



CITY OF L.A REC & PARKS WILKINSON SENIOR CENTER

8956 Vanalden Ave.

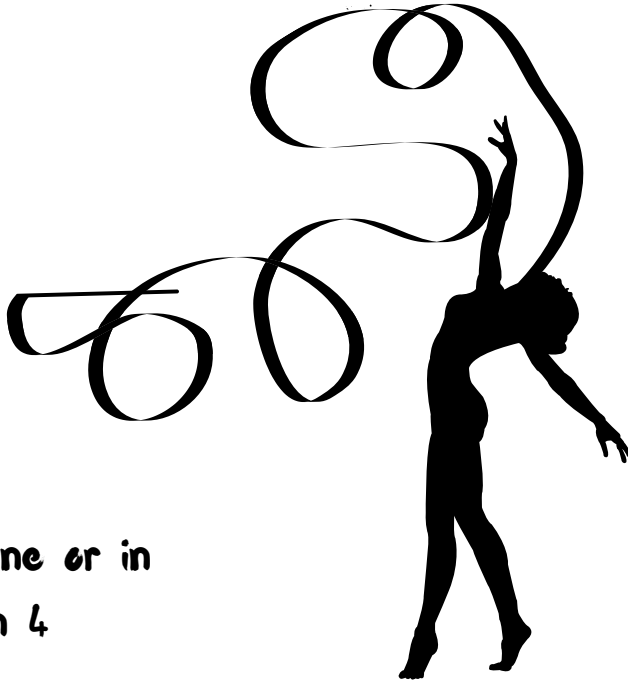
Northridge CA 91324

(818)756-7741



Monday Move to Inspire

By Jila Schoop



**Register online or in
Person Room 4**

"HUMANS HAVE EXPRESSED THEMSELVES THROUGH MOVEMENTS SINCE THEY GATHERED TOGETHER. EVEN IN THE MOST ISOLATED TRIBES CEREMONIAL MOVEMENT HAS HAD PROFOUND MEANING. WE ALSO MOVE TO BE FIT PHYSICALLY AND TO SOCIALIZE. THE IMPACT OF MOVEMENT IN OUR MENTAL, COGNITIVE, PHYSICAL, AND SOCIAL WELL-BEING IS SCIENTIFICALLY PROVEN. SO, LET'S MOVE TO INSPIRE."

JANUARY 5, 2026-MARCH 9, 2026

TIME 11AM-12PM

8 WEEK SESSION

FEE \$25

IN ROOM #6



Wilkinson.seniorcenter

PERSON WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS. PLEASE BE AWARE THAT SOME ACCOMMODATIONS MAY TAKE 30 DAYS OR LONGER. PLEASE SUBMIT YOUR REQUEST FOR AN ACCOMMODATION AS SOON AS POSSIBLE.