

# MPK RECREATION CONNECTION

JULY 2025



The Recreation & Community Services Department staff are available to provide information on our programs, activities and events. Monday-Friday 8:00am - 5:00pm  
 Phone: 626-307-1388 Email: recreation@montereypark.ca.gov  
 Web: www.montereypark.ca.gov/recreation

Parks Make Life Better!

**City of Monterey Park**  
 Recreation & Community Services Department

## SWIMMING LESSONS

Online Registration opens Tuesday, May 13, 2025 @ 8:00 AM

**YOUTH - \$46.00**  
 Saturdays Only  
 Weekday AM (Mon-Fri)  
 Weekday PM (M/W or Tu/Th)

**ADULT - \$47.00**  
 Saturdays Only  
 Weekday PM (Tu/Th)

**WHAT YOU WILL LEARN**

- Learn to Breathe
- Learn to Float
- Learn to Swim

**LOCATION:**  
 George Elder Park Pool  
 1950 Wilcox Ave.  
 Monterey Park, CA 91755

www.montereypark.ca.gov/swimlessons (626)307-1388

Hosted by the City of Monterey Park  
 Recreation & Community Services Department

## DIVE-IN MOVIE

**FREE TICKET**

**FREE**

**SATURDAY, AUGUST 9, 2025**  
 7:30-10:00 PM

George Elder Park Pool  
 1950 Wilcox Ave.  
 Monterey Park, CA 91755

Rec Swim opens at 7:30 PM  
 Movie starts at sunset

WWW.MONTEREYPARK.CA.GOV/MOVIE NIGHTS

@MontereyParkRec

CITY OF MONTEREY PARK

## SUMMER POOL SCHEDULE 2025

George Elder Park Pool: 1950 Wilcox Ave., Monterey Park, CA 91755

	Monday-Friday	Saturday-Sunday	Fees:
<b>Morning Lap Swim</b>	6:00 AM - 8:00 AM	6:00 AM - 10:00 AM	\$5.25 (Daily), \$41.00 (General-Monthly), \$28.00 (Senior-Monthly), \$77.00 (Family-Monthly)
<b>Water Aerobics</b>	Spring: April 29 - July 3 Summer: July 8 - September 11 Tuesdays & Thursdays Shallow Water Class: 4:15 PM - 5:00 PM Deep Water Class: 5:15 PM - 6:00 PM		One per week: \$85 Two per week: \$125 Unlimited: \$145
<b>Youth Swim Lessons</b>	Monday-Friday Mon/Wed Only Tue/Thu Only Saturdays Only	9:00 AM - 11:30 AM 2:00 PM - 3:30 PM 2:00 PM - 3:30 PM 10:30 AM - 1:30 PM	\$46.00 per cycle
<b>Adult Swim Lessons</b>	Tue/Thu Only Saturdays Only	4:00 PM - 6:00 PM 10:30 AM - 1:30 PM	\$47.00 per cycle
<b>Summer Rec. Swim</b>	June 9, 2025 - August 8, 2025	Monday-Friday: 12:00 PM - 1:30 PM Saturday: 2:00 PM - 4:00 PM Saturday Night: 7:00 PM - 9:00 PM	Daily Fees: \$2.50 (Youth) \$3.50 (Adult) Discount Passes: (20 Swims) \$39.00 (Youth), \$58.00 (Adult)

FOR MORE INFORMATION, VISIT WWW.MONTEREYPARK.CA.GOV/AQUATICS OR CALL (626)307-1388

Hosted by the City of Monterey Park  
 Recreation & Community Services Department

## 2025 SUMMER Movies in the Park

www.montereypark.ca.gov/movienights

<b>JUN 19</b>	<b>SOUL</b>	Movie starts at sunset Barnes Park Field 350 S. McPherrin Ave. Monterey Park, CA 91754
<b>JUL 03</b>	<b>NATIONAL TREASURE</b>	Movie starts at sunset Barnes Park Field 350 S. McPherrin Ave. Monterey Park, CA 91754
<b>JUL 17</b>	<b>DESPICABLE ME 4</b>	Movie starts at sunset Barnes Park Field 350 S. McPherrin Ave. Monterey Park, CA 91754
<b>JUL 31</b>	<b>SONIC THE HEDGEHOG 3</b>	Movie starts at sunset Barnes Park Field 350 S. McPherrin Ave. Monterey Park, CA 91754
<b>AUG 14</b>	<b>MOANA 2</b>	Movie starts at sunset Barnes Park Field 350 S. McPherrin Ave. Monterey Park, CA 91754

Sponsored by Community Participation Commission

All movies will be in conjunction with the weekly Farmers' Market. Each movie will also have activities and engagements starting at 7 PM.

The San Gabriel Unified School District in conjunction with USDA will provide FREE lunches to all children who are 18 years of age and younger.

## SUMMER LUNCHES

FREE MEALS FOR ALL CHILDREN AGES 18 YEARS & YOUNGER

**Barnes Park Picnic Shelter**  
 June 9th - August 1st  
 Monday - Friday 11:15 am - 12:45 pm  
 (No meals served on Friday, July 4th)  
 350 S. McPherrin Ave., Monterey Park, CA 91754

With summer in full swing, it's time to think about keeping children healthy while school is out. The San Gabriel Unified School District (SGUSD) in conjunction with the U.S. Department of Agriculture (USDA) will provide free meals to children during the summer in Monterey Park.

Each year the USDA partners with local organizations like the SGUSD to provide free meals to children when school is out for the summer. This summer, meals will be served June 9th through August 1st at the Barnes Park Picnic Shelters, Monday through Friday, from 11:15 a.m. to 12:45 p.m. Any child under age 18 may come to eat. There are no income requirements or registration procedures.

Barnes Park is located at 350 S. McPherrin Ave., with picnic shelters located near the southwest corner of the park at Harding and McPherrin Ave.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. USDA is an equal opportunity provider and employer. If you have any questions, please call the Food Service Department (626) 451-5453.

SAN GABRIEL UNIFIED SCHOOL DISTRICT

# RECREATION CLASSES

Register online, by phone or in-person.

Website: [www.montereypark.ca.gov/recreation](http://www.montereypark.ca.gov/recreation) In-Person: 400 W. Emerson Ave. Mon - Fri 8:00am - 5:00pm  
Recreation & Community Services 626-307-1388 \* Aquatics 626-307-1476 \* Picnic Shelters 626-307-1388

## INDOOR CLASSES

### Chinese Reading Class (5-8yrs) (Monthly-First 4 Sundays)

Mandarin Reading Adventure! Join our interactive class for children aged 5-8! Discover the job of reading through engaging worksheets, interactive games, and creative crafts. No experience needed. Embark on a captivating journey of Mandarin literacy!

Ana (Qiuting) Fan Garvey Ranch Park Community Room  
Sun 9:30am-11:00am \$128

### Dance Fitness

Join a fun, all-inclusive dance fitness class, perfect for all fitness levels! Groove to energizing music with easy-to-follow moves that can be modified for your pace. Enjoy a full-body workout in this supportive space while having fun and expressing yourself, regardless of dance experience. Ages 18+

Megan Lee Garvey Ranch Park Community Room  
8 weeks TBD: Wed 6:00pm-7:00pm \$120

### Laurinda's Line Dance

A variety of music from Cha Cha, Rumba, Swing, Tango, Waltz and upbeat modern. Improves memory, coordination, and builds stamina. Requirement: Must be able to adapt to LOUD music and some line dance. (No class 8/31/25)

Laurinda Truong Langley Center  
Jul 8 - Sept 30 Tu (18-70yrs) 6:30-9:30pm \$104

### Salsa Dance Class

Get in shape while having fun moving to latin rhythm. We will start with a variety of footwork by partnering dance to Latin rhythm.

Dorothy Tsu & Moses Navarro Langley Center  
Jul 13- Sep 21 Sun 11am- 12:15pm \$126

### The Glow Effect

Learn to activate your body's natural energy using breath, focused intention, and simple movements. This beginner-friendly course introduces you to cosmic life energy, meridian channels—the foundations of health-care in traditional Eastern wellness with a new approach made for self-care, and self-empowerment. No experience needed — just come as you are and let your glow unfold.

(Lillian) Shu-Ying Meng Sierra Vista Park Community Room  
Sat 10am-11:30pm \$75.00

### Yoga/Chair Yoga (Monthly)

Stretch and strengthen joints & muscles and improve Arthritis with easy to follow yoga poses and movements. First half of class consists of standing poses. Second part of class can be done in the chair or yoga mat. Class is for all levels!

Katalina B Sierra Vista Park Community Room  
Mon 11am- 12:00pm \$40

### Yoga & Recovery (Monthly)

Come to learn stretches while increasing your body awareness and decrease chances of injury. Feel good in your own body and alleviate any pain in your body that you may have had from past injuries. Bring to class a foam roller, 2 blocks, a yoga blanket and a mat.

Jen Tea Sierra Vista Park Community Room  
Sat 8-9:30am (Adults 18+) \$40

## OFF SITE CLASSES

### The Arte Flamenco Dance Theatre & The Center of Worlddance

This class introduces students to the fundamentals of this exciting dance form. While learning a basic flamenco dance, which includes body positions, arm, hand movements along with heel work, students will develop confidence, posture and a sense of empowerment.

Contact Arte Flamenco for dress code.

Location: 216 E. Main St., Alhambra CA 91801

10 weeks: Aug 6 - Oct 8 (Ages 6-12yr) 6-7pm \$140

10 weeks: Aug 6 - Oct 8 (Teens & Adults) 11am-12pm \$140

## OUTDOOR CLASSES

### Breakthrough Sports Basketball Training Academy

Breakthrough Sports award-winning programs for youth basketball. More information on each specific class can be found at online registration.

Session 1: Jul 2 - Jul 23

Session 2: Aug 6 - Aug 27

"MPK Minis" by Breakthrough Sports Little Hoopers

Barnes Park Gym Wed 4-5 p.m. \$80

Breakthrough Sports Basketball Training Academy (K-5<sup>th</sup>)

Barnes Park Gym Wed 5-6 p.m. \$80

Breakthrough Sports Basketball Training Academy (6<sup>th</sup>-8<sup>th</sup>)

Barnes Park Gym Wed 6-7 p.m. \$80

### Hitting Fundamentals for Beginning to Advanced Baseball/ Fast-Pitch Softball (30-Minute Private Instruction)

Designed to teach boys/girls fundamentals of hitting. Students will get repetition by utilizing the latest tee drills, flip drills and front toss drills. Need your own bat and batting helmet. Contact instructor for times and days available.

Jay Simper 626-664-4583

Private Lessons- 4 lessons total (8-18yrs) La Loma Park Field \$134

### Johnny Allen Tennis Classes

Johnny Allen Tennis Classes available for people of all ages. More information on each specific class can be found at online registration. For more information and rainy-day makeup policy, please visit [www.johnnyallentennis.com](http://www.johnnyallentennis.com) or call 1-844-9TENNIS (1-844-983-6647)

Session 1: Jun 24-Jul 10

Johnny Allen Tennis – Tiny Aces Tennis Class (3-5 yrs)  
Highlands Park Tue & Thu 4:15-5 pm \$108

Johnny Allen Tennis – Little Aces Tennis Class (6-8 yrs)  
Highlands Park Tue & Thu 5-6 pm \$128

Johnny Allen Tennis – Junior Aces Tennis Class (9-12 yrs)  
Highlands Park Tue & Thu 6-7 pm \$128

Johnny Allen Tennis – High School Aces Tennis Class (13-17 yrs)  
Highlands Park Tue & Thu 7-8 pm \$128

Johnny Allen Tennis – Adult Cardio Tennis Class (18+ yrs)  
Highlands Park Tue & Thu 8-9 pm \$128

## MARTIAL ART CLASSES

### American Nippon Kenpo - (Monthly)

Nippon kenpo uses self-defense techniques in striking, kicking, throwing, reverse-holds, ground combat, grappling, and judo. Balance, coordination, stretching, strengthening, and cardiovascular fitness will equip each student to reach their goals in martial arts skills.

Manuel Nunez Barnes Park Service Club

Tue (4-7yrs) 5-5:55pm \$34

Tue (8+yrs) 6-6:55pm \$34

### Shotokan Karate Do (Monthly)

Shotokan Karate-Do will help students develop mobility, balance, awareness, reflexes, timing, and discipline. Promotional rankings are available. Friday class is optional. Students must verify holiday make ups with instructor. Ages 6+ years.

Richard Kageyama

Mon/Wed/Fri 6:30pm - 7:45pm

\$37/month - Adult \$35/month - Child

Langley Center

### Wing Chun Kung Fu - (Monthly)

Introduction to Aumei Kung Fu including the official history of Wing Chun, Desui, Chi Kung, and their philosophy in fundamental training, and applications in all ranges, long, short, grappling, rejuvenation breathing exercise, and weapons.

Tom Wong

Sat (Introductory) 9am - 10am \$89

Sat (Intermediate) 10am - 11am \$89

Garvey Ranch Park Community Room

# RECREATION CLASSES & PROGRAMS

**Brick Tech**  
**STEM with LEGO® Summer Camps**

<b>Underwater STEM LEGO® Adventure Camp</b> June 26 - 30 9 AM - 12 PM	<b>Green Energy: LEGO® Spike Prime Robotics Summer Camp</b> July 29 - 31 9 AM - 12 PM
<b>LEGO® Dinosaur Exploration</b> June 27 - 31 9 AM - 12 PM	<b>Star Wars STEM with LEGO®</b> July 14th - 18th 9 AM - 12 PM
<b>Minecraft with LEGO® STEM Camp</b> June 28 - 27th 9 AM - 12 PM	<b>Marvel vs. DC LEGO® STEM Engineering Summer Camp</b> July 14th - 18th 1 PM - 4 PM
<b>Super Mario STEM Engineering LEGO® Camp</b> June 28th - 27th 9 AM - 12 PM	<b>LEGO® Ultimate Train Camp</b> July 28th - 31st 9 AM - 12 PM
<b>LEGO® Spike Prime Robotics Summer Camp</b> June 28th - July 3rd 9 AM - 12 PM	<b>Minecraft with LEGO® STEM Camp</b> July 28th - 31st 1 PM - 4 PM
<b>Habitation on Mars using LEGO® Spike Prime Robotics</b> June 28th - 30th 9 AM - 12 PM	<b>LEGO® Engineering &amp; Design - City Creator</b> July 4th - July 8th 9 AM - 12 PM
<b>Future of Robotics with LEGO® Spike Prime Summer Camp</b> July 7th - 11th 9 AM - 12 PM	<b>Pirates vs. Ninjas STEM with LEGO® Summer Camp</b> Aug 4th - Aug 8th 9 AM - 12 PM

**Registration At**  
https://www.bricktech.org  
OR SCAN THE QR CODE

**CITY OF MONTEREY PARK**  
**KIDVENTURE SUMMER CAMP**  
JUNE 9 - AUGUST 1  
AGES 5-12  
OPEN 8 AM TO 6 PM

WEEKLY FEE: \$178 - RESIDENT  
\$195.80 - NON-RESIDENT  
+ \$9 REGISTRATION FEE

**ACTIVITIES**  
ARTS & CRAFTS, SWIMMING, GAMES, DRESS-UP DAYS, FIELD TRIPS & MORE!

**FIELD TRIPS**  
KNOTT'S BERRY FARM  
JUNE 20  
DEPARTURE: 9 AM  
RETURNING: 6 PM  
ADMISSION: \$65 (LUNCH INCLUDED)

PIRATES DINNER ADVENTURE  
JULY 11  
DEPARTURE: 8:30 AM  
RETURNING: 2:30 PM  
ADMISSION: \$38 (LUNCH INCLUDED)

DISCOVERY CURE  
JULY 25  
DEPARTURE: 9 AM  
RETURNING: 3 PM  
ADMISSION: \$12

**LUNCH & SNACK INCLUDED**  
LOCATION: BARNES PARK DAY CARE CENTER  
350 S. MCPHERRIN AVE., MONTEREY PARK, CA 91754

FOR MORE INFORMATION:  
(626) 307-1451  
SRODRIGUEZ@MONTEREYPARK.CA.GOV  
WWW.MONTEREYPARK.CA.GOV/KIDVENTURE

**CITY OF MONTEREY PARK RECREATION & COMMUNITY SERVICES**  
**BASKETBALL OPEN GYM SUMMER 2025**

<b>BARNES PARK GYM</b> 350 S. MCPHERRIN AVE, MONTEREY PARK, CA 91754 <b>SUMMER ONLY</b> JUNE 12, 2025 - AUGUST 10, 2025 THURSDAYS   3:00 PM TO 4:45 PM SUNDAYS   5:00 PM TO 8:00 PM	<b>ELDER PARK GYM</b> 1950 WILCOX AVE, MONTEREY PARK, CA 91754 <b>YEAR AROUND</b> MONDAY & FRIDAY 8:00 PM TO 9:30 PM
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FOR MORE INFORMATION & DETAILS, VISIT  
[WWW.MONTEREYPARK.CA.GOV/RECREATION](http://WWW.MONTEREYPARK.CA.GOV/RECREATION)

## NEW SUMMER CLASSES

### Beginner Kids Painting

Join the fun of painting class specifically designed for kids ages 5-10 years old. The beginner's class is perfect for little artists to be creative and learn new skills. Explore different techniques like color mixing and brush strokes. Step-by-step guide in sketching with your own creativity and self-expression. Take home your own project to show off and be proud of.

Tianna Hernandez  
8 weeks: TBD Mon 5-6pm \$120  
Garvey Ranch Park Community Room

### Brick Tech Summer Camps

All Brick Tech Summer Camps will explore STEM concepts using LEGO materials. Each camp has a unique theme with relevant projects. These camps will provide an opportunity for hands on learning and learning through play, as well as peer interaction. More information on each specific camp can be found at online registration.

**Themed Weekly Camps, Mon-Fri (No Class 7/4/25)**

Location: Garvey Ranch Park Community Room

Half-Day a.m.: 9 a.m.-12 p.m. \$249-299

Half-Day p.m.: 1-4 p.m. \$249-299

Future of Robotics – LEGO Spike Prime Robotics Jul 7-Jul 11

Green Energy: LEGO Spike Prime Robotics Jul 7-Jul 11 \$299

Star Wars STEM with LEGO Jul 14-Jul 18 \$249

Marvel vs. DC LEGO STEM Engineering Jul 14-Jul 18 \$249

LEGO Ultimate Train Camp Jul 28-Jul 31 \$249

Minecraft with LEGO STEM Camp Jul 28-Jul 31 \$249

LEGO Engineering & Design – City Creator Aug 4-Aug 8 \$249

Pirates Versus Ninjas STEM with LEGO Aug 4 -Aug 8 \$249

### Chess Wizards Summer Camps

Join us this summer for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, meet new friends, and work out your brain! Our camps include fun team chess games (like Corner Chess), recess time (of course), snacks, tournaments, and puzzles. Each camper receives a T-shirt, trophy, and puzzle folder. We include all the materials necessary for your child to participate, but full-day kids should bring lunch. Unleash your brain power and spend part of your vacation with Chess Wizards!

Location: Garvey Ranch Park Community Room

Half-Day a.m.: 9 a.m.-12 pm \$289

Half-Day p.m.: 1 - 4pm \$289 Ages: 5-12 yrs

Chess Wizards Summer Camp (Session 2): Jul 21-25

## ADULTS 50+ CLASSES

### Mature Driving Class (55+ yrs)

Mature driver improvement course is designed for drivers 55 and older and provide instruction on defensive driving, California motor vehicle laws, updates on rules of the road and the effects that medication, fatigue, alcohol, visual, or auditory limitations have on a person's driving ability. Course completion certificate will be issued following class.

Monterey Park Police Department  
Center Langley Center  
Wed Jul 16 8am - 4:30pm \$1.00

### Friendship Chorus

Sing in a Chinese Choir group with experienced instructors for over 30 years.

Jia Fang Su  
Jul 2 - Sep 24 Wed 10am-12pm \$75  
Langley Center

### International Folk Dance

Explore folk dances from different countries around the world. Have fun learning about new cultures and while engaging in a rhythm activity for all.

Cindy Fang  
Jul 11 - Sep 26 Fri 9am - 12:30pm \$30  
Langley Center

### May's Tai Chi Class

Learn and train in the fundamental skills of Tai Chi to improve coordination, strength, flexibility, and mental agility. Basic foundation in Tai Chi Chuan is helpful, but all levels are welcome. We will work on a variety of practices, such as Yang and Chen styles Tai Chi Chuan, Tai Chi Fan, and Health Qigong.

Sing May Chen  
Intermediate- Chen Tai-Chi & Chi Sword)  
Langley Center

Jul 5 - Sep 20 Sat 9-10 am \$150

Beginner – Yang Tai Chi & Health Qigong

Jul 5-Sep 20 Sat 10-11 am \$150

### Tai Chi

Experience the healing power of Chi Gong with a master teacher who has studied Tai Chi and Chi Gong for over 50 years. Strengthen your body, calm your mind, and uplift your spirit through the art of this exercise.

Peter Chen  
Sierra Vista Park Community Room

Monthly: 4 weeks \$32

3 months: Jun 4 - Aug 27 Wed 9-10am \$96

### Taiko Drumming

Taiko drumming will increase your strength, flexibility, stamina, and coordination in a fun and healthy way. This class does not require previous experience and will enhance your sense of rhythm and appreciation of music.

Michael Naishtut  
Sierra Vista Park Community Room

8 weeks: Jul 1 - Aug 19 Tue 6-7:30pm \$160

### REFUND POLICY

ALL REFUNDS MUST BE REQUESTED BEFORE THE SECOND SCHEDULED CLASS MEETING. PLEASE NOTE THAT ANY APPLICABLE REGISTRATION OR PROCESSING FEES ARE NON-REFUNDABLE. FULL REFUNDS WILL BE APPLICABLE FOR ANY ACTIVITY OR CLASS CANCELLED BY THE RECREATION AND COMMUNITY SERVICES DEPARTMENT. REFUNDS WILL BE MAILED WITHIN TWO TO THREE WEEKS AFTER REQUEST IN THE FORM OF A CHECK.

### AQUATICS

ALL AQUATIC SWIM LESSON REGISTRATION FEES ARE NON-REFUNDABLE UNLESS THE ACTIVITY OR CLASS IS CANCELLED BY THE CITY.

# LANGLEY CENTER - ADULTS 50+ PROGRAMS

All activities and services for Adults 50 years and older unless otherwise noted.

Langley Center 400 West Emerson Avenue, Monterey Park CA 91754

Main 626-307-1395 \* Dial-A-Ride 626-307-1396 \* Lunch Hotline 626-307-1478

HOURS: Monday, Wednesday & Friday 8:00am - 5:00pm and Tuesday & Thursday 8:00am - 8:00pm Saturday & Sunday 8:00am - 2:00pm

## SENIOR LUNCH 60YR+

**Langley Center Congregate In-Person Dining**  
Monday - Friday 11:00am - 12:30pm

Join us for a hot lunch meal Monday - Friday from 11:30am - 12:15pm (except holidays or special events) in our Main Dining Room. Lunches are reserved on a **first-come, first-served basis**. The drop-in dine-in meals are open to any adult over 60+ years and older. Our daily congregating in-kind lunch meals are provided by the YWCA - San Gabriel Valley Intervale Senior Services. Any questions, please call Langley Center 626-307-1396 or YWCA San Gabriel Valley Intervale at 626-214-9456.

- Dine-in only. Reservations begin at 8:00am. Must have ticket with lunch served at 11:30am.
- Lunches are reserved on a first-come, first-served basis.
- Must be 60+ years or individual with permanent or temporary disability.
- Complete YWCA Intervale lunch intake application form.
- Suggested Donation \$3.00

## TRANSPORTATION SERVICES

**Dial-A-Ride** is a FREE SHARED transportation service for Monterey Park Senior Residents ages 55 years or older and/or have a signed form from a physician attesting to a disability. The service provides transportation within city limits, and to medical appointments in adjacent communities within five miles.

- Residents 55+ years or individual with permanent or temporary disability must complete an application and provide proof of residency (state issued ID card or utility bill).
- One-time \$5 ID Card registration fee.

**Dial-A-Taxi** service is available 24 hours, 7 days a week, for all Dial-A-Ride members. To schedule an appointment - call Dial-A-Taxi Dispatch at **855-305-9979** \$1.00 copay per trip.



**MPK Transit Express** is a new service designed as a "corner to corner" pick up and drop off. Commute, run errands and more with MPK Transit Express. Call **626-606-2679** Monday-Friday 6:30am-6:30pm to schedule your ride on download the app. All rides are free until early September, after which rides will be only \$2 each.

LANGLEY CENTER SENIOR ACTIVITY

Thursday, July 24 1PM - 4PM **\$3**

Ages 50+ | Registration June 26 | Live Entertainment! Free Snacks

For Questions please call Langley Center at 626-307-1395

2025年7月24日下午1點-4點  
獨立日舞踏  
包括免費零食!  
歡迎50歲以上成人。  
需要註冊

24 de julio de 2025 1:00pm - 4:00pm horas  
baile del día de la independencia  
incluye snacks gratis!  
Adultos mayores de 50 años son bienvenidos.  
Se requiere registro

MPK HOPE  
RESILIENCY CENTER  
蒙市希望互助中心  
626-609-3399

## FREE DROP-IN DAILY ACTIVITIES & PROGRAMS

Billiards, Ping Pong & Fitness Room  
M-W-F 8:00am - 5:00pm Tu-Th 8:00am-8:00pm

A&P Karaoke Tu 1:00pm-5:00pm  
Bridge Play Tu 12:00pm-4:00pm & Th 11:00am-4:00pm

Bunka Japanese Embroidery Sat 9:00am-11:00am  
Craft Lab Tu 9:00am-11:00am

Crochet & Knitting Tu 9:00am-11:00am  
Get Fit & Sit Exercise 2nd & 4th Th 10:00am-10:30am

Jewelry Making Support 1st&3rd W 1:30pm-3:00pm  
Joyful Karaoke Th 11:00am-3:00pm

Jennie's Line Dance M-Th-F 9:00am-10:00am  
Line Dance Tu & Th 9:00am-10:00am W & F 10:00am-11:00am

Karaoke & Dancing M 12:00pm-4:30pm  
Kimekomi Doll Making 2nd & 3rd W 12:00pm-3:00pm

Mah Jong  
M-W-F 11:00am-4:30pm

World Cultural Dance Sat 10:00am-12:00pm  
Yuen Chi Dance M-Tu-W-Th-Sat 8:00am-10:00am

CLASSES & ACTIVITIES ARE FREE & SUBJECT TO CHANGE  
CALL LANGLEY CENTER FOR MORE INFO.

**TAI CHI**

A traditional Chinese martial art known for its slow, flowing movements and focus on balance, flexibility, and mental relaxation.

Location: Sierra Vista Park  
311 N Rural Dr.  
Monterey Park, CA 91755  
Wednesdays (Monthly - 4 weeks)  
9 - 10AM  
\$32 per month

地点: Sierra Vista 公園  
311 N Rural Dr.  
Monterey Park, CA 91755  
每周三 (每月 - 4周)  
上午9点至上午10点  
每月 32 美元

Ubicación: Sierra Vista Park  
311 N Rural Dr.  
Monterey Park, CA 91755  
Miércoles (Mensual - 4 semanas)  
9 - 10 a.m.  
\$32 al mes

For more information please contact  
Langley Center at 626-307-1395