



CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS

WESTCHESTER SENIOR CENTER

8740 LINCOLN BLVD. LOS ANGELES, CA 90045 310.649.3319



PARKPROUD LA

WESTCHESTER 50+ SENIOR CENTER NEWS

50+ Welcome!

www.laparks.org/scc/westchester

FALL 2022

Dear 50+ & Pumped! 😊

Each time I write a newsletter, there has been a little more progress towards where we want to be.

The Senior Nutrition Program here at the Westchester Senior Center still has Grab & Go lunches, BUT they are more like *home cooking* than ever before! They're very tasty and now you can eat inside as long as you are fully vaccinated and sit with a minimum of 3' apart. If you're **not** eating, you must wear your masks. We still want to keep you as safe as possible.

Lunch is from 11am-12pm so you are able to come inside during that time and have lunch with others. Because of other programming and Covid cleaning protocol, we need to have the rooms vacated by 12pm each day.

Please call the center with any questions regarding the most current Covid-19 protocols at 310-649-3319. Glad to have you back! ❤️

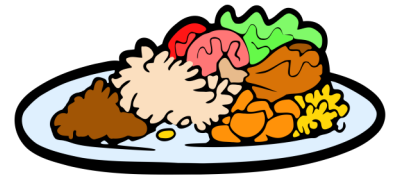
Best wishes, Cristina

Senior



Nutrition Program

Good food, good for you!



Karaoke 🎤

1ST THURSDAYS OF EACH MONTH

Don't be shy! We mainly sing group style, but you can shine if you want to sing solo, too! :)

First Thursdays of each month from **12pm-2pm** - lots of songs to choose from: Show Tunes, R&B, Contemporary, Jazz Standards, Country. Music from the 30's to today!

JOIN US FOR KARAOKE!

L TO R: Peter H., Nancy H., & Yumiko K.



In this Issue:

- COVID Protocol
- WAM: Westchester Arts and Music Block Party!
- Schedule of Classes & Activities including NEW Programming!



- LAPL Arts & Crafts at the Senior Center



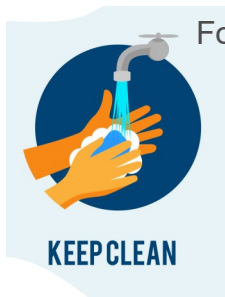
CURRENT COVID-19 Precautions



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 3' 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.”

You can visit www.laparks.org for the locations of these opportunities!



**WESTCHESTER
50+ SENIOR CENTER**

Westchester 50+ Senior Center is partnering up with Westside Playa Village

for a **Seniors RULE!** table at the Westchester Arts and Music Block Party this year!

Stop at our booth for information about Senior programs and resources for Seniors and their families because...



SENIORS RULE!





Westchester CLUB News



Be sure to visit the Club at
the **Westchester Arts and Music Block Party**
at *the Emerson Avenue Community Garden* !

Saturday, September 24, starting at 12 noon.

Seniors and children can try their hands at crafts, such as coloring, Lego building, Playdough, Goop, flag making, and cardboard caterpillars.

We hope to see YOU there! It's going to be FUN!

8050 Emerson Avenue, Westchester





Westchester 50+ & Pumped Class Schedule - Fall 2022



PARKPROUDLA

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

Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements. All classes, trips, and programs are subject to change &/or cancelation without notice.

*****COVID PROTOCOL IN PLACE FOR ALL ACTIVITIES - SEE PAGE 2*****

2022 & 2023 Holidays and Closures:

Fall 2022 Quarter: Oct 10—Indigenous Peoples Day; Nov 24 & 25 - Thanksgiving; Dec 26 - Christmas

Winter 2023 Quarter: Jan 2 - Celebrating NYD; Jan 16 - Martin Luther King Jr Day.; Feb 20 - Presidents Day;
Mar 27 - Cesar Chavez Day

Class Name	Class Description
*Hot Lunch for Seniors 60+	Dept. of Aging provides a well-balanced, hot lunch to seniors 60+ (\$2.00 suggested donation). Grab 'N' Go until further notice.
Billiards	Members are free to play billiards Monday & Friday before 11:30am and after 1pm. Free for members.
TECH Help	Learn how to use your smart phone with less stress. In-Person on Mondays: Call for time so that we can set up a one-on-one session or small group - Free!
LAPL Arts & Crafts	Arts & Crafts with the Library! Join Rita on the 2nd Tuesdays from 11am-12pm. Fun & 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. Tuesday mornings from 10am-11am. \$5 per month.
Mixed Media Studio Time	Bring you own supplies and work on your art in a class setting. Tuesdays from 1pm-4pm. \$5 per month.
Pickleball	Pickleball is a super fun sport for all ages - similar to tennis, but easier on the joints! Group meets at the Westchester Tennis Courts Wednesday @10am - \$5/day
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.
Great Courses: Modern History (Foundation of Western Civilization II)	View two 30-minute DVD lectures of history from 3pm-4pm and stay for a discussion afterwards. Wednesday 3pm-4:30pm - Free!
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
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
Beginning Watercolor	Learn the basics of watercolor. Every Thursday @2pm. Supplies are not included; please call the Center for supplies list. \$5/month
Flashback Fridays: Group Games in the Afternoons	Join us every Friday for Scrabble, Rummy Tile, Dominoes, Trivial Pursuit, Ping Pong, etc. Fridays @1pm-4:30pm. \$5 per person each quarter.
Traveling with Tom B!	TBD: Fun and informational travel presentations by Westchester's very own Tom Brewster of InsidersView.

***(All food is pre-packaged and strict dining rules will be enforced: 3-6' apart, washing hands, un-masked ONLY while eating. Must be fully vaccinated.)**

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 and Friday Call ahead for hours	Self Guided	On-going	Memb. Req.
TECH Help	Monday: Call for One-on-one	Cristina	On-going	Free
LAPL Arts & Crafts	2nd Tuesdays 11am-12pm	Rita—LAPL	On-going	Free
Crush Covid Camp	Thursdays 10am-11am	Cristina	On-going	\$5/month
Mixed Media Studio Time	Tuesdays 1pm-4pm	Self Guided	Ongoing	\$5/month
Bingo!	Wednesdays 12pm-2pm	Staff	On-going	\$0.25/card; max 6 cards
History Lectures & Discussions	Wednesdays 3pm-4:30pm	Great Courses	Sept. 7th-Dec.28	Free
Karaoke	1 st Thursday 12pm-2pm	Cristina	On-going	\$5/quarter
Walk Westchester	Thursdays & Fridays 8am-9am	Cristina/Beth	On-going	Free
Beginning Watercolor	Thursdays 2pm-4pm	Cristina	On-going	\$5/month
Flashback Fridays: Group Games in the Afternoons	Fridays @ 1pm-4:30pm	Cristina	On-going	\$5/quarter
Traveling with Tom B!	TBD	Tom B.	TBD	Free

SPECIAL EVENTS

Sat. 09/24/22

@ 12pm-7pm

Westchester Arts and Music Block Party

Mon. 10/31/22

@ 12:30pm-2:30pm

Halloween Fun w/ Anthem Blue Cross





City of Los Angeles

Department of Recreation and Parks

Mayor Eric Garcetti

Councilmember Mike Bonin, 11th District

Board of Recreation and Park Commissioners

Sylvia Patsouras, President

Lynn Alvarez, Vice President

Tafari Bayne, Commissioner; Nicole Chase, Commissioner;

Joseph Halper, Commissioner

Recreation and Park Administration

Jimmy Kim - General Manager

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

Belinda Jackson, Assistant General Manager—Rec. 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, Juan Ramirez, Aiyana Vivar

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