

City of Los Angeles Department of Recreation and Parks
Valley Therapeutic Recreation Center
11430 Chandler Blvd.
North Hollywood, CA 91601

Seasoned Seniors

An adult day program specifically designed for individuals who have a mild/moderate developmental disability; 50 years of age and older; and who are ambulatory. Seasoned Seniors program is licensed through Community Care Licensing and vendored through North Los Angeles County Regional Center. Transportation is provided through Regional Center

Program hours are 8:30am-1:30pm Tuesday through Friday.

This is a unique, therapeutic recreation based program that provides a variety of center and community based activities. Our philosophy of looking at the whole person, not just the disability, and of meeting individual needs empowers participants to grow and develop new skills, confidence, and independence.

Program Activities Include

Local Trips and Tours	Use of Public Transportation	Intergenerational Programs	
Multi-Cultural Activities	Service Projects	Health and Fitness	Cooking
Community Integration	Arts and Crafts	Music and Dance	Games
Group Discussions	Special Event Programs including Holidays and Cultural Events		

For more information

Please call with any questions, Tuesday through Friday 8:30am-4pm
(818) 756-9757 or email Christine.Abbott@lacity.org