

ONEgeneration Senior Enrichment Center

18255 Victory Blvd, Reseda, CA 91335-- (818) 705-2345

July 2018 – Class Schedule

CALENDAR: HOT DATES

7/4- 4th of July- Center is CLOSED

7/5- Advisory Council Meeting- 10:00am

7/10- FREE Hearing Screenings- 10am-Noon

7/10-The Happy Notes Concert- 2:00pm-3:30pm

7/13- Thrift Corner Sale- ALL DAY!

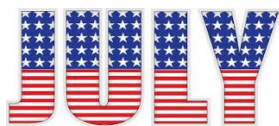
7/17- LA Regional Food Bank Distribution- 1:00pm

7/19-Benefits of Drinking Water Presentation- 10:30am

7/20-Health Wellness Friday Heal-thy Sleep- 9:30am

7/26- Stressbusters Presentation- 10:00am-11:30am

7/26- TAP Card Introduction Workshop- 9:30am



Monday

9:00am-10:30am Walk n' Talk (EBP)- Sheri **(\$2 Donation)** Park

9:00am-11:30am Table Tennis **(\$2 Donation)** MP2

9:30am-10:30am Meditation and Breathing (\$5)-Joanne MP3

10:00am-12:00pm-Watercolor for Beginners-Cristina Art Rm
(Waiting List-Sign up in the office)

1:00pm-2:00pm Zumba Gold- Joann **NEW CLASS* MP 1 & 2
FREE-Silver & Fit Member/\$3 fee Non-Members

1:00pm-3:00pm Drawing/Sketching **(\$2 Donation)** Art Rm

1:00pm-3:00pm Intermediate Spanish (\$4) Michael Activity Rm

1:30pm-3:00pm Parkinson's Support Group- Max Conf.Room

1:00pm-3:00pm Cabaret (Wait List)- David MP3

3:00pm-4:30pm Poetry Forum-Norma **(\$2 Donation)** Comm Rm

****REMINDER**WE ARE CLOSED WEDNESDAY, JULY 4TH, 2018****

Tuesday

9:00am-11:30am Oil Painting- Tamara **(\$2 Donation)** Art Room

9:00am-11:45am Rummykub **(\$2 Donation)** MP1

8:45am-9:45am Silversneakers Classic-Veena MP 2

FREE-Silversneakers Member/\$3 fee-Non-members

9:30am-11:30am Exercise through Dance- Joann MP2

(\$2 Donation) MP 2&3 after 9:45am

12:00pm-5:00pm Knitting & Crochet-**(\$2 Donation)** Art Room

1:00pm-3:00pm Advanced Spanish (\$4)-Michael Activity Rm.

1:00pm-2:00pm Be Fit While U Sit (EBP)- Pat MP1&2

1:00pm-3:00pm Advanced Tap/Jazz- Arlene MP3

1:00pm-2:30pm Ukulele- Eli **(\$2 Donation)** Comm Rm

2:30pm-3:30pm Bollywood- (\$2 Donation) MP 1&2

2:40pm-4:00pm Unzip Your Lip- **(\$2 Donation) Comm Rm**

3:30pm-4:30pm Ballroom Dancing **(\$2 Donation)** MP 1&2

3:30pm-4:30pm Arthritis Foundation Exercise Activity Rm

Yoga/Body Conditioning (EBP-\$6)

3:30pm-4:30pm Country Line Dancing (\$6) MP3

Intermediate- Michael

Wednesday

9:00am-10:00am *NEW Class*

Aerobics/Body Conditioning MP 2&3

9:00am-10:30am Walk n' Talk (EBP)- Sheri **(\$2 Donation)** Park

10:00am-11:00am Zumba-Joanne **(\$2 Donation)** MP2&3

12:30pm-2:30pm Navigating Hope- Donna **(\$2 Donation)** Comm Rm

1:00pm-3:15pm Intermediate Spanish (\$4)-Michael Activity Rm

1:00pm-4:30pm Table Tennis **(\$2 Donation)** MP2

1:00pm-3:30pm Song Birds-Ellen **MP3**

1:30pm-3:00pm Braille Audio Book Club Conf.Room
(2nd Wednesday of the Month) **(\$2 Donation)**

2:40pm-4:30pm Sing-a-long Karaoke *NEW CLASS* MP1
(\$2 Donation)

3:30pm-4:30pm Arthritis Foundation Exercise Comm Rm

Chair Exercise (EBP \$6) Chhiv

****SUMMER CLASS****

Painting the Masters- Starting July 11th 1:00pm-2:00pm in the Art Room. Sign up in the main office! Space is limited!

Thursday

8:30am-10:00am Yoga (\$6)-Jeanette MP 2&3

9:00am-11:45am Rummykub **(\$2 Donation)** MP1

10:00am-11:30am Tai Chi Chuan I (\$6)-Jeanette MP 2&3

10:00am-11:15am Women's Support Group Comm Rm

(\$2 Donation)

10:00am-11:30am Rebuilding Relations**(\$2 Donation)** Conf.Room

1:00pm-2:00pm Silversneakers Classic-Sandy MP2

FREE-Silversneakers Member/\$3 fee-Non-members

1:00pm-3:00pm Intermediate Spanish (\$4)- Michael Activity Rm

1:00pm-3:00pm Advanced Tap/Jazz-Arlene MP3

1:00pm-2:30pm Quest/World Issues- **(\$2 Donation) Comm Rm**

1:00pm-4:00pm Basic Art (All Mediums)-Deidra Art Room
(\$2 Donation)

2:00pm-3:00pm Country Line Dancing (\$6)-Michael MP2

3:15pm-4:45pm International Folk Dancing-Joann**(\$3)** MP 2&3

3:30pm-4:30pm Arthritis Foundation Exercise Activity Rm

Yoga/Body Conditioning (EBP-\$6) Chhiv

Friday

9:00am-10:30am Walk n' Talk (EBP)- Sheri **(\$2 Donation)** Park

9:30am-11:30am Exercise through Dance- Joann MP 2&3
(\$2 Donation)

9:30am-11:30am Bingo (25¢ per card) **(\$2 Donation)** Art Room

11:40am-2:25pm Life Writing (\$6)- Jeanette Comm Rm

****NEW CLASS STARTING JULY 20th****

12:25pm-2:25pm Basic/Beginning Spanish (\$4) Michael

1:00pm-2:00pm Arthritis Foundation Exercise MP1

Be Fit While U Sit (EBP) Pat **(\$2 Donation)**

1:00pm-3:30pm Needlework Group- **(\$2 Donation)** Art Rm

1:30pm-4:00pm Table Tennis **(\$2 Donation)** MP2

2:00pm-4:00pm Movie of the Week **(\$2 Donation)** MP3

(NEW TIME CHANGE)

2:35pm-4:35pm Advanced Spanish (\$4)-Michael Comm Rm

3:30pm-4:30pm Arthritis Foundation Exercise Activity Rm

Chair Exercise (EBP \$6) Chhiv

Friday Movies

All movies start at 2:00pm

7/6/2018

Everything, Everything – PG-13

Confined to her home because of her severe autoimmune disorder, Maddy has spent 17 years isolated from the world. But the arrival of a handsome new next-door neighbor soon turns Maddy's sheltered life upside down

Time: 2hr 13m

Cast: Amanda Stenberg, Nick Robinson, Ana de la Reguera

7/13/2018

Spider-Man: Homecoming – PG-13

Returning home from his spectacular adventures with the Avengers, Peter Parker keeps his high school classmates. But he's soon obliged to unleash his powers on supervillain the Vulture.

Time: 2hr 19m

Cast: Tom Holland, Michael Keaton, Robert Downey Jr.

7/20/2018

Maudie – PG-13

This affecting biopic carts the story of Maud Lewis, who rises above the juvenile rheumatoid arthritis that made her a social outcast and finds a passion for painting, becoming a beloved Canadian folk artist in the process.

Time: 1hr 55m

Cast: Sally Hawkins, Ethan Hawke, Kari Matchett

7/27/2018

Megan Leavey – PG-13

In this affecting true-life drama, U.S. Marine Megan Leavey and her bomb-sniffing dog build a bond of trust and loyalty that sees them through more than 100 missions during the Iraq War – until an improvised explosive device injures them both.

Time: 1 hr 56m

Cast: Kate Mara, Ramon Rodriguez, Tom Felton

Thrift Corner & Snack Shop Hours of Operation:

Monday-Friday 10:00am-2:00pm

***Fitness Center Open Monday-Friday 9am-5pm**

July 2018

ONGOING SERVICES

***BRAILLE VISUAL AID CONSULTATIONS**

Call for more information (323) 663-1111.

***NEW SERVICE* Cal Fresh Enrollment/Assistance**

3rd Tuesday by Appointment Only- Call (818)705-2345

***CANDY WATSON- REVERSE MORTGAGE SPECIALIST** By appointment only *Call (661)877-1317* to make apt.

***COMPUTER CLASS-**

Call to schedule an appointment, (818)705-2345

***COREY A. CARTER - Bankruptcy Advice**

Call for a consultation 818-705-2345

***ELDER LAW ATTORNEY- Sara Polinsky**

Call to schedule appointment

***CITIZENSHIP ASSISTANCE- 818-342-4680**

***FIDUCIARY ASSISTANCE-** Call Pam Blattner (818)926-0984.

***L.A. MENTAL HEALTH - Counseling Services**

Wednesdays, 10:00 am-2:00 pm. Call (213) 923-4838.

***LEGAL SERVICE (FREE) – Bet Tzedek**

Please call the main office to schedule an appointment at (818) 705-2345.

***LEGAL SERVICES - Bar Association**

1st and 3rd Tuesday of every month, 1:00pm – 3:00pm, by appointment (818) 227-0489.

***MASSAGE THERAPY**

Wednesdays, 9:30 am-12:00 noon - \$3.00 fee.

***MATURE DRIVING COURSE-** Call the main office to make an appointment at 818-705-2345.

***FREE MEMORY SCREENING-** Call 818-705-2345 to make apt.

***MEDI-CAL ASSISTANCE & ENROLLMENT-**Call (818)705-2345 for more information.

***MEDICARE SERVICES HICAP**

Every 2nd & 4th Tuesday of the month - 10:00 am-12:00 noon, call for appointment 818-705-2345.

***PODIATRY & WOUND CARE SERVICES-1st Wed. of the Month**

Call Main office at 818-705-2345 to make an appointment. \$20

***SENIOR PEER COUNSELING SERVICES- (818)847-3845**

We ask for a minimum suggested donation of \$2 for all Senior Center classes and presentations unless otherwise noted. Thank you for your generous support!