

**ONEgeneration Senior Enrichment Center**  
**18255 Victory Blvd, Reseda, CA 91335-- (818) 705-2345**  
**July 2018 – Class Schedule**

**CALENDAR: HOT DATES**

**7/4- 4<sup>th</sup> 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



**Tuesday**

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

9:00am-11:45am Rummikub **(\$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 (\$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) Intermediate- **Michael** MP3

**Thursday**

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

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

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

10:00am-11:15am Women's Support Group **(\$2 Donation)** Comm Rm

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**

**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** (Waiting List-Sign up in the office) Art Rm

**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 4<sup>TH</sup>, 2018\*\***

**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 (2<sup>nd</sup> Wednesday of the Month) **(\$2 Donation)** Conf.Room

**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 11<sup>th</sup> 1:00pm-2:00pm in the Art Room. Sign up in the main office! Space is limited!**

**Friday**

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

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

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 20<sup>th</sup>\*\***

**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**

3<sup>rd</sup> 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**

1<sup>st</sup> and 3<sup>rd</sup> 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 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the month - 10:00 am-12:00 noon, call for appointment 818-705-2345.

#### **\*PODIATRY & WOUND CARE SERVICES-1<sup>st</sup> 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!**