

ONEgeneration Senior Enrichment Center

Class Schedule -- (818) 705-2345

June 2017

CALENDAR: HOT DATES

6/6- Advisory Council Meeting- 1:30pm All guests are welcome!
6/13-Free Vision/Glaucoma Screening- 9am Call to make apt.
6/13- Fall Prevention presented by SCAN- 11am
6/15- DWP Lifeline Program Presentation 10:30am-11:30am
6/19- Silver Sneakers Grand Opening Event- 10am-1pm
6/20-Your Legacy, Your Life Presentation- 10:30am
6/20- LA Regional Food Bank Distribution- 1:00pm
6/22- TAP Card Training- 10:00am-11:30am
6/23-Health Wellness Friday- 10am-Noon
6/26-Memory Mondays (Free Memory Screenings) 12:00pm-2pm
6/29- Live Life to the Fullest Presentation- 10:30am
6/29- Cooking Class-Healthy Eating on a Budget 10:00am-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



Tuesday

9:00am-11:30am	Oil Painting- Tamara	Art Room
9:00am-11:45am	Rummikub	MP1
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
2:40pm-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	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	Conf.Room

(2nd Wednesday of the Month)

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-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

June 2

La La Land

2016 (PG-13) (2hr 8min)

Ryan Gosling, Emma Stone, John Legend
While pursuing showbiz fame, jazz pianist Sebastian falls for aspiring actress Mia, and the two embark on an intense love affair. But as their separate paths of ambition force them to make tough choices, their relationship starts to fray.

June 9

Southside With You

2016 (PG-13) (1hr 24min)

Parker Sawyers, Tika Sumpter

Chronicling a fateful summer day in 1989 when a Harvard Law student wooed a pretty young attorney by taking her on a memorable South Side Chicago date, this engaging romantic drama charts the beginnings of Barack and Michelle Obama's relationship.

June 16

Indignation

2016 (R) (1hr 52min)

Logan Lerman, Sarah Gadon, Tracy Letts

When he's admitted to a rigidly Christian college in the Midwest, Marcus Messner also achieves another goal: to get away from his Domineering Jewish dad. But Marcus' optimism is soon tempered by a netting dean and signs of anti-Semitism on campus.

June 23

The Founder

2016 (PG-13) (1hr 55min)

Michael Keaton, Nick Offerman

The concept and expansion of McDonald's global fast-food empire represent one of the greatest success stories of American business. This meaty biopic profiles company founder Ray Kroc, whose canny instincts turned McDonald's into a golden brand.

June 30

Hidden Figures

2016 (PG) 2hr 7min)

Taraji P. Henson, Octavia Spencer

In the race to space between the United States and the Soviet Union during the Cold War, three black female mathematicians play a key role in launching astronaut John Glenn into outer space, making him the first American to orbit Earth.

June 2017

ONGOING SERVICES

***BRAILLE VISUAL AID CONSULTATIONS- June 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 (877) 272-3624 for more info.**

***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. \$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**

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

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!