



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)

**Fall 2023**



Dear 50+ & Pumped!

Dearest Westchester Senior Center Seniors,

When I started here in January of 2015, I was going through a very difficult time in my life. My brother was dying and my mother was beginning to shut down. I was a single parent of a teenager taking care of 3 adults in different stages of our lives. You saved me. Coming here saved me.

So many of you knew what I was going through because you went through it, too, and that was comforting. I received lots of compassion, kindness, humor, patience, love, and food! :) I was nourished and replenished, inside and out! We planned lots of activities and programs together. We went on trips and had many feasts together. It has been such a wonderful experience to have worked here with all of you! BUT...

Change is coming for us. I have been given a different assignment. And while my heart is breaking, there is always an opportunity for growth in change, so I am hopeful about this new assignment. I hope you know that you will be missed a million times over - to the moon and back, to infinity and beyond! BUT...

It's not the end, it's just another chapter! Because Mar Vista Recreation Center has such a strong Senior community, we will have opportunities to work together! We have already started to do that with our Summer Picnic and their Summer Luau. This is exciting!

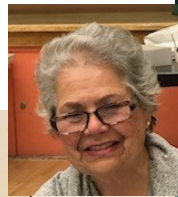
So let me introduce you to the new Director: Kirstin Zullo Aceves!

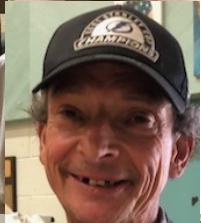
She comes to Westchester via Cheviot Hills Recreation Center, most recently. That center has been one of the premier recreation centers in the City of Los Angeles so she has lots of great ideas and know-how. I know that you will give her the love she needs and the experience & advice that have so generously given me in our eight years together.

Love to you All always,

-Cristina 









# Westchester 50+ & Pumped Class Schedule - Fall 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.*

### 2023 & 2024 Holidays and Closures:

**Fall Quarter 2023** : Oct. 9th - Indigenous People's Day; Nov. 10th - Veteran's Day';  
Nov. 23rd & 24th - Thanksgiving Holiday; Dec. 25th - Christmas Holiday

**Winter Quarter 2024** : Jan. 1st - New Year's Day; Jan. 15th - Martin Luther King Jr Day;  
Feb. 19th - Presidents' Day; Mar. 25th - Cesar Chavez Day

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 - Please call for availability
TECH Help - Using your Smart Phone	Learn how to use your smart phone with less stress. In-Person, one-on-one. Call for availability - <b>Free!</b>
Zumba	Dance your cares away with Zumba! <b>Free with Membership or \$5/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>Free with membership or \$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>Free with Membership</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>
Gentle Exercise	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/month</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>
Chess with Edgar	Learn chess in a relaxed environment and practice your skills with Edgar Saenz - 2nd Friday of each month - Free!

# Westchester Senior Center

## WEEKLY SCHEDULE

Program	Day/Time	Instructor	Dates	Cost
Senior Lunch 60+	Monday-Friday 11am-12pm	Dept of Aging	On-going	Donation \$2.50
TECH Help	Call for One-on-one	Cristina	On-going	Free
Billiards	Call for availability	Self Guided	On-going	Free w/ Membership
Zumba	Tuesdays 9am-10am	Geenung	On-going	Free w/ Membership
Mixed Media Studio Time	Tuesdays 1pm-4pm	Self Guided	On-going	\$5/month
Chair Yoga w/Caroline!	Wed. 10:30am-11:30am	Caroline	On-going	Free w/ Membership
Bingo!	Wednesdays 12pm-2pm	Staff	On-going	\$0.25/card; max 6 cards
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
Gentle Exercise	Thursdays 10am-11am	Cristina	On-going	\$5/month
Beginning Watercolor	Thursdays 2pm-4pm	Cristina	On-going	\$5/month
Chess w/Edgar!	2nd Fridays 12:30pm-1:30pm	Edgar	On-going	Free

**PLEASE NOTE:** *If you're attending an activity for the first time or haven't been here for sometime, please call beforehand to confirm that the activity is taking place. Our volunteers (and staff) need time off occasionally and may need to cancel or change the day &/or time.*

*We appreciate your understanding!*

### **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>**



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



**Karen Bass** – Mayor of Los Angeles  
**Tracy Park** – Councilmember CD 11

**Recreation and Parks Commissioners**

**Renata Simril** - President  
**Luis Sanchez** - Vice President  
**Fiona Hutton, Marie Lloyd, Benny Tran** - Members

**Recreation and Parks Administration**

**Jimmy Kim** - General Manager  
**Matthew Rudnick** - Executive Officer  
**Belinda Jackson** - Assistant General Manager  
**Sonya Young Jimenez** - Superintendent, Venice Beach & West Region  
**Laura Island** - RTC, Principal Recreation Supervisor II  
**Austin Dumas**, Principal Recreation Supervisor I, Citywide Adaptive Sports, Girls Play LA/  
Gender Equity  
**Leslie Richter** - Recreation Supervisor, Viewpoint District

**Westchester Recreation Staff**

**Mychal Lynch** – Senior Facility Director  
**Kirstin Zullo Aceves** – Recreation Facility Director  
**Daisy Gomez** – Recreation Coordinator  
**Sharon Arnsworth, Chance Hanzy, Chelsea Hanzy, Cameron Lowery**  
**Ian Marlowe, Juan Ramirez** - Recreation Assistants

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