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**FOR IMMEDIATE RELEASE**

[Photos available](#)

**GRAND PARK’S REC CENTER LAUNCHES WITH NEW VIRTUAL PROGRAMS IN ENGLISH, SPANISH AND MANDARIN TO HELP ANGELENOS REFRESH, EMPOWER AND CREATE THEIR PERSONAL WELLBEING THIS SPRING AS L.A.’S “PARK FOR EVERYONE” FOCUSES ON HEALING FOR ALL**

***Refresh Empower Create (REC) Program to Benefit All Ages and Feature Low-Impact Fitness Sessions, Informational Talks and Workshops***

**WATCH ON: Wednesdays at Noon during April–May, 2021, on [rec.grandparkla.org](http://rec.grandparkla.org)**

(See page 2–3 for Calendar Listings)

**LOS ANGELES (March 25, 2021)**—In the spirit of community wellbeing and serving all Angelenos, Grand Park will launch a new, family-friendly digital series, [Grand Park’s REC \(Refresh, Empower, Create\) Center](#), to advance a culture of health and equity in Los Angeles County, using recreational, educational and creative approaches to health. Grand Park, powered by [The Music Center](#), will offer free intergenerational, abilities-inclusive and language-diverse sessions through [rec.grandparkla.org](http://rec.grandparkla.org) during the spring months of April and May 2021. Each Wednesday at 12:00 p.m., *Grand Park’s REC Center* will premiere a new 30-minute activity including informational sessions, fitness classes, arts-based workshops and community conversations. These efforts build upon Grand Park’s existing year-round yoga program, *Lunch À La Park Yoga reTREAT*, which transitioned to virtual classes on [Facebook](#) in March 2020 due to the pandemic. For the new REC programs, Grand Park is partnering with the City of Los Angeles [Department of Aging](#), [The Tree Yoga Cooperative](#), [South Coast Chinese Cultural Center](#) and [Pan America Chinese Dance Alliance](#), among others, to highlight the work by Los Angeles community organizations and government agencies that provide services for all Angelenos that are especially critical during the pandemic. Given COVID-19 restrictions and Grand Park’s commitment to keeping artists and the public safe from community transmission, all programming is pre-recorded; no events will take place in Grand Park.

*“Grand Park’s REC Center is a nexus of community, resources and empowerment designed to help Angelenos focus on taking time for their personal wellbeing and mental health. While the program is multi-generational, a new low-impact yoga session will also be appropriate for older adults, whom we*

know have been particularly isolated due to COVID,” said Rachel S. Moore, president and CEO, The Music Center. “As we all continue to address the impact of the pandemic on our lives, we felt it was important to enrich the social experience by offering accessible programming that is arts-based, communal or fitness oriented. Whether people pencil us in on their calendars for the weekly premieres or watch on demand, we hope *Grand Park's REC Center* offers them an anecdote to the daily routine and a path toward a more positive outlook.”

“As the ‘park for everyone,’ Grand Park offers programming that is both grounded in the park’s vibe of free and fun and designed in ways that are inclusive and representative of the diverse County of Los Angeles we serve. With *Grand Park's REC Center*, we have expanded our efforts by offering the program in multiple languages,” said Julia Diamond, director, Grand Park. “We are thrilled to expand on our many partnerships with community groups and municipal agencies to bring the benefits of the arts, wellness and self-care to more Angelenos, for now in a virtual way, and, hopefully in person, when we can safely enjoy the park’s beautiful spaces again.”

Spring programming highlights of *Grand Park's REC Center* include:

#### **LUNCH À LA PARK YOGA RETREAT**

Led by beloved yogi [Courtney Seiberling](#), Grand Park’s popular year-round virtual yoga program empowers participants to relax, rejuvenate and re-energize from the daily grind for peace of mind on Wednesdays and Fridays. As part of *Grand Park's REC Center*, Seiberling will make yoga accessible to everyone, appropriate for older adults, with a low impact/breathwork approach in two classes held in April and May 2021.

##### ***Accessible Yoga & Breathwork***

***April 7, 2021***

***May 5, 2021***

*12:00 p.m.*

*Language: English*

*Location: [rec.grandparkla.org](http://rec.grandparkla.org)*

*Guests: All levels welcome*

##### ***Wednesdays and Fridays (Year-round)***

*12:15 p.m.–1:00 p.m.*

*Language: English*

*Location: Grand Park’s Facebook ([@grandparkLosAngeles](#))*

*Guests: All levels welcome*

#### **INTRODUCTION TO CHINESE DANCE (Presented by [Pan American Chinese Dance Alliance](#) and [South Coast Chinese Cultural Center](#))**

Christy Yip will demonstrate a warm-up exercise and introduce the different hand movements in Chinese hand dancing. She will also demonstrate a low-impact dance combination that uses all the different hand movements.

Simplified Chinese: 中国舞入门 - 手型练习。中国舞的手型有很多种，如兰花指、轮指、点指、空心拳等。在这个教学视频里，叶雅婷老师将介绍不同的手型及一个练习手型的组合。

Traditional Chinese: 中國舞入門 - 手型練習。中國舞的手型有很多種，如蘭花指、輪指、點指、空心拳等。在這個教學視頻裡，葉雅婷老師將介紹不同的手型及一個練習手型的組合。

**April 14, 2021 (Hand Dancing)**

12:00 p.m.

Language: Mandarin

Location: [rec.grandparkla.org](http://rec.grandparkla.org)

Guests: All levels welcome

Christy Yip will demonstrate a warm-up exercise, as well as a short dance that depicts the Hakka women's lives around the water.

Simplified Chinese: 中国舞入门 - “划船”组合。这个组合源自福建客家地区的舞蹈。用既简单又优美的动作描述客家人在水边的生活。

Traditional Chinese: 中國舞入門 - “划船”組合。這個組合源自福建客家地區的舞蹈。用既簡單又優美的動作描述客家人在水邊的生活。

**May 12, 2021 (Rowing a Boat)**

12:00 p.m.

Language: Mandarin

Location: [rec.grandparkla.org](http://rec.grandparkla.org)

Guests: All levels welcome

**YOGA GENTIL PARA TODOS CUERPOS (Presented by [The Tree Yoga Cooperative](#))**

Movimiento y aliento gentil y suave para principiantes y todas las edades. (These classes focus on gentle movement and breath for beginners and all ages.)

**April 21, 2021**

**May 19, 2021**

12:00 p.m.

Language: Spanish

Location: [rec.grandparkla.org](http://rec.grandparkla.org)

Guests: All levels welcome

**EN CONVERSACIÓN CON EL DEPARTAMENTO PARA PERSONAS MAYORES DE LA CIUDAD DE LOS ÁNGELES (IN CONVERSATION WITH CITY OF LOS ANGELES DEPARTMENT OF AGING)**

Marty Preciado, Gerente de Programación de Grand Park, en conversación con Mariella Freire-Reyes, Directora de Asociaciones Estratégicas y Planificación para la Ciudad de Los Ángeles, Departamento Para Personas Mayores hablarán de programas y servicios disponibles para atender las necesidades de las personas mayores El Departamento Para Personas Mayores aboga por los intereses y el bienestar de personas mayores mediante la administración de programas y servicios en asociación con nuestras agencias comunitarias para atender las necesidades de las personas mayores y a sus cuidadores. (Grand Park's Program Manager Marty Preciado in in conversation with Mariella Freire-Reyes, Deputy Director of Strategic Partnerships & Planning, City of Los Angeles Department of Aging to discuss about available programs and services to serve the needs of older adults. Description: The Department of Aging advocates for the interests and welfare of older adults by administering programs and services in partnership with our community-based agencies to serve the needs of older adults and caregivers.)

**26 de Abril/Monday, April 26, 2021**

12:00–12:30 p.m.

Language: Spanish

Location: Grand Park's Instagram Live ([@grandpark\\_la](#))

Guests: Older Adults

### **ARTS WORKSHOP WITH DA CENTER FOR THE ARTS**

Grand Park welcomes Pomona's [dA Center for the Arts](#) for an hour-long conversation and arts workshop hosted by dA Art leader Bethlehem Martinez. The IG Live workshop will focus on music and motion and include students from the Pomona Unified School District Adults in Transition program. Viewers will also learn more about the dA's work in listening, encouraging and empowering all ages to be understanding, empathic, inclusive and creative citizens for a better future.

**Wednesday, May 26, 2021**

1:00 p.m.

Language: English

Location: Grand Park's Instagram Live ([@grandpark\\_la](#))

Guests: All ages welcome

For more information about Grand Park's REC Center, visit [rec.grandparkla.org](#) and [musiccenter.org](#).

Follow Grand Park on Facebook (grandparkLosAngeles), as well as Twitter, Instagram, Tik Tok, Spotify and Mixcloud (@GrandPark\_LA). \*Artists and performances are subject to change.

### **Calendar Listings**

#### **When:**

April–May, 2021

#### **Where:**

[rec.grandparkla.org](#) (on-demand streaming)

### **About Grand Park**

A vibrant outdoor gathering place, Grand Park is a beautiful public park for the entire community in Los Angeles County. With expansive green space for gatherings large and small, Grand Park celebrates the county's cultural vitality and is host to community events, cultural experiences, holiday celebrations, and many other activities that engage and attract visitors from all communities. The 12-acre Grand Park stretches from The Music Center on the west to City Hall on the east and is easily accessible by Metro via the B/D (formerly Red/Purple) line to the Civic Center/Grand Park station. The park was named one of American Planning Association's 10 "Great Public Spaces" in the U.S. for 2013. Working closely with the county, The Music Center is responsible for all operations and programming for the park. For more information, visit [grandparkla.org](#). Follow Grand Park on Instagram, Twitter, Twitch, Tik Tok, Spotify and Mixcloud (@grandpark\_la) as well as YouTube and Facebook(@grandparkLosAngeles).

### **About The Music Center**

The Music Center convenes artists, communities and ideas with the goal of deepening the cultural lives of every resident in Los Angeles County. The non-profit performing arts organization has two divisions: TMC Arts and TMC Ops. TMC Arts, The Music Center's programming engine, provides year-round programming inside The Music Center's four theatres, on Jerry Moss Plaza, outside at Grand Park—a 12-acre adjacent green space—in schools and other locations all over Los Angeles County and on a digital platform called *The Music Center Offstage*. TMC Arts presents world-class dance with *Gloria Kaufman Presents Dance at The Music Center*, free and low-cost public concerts and events, as well as K–12 arts education programs along with workshops, performances, interactive experiences and special events on *The Music Center Offstage*. TMC Ops manages the theatres, the Plaza and Grand Park on behalf of the County of Los Angeles. The Music Center is also home to four renowned resident companies—Center Theatre Group, Los Angeles Master Chorale, LA Opera and LA Phil. For more information, visit [musiccenter.org](#). Follow The Music Center on Facebook, Instagram and Twitter @MusicCenterLA.