

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

**\*Reminder\* We will be closed on**

**Tuesday, July 4<sup>th</sup>, 2017**

**Happy 4<sup>th</sup> of July!!!**

### Tuesday

9:00am-11:30am	Oil Painting- <b>Tamara</b>	Art Room
9:00am-11:45am	Rummykub	MP1
<b>9:30am-10:30am</b>	<b>*NEW Class* Silversneakers Classic</b>	
	<b>Free-Silversneakers Member/\$3 fee-Non-members</b>	<b>Activity Rm</b>
9:30am-11:30am	Exercise through Dance- <b>Joann</b>	MP2&3
12:00pm-5:00pm	Knitting & Crochet- <b>Frankie</b>	Art Room
1:00pm-2:00pm	Arthritis Foundation Exercise	MP1&2
	Be Fit While U Sit (EBP)- <b>Pat</b>	
1:00pm-3:00pm	Advanced Tap/Jazz- <b>Arlene</b>	MP3
1:00pm-2:30pm	Ukulele- <b>Eli</b>	ActivityRm
1:00pm-3:00pm	Advanced Spanish (\$4)- <b>Michael</b>	Comm Rm
2:30pm-3:30pm	Bollywood-Beginning	MP 1 & 2
2:40pm-4:00pm	Unzip Your Lip- <b>Ruthie</b>	Activity Rm
3:30pm-4:30pm	Country Line Dancing (\$6)	MP3
	Intermediate- <b>Michael</b>	

### Wednesday

8:00am-9:30am	Yoga/Body Conditioning (EBP-\$6)- <b>Chhiv</b>	ActivityRm
9:00am-10:00am	Beginning Tap & Jazz- <b>Lauren</b>	MP3
9:30am-10:30am	Walk n' Talk (EBP)- <b>Brenda/Lauren</b>	Park
9:45am-11:15am	Arthritis Foundation Exercise	Activity Rm
	Chair Exercise (EBP \$6) <b>Chhiv</b>	
10:00-11:00am	Let's Talk (Farsi Group)-Joseph	Comm Rm
10:00am-11:00am	Zumba- <b>Joanne</b>	MP2&3
12:30pm-2:30pm	Navigating Hope- <b>Donna</b>	ActivityRm
1:15pm-3:15pm	Beginning Spanish (\$4)-NEW	Art Rm
<b>1:00pm-2:30pm</b>	<b>Beginning Photography- Jaylyn</b>	<b>Comm Rm</b>
1:00pm-4:30pm	Table Tennis	MP2
1:00pm-3:30pm	Song Birds- <b>Ellen</b>	<b>MP3</b>
1:30pm-3:00pm	Braille Audio Book Club	Conf.Room
	(2 <sup>nd</sup> Wednesday of the Month)	
2:00pm-4:00pm	A Matter of Balance(EBP) <b>*Starting 7/12</b>	MP1

### Thursday

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

### Friday

8:00am-9:30am	Yoga/Body Conditioning- <b>Chhiv</b>	Activity Rm
9:30am-10:30am	Walk n' Talk (EBP)- <b>Brenda/Lauren</b>	Park
9:30am-11:30am	Exercise through Dance- <b>Joann</b>	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)- <b>Jeanette</b>	Activity Rm
1:00pm-2:00pm	Arthritis Foundation Exercise	MP1
	Be Fit While U Sit (EBP) <b>Pat</b>	
1:00pm-3:30pm	Needlework Group- <b>Pam</b>	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)- <b>Michael</b>	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 19<sup>TH</sup>**

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 818-245-1121

#### **\*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**

1<sup>st</sup> and 3<sup>rd</sup> 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 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.

#### **\*SAFELINE FREE PHONE SIGN-UPS**

**1<sup>ST</sup> AND 3<sup>RD</sup> WEDNESDAY.** Call for more info. - 11:00am-2:00pm