



# THE VOICE

Winter 2026 Edition  
January, February, March

**Hours of Operation:**  
**Monday - Friday**  
**9:00 a.m. - 3:00 p.m.**

## **Closure Dates:**

**Holiday Break: December 24 - January 4**  
**President's Day - Feb 16, 2026**



Visit our city website at [www.westcovina.gov](http://www.westcovina.gov)  
Come visit us at 2501 E. Cortez Street, West Covina, CA 91791  
For more information, please contact us at (626) 331 - 5366.

# BULLETIN BOARD

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Stay warm with a nice cup of coffee! Feel free to bring your own cup.

Visit us at the front desk for more information. **Daily Coffee: \$1.00**

**Monthly Coffee Pass: \$10.00**



Enjoy board games with your friends at our board game tables! Board game tables are reserved for games ONLY until 10:30 a.m. Check out a game at the front desk.



### FREE TAX SERVICES!

Provided by: AARP Tax services  
Tax season is in full swing! See the front office for more information or call 626-331-5366.



Come in to celebrate Seniors celebrating a birthday that month every 3rd Thursday of the month after the Meal Program. Sign up at the front desk.



# SENIOR WORKSHOPS

## Monday's with APU

Provided by Azusa Pacific University

**Dates:** Mondays from January 12- April 6

**No Session:** 1/19, 2/16, & 3/2

**Time:** 9:00 a.m. - 3:00 p.m.

Join the students of Azusa Pacific University for a day full of activities! You can participate in a range of activities each Monday. APU will start the day with conversations and blood pressure checks, then transition to low impact exercises. After lunch you can enjoy a walk in the park or an indoor game. Students will lead an educational health- related seminar including dental, vision, and foot care. APU will end the day with bingo or a fun holiday craft.

Same day-registration is open at the start of each activity. Each activity is open to the first 20 participants.

**\*Note: each activity has a separate start time. Please see the front counter for a full schedule of activities\***

## Reverse Your Mortgage

If you or a loved one have been wondering if a reverse mortgage is the right fit, don't miss this informative workshop! In this workshop we will discuss and dispel all the myths and set the record straight. Learn everything you need to know and get all your questions answered. Pre-registration is open for the first 20 participants.

**Provided by: Patricia Lafosee- RE/MAX Champions**

**Date: Thursday, February 5**

**Time: 12:00 p.m. - 1:00 p.m.**



## AT&T Digital Literacy

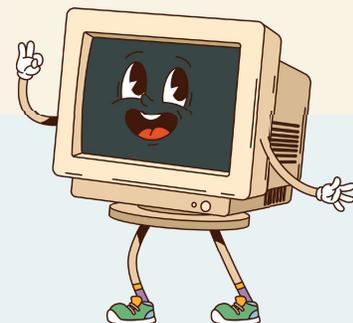
Join AT&T to learn all about digital literacy! You must bring a laptop or electronic device to participate. Pre-registration is open for the first 15 participants for each session. One session per person.

**Provided by: AT&T**

**Dates: Wednesday, February 18**

**Wednesday, March 4**

**Time: 1:00 p.m. - 3:00 p.m.**



# SENIOR WORKSHOPS



LOS ANGELES COUNTY  
**DEPARTMENT OF  
MENTAL HEALTH**  
hope. recovery. wellbeing.

## **Discover Your Passion**

Discovering our passion can give new meaning to our lives. This presentation will help reflect on feelings of joy and happiness. The discussions will lead to the (re)discovery of passion and purpose by exploring a whole new world. Pre-registration required. Open to the first 20 participants.

Provided by: Los Angeles County Department of Mental Health

**Date: Wednesday, February 4**

**Time: 12:00 p.m. – 12:45 p.m.**

## **Know The Scams, Don't Be a Victim**

As technology improves and as the older adult population increases, financial abuse of older adults is becoming more frequent. This presentation defines financial exploitation, identifies common scam techniques, how to identify a scam, and presents tips on preventing scams and dealing with scams.

Pre-registration required. Open to the first 20 participants.

Provided by Los Angeles County Mental Health Department

**Dates: Wednesday, February 25**

**Time: 12:00 p.m. – 12:45 p.m.**

## **Preserving Your Memory**

As we age, we all have moments of forgetfulness. This presentation will provide useful tips and brain exercises to sharpen your thinking and help keep moments of forgetfulness to a minimum. Pre-registration required. Open to the first 20 participants.

Provided by: Los Angeles County Department of Mental Health

**Date: Wednesday, March 11**

**Time: 12:00 p.m. – 12:45 p.m.**

## **Managing Your Medication**

Learn the importance of sticking to your medication regimen and other useful information on the proper use of medications. Get tips on what to ask your doctor and pharmacist when you get a new prescription. Pre-registration required. Open to the first 20 participants.

Provided by: Los Angeles County Department of Mental Health

**Date: Wednesday, March 25**

**Time: 12:00 p.m. – 12:45 p.m.**

# SENIOR WORKSHOPS (MANDARIN)

## **Know the Scams, Don't be a Victim (Mandarin)**

Learn the importance of sticking to your medication regimen and other useful information on the proper use of medications. Get tips on what to ask your doctor and pharmacist when you get a new prescription. Pre-registration required. Open to the first 20 participants.

Provided by: Los Angeles County Department of Mental Health

**Date: Wednesday, February 11**

**Time: 10:00 a.m. – 10:45 a.m.**

## **Resiliency (Mandarin)**

We all have challenging events that occur in our lives, but how can we better cope with the stress of these life events? Resilience is an ability that can be developed in anyone. Learn tips on cultivating this valuable skill. Pre-registration required. Open to the first 20 participants.

Provided by: Los Angeles County Department of Mental Health

**Date: Wednesday, February 18**

**Time: 10:00 a.m.- 10:45 a.m.**

## **Managing Your Medication (Mandarin)**

Learn the importance of sticking to your medication regimen and other useful information on the proper use of medications. Get tips on what to ask your doctor and pharmacist when you get a new prescription. Pre-registration required. Open to the first 20 participants.

Provided by: Los Angeles County Department of Mental Health

**Date: Wednesday, March 4**

**Time: 10:00 a.m. – 10:45 a.m.**

## **Stress Management (Mandarin)**

This presentation defines stress and describes different forms of stress and explains the ways in which stress can impact one's life. Tips are offered to assist older adults in dealing with stress more effectively to improve their quality of life. Pre-registration required. Open to the first 20 participants.

Provided by: Los Angeles County Department of Mental Health

**Date: Wednesday, March 18**

**Time: 10:00 a.m. – 10:45 a.m.**

**Registration for all workshops is available through the Cortez Park Community & Senior Center. For assistance, please contact our front desk at (626) 331-5366.**

# WEST COVINA HAPPENINGS




## ELECTRONIC WASTE

9:00 a.m. - 1:00 p.m.  
West Covina Maintenance Yard  
825 S. Sunset Ave.  
West Covina, 91790

 Saturday, February 21, 2026	 Saturday, August 1, 2026
 Saturday, April 4, 2026	 Saturday, October 10, 2026
 Saturday, June 6, 2026	 Saturday, December 19, 2026

For more information contact the Community Services Department.  
626-331-5366






CITY OF WEST COVINA  
COMMUNITY SERVICES DEPARTMENT

## PAPER SHREDDING EVENT

Cortez Park Community & Senior Center  
2501 E. Cortez St.  
9AM-12PM or until truck is full

- ✓ Saturday, February 7, 2026
- ✓ Saturday, May 23, 2026
- ✓ Saturday, September 12, 2026

**Drive-Thru Event**  
West Covina residents can bring up to 4 small boxes (11x11 inches) to be shredded.

For more information contact the Community Services Department at (626) 331-5366 or visit [www.westcovina.gov](http://www.westcovina.gov)




PROUDLY PRESENT

## 27TH ANNUAL SGV TRIBUTE TO MLK DAY

Monday, January 19, 2026 | 11am - 2pm  
West Covina Civic Center Courtyard  
1444 West Garvey Avenue South, West Covina, CA 91790

### THE FIERCE URGENCY OF NOW

The time to fight for people, progress, and power is now. We must confront the most critical issues of our time. From civil rights to climate justice, and from the ballot box to the boardroom, this is where we come together to organize, mobilize, and build the power our communities need and deserve.

Join our Annual Tribute to Dr. Martin Luther King Jr., celebrating an American hero's dream of a Beloved Community. We will honor San Gabriel Valley youth, citizens, community organizations, service providers, and local businesses.

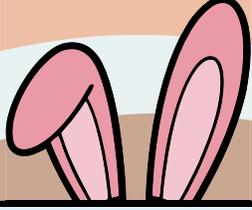


For more information, please contact the San Gabriel Valley NAACP at P.O. Box 1743, West Covina, CA 91793. You are also welcome to attend our General Meetings, held at Allied Restoration, 3120 East Garvey Avenue South, West Covina, CA 91790.

Our General Meetings take place on the third Saturday of each month at 10:00 AM. Please stop by, we would love to meet you.

## Garden Club

COMING SOON!  
FEBRUARY 2026



## SAVE THE DATE!

### EASTER EGGSTRAVAGANZA

Date: Saturday, March 28  
Time: 9:00 a.m. - 12:00 p.m.  
Locations: Cortez Park & Del Norte Park

# SPECIAL EVENTS

*Please note: Participants can collect their wristband at 9:00 a.m. to secure a meal ticket. Sign in will begin once the doors open.*

## HAPPY NEW YEAR

Monday, January 5

Time: 11:00 a.m. - 2:00 p.m.

2026

Pink Meal Card Required

Keep the party going and roll into the new year with our New Year's Brunch! Entertainment will be DJ Rudy! Same day registration will be open to the first **200 participants.**

## VALENTINE'S DAY

Friday, February 13

Time: 11:00 a.m. - 2:00 p.m.

Fee \$3.00 Seniors/\$5.00 Non-Seniors!



Let's fall in love this February with our community! Swoon over some live music from DJ Rudy and a delicious meal from our onsite Chefs! Same day registration will be open to the first **200 participants.**

## St. PATRICK'S DAY

Monday, March 16

Time: 11:00 a.m. - 1:00 p.m.

Pink Meal Card Required

Join the Irish fun with your friends at the Cortez Park Community & Senior Center and DJ Rudy! Same day registration will be open to the first **200 participants.**

WEAR GREEN!

## SPRING TAILGATE

Friday, March 27

Time: 11:00 a.m. - 1:00 p.m.

Pink Meal Card Required

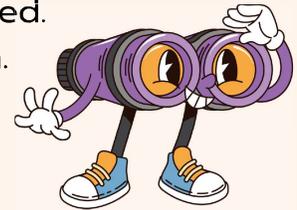
There's nothing like kicking off the SPRING season than with a Tailgate Party, food provided to you by your very own Senior Center Chefs! Entertainment provided by DJ Phil. Same day registration will be open to the first **200 participants.**

# EXCURSIONS

## Trip Registration Information

*(Pre-registration required for all activities & 3% administration fee will be added to all registrations / transactions)*

1. All trips leave from the Cortez Park Community and Senior Center, 2501 E. Cortez St.
2. Registration is only accepted over the phone or in-person. Cash, Checks or Visa, Mastercard, and Discover will be accepted.
3. Full payment must be made at the time of registration.
4. If all seats are sold, a waitlist will be established.
5. Trips are subject to change without notice.
6. Trips may be cancelled due to low enrollment.
7. Participants must be at least 21 years of age and older for casino trips. (Bring Valid ID)
8. Trips go rain or shine. (Please arrive 15 minutes prior to trips departure.)
9. Special mobility accommodations must be requested 30 days prior to the credit deadline date.
10. A credit will be provided only if cancellation is made prior to the credit deadline date. **No Refunds!**
11. A 3% administration fee will be added to each excursion transaction.



-  – Trip requires high amount of walking
-  – Trip requires moderate amount of walking
-  – Trip requires low amount of walking

# EXCURSIONS

## ACADEMY MUSEUM OF MOTION PICTURES & THE GROVE

The Academy Museum of Motion Pictures seven floors feature exhibition spaces, special event spaces, a conservation studio, a café, and a museum store. See your favorite movie We will also go to The Grove, Los Angeles' favorite shopping, dining and lifestyle destination. 



**Date:** Thursday, January 22  
**Time:** 9:30 a.m. - 5:30 p.m.  
**Fee:** \$35 (Lunch not included)  
**Credit Deadline:** Friday, January 9

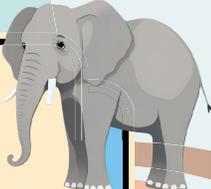
## MORONGO CASINO

Discover the ultimate in luxury, entertainment, and excitement at Morongo Casino Resort & Spa! Enjoy luxury accommodations, thrilling gaming, and world-class dining in California. Morongo is a stunning choice, leaving guests with little desire to seek adventures beyond their doors. 



**Date:** Thursday, February 19  
**Time:** 8:30 a.m. - 5:30 p.m.  
**Fee:** \$35 (Lunch not included)  
**Credit Deadline:** Friday, January 23

# EXCURSIONS



## LOS ANGELES ZOO

Enjoy a fun day with us as we head to the Los Angeles Zoo & Botanical Gardens! We will explore a variety of animals, beautiful exhibits, and lush gardens perfect for wandering at your own pace. The zoo also offers plenty of dining options for those who wish to purchase lunch. 



**Date:** Tuesday, March 3  
**Time:** 9:30 a.m. - 3:30 p.m.  
**Fee:** \$35 (Lunch not included)  
**Credit Deadline:** Friday, February 6



## MARCH FIELD AIR MUSEUM

Join us for a fascinating and educational trip to the March Air Field Museum in Riverside! Seniors will explore over 100 historic aircraft and learn about aviation history from World War I to today. Enjoy guided tours, fascinating exhibits, and time to browse the gift shop. 



**Date:** Thursday, March 12  
**Time:** 8:30 a.m. - 5:30 p.m.  
**Fee:** \$35 (Lunch included)  
**Credit Deadline:** Friday, February 13



**MUST REGISTER IN PERSON OR OVER THE PHONE FOR MEAL PREFERENCE.**

# SENIOR SERVICES

(Pre-registration required for all activities & 3% administration fee will be added to all registrations / transactions)

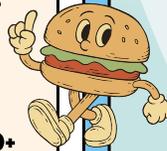
## Congregate Meal Program

Tickets are given at 9:00 a.m. Participants 60 years and older attending the meal program for the first time are required to complete an intake and code of conduct forms.

**\*Replacement meal cards will result in a \$2.00 fee\***

**\*Suggested \$3.00 donation for seniors 60+ years\***

**\*Required \$5.00 payment for 59 years and under\***



*Hot lunch is served*

*Monday - Thursday | 11:00 a.m.*

*Frozen meal pick-up*

*Friday | 11:00 a.m. - 12:00 p.m.*

*Friday Hot Meal Days: 1/30, 2/27, 3/20*



### LA COUNTY CODE OF CONDUCT IS REQUIRED FOR PARTICIPATION.

This program is supported by Federal funding through the Los Angeles County Department of Aging & Disabilities and is administered by the City of West Covina.

## Athens Discount Services

**Athens services are offering a 25% reduction rate on waste collection fees. To participate residents must:**

- Be 62 years of age or older
- Valid drivers license or I.D.
- Be living in a single family home in West Covina
- Meet low income requirements set by the State of California.



## WC Dial-A-Ride

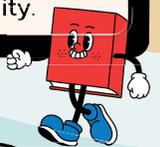
West Covina Dial-A-Ride offers transportation to residents 55 years of age and older. Residents under the age of 55 that have a physician-certified disability are eligible. Applications can be picked up and submitted at the Cortez Park Community & Senior Center or you can find it online at [www.westcovina.gov](http://www.westcovina.gov).

Valid I.D. required.

1-800-425-5777

## Little Library

Join us in: Building Community Inspiring Readers  
Expanding Book Access for All! Pick up or drop off a book today within the lobby of the facility.



## Move WC: Uber Service

Through Move WC, the City provides a limited number of subsidized rides for residents age 55 years and over OR with a physician-certified disability. Participants need to have an Uber account and use the Uber App via smartphone to participate.

Applications can be picked up and submitted at the Cortez Park Community & Senior Center



# SENIOR SERVICES

To schedule an appointment at the front counter or call (626) 331-5366.

## Free Notary Service

Notary services will be provided on the 3rd Wednesday of each month by appointment only. For seniors 50 years and older. Only a single page document notarized per person.

### DATES OF APPOINTMENTS:

January 21, 11:30 a.m. - 12:30 p.m.  
February 18, 11:30 a.m. - 12:30 p.m.  
March 18, 11:30 a.m. - 12:30 p.m.

## Case Management YWCA

Case Management Services, offered by Intervalley Senior Services, support seniors who have difficulty living independently or accessing essential services, helping them maintain a better quality of life. Make an appointment at the front counter or call.

### DATES OF APPOINTMENTS:

January 7, 9:00 a.m. - 11:30 a.m.  
February 4, 9:00 a.m. - 11:30 a.m.  
March 4, 9:00 a.m. - 11:30 a.m.

## Legal Assurance

Services provided by Kevin Stapleton. Assists seniors in understanding their legal concerns. 15-minute free consultation offered by attorneys at no charge. Please call the senior center to schedule an appointment. Spaces are limited.

### DATES OF APPOINTMENTS:

January 20, 11:00 a.m. - 12:00 p.m.  
February 17, 11:00 a.m. - 12:00 p.m.  
March 17, 11:00 a.m. - 12:00 p.m.



## Real Estate Option Program

Explore your options if you are thinking of moving closer to family, downsizing, and understanding how that works for you. Free 15 minutes consultations will be provided on the 3rd Wednesday of each month by appointment only.

### DATES OF APPOINTMENTS:

January 21, 12:30 p.m. - 1:30 p.m.  
February 18, 12:30 p.m. - 1:30 p.m.  
March 18, 12:30 p.m. - 1:30 p.m.



## AARP Driver Safety Course

The AARP Driver Safety Course is designed especially for the driver's aged 50 and older. By taking a driver safety course, you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment.

January 14-15

**\*2 Day Class\***

**9:30 a.m. - 1:30 p.m.**

March 5

**(Refresher Course)**

**9:30 a.m. - 2:30 p.m.**

\$20 AARP member/ \$25 non-members

\*Fee payable to instructor on first day of class.

Make check payable to AARP. (Check Only)

\*Limited to 20 students per class\*

# SENIOR SERVICES

To schedule an appointment at the front counter or call (626) 331-5366.

## Electronics Day

Staff will help seniors navigate through electric devices including: smartphones, iPads, iPhones, laptops, and tablets.

**Time: 11:30 a.m. - 12:30 p.m.**

**Dates:**

**January 22, February 26, March 26**



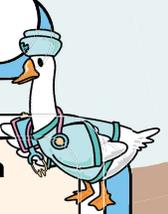
## Free Glucose & Blood Pressure Screenings

**Provided by: Greater Covina Medical Group**

Greater Covina Medical Group is dedicated to improving the health of our community members through patient education. Please join our team as we partner with the Cortez Park Community & Senior Center to provide free glucose and blood pressure screenings.

**Days: 2nd Wednesday of each month**

**Time: 9:00 a.m.-10:30 a.m.**



## Sharps Program

Two containers can be dropped off per household per day per resident. Residents must provide their own FDA-cleared sharps container. Ensure container is tightly sealed.



## C.A.P.S. Adult Daycare

A program that provides fun and socialization for adults living with Alzheimer's disease and other types of memory loss. For more information call (626) 917 - 4484.



## Cortez Computer Lab

The Computer Lab is open to adults 55+ years of age. Come in and check your email or surf the web! Printer available, user must provide own paper.

## Red Hatters Club

**Days: 2nd Monday of each month**

**Time: 9:00 a.m. - 12:00 p.m.**

**Senior Center (North Wing)**

## Billiards

Available during our operating hours from 9:00 a.m. - 2:00 p.m.

Equipment is available to rent at the North Wing office at the Cortez Park Community & Senior Center. See page 17 for tournament information.

\*I.D. or Driver's License needed to rent equipment.



# CITY CLASSES

(Pre-registration required for all activities &  
3% administration fee will be added to all registrations / transactions)  
ALL CLASSES ARE 50+

## Walking Club

Join us every Tuesday & Friday for our social meetup where we take it slow and walk around Cortez Park! Water provided.

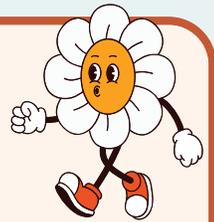
Dates: January 9 - March 27

Days: Tuesdays/Fridays

Time: 9:30 a.m. - 10:30 a.m.

Fee: FREE

(NO WALKING CLUB 2/13, 3/17, 3/27)



## BINGO!

Join us for an hour of bingo on Fridays! Same day registration is open to the first 75 participants. Please register at front desk before 10:00 a.m.

Dates: January 9 - March 27

Days: Fridays

Time: 10:00 a.m. - 11:00 a.m.

Fee: FREE

(NO BINGO 2/13, 3/27)



## Pickleball

Join the new trending sport of Pickleball! Non-competitive games on one court. All players welcomed, new or experienced! Pre-registration required.

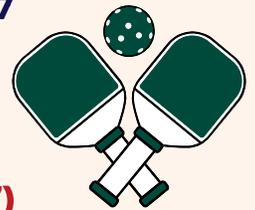
Dates: January 9 - March 27

Days: Fridays

Time: 12:30 p.m. - 3:00 p.m.

Fee: FREE

(NO PICKLEBALL 2/13, 3/27)



## Craft Days

Join us for monthly Craft Day with hands-on projects, snacks, and beverages!

January: Snowflake Mason Jars

February: Heart Dreamcatchers

March: Clay Pot Mushrooms

Dates: Jan. 16, Feb 20, Mar. 20

Days: Fridays

Time: 12:00 p.m. - 1:30 p.m.

Fee: \$5.00 per class



# CITY CLASSES

(Pre-registration required for all activities & 3% administration fee will be added to all registrations / transactions)  
**ALL CLASSES ARE 50+**

## Flex Fitness *Instructor: Terri Thomas*

Low impact and easy on the joints exercise. This class is designed to maintain and improve your range of motion and flexibility. Participants must bring the stretch bands and hand weights.

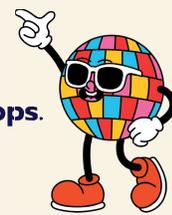
Dates:	Day:	Time:	Fee:
January 6 - 29	Tues./Thurs.	1:00 p.m. - 2:00 p.m.	\$2 per class
February 3 - 26	Tues./Thurs.	1:00 p.m. - 2:00 p.m.	\$2 per class
March 3 - 31	Tues./Thurs.	1:00 p.m. - 2:00 p.m.	\$2 per class



## Pam's Line Dance *Instructor: Pam Wagoner*

This exciting class will teach you basic line dance steps. Learn new steps and dances that are choreographed to current hits on the radio. Please wear shoes with backs, no sandals or flip flops.

Dates:	Day:	Time:	Fee:
January 5 - 26	Mon.	10:00 a.m. - 11:00 a.m.	\$6 per class/\$20 monthly
February 2 - 23	Mon.	10:00 a.m. - 11:00 a.m.	\$6 per class/\$15 monthly
March 2- 30	Mon.	10:00 a.m. - 11:00 a.m.	\$6 per class/\$25 monthly



**NO CLASS 2/16**

## Happy Line Dance *Instructor: Roger Hwang*

Teaching popular international line dances, this class will help you learn and enjoy line dancing, get exercise to improve coordination, and enhance memory at the same time.

Dates:	Day:	Time:	Fee:
January 7 - 28	Wed.	9:00 a.m. -11:00 a.m.	\$6 per class/\$20 monthly
February 4 - 25	Wed.	9:00 a.m. -11:00 a.m..	\$6 per class/\$20 monthly
March 4 - 25	Wed.	9:00 a.m. -11:00 a.m..	\$6 per class/\$20 monthly



## Latin Dance *Instructor: Chris Chuc*

Have fun moving and grooving to your favorite Latin hits! In this class you will learn Latin dances like the Cha Cha, Rumba, Salsa, Merengue, Bachata etc. No partner needed, will do partner rotation during class.

**No Class: 1/21**

Dates:	Day:	Time:	Fee:
January 7 - 28	Wed.	1:00 p.m. - 2:00 p.m.	\$6 per class/\$20 monthly
February 4 - 25	Wed.	1:00 p.m. - 2:00 p.m.	\$6 per class/\$15 monthly
March 4 - 25	Wed.	1:00 p.m. - 2:00 p.m.	\$6 per class/\$20 monthly



## Ballroom Dance *Instructor: Chris Chuc*

Have fun learning Ballroom dances: Waltz, Tango, Swing, Foxtrot, Taiwan Jitterbug, etc. No partner needed, will do partner rotation during class. **No Class: 1/21**

Dates:	Day:	Time:	Fee:
January 7 - 28	Wed.	2:00 p.m. - 3:00 p.m.	\$6 per class/\$20 monthly
February 4 - 25	Wed.	2:00 p.m. - 3:00 p.m.	\$6 per class/\$15 monthly
March 4 - 25	Wed.	2:00 p.m. - 3:00 p.m.	\$6 per class/\$20 monthly



# FREE Mt. SAC CLASSES

**2026 Winter Session: January 5 - February 15**

**No Classes Dates: 1/19, 2/13, 2/16-2/22**

## COMPUTER SKILLS

### Basic Computing Level 1

Mondays, 9:00 a.m. - 11:50 a.m. (1/5-2/9)



### Mobile Information Technology for the Beginner - (Cell Phone)

Tuesdays, 9:00 a.m. - 11:50 a.m. (1/6 - 2/10)

Wednesdays, 12:00 p.m. - 2:50 p.m. (1/7 - 2/11)

### Digital Citizenship

Wednesdays, 9:00 a.m. - 11:50 a.m. (1/7 - 2/11)

### Writing Your Life Story

Tuesdays, 1:00 p.m. - 2:30 p.m. (1/6-2/10)

## DECORATIVE / HOME FINE ARTS

### Jewelry Production and Design for Retail Sales

Tuesdays, 10:00 a.m. - 11:50 a.m. (1/6-2/10)



### Watercolor Painting

Fridays, 10:00 a.m. - 12:30 p.m. (1/9-2/13)



### Regenerative Gardening

Thursdays, 10:00 a.m. - 11:50 a.m. (1/8-2/12)



## HEALTHY AGING

### Healthy Aging - (Aerobics Classes)

Mondays, 9:00 a.m. - 9:50 a.m. (1/5 - 2/9)

Fridays, 9:00 a.m. - 9:50 a.m. (1/9 - 2/13)

Fridays, 10:00 a.m. - 10:50 a.m. (1/9 - 2/13)

### Healthy Aging -

### Principles of Slow Movement (Tai Chi)

Mondays, 12:00 p.m. - 1:25 p.m. (1/5 - 2/9)

Mondays, 1:30 p.m. - 2:55 p.m. (1/5 - 2/9)

### Healthy Aging -

### Principles of Posture and Flexibility (Yoga)

Tuesdays, 10:00 a.m. - 10:50 a.m. (1/6 - 2/10)

Tuesdays, 11:00 a.m. - 11:50 a.m. (1/6-2/10)

Wednesday, 1:00 p.m. - 2:30 p.m. (1/7- 2/11)

Thursdays, 10:00 a.m. - 10:50 a.m. (1/8 - 2/12)

Thursdays, 11:00 a.m. - 11:50 a.m. (1/8 - 2/12)



**All classes are held at the Senior Center. Registration for Decorative/ Home Fine Arts and Health Classes must be completed directly with the instructor on the first day of class.**

# FREE Mt. SAC CLASSES

**2026 Spring Session: February 23 - June 12**  
**No Class Dates: 3/31, 5/25**

## COMPUTER SKILLS



### PowerPoint Basics 2

Mondays, 9:00 a.m. - 11:50 a.m. (2/23-4/13)

### Desktop Publishing

Mondays, 9:00 a.m. - 11:50 a.m. (4/20-6/8)

### Mobile Information Technology

Tuesdays, 9:00 a.m. - 11:50 a.m. (2/24-6/9)  
Wednesdays, 12:00 p.m. - 2:50 p.m. (2/25-6/10)

### Internet Research

Wednesdays, 9:00 a.m. - 11:50 a.m. (2/25-6/10)

### Creative Computing

Thursdays, 9:00 a.m. - 11:50 a.m. (2/26-4/16)

### Basic Computing - Level 3

Thursdays, 9:00 a.m. - 11:50 a.m. (4/23-6/11)

### Writing Your Life Story

Tuesdays, 1:00 p.m. - 2:30 p.m. (2/24-6/9)



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### Regenerative Gardening

Thursdays, 10:00 a.m. - 11:50 a.m. (2/26-6/11)

### Watercolor Painting

Fridays, 10:00 a.m. - 12:30 a.m. (2/27-6/12)



## HEALTHY AGING



### Healthy Aging - (Aerobics Classes)

Mondays, 9:00 a.m. - 9:50 a.m. (2/23 - 6/8)  
Fridays, 9:00 a.m. - 9:50 a.m. (2/27- 6/12)  
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Thursdays, 10:00 a.m. - 10:50 a.m. (2/26 - 6/11)  
Thursdays, 11:00 a.m. - 11:50 a.m. (2/26 - 6/11)



**MT. SAC!**  
Mt. San Antonio College



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# TRAVEL TIME TOURS



West Covina is partnering with Travel Time Tours to provide extended trips. Participants must be at least 21 years of age to sign up for any trips involving casinos. Registration can be taken over the phone or in-person. Please have all your information prepared before calling. Security deposit is due upon registration.



## VIVA LAS VEGAS

Golden Nugget Hotel & Casino  
February 4 - February 6  
Shared Room (2): \$389.50/per person  
Single Room: \$434.50  
Deposit: \$200 (per person) due 1/5

## MONTEREY / CARMEL

Monarch Grove Butterfly Sanctuary  
February 18 - February 20  
Shared Room (2): \$659.50/per person  
Single Room: \$869.50  
Deposit: \$300.00 (per person) due 1/14



## DEATH VALLEY

Stagecoach Inn Hotel & Casino  
March 20 - March 22  
Shared Room (2): \$589.50/per person  
Single Room: \$699.50  
Deposit: \$300.00 (per person) due 2/20



Please call (626) 331-5366 for more information.





AltaMed



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