

# County of Los Angeles Department of Parks and Recreation



# Senior Programs



**Director Norma E. García-González**



May 11, 2026



# About Our Programs

- LA County Parks Senior Programs serves hundreds of older adults each day across unincorporated communities in Los Angeles County.
- Senior programs at parks are for adults ages 55+ to stay physically active, mentally engaged, and socially connected.
  - 263,708 total visits, over 90,000 meals served.
  - 3,390 programs and classes designed to meet the diverse needs of older adults.



# About Our Programs

- Programs include fitness and cultural classes to nutrition services and excursions.
  - 27 Senior and Older Adult Programs and Activities
  - 3 Senior Centers
  - 7 Senior Programs with Nutrition
  - 1 Senior Program without Nutrition
  - 16 Senior Activities



# Senior Centers and Programs

(Lunch program operates from 11:00-1:00pm)



Bassett Park Seniors Luncheon

## 3 Senior Centers with Nutrition Program

Hours of Operation: 8am-5pm

- Franklin D. Roosevelt
- William Steinmetz
- Yvonne B. Burke



# Senior Centers and Programs

(Lunch program operates from 11:00-1:00pm)



Castaic Sports Complex Western Theme Dance

## 7 Senior Programs with Nutrition Program Hours of Operation: 8am-2pm

- Adventure
- Mayberry
- Salazar
- Bassett
- San Angelo
- Stephen Sorenson
- Lennox

## 1 Senior Program without Nutrition Hours of Operation: 8am-2pm

- El Cariso



# (16) Senior Activity Sites

Hours of Operation: Mon-Fri 9am-12pm

- Castaic Sports Complex
- Val Verde
- Crescenta Valley
- Hacienda Heights Community Center
- Rowland Heights Community Center
- Carolyn Rosas
- Del Aire
- Roy Campanella



Arcadia Park Seniors at Hollywood Bowl Concert



# (16) Senior Activity Sites

Hours of Operation: Mon-Fri 9am-12pm

- Belvedere
- City Terrace Park
- Arcadia
- Wishing Tree
- Earvin Magic Johnson
- Jackie Robinson Park
- Valleydale
- Sunshine



Crescenta Valley Seniors at South Coast Botanic Gardens



# Join Us! 3,390 Programs, Classes and Workshops

- **Stay Fit:** Chair Yoga, Walking Clubs, Zumba, Tai Chi, Pickleball, Balance Building, Dance Classes
- **Socialize:** Field Trips, Karaoke, Book Clubs, and community events like Trick-or-Treat Village
- **Engage:** Arts & Crafts, Painting, and Loteria, Succulent Planting, Crochet, and Scrapbooking
- **Prevention:** Health Awareness Events, (Diabetes, Mental Health, Fall Prevention)
- **Learn:** 361 sessions including Tech Training, Basis Computer Classes and One-on-One Assistance at Tech Centers.



# Senior Dances Video



*"Thank you so very much for these programs you bring to our senior centers—programs that help us get out of our homes, have fun, enjoy ourselves, and socialize with the entire community. I am currently out of the area. Thank you so much. May God bless you. And please keep bringing us programs like these; thank you from the bottom of my heart."*

-Senior Program Participant



# Senior Focus Group – 547 Responses Across 27 Sites

## Top 3 Preferred Activities:

1. Excursions
2. Dances and Special Events
3. Diverse Classes

- 90% of program participants indicated that current programming meets their needs.



# "Golden Afternoons in the Parks" - Senior Volunteer Program

- A volunteer program for adults 55+ (Current cohort of 50+ volunteers)
- Offers flexible volunteer opportunities in local parks during afternoon and early evening hours (12:00 PM-7:00 PM)
- Engages seniors in sharing their skills and experience through meaningful service
- Supports park operations and enhances visitor experiences
- Promotes community safety, connection, and active aging



# Senior Sports Coming to a Site Near You!



**COUNTY OF LOS ANGELES DEPARTMENT OF Parks & Recreation**

**Los Angeles County Supervisor HILDA L. SOLIS**  
First District • Chair

## 2026 SENIOR SPORTS: BILLIARDS

**TOURNAMENT PROGRAM SERIES**

**STAY ACTIVE. GET CONNECTED. HAVE FUN.**  
Join us for a day of friendly competition!  
Whether you're a seasoned pro or a first-time player, come enjoy the health and social benefits of Billiards in a supportive team environment.

**GET READY TO PLAY**  
Learn the game and sharpen your skills. Improve your mobility, meet new neighbors, and enjoy an active lifestyle. Open to all skill levels.

**HOW TO PARTICIPATE:**  
REGISTER: Opens the 1st of each month on Active Net.  
(Current Dates: MAY 01 - MAY 21).  
PRACTICE: On-site at a participating Park.  
GEAR: All equipment is provided.

**WHERE:**  
**RUBEN F. SALAZAR PARK**  
3864 Whittier Blvd., Los Angeles, CA 90023

**WHEN:**  
**MAY 22, 2026**

**TIME:**  
**10:30 AM - 12:30 PM**

**Participating Parks:**

Bassett Park	Rowland Heights Community Center
Belvedere Community Regional Park	Ruben F. Salazar Park
Carolyn Rosas Park	San Angelo Park
City Terrace Park	Sunshine Park
Hacienda Heights Community Center	Valleydale Park
	William Steinmetz Park

**REGISTER NOW!**




**FREE REGISTRATION**  
See staff for participating sites.

Piloting senior sports programming in response to interest expressed in the 2026 Senior Focus Survey:

- East Agency parks hosting monthly senior sports tournaments starting with Bocce in April and Billiards in May.
- North Agency parks are hosting basketball free play during senior activity hours.
- Visit or contact your nearest senior program to inquire on current sports programming.



# Monthly Site Calendars at 27 Sites

 Los Angeles County Supervisor <b>HILDA L. SOLIS</b> First District • Chair		May 2026 Senior Center - Monthly Calendar "Live Life to the Fullest" 55+ WELCOME! Program hours: Monday - Friday   8:00 AM - 5:00 PM					William Steinmetz Senior Center 1545 S. Stimson Ave Hacienda Heights (626) 216-6045	
YWCA Lunch Program	Meals Serve: Monday - Friday		Meals Served at 12:00 PM			Excursions & Events		
	FIRST COME, FIRST SERVE		Lunch Tickets- Claim At Opening					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
8:30am-4:45pm Billiards Pool Hall	8:30am-4:45pm Billiards Pool Hall	8:30am-4:45pm Billiards Pool Hall	8:30am-4:45pm Billiards Pool Hall	8:30am-4:45pm Billiards Pool Hall				
8:15am-9:45am Tai Chi Multipurpose Room	8:00am-9:00am Tai Chi Multipurpose Room	8:15am-9:45am Tai Chi Multipurpose Room	8:15am-10:00am Tai Chi Outside	8:15am-10:00am Tai Chi Outside				
8:30am-10:20am Gardening Classroom 1	9:00am-12:00pm Drawing Classroom 1	10:35am-11:20am Healthy Aging Multipurpose Room	8:30am-4:00pm Mahjong Classroom 1	9:00am-4:45pm Card Games Game Room 1				
10:00am-11:30am Bilingual Speaking I Computer Lab	9:00am-11:30am Beginner's Line Dance - 9:00am Advanced Line Dance - 10:15am Multipurpose Room	10:00am-11:30am Bilingual Speaking I Computer Lab	9:00am-12:00pm Guitar Jam Session Game Room 1	9:00am-12:00pm Table Tennis Multipurpose Room				
10:00am-11:30am Advanced Line Dancing Multipurpose Room	10:00am-11:30am Bilingual Speaking I Computer Lab	10:00am-12:00pm Guitar Classroom 1	10:00am-11:30am Finance Workshop Dining Hall	10:00am-11:30am Debate Computer Lab				
1:30pm-4:30pm Knitting Classroom 1	12:30pm-2:00pm Yoga - 12:30pm Modified Exercise - 1:00pm Multipurpose Room	1:30pm-4:30pm Knitting Classroom 1	11:10am-12:00pm Principles of Posture & Flexibility Multipurpose Room	1:15pm-4:45pm Karaoke Dining Hall				
1:30pm-4:30pm Karaoke Dining Hall	1:30pm-3:00pm Arts&Crafts Classroom 1	1:30pm-4:45pm Ballroom Dancing Multipurpose Room	1:15pm-4:45pm Social Dance Dining Hall					
		2:30pm-4:30pm Take It Easy Dancing Multipurpose Room						
						<b>Excursions &amp; Events</b>		
						Thursday, May 28, 2026 - 9:30 AM - Wrigley Mansion		
						<b>Community Outreach/ Assistance</b>		
						Wednesday, May 13, 2026 - 10:00AM - YWCA Presentation		
						Friday, May 15, 2026 - 9:00 AM - LA Food Bank Pre-Screening		
						<b>Community Engagement</b>		
						Monday, May 11, 2026 - 10:00 AM - Senior Advisory Group		
						Tuesday, May 12, 2026 - 11:00 AM - LA County Library		
						Thursday, May 14, 2026 - 4:30 PM - Parks @ Sunset		
						<b>Educational Opportunities</b>		
						Tuesday, May 5, 2026 - 10:00 AM - Depression and Anxiety Presentation by Department of Mental Health		
						Tuesday, May 19, 2026 - 10:00 AM - Presentation by Department of Mental Health		
						Friday, May 29, 2026 - 10:00 AM - Good Sleep Presentation by Department of Mental Health		
						<b>Workshops</b>		
						Thursday - 10:00 AM - Financial Workshops in Game Room 1		
						<b>Reminders</b>		
						Please ensure you are registered for both lunch and the senior center! It is a requirement.		
						<b>Closures</b>		
						Monday, May 25, 2026 - Memorial Day		

- Monthly site calendars will be available on our website soon!
- Request a monthly calendar to be emailed to you: [atran@parks.lacounty.gov](mailto:atran@parks.lacounty.gov)



# 2025 Senior Wellness Village Resource Fair

- Senior Wellness Village Resources Fair. Hosted more than 60 resource vendors.
- Over 600 seniors from 27 LA County Senior Program sites attended.

Workshop Sessions offered in English, Spanish, and Mandarin

- Mental well-being
- Physical health and chronic disease management
- Technology literacy
- Fraud prevention

Partners:

LA County Board of Supervisors

Kaiser Permanente, AltaMed Health Service, and LA CARE



# 2025 Senior Wellness Village Resource Fair



# Hollywood Bowl and Ford Access Program

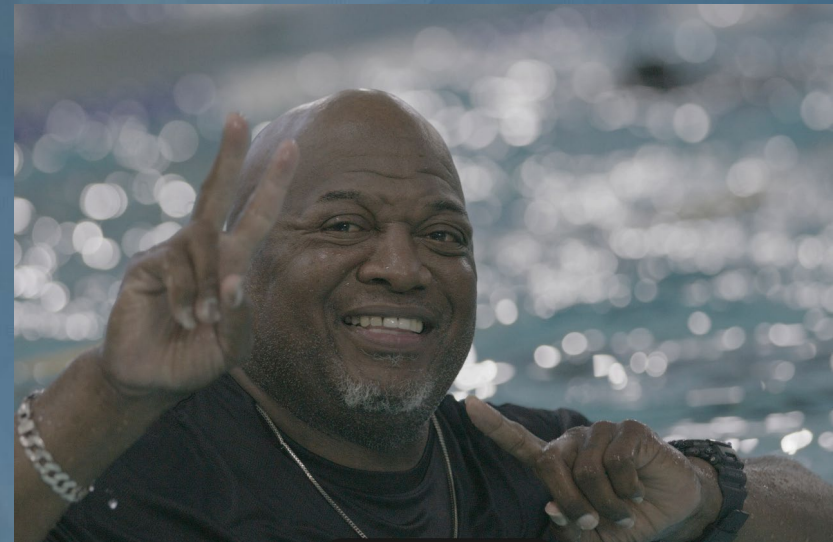
- Summer 2025: Over 1,800 seniors attended one of more than 40 excursions to the Hollywood Bowl and Ford Theatre. Free through our Access Program, funded by the LA County Parks Foundation.
- Summer 2026: Expected attendance is 1,900 seniors for free concerts. Thanks to the LA County Parks Foundation.



# Year-Round Swimming Free of Cost

FREE for adults 65+ and for persons with disabilities (mornings only)

- Water Exercise
  - Monday-Friday- 6:00am-8:30am
- Lap Swim
  - Monday-Friday-6:00am-11:00am
- Aqua Aerobics
  - Saturday- 8:00am-9:00am



# Year-Round Swimming Free of Cost

## Sites offering classes:

- Hilda Solis Aquatic Center
- Castaic Aquatic Center
- Greater Whittier Regional Aquatic Center
- San Fernando Pool
- Jesse Owens Park Pool
- Belvedere Aquatic Center
- Roosevelt Park Pool

For more information visit:  
[@lacountyaquatics](#)  
[reservations.lacounty.gov](#)




# Natural Areas


Visiting an LA County Nature Center is a great way to learn about native flora and fauna, local history, and enjoy informative demonstrations and tours.

Volunteer to be a docent and engage with community members.

To volunteer as a docent, please contact that nature center directly for additional details.



For more information please call:  
(310) 519-6115



**NATURE KNOWLEDGE**  
*Nights* 

Spend an evening getting to know the beauty of the natural world around you at a Los Angeles County Nature Center.

Activities vary based on topic, but may include ESTEAM fundamentals, community science, nature hikes, environmental knowledge presentations, or animal ambassador experiences.



**March 1 – October 31, 2026**  
Dates vary by Nature Center  
6:00pm-7:00pm

**Hilda L. Solis**  
LOS ANGELES COUNTY BOARD OF SUPERVISORS

**Holly J. Mitchell**  
LOS ANGELES COUNTY BOARD OF SUPERVISORS

**Lindsey Horvath**  
LOS ANGELES COUNTY BOARD OF SUPERVISORS

**Janice Hahn**  
LOS ANGELES COUNTY BOARD OF SUPERVISORS

**Kathryn Barger**  
LOS ANGELES COUNTY BOARD OF SUPERVISORS



# Natural Areas

## Nature Centers

- Deane Dana Friendship Park and Nature Center
- Placerita Canyon Nature Center
- San Dimas Nature Center
- San Gabriel River Park
- Stoneview Nature Center
- Whittier Narrows Nature Center
- Eaton Canyon Nature Area (Currently Closed)

## Natural Areas and Sanctuaries

- Devil's Punchbowl Natural Area
- Vasquez Natural Area
- Wildflower Sanctuaries



# Arboretum and Gardens

Explore our many paths and trails, verdant woodlands, lush gardens, and colorful native flowers. Escape the urban buzz and enjoy the best of the season.

- South Coast Botanic Garden
- Descanso Gardens
- Virgia Robinson Gardens
- Los Angeles County Arboretum & Gardens



# South Coast Botanic Garden



Discounted senior fee for South Coast Botanic Garden (62+ and over) \$14\*

Free admission dates for LA County Senior Programs. Please register at your nearest senior program.

- Monday, May 11, 2026
- Monday, September 14, 2026
- Monday, November 9, 2026

## Bring Your Four-Legged Friends for a Walk in the Garden!


Grab your leash and your fur babies (fur babies=dogs) and head to the Garden! During our special Dog Walking Hours, you're invited to bring your four-legged friends to the Garden for a stroll through out 87 acres. While there are a few areas off limits to the dogs (including the Dorothy and John Bohannon Rose Garden, the Koi Pond), the dogs are able to enjoy the majority of our beautiful oasis while remaining on leash.

The health and safety of Garden guests and employees are paramount. This page includes policies and procedures regarding canines during Dog Walking Hours. Please know, all dogs must be on leashes while on Garden property, including the parking lot.

Advance reservation required



# Descanso Gardens

A close-up photograph of several vibrant pink roses in full bloom, with some buds still forming. The petals are layered and detailed, showing various shades of pink. The background is dark, making the flowers stand out.

**We're a botanical garden,  
living museum, and urban  
oasis 20 minutes from  
downtown Los Angeles**

Discounted senior fee for Descanso Gardens (65+ and over) \$14\*

Free admission dates for LA County Senior Programs. Please register at your nearest senior program.

- Monday, May 11, 2026
- Monday, September 14, 2026
- Monday, November 9, 2026



# Virginia Robinson Gardens



Discounted senior fee  
for Virginia Robinson  
(62+ and over) \$14\*



# Los Angeles County Arboretum & Botanic Gardens



Discounted senior fee  
for Virginia Robinson  
(62+ and over) \$14\*



# Reduced Golf Fees at 18 Golf Courses



COUNTY OF LOS ANGELES DEPARTMENT OF

## Parks & Recreation



### Los Angeles County Golf

### SENIOR CITIZEN GOLF DISCOUNTS & COURSE INFORMATION

#### Attention Seniors (65+):

Purchase your Annual Senior Citizen Golf Identification Card for \$29 and enjoy reduced greens fees at any LA County

Golf Course

(excluding Maggie Hathaway)



#### HOW TO APPLY:

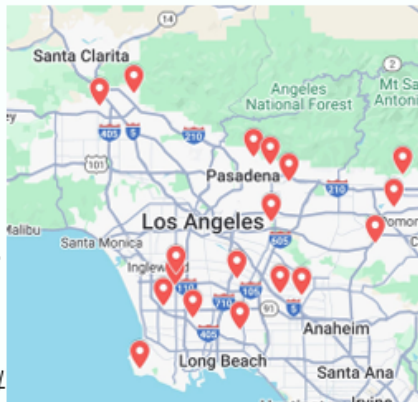
- Bring valid proof of age (birth certificate, driver's license, Medicare card) and a current 1¼ x 1¼ inch photo to the Starter at any County course.

#### IMPORTANT DETAILS:

- THE ANNUAL CARD FEE DOES NOT INCLUDE GREENS FEES.
- CARD IS NONTRANSFERABLE.
- FRAUD MEANS INSTANT REVOCATION.
- VALID FOR NON-HOLIDAY WEEKDAY PLAY (MON-FRI).
- PLAY OR BOOK BEFORE 7:00 A.M. AND AFTER 9:00 A.M.
- BETWEEN 7:00-9:00 A.M., USE IS ON A "WAITLIST/STAND-BY" BASIS.

FOR TEE TIMES & MORE INFO, VISIT:

<https://parks.lacounty.gov/general-golf-information/>



## Come play Los Angeles County Golf Courses



**Alondra Golf Course**  
16400 South Prairie Avenue  
Lawndale, CA 90260  
Starter/Pro Shop  
(424) 728-1102



**Altadena Golf Course**  
1456 E. Mendocino Street  
Altadena, CA 91001  
Starter/Pro Shop  
(626) 797-3821



**Chester Washington Golf Course**  
1818 Charlie Sifford Drive  
Los Angeles, CA 90047  
Starter/Pro Shop  
(323) 756-2516



**Diamond Bar Golf Course**  
22751 Golden Springs Drive  
Diamond Bar, CA 91765  
91765 Starter/Pro Shop  
(909) 861-8282



**Don Knabe Golf Course**  
13717 Shoemaker Avenue  
Norwalk, CA 90650  
Starter/Pro Shop  
(562) 921-7047



**Eaton Canyon Golf Course**  
1150 Sierra Madre Villa Avenue,  
Pasadena, CA 91107  
Starter/Pro Shop  
(626) 794-6773



**El Cariso Golf Course**  
13100 Eldridge Street  
Sylmar, CA 91342  
Starter/Pro Shop  
(818) 367-6157



**Knollwood Golf Course**  
12040 Balboa Boulevard  
Granada Hills, CA 91344  
Starter/Pro Shop  
(818) 363-8161



**Lakewood Golf Course**  
3101 East Carson Street  
Lakewood, CA 90712  
Starter/Pro Shop  
(562) 429-9711



**La Mirada Golf Course**  
15501 Alicante Road  
La Mirada, CA 90638  
Starter/Pro Shop  
(562) 943-7123



**Los Amigos Golf Course**  
7295 Quill Drive  
Downey, CA 90242  
Starter/Pro Shop  
(562) 923-9696



**Los Verdes Golf Course**  
7000 West Los Verdes Drive  
Rancho Palms Verdes, CA 90275  
Starter/Pro Shop  
(310) 377-7370



**Maggie Hathaway Golf Course**  
1921 W. 98th Street  
Los Angeles, CA 90047  
Starter/Pro Shop  
(323) 755-6285



**Marshall Canyon Golf Course**  
16100 North Stephens Ranch Road  
La Verne, CA 91750  
Starter/Pro Shop  
(909) 593-8211



**Mountain Meadows Golf Course**  
1875 Fairplex Drive  
Pomona, CA 91768  
Starter/Pro Shop  
(909) 623-3704



**Santa Anita Golf Course**  
405 South Santa Anita Avenue  
Arcadia, CA 91006  
Starter/Pro Shop  
(626) 447-7156



**Victoria Golf Course**  
340 East 192nd Street  
Carson, CA 90746  
Starter/Pro Shop  
(310) 323-6981



**Whittier Narrows Golf Course**  
8640 East Rush Street  
Rosemead, CA 91770  
Starter/Pro Shop  
(626) 288-6201



# LA County Parks Regional Parks and Lakes Discounts

- Vehicle Entry - \$8 a day (65+)
- Annual Transferable Vehicle Permit - \$90 a year (65+)
- Castaic Lake Boat Permit \$90/vessel (65+)
- Non-Motorized Watercraft (Kayaks, Canoes, Rafts, etc) \$50/watercraft (65+)



## Regional Parks

- Frank G. Bonelli Regional Park
- Castaic Lake State Recreation Area
- Kenneth Hahn State Recreation Area
- Santa Fe Dam Recreation Area
- Peter F. Schabarum Regional Park
- Whittier Narrows Recreation Area



# Senior Program Webpage

For program updates, please visit the Senior Program website or contact the Senior Program Coordinator.

- Parks & Recreation:  
<https://parks.lacounty.gov/senior-programs/>
- Senior Programs Coordinator: Alicia Rodarte,  
at [arodarte@parks.lacounty.gov](mailto:arodarte@parks.lacounty.gov)

