

Bernardi Senior Center

6514 Sylmar Ave, Los Angeles, CA, 91401
(818) 781-1101

JULY CLASS SCHEDULE

Monday



9:30 AM – 11:30 AM Crochet
9:30 AM – 12 PM Massage Therapy
9:30 AM – 10:15 AM Walk with Ease (Offsite)
10:30 AM – 11:30 PM Balance Exercise (Full)
11:30 AM – 12:30 PM Lunch
12 – 12:30 PM Fruits and Veggies
12 – 1 PM Book Club and Current Events
12:30 – 1:30 PM Art with Viviana
1 – 2 PM *NEW* Exercise Class (Accepting Enrollment)

Tuesday



9:30 – 10:30 AM Dance Exercise
10:30 – 11:30 AM Loteria / Mexican Bingo
11:30 AM – 12:30 PM Lunch
12 – 12:30 PM Fruits and Veggies
12 PM – 1 PM Balance Exercise (Full)
1 – 2 PM *NEW* Exercise Class (Accepting Enrollment)



Wednesday

9:30 AM – 11:30 AM La Amistad
9:30 AM – 10:30 AM Loteria / Mexican Bingo
10:30 AM – 11:30 AM Walk with Ease (Offsite)
11:30 AM – 12:30 PM Lunch
12:30 PM – 1:30 PM Bingo
1 – 2 PM *NEW* Exercise Class (Accepting Enrollment)

Thursday

9:30 AM – 10:30 AM Walk with Ease (Offsite)
10:30 AM – 11:30 AM Community Education
11:30 AM – 12:30 PM Lunch
12:30 PM – 1:30 PM Karaoke (English, Spanish, Tagalog)
1 – 2 PM *NEW* Exercise Class (Accepting Enrollment)

Friday

10 – 10:45 AM Exercise/Yoga Class
10:45 – 11:30 AM Art Class with Vivianna
9:30 AM – 12 PM Massage Therapy
11:30 AM – 12:30 PM Lunch
12:30 PM – 1:30 PM Bingo



8
Billiard
Played
Every
Day!

Centro Bernardi

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HORARIO DE CLASES PARA JULIO



Lunes

9:30 AM – 11:30 AM Crochet
9:30 AM – 12 PM Terapia de Masaje
9:30 AM – 10:15 AM Clase de Ejercicio de Caminar
10:30 AM – 11:30 PM Ejercicio de equilibrio (**lleno**)
11:30 AM – 12:30 PM Almuerzo
12 – 12:30 PM Frutas y Verduras
12 – 1 PM Grupo de lectura y Eventos Actuales
12:30 – 1:30 PM Clase de Arte con Viviana
1 – 2 PM *NUEVA* Clase de ejercicios EBP (**aceptando inscripción**)



Martes

9:30 – 10:30 AM Ejercicio de baile
10:30 – 11:30 AM Lotería
11:30 AM – 12:30 PM Almuerzo
12 – 12:30 PM Frutas y Verduras
12 PM – 1 PM Ejercicio de equilibrio (**lleno**)
1 – 2 PM *NUEVA* Clase de ejercicios EBP (**aceptando inscripción**)

Miércoles

9:30 AM – 11:30 AM La Amistad
9:30 AM – 10:30 AM Lotería
10:30 AM – 11:30 AM Clase de Ejercicio de Caminar (Fuera del sitio)
11:30 AM – 12:30 PM Almuerzo
12:30 – 2 PM Bingo
1 – 2 PM *NUEVA* Clase de ejercicios EBP (**aceptando inscripción**)

Jueves

9:30 AM – 10:30 AM Clase de Ejercicio de Caminar (Fuera del sitio)
9:30 AM – 10:30 AM Educación Comunitaria
11:30 AM – 12:30 PM Almuerzo
12:30 PM – 1:30 PM Karaoke (Inglés, Español, Tagalo)
1 – 2 PM *NUEVA* Clase de ejercicios EBP (**aceptando inscripción**)

Viernes

10 – 10:45 AM Clase de Ejercicio con Yoga
10:45 – 11:30 AM Clase de Arte Con Viviana
9:30 AM – 12 PM Terapia de Masaje
11:30 AM – 12:30 PM Almuerzo
12:30 – 2PM Bingo



8

¡Billar
jugado
todos
los días!

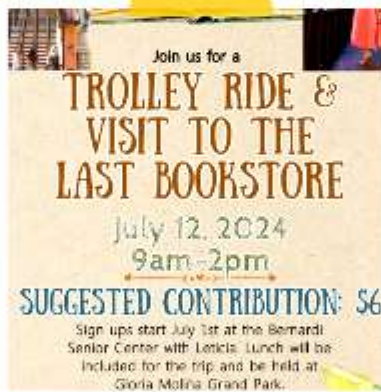
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Explore Los Angeles with Bernardi MPC



MARDI GRAS EVENT IN LA
TUESDAY JULY 9TH
SUGGESTED CONTRIBUTION: \$5
INCLUDES LUNCH



THE LAST BOOKSTORE
FRIDAY JULY 12TH
SUGGESTED CONTRIBUTION: \$6
INCLUDES LUNCH



VENICE TRIP
FRIDAY JULY 26TH
SUGGESTED CONTRIBUTION: \$6
INCLUDED LUNCH

Signups start July 1st with Leticia at Bernardi MPC
First Come First Serve. Each trip includes lunch.

VIC's Bernardi MPC

6514 Sylmar Ave. Van Nuys, CA 91401

818-781-1101

Centro Bernardi

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