

SUNLAND SENIOR CITIZEN CENTER

8640 Fenwick St., Sunland CA 91040 - Office Phone: (818) 353-9571 - Website: www.laparks.org/scc/sunland

2025 DECEMBER CALENDAR of ACTIVITIES

Senior Center closed on Thursday, December 25, 2025 due to City Holiday.

Fall 8 week classes (Sketching, Walk & Yoga and Arts & Crafts Classes) will begin the 2nd week of October (6th).

\$1 is suggested the donation per class/program. Country Line Dancing is \$5 per class. Thank you for all contributions!

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00a			Bollywood Yoga		
9:30a			9:15a - 10:00a	*Walk & Yoga	
10:00a	*SKETCHING	BINGO	Music &	9:30a - 10:15a	Workout Video
10:30a	10:00a - 11:00a	10:00a - 11:30a	Movement	*Art & Crafts	10:00a - 11:00a
11:00a		Free coffee & snacks	10:15a - 11:30a	10:30a - 11:30a	
11:30a	LUNCH PROGRAM	LUNCH PROGRAM	LUNCH PROGRAM	LUNCH PROGRAM	LUNCH PROGRAM
12:00p	COUNTRY LINE DANCING	LUNCH PROGRAM	LUNCH PROGRAM	LUNCH PROGRAM	COUNTRY LINE DANCING
12:30p	12:00p - 1:30p	LUNCH PROGRAM	LUNCH PROGRAM	LUNCH PROGRAM	12:00p - 1:30p
1:00p	\$5 per class	SOUND BATH	VIDEO	Movie Matinee @ 1p	\$5 per class
1:30p		DMH in Spanish	DOCUMENTARIES	* Seniors choose movies	
2:00p	DMH in English	12/23/25 @ 1:30pm	1:15p - 2:30p	* Free coffee & snacks	
2:30p	12/15/25 @ 2:00pm	Mental Health, Stigma		* room lights dimmed	
3:00p	Preserving Your Memory	and Resilience		* Movies on projector screen	
6:30p				SOUND BATH	

SOUND BATH meets this month on Tuesday, December 9, 2025 @ 1pm and Thursday, December 18, 2025 @ 6:30pm.

3rd Monday every month @ 1p - Dept. of Mental Health (DMH) in English presents - Preserving Your Memory on 12/15/25

4th Tuesday every month @ 1p - Dept. of Mental Health (DMH) in Spanish presents-Mental Health, Stigma & Resilience 12/23/25

SUNLAND SENIOR CITIZEN CENTER - HOLIDAY SPECIAL EVENTS

Winter Holiday Community Event - Friday, December 5, 2025 from 4:00p-8:00p @ Recreation Center - Seniors will host a Bake Sale.

Dance Now Performance Event - Thursday, December 18, 2025 at 12:00p - Dance performance, snacks, beverages, raffle & movie.

RENT THE SENIOR CENTER - Rental fees starting at \$25 an hour with a \$50 refundable deposit. For more info call office.