

SPECIAL INTEREST CLASSES

These classes are designed especially for older adults, but are open to any adult. All classes take place at Valleydale Park Community Center, 5525 N. Lark Ellen Ave., Azusa. Preregistration is required.

EXERCISE AND FITNESS CLASSES

ZUMBA GOLD FITNESS®

This class is specifically designed to take exciting Latin dance rhythms and bring them to active older adults. It is fun and easy!

Instructor: Arlene Mar
Beginning: January 23
Days & Time: Monday and Wednesday, 4-5 pm
Fee: \$38/8 weeks or \$3 per class drop-in

YOGA (HATHA)

Learn poses to increase and strengthen your flexibility and balance and breathing exercises to promote a healthy body. Learn relaxation exercises to reduce stress and tension.

Instructor: Nikki Valdez
Beginning: January 23
Day & Time: Monday, 9-10 am
Fee: \$50/8 weeks



TAI (CHI KUNG) STRETCH

Class includes a combination of isolated exercises for joints and muscles that may help with muscle or joint problems. Learn breathing techniques through Yoga, balance and strength through Tai Chi, and an introduction to "Chi Hula."

Instructor: Gabe (Tavanna) Van Leeuwen
Beginning: January 24
Day & Time: Tuesday, 10:15-11:15 am
Fee: \$22/8 weeks

ARTHRITIS EXERCISE CLASS

This class is designed to help people with any form of arthritis keep joints flexible, maintain range of motion and build overall stamina.

Instructor: Terri Thomas
Session: Continuous-attend anytime
Days & Times: Monday and Wednesday,
 1:30-2:30 pm
Fee: Free

DANCE CLASSES

LINE DANCING

Line dancing is a great way to exercise while having fun. Learn proper heel, toe steps along with simple dance routines. Shoes must have a backing (no flip flops).

Instructor: Pam Wagoner
Beginning: January 24
Day & Times: Tuesday,
 1:30-2:30 pm (Beginners)
 2:30-3:30 pm (Intermediate)
Fee: \$25/10 weeks – Beginners or
 Intermediate
 \$35/10 weeks – Beginners and
 Intermediate

BELLY DANCING FOR SENIORS

Besides being really fun, this basic class offers low-impact aerobics that improve flexibility, muscle tone, and balance.

Instructor: Jo Anne Folino
Beginning: January 24
Days & Time: Tuesday, 7:45-8:45 am
Fee: \$10/8 weeks

SPECIAL INTEREST CLASSES



FAMILY HISTORY GENEALOGY

Learn to trace your family ancestry. Bring notepad.

Instructor: Bill Sumbot
Dates: January 30 or March 20
Day & Time: Monday, 3:30-5:30 pm
Fee: \$10/1 day



WATERCOLOR FOR BEGINNERS

Learn the basic techniques of watercolor. No Class February 20.

Instructor: Terri Thomas

Beginning: January 23

Day & Time: Monday, 10-11:45 am

Fee: \$27/7 weeks, plus a \$10 material fee paid to instructor at first class

FREE CLASSES PROVIDED BY MT. SAC

All classes are on a walk-in basis. Must purchase own supplies.

Winter session: January 9-February 16

Spring session: February 27-June 15

HOME GARDENING

Day & Time: Monday, 12:30-2 pm

SENIORCISE – HEALTHY AGING

Days & Time: Tuesday & Thursday, 9-10 am

Registration Date: August 16 (Due to popularity of class, a lottery will be conducted.)

KNITTING & CROCHETING – HANDCRAFTED NEEDLEWORK FOR RETAIL SALES AND BOUTIQUES

Day & Time: Wednesday, 8:30-11:30 am

PRINCIPLES OF YOGA – HEALTHY AGING

Day & Time: Thursday, 10-11:30 am

FALL PREVENTION: BALANCE AND MOBILITY

Day & Time: Wednesday, 10:30-11:30 am

PROGRAMS & SERVICES

FREE TAX PREPARATION

Sponsored by AARP

This free service is for adults ages 50 and up. Tax preparers are certified volunteers through AARP. Appointments available on Fridays, February 10-April 14. Call (626) 384-5380 to make an appointment.

LOS ANGELES REGIONAL FOOD BANK

Qualified individuals may receive a free food kit once per month. To qualify, individual must be at least 60 years of age, with income not exceeding \$1,211 per month for one person and \$1,640 per month for two persons. Must bring valid California ID and proof of income (i.e., bank statement/social security statement).

Location: Valleydale Park Community Center

Day & Time: Wednesday, 9-11 am

Dates: January 18, February 15, March 15

FREE BLOOD PRESSURE CHECKS

Provided by Inter Valley Health Plan

Day & Time: Second Tuesday of the month, 10 am-12 pm



FREE LEGAL ASSURANCE

Call (626) 384-5380 to make an appointment.

Howard Hawkins - Wednesday, 1-2:15 pm

Valleydale Park Community Center, 5525 N. Lark Ellen Avenue, Azusa

Kevin Stapleton – Friday, 10-11 am

Covina Parks & Recreation Department office, 1250 N. Hollenbeck Avenue, Covina

FREE NOTARY SERVICES

Services provided by Sona E. Baghdassarian of Zamel Real Estate Inc. Realtor #01079462. Appointments required, call (626) 384-5380. (Limited to 3 documents)

Day & Time: Wednesday, 11-11:45 am

Dates: February 1 or March 1