

# Bernardi Senior Center

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

## FEBRUARY 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 AM Balance Exercise (Full)  
11:30 AM – 12:30 PM Lunch  
12 – 1 PM Book Club and Current Events  
12:30 – 1:30 PM Chair Volleyball

Closed  
February 19<sup>th</sup>  
for Presidents  
Day

### Tuesday

9AM – 10 AM Zumba (February 6<sup>th</sup> & February 20<sup>th</sup>)  
9:30 – 10:30 AM Dance (February 13<sup>th</sup> & 27<sup>th</sup>)  
10:30 – 11:30 AM Loteria / Mexican Bingo  
10:30 AM – 11:30 AM Fruits and Veggies  
11:30 AM – 12:30 PM Lunch  
12 PM – 1 PM Balance Exercise (Full)  
12:30 PM – 1:30 PM Movie Screening



### 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



### Thursday

9:30 AM – 10:30 AM Walk with Ease (Offsite)  
10:30AM – 11:30 AM Community Education  
11:30 AM – 12:30 PM Lunch  
12:30 PM – 1:30 PM Karaoke (English, Spanish, Tagalog)

### Friday

10 – 10:45 AM Exercise/Yoga Class  
10:45 – 11:30 AM \*NEW\* Art Class with Sarah  
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!

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## HORARIO DE CLASES PARA FEBRERO



### 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 – 1 PM Grupo de lectura y Eventos Actuales  
12:30 – 1:30 PM Vóleibol en silla



### Martes

9 AM – 10 AM Zumba (Febrero 6 y Febrero 20)  
9:30 – 10:30 AM Dance (Febrero 13 y Febrero 27)  
10:30 – 11:30 AM Lotería  
10:30 AM – 11:30 AM Frutas y Verduras  
11:30 AM – 12:30 PM Almuerzo  
12 PM – 1 PM Ejercicio de equilibrio (lleno)  
12:30 – 2 PM Proyección de películas



Cerrado el 19  
de febrero  
por el Día de  
los

### 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

### 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)

### Viernes

10 – 10:45 AM Clase de Ejercicio con Yoga  
10:45 – 11:30 AM \*Nueva\* Clase de Arte Con Sarah  
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!

Subject to change without notice  
Sujeto a cambios sin previo aviso

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## VIC's Bernardi MPC Trip to



Suggested  
Contribution  
\$5

February 27, 2024  
9am-2:30pm

6514 Sylmar Ave. Van Nuys, CA 91401

Signups Start February 1st at VIC's Bernardi MPC  
with Leticia. Call (818)538-1815 for more info

# Haircuts



2/7/24

9:30am  
to  
11:30am

Alumni Barbershop  
Oaks Beauty Studio

2/12/24

2/26/24



Cosmetologist: Irene

Bernardi  
Senior Center  
6514 Sylmar  
Ave. Van Nuys,  
CA 91401



Alumni Barbershop  
@alumni\_barbershop



Cosmetologist  
Irene  
@irene\_booz



Oaks Beauty Studio  
@oaksbeautystudio

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*Valentines*  
DAY  
*Dance*

**DJ ~ RAFFLES ~ SWEET TREATS**

**16 FEBRUARY**

**PARTY STARTS 9:30AM . LUNCH 11:30AM . 55+ EVENT**

VIC'S BERNARDI MULTIPURPOSE SENIOR CENTER  
6514 SYLMAR AVE.  
VAN NUYS, CA 91401  
818-781-1101

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**HOLI**  
**Festival of Colors**  
**and Health Fair**

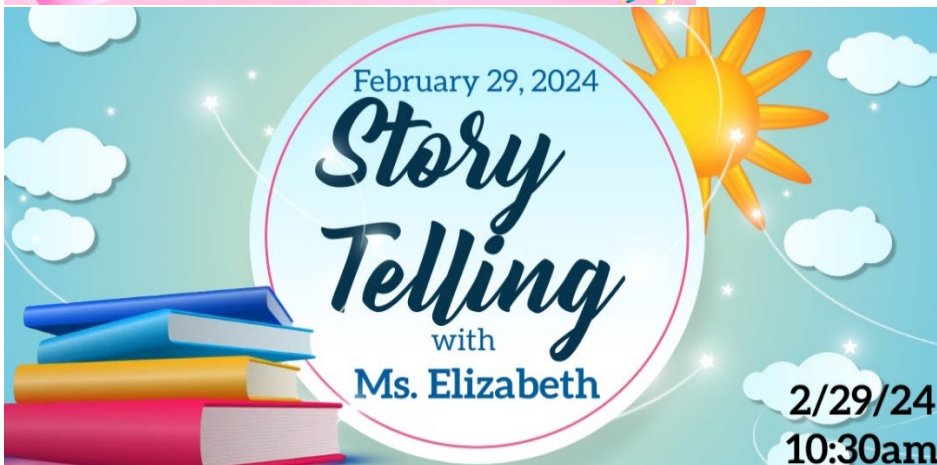
**MARCH 22, 2024**  
**9:30-12:30**

Learn about programs and resources in your area  
**DJ MUSIC and Special Appearances**

**Free Entry | Giveaways | Raffles**

VIC's Bernardi Multipurpose Senior Center  
6514 Sylmar Avenue. Van Nuys CA 91041

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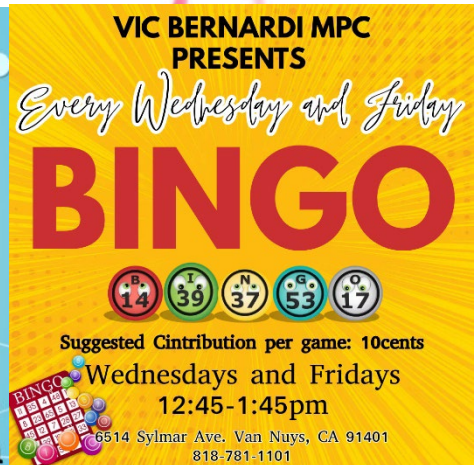


February 29, 2024

**Story Telling**  
with  
**Ms. Elizabeth**

**2/29/24**  
**10:30am**

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VIC BERNARDI MPC  
PRESENTS  
*Every Wednesday and Friday*

**BINGO**

**14 39 37 53 17**

Suggested Contribution per game: 10cents  
Wednesdays and Fridays  
12:45-1:45pm

6514 Sylmar Ave. Van Nuys, CA 91401  
818-781-1101



**New**  
**ART**  
Class  
FRIDAYS

10:45-11:45 am



**TUESDAY**  
**2-6-24**  
**&**  
**2-20-24**

**9-10 AM**

**ZUMBA**  
FITNESS

**Closed**  
**February 19<sup>th</sup>**  
**for Presidents**  
**Day**

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