

ONEgeneration Senior Enrichment Center

Class Schedule

March 2017

CALENDAR: HOT DATES

3/2-Tax Education Presentation by Bet Tzedek- 10:30-11:30am
3/6-4/10- Healthier Living with Chronic Diseases- 9:30am-11:30am *Spaces still available, sign up today!!!*
3/7- Advisory Council Meeting- 1:30pm All guests are welcome!
3/7- TAP Card Presentation 10:00-11:30am
3/13- Updated Traffic Laws of 2017 by LAPD- 10:30am-Noon
3/14- Virtual Reality Therapy- Sign up today! 10:30am-2pm
3/14- Health Screening Tuesday-Hearing Screening 10:00am
3/21- LA Regional Food Bank Distribution- 1:00pm
3/23-Cooking Class- Clean Eating 10:00am-11:30am
3/23- Travel Talk Presented by Friendly Excursions- 10:00am
3/24- Health & Wellness Friday- Water Therapy 10am-Noon
3/27-Ask a Geriatrician- Intimacy & Sexuality 9:30-10:30am
3/27- Memory Mondays (Free Memory Screenings)12-2:00pm
3/28-Tax Education Presentation by Bet Tzedek- 10:30-11:30am
3/31- Stress Less presented by Kaiser- 2:00pm-3:00pm

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
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
12:30pm-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

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- 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

Mar. 3

Papa: Hemingway in Cuba

2016 (R) (1hr 49min)

Giovanni Ribisi, Joely Richardson, Adrian Sparks
Set in the late 1950s amid the turmoil of the Cuban revolution, this fact-based drama follows young journalist Ed Myers during a pilgrimage to Havana to meet his hero, iconic writer Ernest Hemingway, who's descending into a depression and alcoholism.

Mar. 10

Mr. Church

2016 (PG-13) 1hr 44min

Eddie Murphy, Britt Robertson, Xavier Samuel
Hired to lend a hand to a single mother diagnosed with cancer, Henry Joseph Church wins the hearts of mom Marie Brody and daughter Charlie through his cooking, establishing a bond that lasts long beyond Marie's death and Charlie's childhood.

Mar. 17

Little Men

2016 (PG) (1hr 25min)

Greg Kinnear, Jennifer Ehle, Paulina Garcia
When 13-year-old Jake moves into his late grandfather's home, he's happy to find a built-in pal in Tony, the son of the seamstress who rents the downstairs shop. But while the boys hit it off, a rent dispute quickly puts their parents in conflict.

Mar. 24

Café Society

2016 (PG-13) (1hr 36min)

Jeannie Berlin, Steve Carell, Jesse Eisenberg
Setting his sights on the magical kingdom of Hollywood, a young man migrates to Los Angeles in the 1930s and is swiftly drawn into the social whirlpool of the young and beautiful – all pursuing their own visions of success.

Mar. 31

Mr. Holmes

2015 (PG) (1hr 43min)

Ian McKellen, Laura Linney, Milo Parker
Long retired to a country farmhouse, 93-year-old Sherlock Holmes tends his apiary and reflects on his remarkable career. But the legendary sleuth, whose mental powers are fading, remains haunted by the unsolved case that caused him to call it quits.

March 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**

March 28th- 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 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**

Every Other Wednesday. Call for more info. - 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!

