



City of Glendale  
 Community Services & Parks Department - CSP  
**Adult Recreation Center**  
**Senior Programs**



City of Glendale  
 Community Services & Parks

**Karaoke Wednesdays** - Beginning February 22, 2012, come to the Adult Recreation Center for Karaoke Wednesday. Make new friends as you sing a long to today's chart topping hits or classic hits of all time.

**Big Band Concert Series Featuring the Verdugo Swing Society Big Band**  
 The Verdugo Swing Society has been bringing back Big Band memories since 1986. Originally formed by members of the Glendale College Jazz band, they now have local musicians from Aerospace to Academia. In 1988, VSS was named the official band of the City of Glendale and has played a concert and dance series for the city every summer since. Join them for a live performance at the Adult Recreation Center on February 15, celebrating Valentine's Day.

**Upcoming Events and Activities**

- February 2 Senior Mixer - 2:00pm, Dining Hall, Featuring Boyd
- February 3 BINGO- 10:00am, Multi-Purpose Room A
- February 7 Line Dancing - 1:30pm, Dining Hall  
Pickle Ball - 4:00pm - 8:00pm, Dining Hall
  
- February 9 Senior Mixer - 2:00pm, Dining Hall, Featuring Boyd
- February 10 BINGO- 10:00am, Multi-Purpose Room A  
Valentine's Day Special Senior Mixer  
1:30pm, Dining Hall, Featuring El Aguila
- February 13 Glendale Community College, Spring Session Begins
- February 14 Valentine's Day Celebration - 10:00am to 1pm, Dining Hall  
Line Dancing - 1:30pm, Dining Hall  
Pickle Ball - 4:00pm - 8:00pm, Dining Hall
- February 15 Caremore Health Screening - 10:15am, Dining Hall  
Big Band Concert Series Featuring the Verdugo Swing Society - 6:30pm  
Valentine's Day Dance
- February 16 Breakfast with Forest Lawn - Preplanning Workshop  
Senior Mixer - 2:00pm, Dining Hall, Featuring Boyd
- February 17 BINGO- 10:00am, Multi-Purpose Room A
- February 18 Art Workshop - 12:30pm, MPR A
- February 20 **CLOSED** in observance of President's Day
- February 21 Medicare Benefits Presentation - Center for Healthcare Rights, 10:15am  
Line Dancing - 1:30pm, Dining Hall  
Pickle Ball - 4:00pm - 8:00pm, Dining Hall
- February 22 LA County Blood Pressure Screening - 10:15am  
**Karaoke Wednesdays - 4:00pm, MPR B**
- February 28 Line Dancing - 1:30pm, Dining Hall  
Pickle Ball - 4:00pm - 8:00pm, Dining Hall
- February 29 Karaoke Wednesdays - 4:00pm, MPR B

The City of Glendale Community Services & Parks Department sponsors a variety of classes for seniors **ages 60+**. Call each center for information and registration details.

**FEE SCHEDULE:** Activity card holders \$1.00; all others \$2.00. Card must be presented upon payment. Fees will be collected at the beginning of each class. See individual class information for fees. All classes are ongoing. You may register at any time.

**SENIOR ACTIVITY CARDS:** \$10/year

**EXERCISE ROOM MEMBERSHIP FOR SENIORS** \$50/year

## Muscle Toning with Weights

Get Moving! There are mental and physical benefits from exercising regularly. Increase your energy, strength and bone density.

Fee: See fee schedule

Monday & Wednesday 9:00 a.m. - 10:00 a.m.

Instructor: Anne Kido Location: Dining Hall

Tuesday & Thursday 8:00 a.m. - 9:00 a.m.

Instructor: Patricia Kriste Location: Dining Hall



**Senior Aerobics** - Increase your energy and reduce your stress! Join us for a fun, low-impact aerobics class that will help improve flexibility and strength.

Fee: See fee schedule

Monday 8:00 a.m. - 9:00 a.m.

Instructor: Patricia Kriste Location: Dining Hall

Tuesday & Thursday 9:00 a.m. - 10:00 a.m.

Instructor: Patricia Kriste Location: Dining Hall

**Yoga** - This exercise focuses on the stimulation of muscles, joints, tendons and ligaments. It aids mobility and range of movement while increasing balance and stability.

Wednesday 8:00am-9:00am

Instructor: Arlene Vidor Location: Dining Hall

**Zumba Gold** - Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors, beginners or others needing modifications in their exercise routine. moves.

Fee: See fee schedule

Friday 8:00am-9:00am

Instructor: Shawn Paschall Location: Dining Hall

**Slow Stretch** - Improve your flexibility with relaxation Techniques and gentle muscle movements. Learn how to align your body and posture while improving your balance.

Fee: See fee schedule

Friday 9:00 a.m. - 10:00 a.m.

Instructor: Patricia Kriste Location: Dining Hall

**Tai-Chi for Seniors** - Tai-Chi's slow dance-like movements bring balance, harmony, and relaxation to participants. Learn the principles of this ancient form of exercise.

Fee: Free for Activity Card Holders

Tuesday, Thursday, and Saturday

Time: 10:00 a.m. - 11:00 a.m.

Instructor: Volunteer Instructors Location: Tai Chi Garden

## Beginning Painters - a Meet-up

This is a painting workshop that includes watercolor, oil, acrylic, and pastels, and meets every third Saturday of the month. More advanced painters assist beginners.

Students must provide their own supplies.

Fee: Free

### Dates and Times:

Saturday, February 18 12:30 p.m. - 3:00 p.m.

Saturday, March 17 12:30 p.m. - 3:00 p.m.

Saturday, April 21 12:30 p.m. - 3:00 p.m.

Location: MPR A

**Commercial Acting for Seniors** - This ten-week on-camera course will be held on Wednesdays from 1:30pm-3:30pm at the Center starting February 15. Emphasis is placed on developing the individual's unique qualities, understanding student's particular type, strengthening confidence, and developing professional skills necessary for entering the television commercial industry.

Fee: \$80.00

Wednesdays

Instructor: Buddy Powell

1:30 p.m. - 3:30 p.m.

**Exercise Room at ARC** - The Adult Recreation Center offers a wide selection of fitness equipment including treadmills, cross-trainers, and stationary bikes along with numerous multifunction machines. Proper work out clothes and a towel is required. A valid **Exercise Room Membership** is required.

Monday through Thursday 9:00am - 8:00pm

Friday 9:00am-3:00pm Saturday 9:00am - 12:00pm

Sundays - Closed

Women Only: Monday through Friday 1:00pm-3:00pm

Ages 60+: The City of Glendale in partnership with Glendale Community College is sponsoring classes to seniors free of charge. Classes are held at the Adult Recreation Center.

For information or class registration, call (818) 243-5196.

<b>ESL</b>	Monday and Wednesday Tuesday and Thursday	February 13 – June 6 February 14 – June 7	1:00 p.m. – 4:00 p.m. 1:00 p.m. – 4:00 p.m.
<b>Lip Reading</b>	Monday and Thursday	February 13 – June 7	9:30 a.m. – 11:00 a.m.
<b>Diet/Nutrition Diabetes</b>	Tuesdays	February 14 – March 20	1:00 p.m. – 3:00 p.m.
<b>Integrated Technology</b>	Tuesdays	May 15 – June 5	12:00 p.m. – 4:00 p.m.
<b>Film Appreciation i</b>	Wednesdays	February 15 – March 14	1:30 p.m. – 4:00 p.m.
<b>Film Appreciation ii</b>	Wednesdays	March 21 – April 25	1:30 p.m. – 4:00 p.m.
<b>Film Appreciation iii</b>	Wednesdays	May 2 – May 30	1:30 p.m. – 4:00 p.m.
<b>Intro to Computers</b>	Thursdays	February 16 – March 8	12:00 p.m. – 4:00 p.m.
<b>Microsoft Windows</b>	Thursdays	March 15 – April 5	12:00 p.m. – 4:00 p.m.
<b>Internet and Email</b>	Thursdays	April 19 – May 10	12:00 p.m. – 4:00 p.m.

**Activities and More... Please look at revised hours.**

**Senior Peer Counseling** - Need a person to share life's challenges, thoughts, and concerns with. Senior peer counselors are available on Tuesdays and Thursday by appointment to hear you.

**Line Dancing Classes for Seniors** - Dancing is a fun way to exercise. Start by learning the steps for each dance with a demonstration. As you continue attending the classes, you will begin learning more intermediate dance steps. Attend and learn your way dances such as waltz, cha-cha-cha and ball room. You don't need a dancing partner but if you have a mate, bring them along too. Classes begin on January 24, 2012.

**Activity Card Holders Only. 1:30pm to 2:30pm**

**Senior Mixer with Live Entertainment Featuring Boyd!**

If you like to salsa, cha-cha, rumba, waltz or boogie, this is the place to be. The senior mixer is a great opportunity to socialize with fellow seniors in the greater community of Glendale, make new acquaintances and enjoy a good time. Please call the Adult Recreation Center for a list of specific activities that take place during the mixer. Location: ARC Dining Hall A Date and Time: Thursdays from 2:00 p.m. – 5:00 p.m. **Activity Card Holders Only. Donations Encouraged.**

**Bingo** - Win great prizes while spending time with friends. Fee: \$1.00 per person collected at the beginning of each session. Day and Time: Friday 10:00 – 11:00 a.m.

**Table Tennis** - Table tennis is a good aerobic exercise that stimulates hand eye coordination. Join the seniors that play, it is good way to socialize, play competitive matches

and get a good work out in.  
Mon/Wed from 2:30 p.m. - 8:00 p.m.  
Tuesdays from 2:30 p.m. - 4:00 p.m.  
Thursdays from 5:00 p.m. – 8:00 p.m.  
Fri from 1:30 p.m. - 4:00 p.m.  
Saturdays from 2:00 p.m. - 4:00 p.m. (when avail.)



**Fee: Activity Card Holders Only.**

**Pickle Ball** - This fun and exciting game offers numerous benefits to your health, balance, and physical fitness. This mini-tennis game is played by 2 or 4 people on a badminton sized court with paddles and plastic baseballs with holes in them. Join us on Tuesday nights from 4pm to 8pm in the dining hall.

Tuesdays 4:00pm - 8:00pm  
**Fee: Activity Card Holders Only.**

**NEW!!!**

**Karaoke Wednesday** - Join your friends in the Multi-Purpose Room for a great time singing songs from yesterday and today. Showcase your vocal talents as we all come together to have some fun and have some good laughs.

Wednesdays 4:00pm - 6:00pm  
**Fee: Activity Card Holders Only.**

**Railfest 2012, Ride the “Movie Train” and BBQ Tri-Tip Lunch**

Celebrate the history and heritage of railroading at the annual Railfest 2012 in Fillmore’s downtown Central Park and aboard the vintage Fillmore & Western Railway. A Tri-Tip BBQ sandwich lunch with chili beans and a soft drink, and a ride aboard the Fillmore & Western Railway is included.

Registration begins Tuesday, January 24

Date: Saturday, March 24, 2012 Time: 9:00 a.m. - 6:00 p.m. Fee: \$55 per person.

**California Strawberry Festival** - Spend the day on this great springtime trip to Oxnard and the Strawberry Festival. If strawberry shortcake washed down by a strawberry shake is your idea of a well rounded meal, this is the place to be. The event offers food, musical entertainment, arts and crafts and of course strawberries used in a variety of ways. A brown bag lunch is provided.

Registration begins Tuesday, March 13, 2012

Date: Saturday, May 19, 2012 Time: 8:30 a.m. - 5:30 p.m. Fee: \$45 per person.

**Cleopatra and The Mysteries of Egypt** - This is the west coast premiere of *Cleopatra: The Search for the Last Queen of Egypt*, featuring the largest collection of its kind ever assembled in the U.S., will open at the California Science Center May 23, 2012. More than 150 priceless Egyptian artifacts illuminating the life of Cleopatra VII, one of the most provocative and powerful women in history, will be on view including colossal statues, jewelry, coins and items from her sunken palace in Alexandria and much more. You will first view the spectacular **IMAX** film titled, “**Mysteries of Egypt**,” followed by an audio-led tour of the Cleopatra exhibition. Don’t miss out on this once-in-a-lifetime opportunity! A brown bag lunch is provided.

Registration begins Tuesday, March 13, 2012

Date: Thursday, June 7, 2012 Time: 10:00 a.m. - 5:30 p.m. Fee: \$56 per person.

**Luck and Lavender** - The day begins with a stop at a lavender farm for a special guided tour that includes a history of the farm, its planting process and growing cycle. You will also learn about the different varieties of lavender that are grown on the farm. You will see the meditation garden, lavender labrynth, and distillery. The next stop is at the Valley View Casino & Hotel. Here, you will have lunch on your own (a sack lunch will be provided) or eat at either one of the casino’s restaurants or buffet. You will also have some time to take in the picturesque Palomar Mountain range, where you will discover 2000 exciting slot machines, table games including black jack, poker, roulette and more.

Registration begins Tuesday, March 13, 2012

Date: Thursday, June 21, 2012 Time: 9:00 a.m. - 6:00 p.m. Fee: \$45 per person.

THE LEISURE GUIDE CONTAINS A FULL LISTING OF EXCURSIONS, AVAILABLE ONLINE.

[www.ci.glendale.ca.us/parks](http://www.ci.glendale.ca.us/parks)

**Community Services & Parks Department**

The Community Services & Parks Department will provide reasonable accommodations toward the inclusion of all participants. Please provide notice two weeks prior to the event date for any accommodations needed.

**FOR MORE INFORMATION CALL: (818) 548-3775**