



# WESTCHESTER SENIOR CENTER

FALL

2023



8740 LINCOLN BLVD, LOS ANGELES CA 90045  
(310)649-3317 | WESTCHESTER.SCC@LACITY.ORG

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**WESTCHESTER.SCCLA**



## M O N D A Y

PROGRAM	TIME	NON MEMBER FEE	MEMBER FEE	DATES
Senior Lunch Daily M-F	11am-12pm	Donation	Donation	10/2 - 12/29
Knitting & Crochet	9am-12pm	\$25 / month	\$25 / month	10/2 - 12/29
One on One Tech Help	10am-4pm	NA	Free	10/2 - 12/29
Geneology 101	10am - 11am	\$36 whole session	Free	10/2 - 12/18
Master Sculpturs	12pm - 1pm	\$16 whole session	Free	10/2 - 12/18
Script Circle	1pm - 2pm	NA	Free	9/11, 10/16, 11/20
holiday Crafting & Fabric	2pm-3pm	\$30 / month	\$20 / month	10/2 - 12/18
Hand Sewing Club	3pm - 4pm	\$15 / month	\$15 / month	10/2 - 12/18
WSC Holiday Choral Group	4pm - 5pm	\$NA	Free	10/2 - 12/4

## T U E S D A Y

Senior Lunch	11am - 12pm	Donation	Donation	Full Year
Zumba	9am-10am	\$10/ month	FREE	10/3-12/26
Mahjong Club	10:30am-11:30am	\$15 / month	\$10 / month	10/3 - 12/26
Garden Charm	12pm - 1pm	\$16 / month	\$8 / month	10/3 - 12/19
Mixed Media Studio Time	1pm - 4pm	\$ 20 / month	\$5 / month	10/3 - 12/26

## W E D N E S D A Y

Senior Lunch	11am - 12pm	Donation	Donation	Full Year
Chair Yoga	10:30am-11:30am	\$10 / month	Free	10/04 - 12/27
Bingo	12pm - 2pm	\$.25 card	\$.25 card	10/2 - 12/29
Book Club	2:30pm	NA	Free	meet 1x month
Tai Chi Meditation	4pm - 5pm	\$80 whole session	\$40 whole sess	10/04 - 12/13
Yoga with Meditation	5pm - 6pm	\$80 whole session	\$40 whole sess	10/04 - 12/13

## T H U R S D A Y

Senior Lunch	11am - 12pm	Donation	Donation	Full Year
Gentle Exercise	10am - 11am	\$10 / month	\$5 / month	10/05 - 12/28
Karaoke	12pm-2pm	NA	Free	1st & 3rd Thurs
Beginning Watercolor	2pm-4:00pm	\$15 / month	\$5 / month	10/05 -12/28

## F R I D A Y

Walking Club	9:15am	\$NA	Free	10/02 - 12/29
Gentle Yoga	10am-11am	\$64 whole session	\$32 whole sess	10/02 - 12/08
One on One Tech Help	10am - 4pm	\$NA	Free	10/02 - 12/29
Chess with Edgar	12:30p-1:30pm	NA	Free	2nd- Friday
Memory Retention	1pm - 1:45pm	\$16 whole session	Free	10/06 - 12/29
WSC Holiday Choral Group	4pm - 5pm	\$NA	Free	10/02 - 12/4



# WESTCHESTER REC CENTER

FALL

2023



7000 W.MANCHESTER AVE, LOS ANGELES CA 90045

(310)670-7473 | WESTCHESTER.RECREATIONCENTER@LACITY.ORG



TO REGISTER FOR OUR PROGRAMS VISIT:  
[LAPARKS.ORG/RECCENTER/WESTCHESTER](https://laparks.org/recenter/westchester)

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WESTCHESTERRECCENTER

## T U E S D A Y

PROGRAM	AGES	TIME	FEE	DATES
Virtual Piano	7 & Up	Varies	\$120	10/03 - 11/28
In Person Piano	7 & Up	Varies	\$135	10/03 - 11/28
Pilates	16 & Up	6pm - 6:45pm	\$80	10/10 - 12/12
Karate I.	7 - 13	4pm - 4:45pm	\$125	Tues. & Thurs. 10/03 - 11/21
Karate II.	14 & Up	5pm - 5:45pm	\$125	Tues. & Thurs. 10/03 - 11/21
Karate III.	18 & Up	6pm - 6:45pm	\$125	Tues. & Thurs. 10/03 - 11/21
GPLA Girls Volleyball League	7 - 15	Varies	\$10	Varies
GPLA Volley Drills & Skills I.	7 - 9	4pm - 4:45pm	\$10	10/03 - 11/21

## W E D N E S D A Y

GPLA Volley Drills & Skills II.	10 - 12	5pm - 5:45pm	\$10	10/04 - 11/29
GPLA Girls Volleyball League	7 - 15	Varies	\$10	Varies
Mixed Martial Arts (MMA) Fundamentals	16 & Up	7:30 - 8:30pm	\$80	10/04 - 11/29

## T H U R S D A Y

GPLA Ballet Basics I.	7 - 9	5pm - 5:45pm	\$10	10/12 - 12/07
GPLA Ballet Basics II.	10-12	6pm - 6:45pm	\$10	10/12 - 12/07
GPLA Ballet Basics III.	13 - 15	7pm - 7:45pm	\$10	10/12 - 12/07
GPLA Girls In Sports I.	7 - 9	5pm - 5:45pm	\$10	10/05 - 11/30
GPLA Girls In Sports II.	10-12	6pm - 6:45pm	\$10	10/05 - 11/30
Tiny Wheels Skateboarding	4 - 5	4pm - 4:45pm	\$90	10/05 - 11/30
Skateboarding I.	6 - 8	5pm - 5:45pm	\$90	10/05 - 11/30
Skateboarding II.	9 - 12	6pm - 6:45pm	\$90	10/05 - 11/30

## F R I D A Y

Spooky Treats (Cooking)	6 - 10	4:30 - 5:30pm	\$60	10/06 - 11/03
GPLA Girls on Wheels I.	7 - 9	4pm - 4:45pm	\$10	10/06 - 11/03
GPLA Girls on Wheels II.	7 - 9	5pm - 5:45pm	\$10	10/06 - 11/03
GPLA Girls on Wheels III.	10 - 12	6pm - 6:45pm	\$10	10/06 - 11/03

## S A T U R D A Y

Karate IV	18 & Up	11am - 12pm	\$80	10/07 - 11/04
GPLA Girls Karate	7 - 13	12:15pm - 1 pm	\$10	10/07 - 11/04

## UPCOMING CAMPS, EVENTS & MORE!

- One on One Voice Lessons: Stay Tune For More Info!
- Gratitude Camp: Ages 5-12 | 11/20 - 11/22 | 10am - 4pm | \$100
- Winter Camp W1: Ages 5-12 | 12/26 - 1/5/24 SAVE THE DATES!
- Halloween Kid Zone: 10/31 | 3pm - 7pm | FREE Must Pre-Register
- Halloween Haunted House: 10/27, 10/28, 10/30, 10/31 | 7pm - 11pm | \$10