

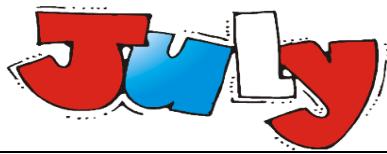
ONEgeneration Senior Enrichment Center

Class Schedule -- (818) 705-2345

July 2017

CALENDAR: HOT DATES

7/11- Advisory Council Meeting- 1:30pm All guests are welcome!
 7/11-8/15- Diabetes Education Empowerment Program- 2-4pm
 7/13- FREE Blood Pressure Screening by Terra Health- 10am
 7/18- LA Regional Food Bank Distribution- 1:00pm
 7/20-Oral Health Presentation 11am-12:30am
 7/20-Fraud/Financial Abuse Presentation- 10:30am
 7/20-LA Care Dentex Dental Mobile Clinic- ALL DAY
 7/24-Memory Mondays (Free Memory Screenings) 12:00pm-2pm
 7/27- Cooking Class-Summer Eating & Food Safety 10am-11:30am
 7/27-Affordable Housing Presentation by ILCSC- 10-11am
 7/28-Health Wellness Friday- 10am-Noon
 7/28- Celebrity Chef Event with Doreen Colondres
 1:30pm-3:30pm. To RSVP, call (818)705-2345



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

Reminder We will be closed on
 Tuesday, July 4th, 2017
 Happy 4th of July!!!

Tuesday

9:00am-11:30am	Oil Painting- Tamara	Art Room
9:00am-11:45am	Rummikub	MP1
9:30am-10:30am	*NEW Class* Silversneakers Classic	
Free-Silversneakers Member/\$3 fee-Non-members Activity Rm		
9:30am-11:30am	Exercise through Dance- Joann	MP2&3
12:00pm-5:00pm	Knitting & Crochet- Frankie	Art 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
2:30pm-3:30pm	Bollywood-Beginning	MP 1 & 2
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
9:30am-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	Comm Rm
10:00am-11:00am	Zumba- Joanne	MP2&3
12:30pm-2:30pm	Navigating Hope- Donna	ActivityRm
1:15pm-3:15pm	Beginning Spanish (\$4)-NEW	Art Rm
1:00pm-2:30pm	Beginning Photography- Jaylyn	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
2:00pm-4:00pm	A Matter of Balance(EBP) *Starting 7/12	MP1

Thursday

8:30am-10:00am	Yoga (\$6)- Jeanette	MP 2&3
9:00am-11:45am	Rummikub	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-2:00pm	*NEW Class* Silversneakers Classic	
Free-Silversneakers Member/\$3 fee-Non-members Activity Rm		
1:00pm-3:00pm	Intermediate Spanish (\$4)- 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
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

July 7

Inferno

2016 (PG-13) (2hr 1min)

Tom Hanks, Felicity Jones, Omar Sy

Tom Hanks returns for a third outing as symbologist Robert Langdon. This time, Langdon awakens in an Italian hospital with no memory of the past few days and suddenly finds himself in a race to stop a madman from unleashing a plague on the world.

July 14

American Pastoral

2016 (R) (1hr 48min)

Ewan McGregor, Jennifer Connelly, Dakota Fanning

Living a seemingly charmed life, Seymour Levov sees his family and once-idyllic world begin to crumble after his rebellious young daughter joins a violent band of Vietnam War protesters.

July 21

A Street Cat Named Bob

2016 (NR) (1hr 43min)

Luke Treadway, Ruta Gedamintas, Joanne Froggatt

Long a solo act, street busker and recovering addict James Bowen finds himself part of a team when he adopts a stray cat who's as interested in taking care of James as he is in taking care of the feline. Soon, the cat becomes part of the act.

July 28

Fences

2016 (PG-13) (2hr 19min)

Denzel Washington, Viola Davis, Russell Hornsby

Working as a trash collector in 1950s Pittsburgh Troy Maxson struggles to raise his family while trying to transcend the bitter experience of being a talented baseball player denied the opportunity to play in the majors because of his race.

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!

July 2017

ONGOING SERVICES

***BRAILLE VISUAL AID CONSULTATIONS- July 19TH**

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 818-245-1121

***ELDER LAW ATTORNEY- Sara Polinsky**

Call to schedule appointment

***EMPLOYMENT ASSISTANCE- Call (800)525-1425 for more info.**

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

NEW SERVICE*Hair & Manicurist-Tuesdays by appointment only. Call (818)705-2345 to make your apt.

***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 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.

***SAFELINE FREE PHONE SIGN-UPS**

1ST AND 3RD WEDNESDAY. Call for more info. - 11:00am-2:00pm