

ONEgeneration Senior Enrichment Center

Class Schedule

February 2017

CALENDAR: HOT DATES

2/7- Advisory Council Meeting- 1:30pm *All guests are welcome!*
2/9 Gerry Kane presents VA Benefits- 10:30am-11:30am
2/10-Sweetheart Dance- 2:00pm-4:00pm
2/13- FREE Hearing Screening by Terra Health- 10am-Noon
2/14- Health Screening Tuesday- 9:30am-12:00pm
 Fall Risk/Mobility Assessment- Space is limited, sign up today!
2/15-Preventing Falls/Improving Balance- 10:30am-11:30am
2/21-Placement 101 Presentation 10:30am-11:30am
2/21- LA Regional Food Bank Distribution- 1:00pm
2/23-Cooking Class- Good Foods for your Circulatory System-10am
2/24- Health & Wellness Friday- Breathe Talk 10am-Noon
2/27-Ask a Geriatrician- Side Effects of Medication 9:30-10:30am
2/27- Memory Mondays (Free Memory Screenings)12-2:00pm
2/28- Healthy Sleep- Presented by Kaiser-10:30am-11:30am
2/28-Sara Polinsky- Elder Law Seminar Part 2- 10am-11:30am



Monday

8:00am-9:30am	Arthritis Foundation Exercise Yoga/Body Conditioning (EBP-\$6) Chhiv	Activity Rm
9:00am-11:30am	Table Tennis	MP2
9:30am-10:30am	Walk n' Talk (EBP)- Brenda/Lauren	Park
9:30am-10:30am	Meditation and Breathing (\$5)- Joanne	MP3
9:45am-11:15am	Arthritis Foundation Exercise Chair Exercise (EBP-\$6) Chhiv	Activity Rm
10:00am-12:00pm	Watercolor for Beginners-Cristina	Art Rm
1:00pm-3:00pm	Drawing/Sketching	Art Rm
1:00pm-3:00pm	Intermediate Spanish (\$4) Michael	Comm Rm
1:30pm-3:00pm	Parkinson's Support Group- Max	Conf.Room
1:00pm-3:00pm	Documentary Film & Discussion- Stan	ActivityRm
1:00pm-3:00pm	Cabaret (Wait List)- Jack & Diane	MP3
3:00pm-4:30pm	Poetry Forum-Tas	Activity Rm

***ATTENTION*We will be closed the following day:**
Monday, February 20th, 2017 –Presidents Day

Tuesday

9:00am-11:30am	Oil Painting- Tamara	Art Room
9:00am-11:45am	Rummykub	MP1
9:30am-11:30am	Exercise through Dance- Joann	MP2&3
10:30am-11:30am	Moving Forward Discussion	Conf. Room
1:00pm-2:00pm	Arthritis Foundation Exercise Be Fit While U Sit (EBP)- Pat	MP1&2
1:00pm-3:00pm	Advanced Tap/Jazz- Arlene	MP3
1:00pm-2:30pm	Ukulele- Eli	ActivityRm
1:00pm-3:00pm	Advanced Spanish (\$4)- Michael	Comm Rm
2:40pm-4:00pm	Unzip Your Lip- Ruthie	Activity Rm
3:30pm-4:30pm	Country Line Dancing (\$6) Intermediate- Michael	MP3

Wednesday

8:00am-9:30am	Yoga/Body Conditioning (EBP-\$6)- Chhiv	ActivityRm
9:00am-10:00am	Beginning Tap & Jazz- Lauren	MP3
9:00am-3:30pm	Knitting & Crochet- Frankie/Wanda	ArtRoom
9:30am-10:30am	Walk n' Talk (EBP)- Brenda/Lauren	Park
9:45am-11:15am	Arthritis Foundation Exercise Chair Exercise (EBP \$6) Chhiv	Activity Rm
10:00-11:00am	Let's Talk (Farsi Group)-Joseph *New*	Comm Rm
10:00am-11:00am	Zumba- Joanne	MP2&3
1:00pm-2:30pm	Navigating Hope- Donna	ActivityRm
1:00pm-2:30pm	Science 4 All- Ted	Comm Rm
1:00pm-4:30pm	Table Tennis	MP2
1:00pm-3:30pm	Song Birds- Ellen	MP3
1:30pm-3:00pm	Braille Audio Book Club (2 nd Wednesday of the Month)	Conf.Room
1:30pm-3:00pm	UCLA Memory (EBP)- Debra	MP1

Thursday

8:30am-10:00am	Yoga (\$6)- Jeanette	MP 2&3
9:00am-11:45am	Rummykub	MP1
10:00am-11:30am	Tai Chi Chuan I (\$6)- Jeanette	MP 2&3
10:00am-11:15am	Women's Support Group	Activity Rm
10:00am-11:30am	Rebuilding Relations	Conf.Room
1:00pm-3:00pm	Beginning/Basic Spanish- Michael	Comm Rm
1:00pm-3:00pm	Advanced Tap/Jazz- Arlene	MP3
1:00pm-2:30pm	Quest/World Issues- Sam	ActivityRm
1:00pm-4:00pm	Basic Art (All Mediums)- Deidra	Art Room
2:00pm-3:00pm	Country Line Dancing (\$6)- Michael	MP2 & 3
2:00pm-3:30pm	Technology Class	MP1
3:15pm-4:45pm	International Folk Dancing- Joann	MP 2&3

Friday

8:00am-9:30am	Yoga/Body Conditioning- Chhiv	Activity Rm
9:30am-10:30am	Walk n' Talk (EBP)- Brenda/Lauren	Park
9:30am-11:30am	Exercise through Dance- Joann	MP 2&3
9:30am-11:30am	Bingo (25¢ per card)	Art Room
9:45am-11:15am	Arthritis Foundation Chair Exercise (\$6)	Activity Rm
11:40am-2:25pm	Life Writing (\$6)- Jeanette	Activity Rm
1:00pm-2:00pm	Arthritis Foundation Exercise Be Fit While U Sit (EBP) Pat	MP1
1:00pm-3:30pm	Needlework Group- Pam	Art Rm
1:30pm-4:00pm	Table Tennis	MP2
1:30pm-4:00pm	Movie of the Week	MP3
2:35pm-4:35pm	Advanced Spanish (\$4)- Michael	Activity Rm

***Fitness Center Open Monday-Friday 9am to 5pm
 In the Activity Room**

*** Evidence Based Program Classes are noted as (EBP).**

**Thrift Corner & Snack Shop Hours of Operation:
 Monday-Friday 10:00am-2:00pm**

Friday Movies

All movies start at 1:30pm

- Feb. 3 **Florence Foster Jenkins**
2016 (PG-13) (1hr 50min)
Meryl Streep, Hugh Grant, Simon Helberg
Despite her horrid singing voice, New York City heiress Florence Foster Jenkins is certain she can become an opera star. Her partner and manager, St. Clair Bayfield, does all he can to shield Florence from the truth, but his task may prove impossible.
- Feb. 10 **No Movie – Sweetheart Dance**
- Feb. 17 **Demolition**
2016 (R) (1hr 41min)
Jake Gyllenhaal, Naomi Watts, Chris Cooper
Shattered by his wife's tragic death in a car crash, investment banker David Mitchell is rendered emotionally numb – until his frustration with an uncooperative vending machine leads to an unlikely correspondence and some therapeutic destruction.
- Feb. 24 **Captain Fantastic**
2016 (R) (1hr 59min)
Viggo Mortensen, Frank Langella, Kathryn Hahn
Having raised six children in the wooded isolation of the pacific Northwest, Ben Cash is suddenly drawn back into civilization by a shocking tragedy. As the kids face an unfamiliar world, Ben begins to reexamine his approach to parenting.

Happy
Valentine's
Day

February 2017 **ONGOING SERVICES**

- *AARP Tax Assistance-Every Tuesday & Friday-** Call the main office at 818-705-2345 to schedule your appointment.
- *BRAILLE VISUAL AID CONSULTATIONS**
Call for more information (323) 663-1111.
- *CANDY WATSON- REVERSE MORTGAGE SPECIALIST** By appointment only
- *COMPUTER CLASS-**
Call to schedule an appointment, (818)705-2345
- *COREY A. CARTER - Bankruptcy Advice**
Call for a consultation 818-245-1121
- *DOWNSIZING YOUR HOME CONSULTATION-**
Dave Feldman (818)970-7701
- *ELDER LAW ATTORNEY- Sara Polinsky**
February 21st- Call to schedule appointment
- *EMPLOYMENT ASSISTANCE-** Call (877) 272-3624 for more info.
- *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. \$10.00 consultation fee.
- *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.
- *Medi-cal Enrollment/Assistance-**Call (818)705-2345 for more information.
- *MEDICARE SERVICES HICAP**
Every Tuesday of the month - 10:00 am-12:00 noon, call for appointment 818-705-2345.
- *PODIATRY & WOUND CARE SERVICES**
Call Main office at 818-705-2345 to make an appointment.
- *SAFELINE FREE PHONE SIGN-UPS**
2nd & 4th Wednesday of every month- 11:00am-2:00pm
- *SENIOR PEER COUNSELING SERVICES**
Call (818)847-3845 for more info.
- 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!**

