

ARC JULY



Community Services
& Parks

Parks
Make
Life
Better!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Please note that all events are subject to change.

If you have any questions, please contact the Adult
Recreation Center at (818) 548-3775



1

Color & Chat (MPR B)
9:00 AM-11:30 AM
LA Access Transit Workshop
(MPR A) 10:00 AM-11:00 AM
Karaoke (MPR B)
1:00 PM-4:00 PM

2

Yoga (Dining Hall)
8:00 AM-9:00 AM

Zumba (Dining Hall)
9:00 AM-10:00 AM
LA Cares (Lobby)
10:00 AM-12:00 PM

3

Bridge (MPR B)
11:30 AM-4:30 PM
Fourth of July Luncheon
(Dining Hall) 11:30 AM-1:00 PM
Senior Mixer (Dining Hall)
3:00 PM-6:00 PM

4

INDEPENDENCE DAY
(CLOSED)



5

Billiards
Chess
Backgammon
Dominoes
(ARC)
8:00 AM-5:00 PM

6

Billiards
Chess
Backgammon
Dominoes
(ARC)
8:00 AM-1:00 PM

7

Aerobics (Dining Hall)
8:00 AM-9:00 AM

Slow Stretch (Dining Hall)
9:00 AM-10:00 AM
Color & Chat (MPR B)
9:00 AM-11:30 AM
Cal-Fresh Nutrition Class
(Dining Hall) 2:30 PM-3:30 PM

8

Color & Chat (MPR B)
9:00 AM-11:30 AM
Karaoke (MPR B)
1:00 PM-4:00 PM

9

Yoga (Dining Hall)
8:00 AM-9:00 AM
Zumba (Dining Hall)
9:00 AM-10:00 AM

10

Bridge (MPR B)
11:30 AM-4:30 PM
Senior Mixer (Dining Hall)
3:00 PM-6:00 PM

11

Muscle Toning (Dining Hall)
8:00 AM-9:00 AM
BINGO (Dining Hall)
1:00 PM-3:00 PM

12

Billiards
Chess
Backgammon
Dominoes
(ARC)
8:00 AM-5:00 PM

13

Billiards
Chess
Backgammon
Dominoes
(ARC)
8:00 AM-1:00 PM

14

Aerobics (Dining Hall)
8:00 AM-9:00 AM

Slow Stretch (Dining Hall)
9:00 AM-10:00 AM
Color & Chat (MPR B)
9:00 AM-11:30 AM
Cal-Fresh Nutrition Class
(Dining Hall) 2:30 PM-3:30 PM

15

Color & Chat (MPR B)
9:00 AM-11:30 AM
Karaoke (MPR B)
1:00 PM-4:00 PM

16

Yoga (Dining Hall)
8:00 AM-9:00 AM
Zumba (Dining Hall)
9:00 AM-10:00 AM
LA Cares (Lobby)
10:00 AM-12:00 PM

17

Bridge (MPR B)
11:30 AM-4:30 PM
Senior Mixer (Dining Hall)
3:00 PM-6:00 PM

18

Muscle Toning (Dining Hall)
8:00 AM-9:00 AM
BINGO (Dining Hall)
1:00 PM-3:00 PM

19

Billiards
Chess
Backgammon
Dominoes
(ARC)
8:00 AM-5:00 PM

20

Billiards
Chess
Backgammon
Dominoes
(ARC)
8:00 AM-1:00 PM

21

Aerobics (Dining Hall)
8:00 AM-9:00 AM

Slow Stretch (Dining Hall)
9:00 AM-10:00 AM
Color & Chat (MPR B)
9:00 AM-11:30 AM
Cal-Fresh Nutrition Class
(Dining Hall) 2:30 PM-3:30 PM

22

Color & Chat (MPR B)
9:00 AM-11:30 AM
Karaoke (Dining Hall)
1:00 PM-4:00 PM
LA Regional Food Bank (ARC)
1:00 PM-2:30 PM

23

Yoga (Dining Hall)
8:00 AM-9:00 AM
Zumba (Dining Hall)
9:00 AM-10:00 AM
Movie Matinee: Top Gun Maverick
(Dining Hall) 2:00 PM-4:30 PM

24

Bridge (MPR B)
11:30 AM-4:30 PM
Senior Mixer (Dining Hall)
3:00 PM-6:00 PM

25

Muscle Toning (Dining Hall)
8:00 AM-9:00 AM
BINGO (Dining Hall)
1:00 PM-3:00 PM

26

Billiards
Chess
Backgammon
Dominoes
(ARC)
8:00 AM-5:00 PM

27

Billiards
Chess
Backgammon
Dominoes
(ARC)
8:00 AM-1:00 PM

28

Aerobics (Dining Hall)
8:00 AM-9:00 AM

Slow Stretch (Dining Hall)
9:00 AM-10:00 AM
Color & Chat (MPR B)
9:00 AM-11:30 AM
Cal-Fresh Nutrition Class
(Dining Hall) 2:30 PM-3:30 PM

29

Color & Chat (MPR B)
9:00 AM-11:30 AM
Karaoke (MPR B)
1:00 PM-4:00 PM

30

Yoga (Dining Hall)
8:00 AM-9:00 AM
Zumba (Dining Hall)
9:00 AM-10:00 AM

31

Bridge (MPR B)
11:30 AM-4:30 PM
Senior Mixer (Dining Hall)
3:00 PM-6:00 PM



ARC HOURS OF OPERATION

Activities & More

ARC BRIDGE CLUB

Millions of people play bridge worldwide. Bridge is a trick-taking game using a standard deck played by four players.

Days/Time: Thursdays 11:30 AM - 4:30 PM

Location: Multi-Purpose Room B

DROP-IN BILLIARDS, BACKGAMMON, CHESS, AND DOMINOES

You can drop in Monday through Saturday to play some billiards, backgammon, chess, or dominoes.

Hours may change based on room availability.

Days/Time: Mondays – Thursdays 8:00 AM - 7:30 PM

Fridays and Saturdays 8:00 AM - 4:30 PM

Sundays 8:00 AM - 1:00 PM

Location: Multi-Purpose Room A

BINGO

Make new friends while playing this timeless classic.

Activity Card Holders: \$1 for 2 cards; Non Activity Card Holders: \$2 for 2 cards.

Days/Time: Fridays 1:00 PM - 3:00 PM

Location: Dining Hall A

SENIOR MIXER

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.

Days/Time: Thursdays 3:00 PM - 6:00 PM

Location: Dining Hall A & B

Fee: Participants must have a valid/current activity card on file. A single day pass maybe purchased for \$2.00 per person.

* A suggested donation of \$3.00 is collected at the entrance to the mixer. This is a gratuity that is given to the DJ at the end of each event.

Adult Recreation Center

201 E. Colorado Street

Glendale, CA 91205

(818) 548-3775

Monday- Friday	8:00 AM - 8:00 PM
Saturday	8:00 AM - 5:00 PM
Sunday	8:00 AM - 1:00 PM

Activity Card Fees

Adult (18 - 59 years).....\$25/year

Senior (60 years and older).....\$10/year

Single Day Pass.....\$2/day

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 workout clothes and a towel is required.**

An additional ARC Gym Membership is required.

Fee Schedule:

Senior ARC Gym Membership \$50/year plus an Activity Card

Adult ARC Gym Membership \$80/year plus an Activity Card

Exercise Room Hours:

Monday - Friday 8:00 AM - 7:30 PM

Saturday 8:00 AM - 4:30 PM

Sunday 8:00 AM - 12:30 PM