

APPENDIX A - City Inventory of Programs and Services for Older Adults - July 2018

RECREATION AND PARKS (RAP)						
Program / Service	Service Location(s)	Contractual Requirements / Performance Metrics (FY2018)	Estimated Cost (FY2018)	Funding Source	Service Delivery Model	Contractor Name / Contract #
<p><u>Ongoing physical, social, and mental health classes and activities at RAP Senior Citizen Centers</u> - Free/low-cost classes offered by RAP to enhance the overall well-being of older Angelenos. Examples of classes include yoga, tai chi, book clubs, life memoir classes, computer classes, billiards, dancing, and arts and crafts.</p>	<p>28 RAP Senior Citizen Centers (* 3 of these centers are shared-use LADOA Multi-Purpose Centers)</p>	<ul style="list-style-type: none"> • 896 classes and activities • 4,053 registrants for classes and activities • 2,500 participants for special events 	<p>\$980,000</p>	<p>City General Fund</p>	<p>Contracted through LADOA</p>	<p>No information provided</p>
<p><u>Ongoing physical, social, and mental health classes and activities at RAP recreation centers</u> - Free/low-cost classes offered by RAP to enhance the overall well-being of older Angelenos. Examples of classes include yoga, tai chi, book clubs, life memoir classes, computer classes, billiards, dancing, and arts and crafts.</p>	<p>22 Recreation Centers</p>	<ul style="list-style-type: none"> • 220 classes and activities • 775 registrants for classes and activities 	<p>\$550,000</p>	<p>City General Fund</p>	<p>In-house</p>	<p>NA</p>
<p><u>Los Angeles Federation of Senior Citizen Clubs</u> - RAP's Senior Citizen Section oversees the Los Angeles Federation of Senior Citizen Clubs. This citywide organization is an umbrella of senior clubs that meet at churches, RAP Senior Citizen Centers, and RAP Recreation Centers. Currently, there are over 100 clubs and over 9,500 members that meet at churches and RAP facilities and support social interest activities such as life memoirs, walking clubs, zumba, bingo, sewing, quilting, and trips to locations such as museums and gardens.</p>	<p>RAP Senior Citizen Centers and recreation facilities.</p>	<p>Six area events that attracted more than 1,100 attendees.</p> <p>In addition, two special events honoring Federation Club members attracted almost 700 attendees.</p>	<p>\$250,000</p>	<p>Private/public</p>	<p>Combination of In-house and external sponsorships</p>	<p>NA</p>
<p><u>Health and Wellness Fairs</u> - Partnership w/ Humana for six events that included free health screenings such as glucose, bone density, vision, and thyroid screenings. Also included fitness demonstrations such as Zumba, line dancing, and balance exercises.</p>	<p>Various RAP Senior Citizen Centers</p>	<p>800 attendees</p>	<p>Sponsored</p>	<p>Private</p>	<p>Combination of In-house and external sponsorships</p>	<p>No information provided</p>
<p><u>Wellness Program</u> - RAP offers free wellness classes for adults aged 50+ including zumba, yoga, chair aerobics, line dancing, sewing, self defense, and computer lab.</p>	<p>26 RAP sites</p>	<p>225 classes offered 1,887 registrants</p>	<p>\$85,000</p>	<p>City General Fund</p>	<p>In-house</p>	<p>NA</p>