



WESTCHESTER SENIOR CENTER  
8740 LINCOLN BLVD, LOS ANGELES, CA 90045  
310.649.3319



# WESTCHESTER 50+ SENIOR CENTER NEWS

50+ Welcome!

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

February 2023

😊 Dear 50+ & Pumped!

**We are now accepting 2023 Westchester Senior Center Memberships!!**


You might be wondering, “What do I get for a \$10-a-year membership?”

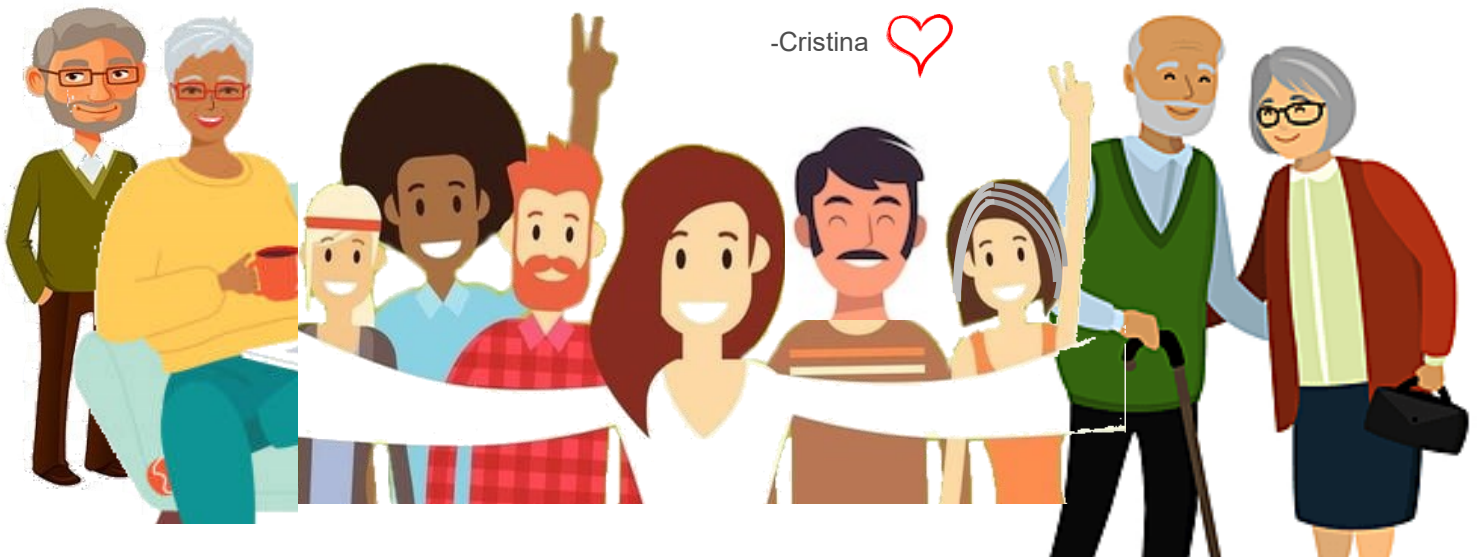
**If you are 50 years or older and ...**

- Want to play board games, billiards, and ping pong with your neighbors?
- Want to take a chair yoga class?
- Want to go on field trips?
- Want to know about senior services?
- Want to learn watercolors?
- Want to do monthly special projects by the Library just for our seniors?
- Want to attend our special events, such as paint n pours, teas, luncheons, floral arranging, etc.?
- Like to sing karaoke, but don't want to go to a bar?
- Need a close location to deposit your SHARPS?
- Would like to volunteer with planning and organizing activities?
- Would like to (or already do) take advantage of the senior lunch program (suggested donation for adults 60+)?
- Value any of these services for your community?

All of these things are not free - *some are*, but they are at a reduced cost because of your membership.

Join the **Westchester Senior Center!** WE WANT YOU!

-Cristina 



Westchester Senior Center February 2023

# UPCOMING PROGRAMS

Save the date: St. Patrick's Day Party: 03.17.2023



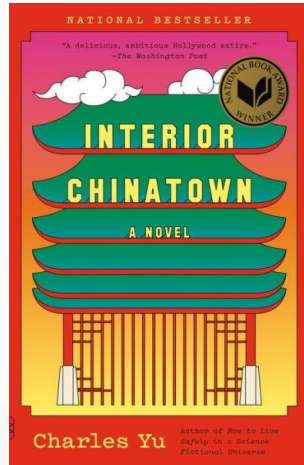
Join us for the NEA & LAPL

## THE BIG READ

on **Friday, February 3rd from 3:30pm-5pm**

Let's discuss this National Bestseller by Charles Yu. Get your free copy at the Westchester-Loyola Village Branch  
Light snacks included.

*Must have book to participate; limited supplies.*



NATIONAL ENDOWMENT for the ARTS  
**BIG READ**

Managed by Arts Midwest

[arts.gov/neabigread](http://arts.gov/neabigread)

LOS ANGELES PUBLIC LIBRARY

## Chess with Edgar Saenz!

Edgar has the knowledge and the patience to teach you how to play the intriguing game of CHESS.

Sign up in the office or call:

310.649.3319  
(space is limited)

**FEB. 3rd @12:30pm-1:30pm**

*Normally, the class will take place on the 2nd FRI. of the month.*

## Tom's Travelogues!



Join us for a fun and entertaining afternoon with Tom Brewster.

**February 22nd from 3pm-5pm**

**Free!**

Light snacks and giveaways.

**RSVP 310.649.3319**

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 (ages 12 and over) 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](http://bit.ly/rapalt).

All programs adhere to the LA County Department of Public Health and the Department's current Covid 19 Policy and Guidelines.  
Due to the uncertainty of Covid 19, all programs are subject to postponement, change or cancellation.

# UPCOMING PROGRAMS

City of Los Angeles  
 Department of Recreation and Parks  
 Westchester Senior Center  
 8740 Lincoln Blvd, Los Angeles CA 90045  
 310.649.3319

**HAPPY VALENTINE'S DAY**

**LET'S CELEBRATE LOVE & FRIENDSHIP!**

**TUESDAY, FEBRUARY 14, 2023**  
**2PM-4PM**

Games & prizes \* Light Refreshments  
 Entertainment!

**FREE for MEMBERS,**  
**\$5 Non-Members**

**RSVP 310.649.3319**

**PROOF OF COVID-19 VACCINATION REQUIRED.**

City of Los Angeles logo  
 REC & PARKS logo

Vertical text on the left: Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements.

Vertical text on the right: All programs adhere to the LA County Department of Public Health and the Department's current Covid-19 Policy and Guidelines. Due to the uncertainty of Covid-19, all programs are subject to postponement, change or cancellation.

# THANK YOU!

Thank you to **GIRL SCOUT TROOP 11385** for their amazing centerpieces! Our *Friendsgiving* event wouldn't have been the same without their generosity and kindness! We even used them in our beginning watercolor class!

Thank you to **COUNCILWOMAN, TRACI PARK, AND HER STAFF** for attending the first of many events here at the Westchester Senior Center! We appreciate your support!

Thank you to **Roberta and Saralyn** of the PACIFIC ART GUILD for their incredible donation of audio & visual equipment *and* their time to teach me how to set it up!





# Westchester 50+ & Pumped Class Schedule - February 2023

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 5\*\*\***

## 2023 Holidays and Closures:

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

**Spring Quarter 2023** : May 29 - honoring Memorial Day; Jun 19 - Juneteenth

Class Name	Class Description
*Hot Lunch for Seniors 60+	Dept. of Aging provides a well-balanced, hot lunch to seniors 60+ <b>(\$2.50 suggested donation, not a requirement)</b> . Grab 'N' Go served, but can dine in.
Billiards	Members are free to play billiards Monday & Friday before 11:30am and after 1pm. <b>Free for members.</b>
TECH Help - Using your Smart Phone	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 - <b>Free!</b>
LAPL Arts & Crafts	Arts & Crafts with the Library! Join Rita on the 2nd Tuesdays from 11am-12pm. <b>Fun &amp; Free!</b>
Gentle Exercise & Movement	Keep moving with gentle exercises to improve mental and physical health. Focus on gentle stretching and movement. Move from station to station with music to help condition, the mind, body and spirit. Tuesday mornings from 10am-11am. <b>\$5 per month.</b>
Mixed Media Studio Time	Bring your own supplies and work on your art in a group setting. Tuesdays from 1pm-4pm. <b>\$5 per month.</b>
Pickleball	Pickleball is a super fun sport for all ages! Group meets at the Westchester Tennis Courts on Wednesdays @9am. <b>\$5/day See Tom Brewster.</b>
Chair Yoga w/Caroline!	Help your body help you. This gentle yoga class will help build your balance and strength. <b>\$5/month.</b>
Bingo!	Break up the week with Bingo! Non-monetary prizes may be won for up to two winners per game. Wednesdays 12pm-2pm. <b>\$0.25 per card; 6 cards maximum.</b>
Karaoke	Sing along with a group or solo to the words of your favorite songs – so much fun! First Thursday of each month, 12pm. <b>\$5 per quarter</b>
Walk Westchester	Walk at a comfortable pace around Westchester with friends! Thursday and Friday mornings at 8am. Meet in front of the skate park. <b>Free</b>
Beginning Watercolor	Learn the basics of watercolor. Every Thursday @2pm. Supplies are not included; please call the Center for supplies list. <b>\$5/month</b>
Board Games and More!	Join us every Wednesday for Scrabble, Rummy Tile, Dominoes, Trivial Pursuit, Ping Pong, etc. <i>Wednesdays @2pm-4:30pm.</i> <b>Membership required</b>
Traveling with Tom B!	<b>TBD:</b> 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.**

**Must be fully vaccinated to participate indoors.**

# 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
Chair Yoga w/Caroline!	Wednesdays 10:30am-11:30am	Caroline	On-going	\$5/month
Bingo!	Wednesdays 12pm-2pm	Staff	On-going	\$0.25/card; max 6 cards
Wayback Wed. Games	Wednesdays 2pm-4:30pm	Cristina	On-going	Free
Karaoke	1 <sup>st</sup> Thursday 12pm-2pm	Cristina	On-going	Free w/ Membership
Walk Westchester	Thurs & Fridays 8am-9am	Cristina/Beth	On-going	Free
Beginning Watercolor	Thursdays 2pm-4pm	Cristina	On-going	\$5/month
Chess w/Edgar!	Feb 3rd 12:30pm-1:30pm (normally 2nd Fridays)	Edgar	On-going	Free
Tom's Travelogues!	Wed. Feb 22 @ 3pm-5pm	Tom B.	On-going	Free

## AARP Tax Preparation

Begins on Tuesday, February 21st, 2023. Please call 310.649.3319 for an appointment. Times available are 9am, 10am, 11am, & 12:30pm.

## **VOLUNTEER!**

**Join our team! Do you have a skill or talent that you'd like to share with your community? Become a City of Los Angeles Volunteer!**

**<https://www.volgistics.com/appform/1748540489>**

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## City of Los Angeles

### Department of Recreation and Parks

Mayor Karen Bass

Councilmember Tracy Park 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;

**Matthew Rudnick** - Executive Officer

**Belinda Jackson**, Assistant General Manager—Rec. and Parks Services Branch

**Sonya Young-Jimenez**, Superintendent—West Region & Venice Beach

**Laura Island**, RTC, Principal Rec. Supervisor II—West Region

**Austin Dumas**, Principal Rec. Supervisor I - Citywide Adaptive Sports, GPLA/Gender Equity

**Leslie Richter**, Supervisor—Viewpoint District

#### Westchester Recreation Center & Westchester Senior Center

**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**

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