



City of Los Angeles Department of Recreation and Parks  
North Hollywood Senior Center  
5301 Tujunga Ave. North Hollywood, C.A. 91606  
Main Office: (818)487-6971 Rec. Center Office: (818)763-7651



# WINTER CLASSES



## Programs for Adults Ages 50+ Classes run from: December-March

ACTIVITY	DAY	TIME	FEE
Badminton	Mon./Wed/Fri.	9:30am-12:30pm	\$3 a class
Cooking Class	Monday	9:00am - 11:30am	\$5 a class
Socializing and Games	Mon.- Fri.	12:30pm-3:30pm	FREE
Walking Class	Tues/Thurs.	9:00am-10:00am	FREE
Power Yoga	Tues./Thurs.	9:00am-10:00am	\$2 a class
Tai Chi Self-Defense	Tues./Thurs.	10:00am-11:00am	\$2 a class
Chair Yoga/Dancing	Wednesday	9:30am-11:30am	FREE
Socializing & Coffee	Mon.-Fri.	10:00am-11:30am	FREE
Aztec Dancing	Thursday	7:00pm-9:00pm	\$1 a class
Beginners Tai Chi	Friday	9:00am-10:00am	FREE
Volleyball Fun	Friday	10:00am-11:00am	FREE
Senior Lunch Program (12/8)	Mon.-Fri.	11:30am-1:00pm	FREE



Scholarships are available upon request.

