



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!**

**9.11
PATRIOT DAY
Ceremony**
 WE WILL NEVER FORGET
 ★ ★ ★ ★ ★
 September 11 · 8:30 AM
 In Front of City Hall
 320 W Newmark Ave

**NATIONAL
HISPANIC
HERITAGE MONTH**
 — Join Us —
 CITY OF MONTEREY PARK
FARMERS' MARKET
 THURSDAY | 25 SEPTEMBER | 4:00PM - 9:00PM

LIVE ENTERTAINMENT
 6:00PM - 7:00PM
 MARIACHI
 ORGULLO
 JALISCIENSE

Ciudad de Monterey Park 蒙特利公园市
 Mercado al Aire Libre 农贸市场
 Jueves 25 de septiembre 4:00 PM-9:00 PM
 Entrenimiento en vivo 6:00PM - 7:00PM
 MARIACHI ORGULLO JALISCIENSE

9月25日, 星期四, 4:00 PM-9:00 PM
 现场娱乐表演 6:00PM - 7:00PM
 MARIACHI ORGULLO JALISCIENSE

@MontereyParkRec
www.montereypark.ca.gov

**NATIONAL
HISPANIC
HERITAGE MONTH**

Join the Bruggemeyer Library and the Recreation & Community Services Departments in celebrating National Hispanic Heritage Month. Information for all programs can be found at www.montereypark.ca.gov. To contact the Library directly, please call (626) 307-1333. To contact the Community Services & Recreation Department directly, please call (626) 307-1388.

- SEPT 16** **DUNGEONS & DRAGONS ADVENTURE FOR KIDS**
 The Bruggemeyer Library invites kids to join the quest of the Mexican legend of the vicious Popocatepetl and Itzaccuauhtl. Play begins at 3:30pm. Registration is required, as space is limited.
- SEPT 17** **TAMALE MAKING**
 The Recreation & Community Services Department invites participants ages 50+ to learn how to make tamales at the Langley Center! Registration is required, as space is limited. Registration begins September 1.
- SEPT 20** **SPANISH BILINGUAL STORYTIME & CRAFT**
 The Bruggemeyer Library invites families to join in on stories and songs in both English and Spanish, and a craft in celebration of Hispanic Heritage Month! Registration is not required.
- SEPT 25** **MARIACHI AT THE FARMERS MARKET**
 The Recreation & Community Services Department invites you to experience the vibrant sounds of Mariachi Orgullo Jalisciense! Be sure to explore a variety of local food vendors and farmers market booths.
- OCT 04** **TEENS COOK! HANDMADE AREPAS**
 The Bruggemeyer Library invites teens, ages 14-18, to roll up their sleeves and dive into the delicious world of arepa-making. To register, please call Teen Services at (925) 307-1355.
- OCT 09** **"THREE AMIGOS" LANGLEY CENTER FREE MOVIE DAY**
 The Bruggemeyer Library invites families to join in on stories and songs in both English and Spanish, and a craft in celebration of Hispanic Heritage Month! Registration is required, as space is limited.
- OCT 10** **BOOKS & COOKS**
 The Bruggemeyer Library invites youth, ages 7-12, to learn how to follow a guacamole and horchata recipe in celebration of Hispanic Heritage Month! Registration is required, as space is limited.
- OCT 14** **DIA DE LOS MUERTOS COMMUNITY ALTAR**
 The Recreation & Community Services Department invites all community members to honor their passed loved ones by adding a photo or memento to the community altar located at the Langley Center. The altar will be on display until November 3.

BARNES PARK
 350 S. MCPHERRIN AVE

OCTOBER 11th
 SATURDAY 4-10PM

**electric
PARK**

ADAM AUBURN
 SABROSURA BOYZ · THEE-O
 HAAVI · AJ MORA · DJ QUINOA
 SHERLOCK

CITY OF MONTEREY PARK

ALL HOUSE MUSIC!
 FREE ADMISSION ALL AGES
 MUSIC · PEOPLE · COMMUNITY

mpac

**MONTEREY PARK
BRUGGEMEYER LIBRARY**

CITY OF MONTEREY PARK

**MONSTER
MASH**

FREE CANDY

**FAMILY
EVENT**

OCT. 16 | **BARNES PARK** | **EVENT**
 350 S. MCPHERRIN AVE | 4PM-7PM

MUSIC · LIVE ENTERTAINMENT · GAMES · FOOD TRUCKS
 FOR MORE INFO, 626-307-1388 OR WWW.MONTEREYPARK.CA.GOV/MONSTERMASH

RECREATION CLASSES

Register online, by phone or in-person. Website: www.montereypark.ca.gov/recreation

INDOOR CLASSES

Chinese Reading Class (5-13yrs) (Monthly-First 4 Sundays)

The purpose of the Mandarin learning course is to provide a fun and engaging learning experience for students aged 5 to 13. It is ideal for beginners and helps build a strong foundation in the Chinese language. Students will learn basic conversation, Chinese rhymes, and proper writing through stroke order practice—all through fun activities, games, music and arts & crafts!

My Ms Panda Garvey Ranch Park Community Room
Sun 9:30am-11:00am \$128

Mommy & Me Chinese Class (5yrs & under)(Monthly-First 4 Sundays)

This 30-minute interactive class is designed for children ages 5 and under to learn Mandarin alongside their parent or guardian. Through singing, music, movement and simple crafts, participants will explore basic vocabulary in a fun and engaging environment. The class focuses on building language skills while strengthening the parent-child bond.

My Ms Panda Garvey Ranch Park Community Room
Sun 9:00-9:30am \$99

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
Sep 10 - Oct 29 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.

Laurinda Truong Langley Center
Oct 7 - Dec 16 Tu (18-70yrs) 6:30-9:30pm \$80

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
Oct 5 - Dec 14 (No class 11/30/25) 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 10-11:30 am \$75

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

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 12:15pm-1:15pm \$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

SPORTS CLASSES

Breakthrough Sports Basketball Training Academy

Monthly - First 4 Wednesdays

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

"MPK Minis" by Breakthrough Sports Little Hoopers

Breakthrough Sports developed a learn to play basketball program with one goal in mind: instilling the basic fundamentals of basketball in a fun environment for kids 3-7years of age in Southern California. Our out-of-the-box approach to teaching basketball makes this class a must!

Wed 4-5 pm \$80 Barnes Park Gym

Breakthrough Sports Basketball Training Academy

Our weekly basketball training offers a different weekly curriculum designed to develop mechanics, improve basketball IQ and boost confidence in a fun environment.

Wed 5-6 pm (K-5th) \$80 Barnes Park Gym

Wed 6-7 pm (6th-8th) \$80 Barnes Park Gym

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 La Loma Park Field
Private Lessons- 4 lessons total (8-18yrs) \$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 or call 1-844-9TENNIS (1-844-983-6647)

Session 1: Sep 16 - Oct 2

Session 2: Oct 7 - Oct 23

Session 3: Oct 28 - Nov 13

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

2025 RECREATION CLASSES

Tues & Thur	JOHNNY ALLEN TENNIS Tennis classes for students of all ages!	Highlands
Tuesdays	AMERICAN NIPPON KENPO Self-defense techniques to reach goals in martial arts skills for ages 4+!	Barnes Park
Mondays	BEGINNER KID'S PAINTING Beginner painting class for young kids!	Garvey Ranch
Saturdays	WING CHUN KUNG FU Wing Chun Kung Fu classes for students of all ages!	Garvey Ranch
Mondays	BREAKTHROUGH SPORTS Basketball classes to learn fundamentals! (Youth)	Sierra Vista
Sundays	MANDARIN CHINESE CLASSES Interactive Mandarin classes! (Youth)	Garvey Ranch
Mon, Wed, Fri	SHOTOKAN KARATE DO Beginner and Advanced karate classes for students age 6.5+!	Langley Center
Various	HITTING FUNDAMENTALS Hitting fundamentals for baseball/softball! (Youth)	La Loma Field

FOR MORE INFORMATION VISIT:
WWW.MONTEREYPARK.CA.GOV/CLASSES

RECREATION CLASSES & PROGRAMS

AQUATICS CLASSES

Aquatics Classes

Four classes are offered per week. Each 50 min session is considered one class. One class per week allows a student to participate in any single session offered in a given week. Two classes per week allows a student to participate in any combination of two sessions offered in a given week. Unlimited classes allows a student to participate in any/all classes offered in a given week.

One Class per week: \$85

Two Classes per week: \$125

Unlimited Classes (up to 4) per week: \$145

Shallow Water Aerobics

Shallow Water Aerobics is an effective low impact class that provides cardiovascular benefits as well as flexibility and muscular toning. Students are required to provide their own water noodle.

Margaret Nalbandian

George Elder Park Pool

8 weeks: Sep 23 - Nov 13 Tue & Thu 4:15pm - 5:05pm

Deep Water Aerobics

Deep Water Aerobics is a great way to strengthen and tone muscles while building cardiovascular fitness. Students wear a buoyancy belt during class to provide flotation, alignment, and freedom of movement. Students should feel comfortable in deep water.

Margaret Nalbandian

George Elder Park Pool

8 weeks: Sep 23 - Nov 13 Tue & Thu 5:15pm - 6:05pm

City of Monterey Park
Barnes Park Extended Day Care
 Licensed Afterschool Program
Registration OPEN
 August 12, 2025 - May 28, 2026
 Ages: 5 - 12 years
 Hours: 1 PM - 6 PM
WEEKLY FEES
 \$131.97 - Resident \$145.16 - Non-Resident

WHAT WE PROVIDE:

- Homework assistance
- Gym & outdoor play
- Arts & crafts
- Healthy snacks
- Transportation from school to daycare (limited space available)

Register at Barnes Park Extended Day Care
 350 S. McPherrin Ave. Monterey Park, CA 91754
 For more information: call (626) 307-1451 or email srodiguez@montereypark.ca.gov

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

BLee's Kung Fu & Tai Chi (Monthly)

Self-Defense awareness and novice kung fu skills. Classes cover learning blocking, striking, kicking, evading and footwork. Develop skills that are with you wherever you go. Understand street smarts, personal boundaries, avoiding grabs, and precision strikes. Expert instructor with over 40+ years of experience. Ages 16+.

Location: 5423 Rosemead Blvd., San Gabriel CA 91776

3 Classes per week

Mon/Wed 7:15pm-8:30pm \$109 Monthly

Tue/Thu 6-7:15pm

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

Langley Center

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

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

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

Garvey Ranch Park Community Room

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

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

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

Langley Center

Wed 8am - 4:30pm \$1.00

Friendship Chorus

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

Jia Fang Su

Langley Center

Oct 1 - Dec 17 Wed 10am-12pm \$75

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

Langley Center

Oct 3 - Dec 26 Fri 9am - 12:30pm \$30

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

Langley Center

Intermediate- Chen Tai-Chi & Chi Sword)

Sept 27 - Dec 27 (No class 11/29 & 12/6) Sat 9-10 am \$150

Beginner - Yang Tai Chi & Health Qigong

Sept 27 - Dec 27 (No class 11/29 & 12/6) 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 Wed 9-10am \$32

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

Aug 26 - Oct 14 Tue 6-7:30pm \$160

CITY OF MONTEREY PARK
 RECREATION & COMMUNITY SERVICES

PICNIC SHELTER RENTALS

VISIT WWW.REC.MONTEREYPARK.CA.GOV
 FOR LOCATIONS, PRICES, RULES AND TO RESERVE

Secure a place for your next celebration in just a few minutes!!!

HOLIDAY Snow Village
 Save the Date **DEC 4**
 4pm - 8pm

ENTERTAINMENT | VENDORS | GAMES | FOOD
 SLED RUN | SNOW PLAY & MUCH MORE

300 S. McPherrin Ave. | Monterey Park | @montereyparkrec

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 626-307-1478CENTER

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

UPCOMING EVENTS

Mon-Fri - Senior Lunch Dine-In Program, 11:30am-12:15pm

*Sponsored by YWCA Intervale - must be registered. First come, first served.

Sept 1- Labor Day Holiday, Langley Center & City Hall Closed

Sept 10 - Mature Driving Course by MPPD, 8:00am-4:00pm \$1.00

*Ages 55+ yrs old, Bring CA Drivers License (Registration required)

Sept 17- Tamale Making (Registration required)

Sept 18- Date Night Special Event, 6pm-8pm \$10.00 (Registration required)

Sept 25- Luau Party, 1pm-3pm \$3.00 (Registration required)

Oct 9 - Movie Matinee "Three Amigos" (1986), 1:00pm



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 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 copy 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.

FREE DROP-IN DAILY ACTIVITIES & PROGRAMS

Angkor Dance Sun 12:30 - 2:00pm
Basic Ballroom Dance Wed 12:30 - 4:30pm

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

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
Happy Tuesday Karaoke Tu 12:30-5:00pm

Jennie's Line Dance M-Th-F 9:00am-10:00am
Jewelry Making Support 1st&3rd W 1:30pm-3:00pm

Joyful Karaoke Th 11:00am-3:00pm
Karaoke & Dancing M 12:00pm-4:30pm

Kimekomi Doll Making 2nd & 4th W 12:00pm-2:30pm
Line Dance Tu & Th 9:00am-10:00am W & F 10:00am 11:00am

Lovely Karaoke 1st & 2nd Sun 9:00am - 1:00pm
Mah Jong M-W-F 11:00am-4:30pm

Tai-Chi Mon 9:00am-10:00am
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.