



CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS  
 JIM GILLIAM SENIOR CITIZEN CENTER  
 4000 S. LaBrea Ave Los Angeles, CA 90008 Phone: 323.291.5928



# WINTER CLASS SCHEDULE

## JANUARY 12 - MARCH 27, 2026

### MONDAY

**SEWING CLUB**  
10:00AM - 1:00PM

### TUESDAY

**POWER CORE EXERCISE**  
9:15AM - 10:15AM

### WEDNESDAY

**INTRO TO CROCHETING**  
10:30AM - 12:00PM

### THURSDAY

**MOVE MORE CHAIR EXERCISE**  
10:30AM - 11:30AM

### FRIDAY

**DIGITAL DISCOVERY: COMPUTER INSTRUCTION**  
10:30AM - 11:30AM

**COMPUTER LAB OPEN DAILY 11:00AM - 5:00PM**

**BOOK CLUB**  
1:00PM - 2:00PM

**MOVE MORE CHAIR EXERCISE**  
10:30AM - 11:30AM

**GARDEN HEARTS**  
10:30AM - 12:30PM

**CARDS, CUES & CONNECTIONS: POOL & CARDS GAMES**  
11:00AM - 1:00PM

**CHAIR YOGA**  
12:15PM - 1:15PM

**BASKETBALL OPEN PLAY**  
2:30PM - 4:00PM

**CREATIVE ARTS & CRAFTS**  
1:30PM - 3:30PM  
*Dates: Jan 20<sup>th</sup>, Feb. 3<sup>rd</sup>, Feb. 17<sup>th</sup>, Mar. 3<sup>rd</sup>, Mar. 24<sup>th</sup>*

**CERAMIC DESIGN**  
1:00PM - 3:00PM  
*(See calendar for dates)*

**PICKLE BALL OPEN PLAY**  
12:30PM - 1:30PM

**MOVIE LOUNGE**  
1:30PM - 3:00PM  
*(Last Friday of the month)*

**WALK INTO WELLNESS**  
3:30 PM - 4:30PM

**MINDFUL BREATH & MEDITATION**  
5:00PM - 5:30PM  
*(Fourth Wednesday ONLY)*

**GAME TIME: BINGO, GAMES AND MORE**  
1:00PM - 4:00PM

**ANNUAL MEMBERSHIP ONLY \$20!**

If you are a person with a disability and require accommodation to participate in a City of Los Angeles Department of Recreation and Parks program, service, or activity, requests may be made by calling the facility (facility phone number here), or 711 for CA Relay, ten days in advance of the event. We will do our best to fulfill requests with less than ten business days' notice.

If a participant requires a one to one aide, requests will be fulfilled within seven business days of receiving required paperwork and documentation needed to issue a Right of Entry Permit to the agency providing the aide.

