

# 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 Activity Rm  
 Yoga/Body Conditioning (EBP-\$6) **Chhiv**  
 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 Activity Rm  
 Chair Exercise (EBP-\$6) **Chhiv**  
 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 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 MP1&2  
 Be Fit While U Sit (EBP)- **Pat**  
 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) MP3  
 Intermediate- **Michael**

### 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 Activity Rm  
 Chair Exercise (EBP \$6) **Chhiv**  
 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 Conf.Room  
 (2<sup>nd</sup> Wednesday of the Month)

### 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 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 MP1  
 Be Fit While U Sit (EBP) **Pat**  
 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 28<sup>th</sup>- 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**  
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 Enrollment/Assistance-**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**  
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!**

