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

MPK RECREATION CONNECTION

COMMUNITY EVENTS OPEN TO PUBLIC

ASIAN PACIFIC HEALTH CORPS AT UCLA
FREE MONTEREY PARK HEALTH FAIR
FREE PRIZES & RAFFLE
LANGLEY SENIOR CENTER
400 W Emerson Ave,
Monterey Park, CA 91754
Screenings: blood pressure, body mass index/body fat %, vision, health education, glucose/cholesterol, hearing, and more
SATURDAY, OCTOBER 22ND
9:00AM-1:00PM
NO health insurance required
Translators provided
Email: aphcorf@gmail.com
Website: aphcatuclia.weebly.com

PARKS
Make Life Better!
Follow us on Facebook or Instagram for news updates!
www.montereypark.ca.gov/recreation @MontereyParkRec

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

MONSTER MASH
FREE FAMILY EVENT
THURSDAY, OCTOBER 20
4-7 PM
BARNES PARK
350 S. MCPHERRIN AVENUE
GAMES • TRICK-OR-TREATING • GIVEAWAYS
ENTERTAINMENT • FOOD TRUCKS
MAGIC SHOW
DAVE SKALE
STARTS AT 6 PM

PICKLEBALL TOURNAMENT
NOVEMBER 12, 2022
350 S. MCPHERRIN AVE
BARNES PARK
DIVISION PLAY BEGINS AT 6 AM
FOR MORE INFORMATION OR QUESTIONS CONTACT
THE RECREATION & COMMUNITY SERVICES DEPARTMENT AT 626-307-1388
Beginner 2.0 Intermediate 3.0 Advanced 4.0

ELECTRIC PARK
Music | People | Community
10/08/2022
BARNES PARK
350 S. MCPHERRIN AVE
FREE ADMISSION ALL AGES
FREE BREAK BEATS 2PM
FREE ENTRY: BYO DRINK
2PM - 10PM

City of Monterey Park & MPAC PRESENTS
Follow us on Facebook or Instagram for news updates!
www.montereypark.ca.gov/recreation @MontereyParkRec

COMMUNITY EVENTS OPEN TO PUBLIC

MONTEREY PARK CONNECTION

Follow us on Facebook or Instagram for news updates!
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CLASSES & PROGRAMS

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+
Instructor: Richard Kageyama, George Elder Park - Community Center
MWF Beginner 6:30pm - 7:45pm $37.00 Adults $35.00 Kids
MWF Advanced 8:00pm - 9:00pm $37.00 Adults $35.00 Kids

Laurinda’s Line Dance
A variety of music from Cha Cha,Rumba,Swing,Tango,Waltz and upbeat modern. Improves memory,coordination,and builds stamina. Must be able to adapt to loud music and line dance.
Instructor: Laurinda Truong, Sierra Vista Park - outdoors
10 weeks: Oct 4 - Dec 6 Tues 6:30pm - 9:30pm Cost $70

Hitting Fundamentals for Beginning to Advanced Baseball/ Fast-Pitch Softball (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.
Instructor: Jay Simper 626-664-4833, La Loma Park Field - outdoors
Private Lessons: (4 lessons total)
Ages 8yrs - 18yrs Cost $129

LoveSetMatch Tennis Juniors (5-11yrs All Levels)
Students will learn the basics of the game of tennis, develop hand-eye coordination, play STEM learning games, learn footwork, racquet skills, and ball awareness skills. Tennis skills include forehand, backhand, serves, and return of serves.Bring 1 can of New Tennis Balls to 1st Class.
Instructor: Phillip Kim
George Elder Park - Tennis Courts
Session 1 Sept 24 - Nov 5 (No class 10/22)
Session 2 Nov 12 - Dec 17 Sat 9:00am - 10:00am Cost $268

LoveSetMatch Tennis Teens (12-17yrs All Levels)
Students will learn the basics of the game of tennis, develop hand-eye coordination, play STEM learning games, learn footwork, racquet skills, and ball awareness skills. Tennis skills include forehand, backhand, serves, and return of serves.Bring 1 can of New Tennis Balls to 1st Class.
Session 1 Sept 24 - Nov 5 (No class 10/22)
Session 2 Nov 12 - Dec 17 Sat 9:00am - 10:00am Cost $268

LoveSetMatch Tennis Adults (Beginner & Intermediate)
Players will learn & improve on the basics of the game of tennis, develop hand-eye coordination, learn footwork, racquet skills, and ball awareness skills. Tennis skills include forehand, backhand, serves, and return of serves. Bring 1 can of New Tennis Balls to 1st Class.
Session 1 Sept 24 - Nov 5 (No class 10/22)
Session 2 Nov 12 - Dec 17 Sat 8:00am - 9:00am Cost $268

LoveSetMatch Tennis Adults (Intermediate)
Players will improve in match play skills with an emphasis on footwork, improving strokes, adding consistency and accuracy to their game all while having fitness fun with friends. Bring 1 can of New Tennis Balls to 1st Class
Session 1 Sept 21 - Nov 2
Session 1 Sept 24 - Nov 5 (No class 10/22)
Session 2 Nov 12 - Dec 17 Wed 6:30pm - 7:30pm Cost $268

Chen's Traditional Tai Chi Long Form
All in one exercises to improve vitality and maintain health through the use of skills and movements in the art of defense..
Instructor: Nelson Ong, Barnes Park Amphitheater
8 weeks: Sept 11 - Oct 30 Sun 9:30am - 11:00am Cost $120

Chen's Simplified Tai Ji Quan
Exercising the mind, body, and vital energy through high degrees of concentration, slow uninterrupted movements and natural breathing.
Instructor: Nelson Ong, Barnes Park Amphitheater
8 weeks: Sept 10 - Oct 29 Sat 9:30am - 11:00am Cost $120

Chi Gong
Breathing exercises are integral to the search for longevity. It is a method to keep fit,strengthening the body and building resistance.It is an important part of rehabilitation medicine.
Instructor: Nelson Ong, Barnes Park Amphitheater
8 weeks: Sept 9 - Oct 28 Fri 9:30am - 11:00am Cost $120

Register online, by phone or in-person.
Website: www.montereypark.ca.gov/recreation In-Person: 400 W. Emerson Ave. Mon - Fri 8:00am - 5:00pm

Learn how to:
• Make your iPhone louder and easier to hear
• Send text messages
• Connect Bluetooth devices
• Operate the basic functions of your iPhone... and much more!

When: Thursday September 22, 2022 9:00am - 11:00am

Where: Langley Senior Center
400 W. Emerson Ave, Monterey Park 91754

Space is limited, register now!

Contact: (626) 307-1395, mchen@montereypark.ca.gov

EAR, NOSE, & THROAT (ENT)
HEALTH INFO SESSION
AN EFFORT TO RAISE AND PROMO HEALTH LITERACY
September 27, 2022
1:00 - 1:30 PM — English
1:30 - 2:00 PM — Mandarin
Langley Senior Center
400 W. Emerson Ave Monterey Park, CA 91754
626-307-1395
LANGLEY CENTER
All activities and services for Adults 50 years and older unless otherwise noted.
400 West Emerson Avenue, Monterey Park CA 91754
CENTER HOURS: Monday - Friday 8:00am - 5:00pm
Saturday 8:00am - 12:00noon
Dial-A-Ride: Monday - Friday 8:00am - 4:30pm

SENIOR LUNCH PROGRAM
*REGISTRATION REQUIRED*
Dine-In Lunch Returns
Monday & Tuesday 11:00am - 12:30pm

Join us for a hot lunch meal every Monday and Tuesday from 11:00am - 12:30pm in our Main Dining Room. Lunches are reserved on a first-come, first-served basis, with deliveries continuing on Wednesdays (Monterey Park residents only). The drop-in dine-in meals are open to any adult over 60 years and older. Our daily congregate in-kind lunch meals are provided by the YWCA - San Gabriel Valley Intervale Senior Services. Any questions, please call Langley or YWCA 626-214-9456
Suggested donation $3.00.
- Must be 60+ years or individual with permanent or temporary disability.
- Complete lunch intake application form.
- Lunches are reserved on a first-come, first-served basis.
Dine-in only. Arrive early to reserve.

Meal-Delivery Lunch Program (Residents only)
Every Wednesday 10:00am - 3:00pm
Lunch Hotline Wednesday 626-307-1395 or 626-307-1478

Langley Center will continue the weekly curbside meals on Wednesday for city residents only. Limited quantities. Reservations required.
- Must be a resident and 60+ years or individual with permanent or temporary disability.
- Completed lunch intake application form.
- Lunches will consist of 2 boxed lunches and 3 frozen meals distributed weekly on Wednesday from 11:00 am - 4:00pm.
- Reservations are required. Call Langley Center at 626-307-1395 or 626-307-1478 to register.
- Lunches provided by YWCA San Gabriel Valley Intervale.

DIAL-A-RIDE TRANSPORTATION
Dial-A-Ride services will remain available with the following modifications to ensure public safety: rides will only be provided for essential trips to medical facilities, grocery stores or local pharmacies. In addition, the City’s supplemental low-cost Dial-A-Taxi service is available 24hours, 7 days a week, for senior residents.
- 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. If you have any questions or would like an application form, please call 626-307-1396.

CLASSES & ACTIVITIES
FREE Drop-In Daily Activities and Programs

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<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Billiards</td>
<td>Mon - Fri</td>
<td>8:00am - 4:30pm</td>
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<tr>
<td>Ping-Pong</td>
<td>Mon - Fri</td>
<td>8:00am - 4:30pm</td>
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<tr>
<td>Fitness Room</td>
<td>Mon - Fri</td>
<td>8:00am - 4:30pm</td>
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<tr>
<td>Karaoke</td>
<td>Tu - Morning 8:00am-11:00am</td>
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<td></td>
<td>Tu - Afternoon 12:30pm- 3:00pm</td>
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<tr>
<td>Line Dance</td>
<td>Tu &amp; Fri</td>
<td>10:15am - 11:30am</td>
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<tr>
<td>Yuen Chi Dance</td>
<td>Mon,Tu,Fri &amp; Sat</td>
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<tr>
<td>Bridge Play</td>
<td>Tu and Thu 1:00pm-4:00pm</td>
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<td>Crochet and Knitting</td>
<td>Tu</td>
<td>9:00am - 11:00am</td>
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<tr>
<td>Mah Jong</td>
<td>Wed &amp; Fri 11:00am - 3:00pm</td>
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Bridge Club Play
Anyone welcome to join in with or without a partner.
Instructor: Greg Tapia, Room 1
Duplicate Bridge Game Tu and Th 12:30pm FREE
Intermediate Class Th11:00am - 12:30pm FREE

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.
Instructor: Cindy Fang, Friendship Room
12 weeks: Fri 9:00am - 12:30pm Cost $30