      | April 14-June 30  | \$5/month                   |
| <b><u>EVENING ACTIVITIES</u></b> |   |               |                   |                             |
| Game Night                       | 4th Friday @ 5:30 pm-7pm                      | Cristina      | On-going          | \$2/person                  |

Join Westchester Park for the  
**SPRING EGG-STRAVAGANZA!**  
Saturday, April 16th, 2022 from 11am-2pm.

Westchester Senior Center craft booth **OPEN TO ALL!**  
(LIMITED SUPPLIES—FIRST COME, FIRST SERVE)

**LOCATION: AT PLAYGROUND**  
(off of Manchester Ave & Georgetown)

Go to [www.laparks.org/reccenter/westchester](http://www.laparks.org/reccenter/westchester)  
for more information

**For EGG HUNT  
\$3 PRE-REGISTRATION  
for children 2-12 yrs old  
\$5 DAY OF EVENT**





**City of Los Angeles  
Department of Recreation and Parks**

Mayor Eric Garcetti

Councilmember Mike Bonin, 11th District

**Board of Recreation and Park Commissioners**

Sylvia Patsaouras, President  
Lynn Alvarez, Vice President  
Tafari Bayne, Commissioner;  
Nicole Chase, Commissioner;  
Joseph Halper, Commissioner

**Recreation and Park Administration**

**Michael A. Shull**, General Manager

**Anthony-Paul Diaz, Esq.**, Executive Officer & Chief of Staff

**Jimmy Kim**, Assistant General Manager—Recreation and Parks Services Branch

**Sonya Young-Jimenez**, Superintendent—West Region

**Laura Island**, Principal Rec. Supervisor I—West Region & Citywide Rec. Adaptive

**Leslie Richter**, Supervisor—Viewpoint District

**Mychal Lynch**, Senior Facility Director;

**Daisy Gomez**, Recreation Coordinator; **Cristina Lovett**, Recreation Coordinator

Recreation Assistants:

**Sharon Arnsworth, Chelsea Hanzy, Cameron Lowery**

**Ian Marlowe, Carmen Narvaez, Juan Ramirez, Aiyana Vivar**



**PARK PROUD LA**

**Westchester Senior Center**  
8740 Lincoln Blvd  
Los Angeles, CA 90045  
www.laparks.org  
(310) 649-3319