



Westchester

50+ and Pumped

CENTER

50+ Welcome!

www.laparks.org/scc/westchester

SUMMER 2022

Hello 50+!

Summer, traditionally, has been a slower time of year at the Westchester Senior Center. Many people plan vacations and spend more time with their families. We are working on getting some new programming lined up for the fall, but in the meantime, I hope you will join us for the current programming. Check out our schedule on pages 4 & 5.

Stay tuned!

Sincerely,

Cristina Lovett

Rec. Coordinator, - Westchester 50+ Center

IN THIS ISSUE...

**PHOTOS OF
WINTER &
SPRING
PROGRAMS
UPCOMING
EVENTS
AND MORE!**

Westchester Arts and Music Block Party!

WAM is quickly approaching (09/24/22) and Westchester Senior Center will be there! Our Seniors are going to have a booth in the Emerson Avenue Community Garden Section and the City Staff will partner with Westside Pacific Villages and share a booth together.

Look for us at WAM - **SENIORS RULE!**



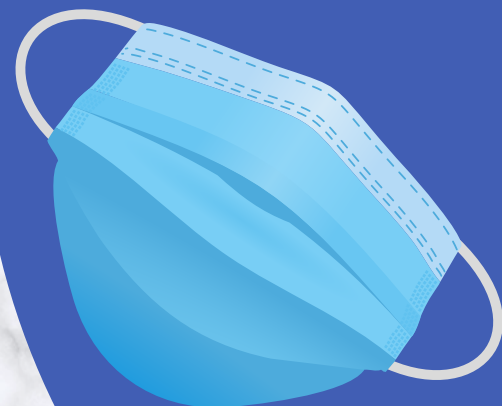


50+ and Pumped Section

SUMMER 2022

COVID-19 PRECAUTIONS

EVEN THOUGH MOST PLACES HAVE PUT ON HOLD THE MASK MANDATE, CITY OF LOS ANGELES FACILITIES STILL REQUIRE MASKS, 3'-6' SOCIAL DISTANCING, & PROOF OF VACCINATION FOR ALL INDOOR ACTIVITIES.



VACCINATED

We will need to follow federal, state & local Covid-19 guidelines, so please be understanding. We will maintain 6 feet social distancing indoors & mask usage continues to be mandatory. For any indoor activities or access to the facility, proof of COVID-19 vaccination will be required, no exceptions.

"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 vaccination, alternative programming is available, please visit: bit.ly/rapalt or visit RecConnectLA: www.laparks.org/virtualrecreation

Some examples of outdoor or virtual programming are:

VirtualRecLA: From virtual fitness classes, aquatics workouts, arts & crafts, and multiple FREE online resources for you to stay active at home.

Tennis: Our tennis courts are available for public use and many have private lessons for youth and adults. Visit: reg.laparks.org for more information.

Golf: The City of Los Angeles has seven 18-hole courses, three 9-hole courses, and two 3-par courses available for public use.

Outdoor Fitness Zones | Outdoor Classes & Teams | Year-Round Outdoor Swimming Pools | Hansen Dam Aquatic Center & More!



Visit: www.laparks.org for more information!



Westchester 50+ Happenings

A Message From: The Westchester 50+ Board

Hello Seniors!

We're going to be at **WAM** this year!

- Save the Date -

Saturday September 24, 2022
12pm-7pm

Westchester Arts and Music Block Party

8050 Emerson Ave.

(Between 80th St. and 80th Pl.)



WAM is an annual, *free*, family-friendly community event with live music, dance, art, vendors, community booths, garden tours, food trucks, and socializing! Plus, there's a beer and wine garden! Proceeds this year will benefit the Westchester Family YMCA for its programming supporting teen health and wellbeing.

CAN'T WAIT TO SEE YOU ALL!

- Westchester 50+ Board

(formerly known as Senior Club Board)



Top to Bottom: Game Night, Beginning Watercolor, Mixed Media Studio Time



WESTCHESTER 50+ *and Pumped* WEEKLY SCHEDULE

50+ and Pumped Section

Winter 2022

NOW SHOWING

CLASS	DAY & TIME	INSTRUCTOR	DATES	COST
Senior Lunch 60+	M - F 11am to 12pm	Dept. of Aging	Ongoing	\$2 donation
Mixed Media Studio	Tuesdays 1pm - 4pm	Self Guided	July 5-Sept 27	\$5 per month
Pickleball w/Tom	Wednesdays 9am - 11am	Tom B	July 6-Sept 28	\$5 per class
Bingo	Wednesdays 12pm - 2pm	Staff	Ongoing	\$0.25 a card max 6 cards
CrushCovidCamp (Balance & Flexibility)	Thursdays 10am - 11am	Cristina	July 7-Sept 29	\$5 per month
Walk Westchester	Thursdays 8am - 9am	Cristina	Ongoing	FREE
Beginning Watercolors	Thursdays 2pm - 4pm	Cristina	Ongoing	\$5 per month
Karaoke (Afternoon)	1st Thursday 12pm - 2pm	Cristina	July 7-Sept 29	\$5 per quarter
Walk Westchester	Fridays 8am - 9am	Beth	Ongoing	FREE
Game Night	4th Friday 5:30-7pm	Cristina	07/22, 08/26, 09/23	\$5 per quarter
Great Courses: Modern History	Wed.: Lecture 3-4pm & Discussion @4pm	The Great Courses Video	Oct. 5-Dec 28	FREE
LAPL Arts & Crafts w/Rita	2nd Tuesday 11am-12pm	Rita	10/11; 11/8; 12/13	FREE
Traveling w/Tom	TBD	Tom B	Fall	FREE

COMING THIS FALL

*****OUR PROGRAMS AND CLASSES WILL ADHERE TO THE L.A. COUNTY OF PUBLIC HEALTH COVID-19 GUIDELINES*******PERSONS WITH DISABILITIES ARE ENCOURAGED TO PARTICIPATE IN OUR PROGRAMS AND CLASSES. REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS.**Register For Classes At: laparks.org/reccenter/westchester**All programs follow SAFER LA Mandates - see pg 2**

Westchester 50+ Center

8740 Lincoln Blvd, Los Angeles CA 90045 | (310) 649-3319 | WESTCHESTER.SCC@LACITY.ORGwww.laparks.org/scc/westchester

**WESTCHESTER 50+ *and Pumped* CLASS DESCRIPTIONS**

50+ and Pumped Section

SUMMER 2022

Register For Classes At: www.laparks.org/scc/westchester

NOW
SHOWING

CLASS/PROGRAM	CLASS DESCRIPTION
SENIOR 60+ LUNCH	Through a Dept. of Aging grant, a well-balanced hot lunch is provided to seniors 62+ (\$2 suggested donation). Grab N' Go Until Further Notice.
MIXED MEDIA STUDIO TIME	Bring your own supplies or use our class list to purchase supplies. A complete painting will be duplicated each month. May bring your own projects during class time. Supplies are not included in class.
PICKLEBALL W/TOM	Pickeball is a fun sport that combines many elements of tennis, badminton and ping-pong. People with all levels of experience invited to attend. Meets at Westchester Tennis Courts. We will have extra rackets available. Join the fun!
BINGO	Break up the week with Bingo! Non Monetary prizes may be won for up to two winners per game.
CRUSH COVID CAMP (Balance & Flexibility)	Move from station to station with music to help condition, strengthen & have fun!
BEGINNING WATERCOLOR	Learn basic watercolor techniques and practice skills to improve paintings.
KARAOKE	Sing along with a group or solo to the words of your favorite songs!
WALK WESTCHESTER	Walk at a comfortable pace around Westchester with friends!
GAME NIGHT	Old School Games like Scrabble, Rummy Tile, Dominoes, etc.
Stay Tunned - Fall Programming	
4x4 Indoor Soccer	Co-ed. Four players per side, (2) 15-minute halves with a 2-minute half time.
Great Courses: Modern History	Video Lecture by Prof. R. Bucholz of Loyola Univ. of Chicago and Discussion to follow. Handouts of his lectures will be passed out at the beginning to be discussed after two, 30-minute lectures.
LAPL Arts & Crafts w/Rita	Join the Loyola-Village Branch Adult Librarian in an arts & crafts project funded by the Friends of the LVB Los Angeles Public Library (LAPL)
Traveling w/Tom	In the upcoming months, look out for a fun and informational TRAVEL presentation by Westchester's very own, Tom Brewster of InsidersView, a concierge travel service. It will be lots of fun and very informative!

50+ is happening!



CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS

Mayor: Eric Garcetti

11th District Councilmember: Mike Bonin

Board of Recreation and Park Commissioners

- Sylvia Patsaouras, President
- Lynn Alvarez, Vice President
- Tafarai Bayne, Commissioner
- Nicole Chase, Commissioner
- Joseph Halper, Commissioner

Recreation & Parks Administration

- Jimmy Kim, General Manager
- Anthony-Paul (AP) Diaz, Esq., Executive Officer & Chief of Staff
- Belinda Jackson, Interim Asst. General Manager, Recreational Services Branch
- Matthew Rudnick, Asst. Gen Mngr. Planning, Maint. & Construction
- Javier Solis, Superintendent of Rec & Parks Maint. Operations
- Sonya Young-Jimenez, Superintendent - Venice Beach & West Region
- Laura Island - Principal Recreation Supervisor I
- Leslie Richter, Recreation Supervisor, Viewpoint District

50+ Center Recreation Staff

- Mychal Lynch, Senior Facility Director
- Cristina Lovett, Recreation Coordinator
- Daisy Gomez, Recreation Coordinator

