

# ONEgeneration Senior Enrichment Center

Class Schedule -- (818) 705-2345

December 2017

## CALENDAR: HOT DATES

12/7- Advisory Council Meeting- 10:00am All guests are welcome!

12/8-Oral Health Presentation- 10:30am

12/8-ONEgeneration Annual Holiday Show-1:00pm

12/11- "Miracles" Talk- 10:30am- 11:30am

12/15-Health Wellness Friday- SPARK Your Life! 10:00am

12/18- Cabaret Holiday Performance- 1:00pm

12/19- LA Regional Food Bank Distribution- 1:00pm

**\*\*Reminder\*\* We are closed the following days:**

**Friday, December 22<sup>nd</sup>**

**Monday, December 25<sup>th</sup>- Merry Christmas!**

**Tuesday, December 26<sup>th</sup>**

**Monday, January 1<sup>st</sup>, 2018- Happy New Year!**



## Tuesday

9:00am-11:30am Oil Painting- **Tamara (\$2 Donation)** Art Room

9:00am-11:45am Rummykub **(\$2 Donation)** MP1

**9:00am-10:00am Silversneakers Classic-Veena** Comm Rm.

**Free-Silversneakers Member/\$3 fee-Non-members**

9:30am-11:30am Exercise through Dance- **Joann (\$2 Donation)** MP2&3

12:00pm-5:00pm Knitting & Crochet-**(\$2 Donation)** Art Room

1:00pm-2:00pm Arthritis Foundation Exercise MP1&2  
Be Fit While U Sit (EBP)- **Pat (\$2 Donation)**

1:00pm-3:00pm Advanced Tap/Jazz- **Arlene** MP3

1:00pm-2:30pm Ukulele- **Eli (\$2 Donation)** Comm Rm

1:00pm-3:00pm Advanced Spanish (\$4)-**Michael** Activity Rm

2:40pm-4:00pm Unzip Your Lip- **Ruthie (\$2 Donation)** Comm Rm

3:30pm-4:30pm Ballroom Dancing **(\$2 Donation)** MP 1&2

3:30pm-4:30pm Country Line Dancing (\$6) MP3

Intermediate- **Michael**

## Thursday

8:30am-10:00am Yoga (\$6)-**Jeanette** MP 2&3

9:00am-11:45am Rummykub **(\$2 Donation)** MP1

10:00am-11:30am Tai Chi Chuan I (\$6)-**Jeanette** MP 2&3

10:00am-11:15am Women's Support Group **(\$2 Donation)** Comm Rm

10:00am-11:30am Rebuilding Relations**(\$2 Donation)** Conf.Room

**1:00pm-2:00pm Silversneakers Classic-Sandy** MP2

**Free-Silversneakers Member/\$3 fee-Non-members**

1:00pm-3:00pm Intermediate Spanish (\$4)- **Michael** Activity Rm

1:00pm-3:00pm Advanced Tap/Jazz-**Arlene** MP3

1:00pm-2:30pm Quest/World Issues- **(\$2 Donation)** Comm Rm

1:00pm-4:00pm Basic Art (All Mediums)-**Deidra (\$2 Donation)** Art Room

2:00pm-3:00pm Country Line Dancing (\$6)-**Michael** MP2

3:15pm-4:45pm International Folk Dancing-**Joann (\$2 Donation)** MP 2&3

## Monday

8:00am-9:30am Arthritis Foundation Exercise Comm Rm

Yoga/Body Conditioning (EBP-\$6) **Chhiv**

9:00am-11:30am Table Tennis **(\$2 Donation)** MP2

9:30am-10:30am Meditation and Breathing (\$5)-**Joanne** MP3

9:45am-11:15am Arthritis Foundation Exercise Comm Rm

Chair Exercise (EBP-\$6) **Chhiv**

**10:00-11:30am UCLA Memory (last class 12/11)**

Activity Rm

10:00am-12:00pm Watercolor for Beginners-**Cristina**

Art Rm

**1:00pm-2:00pm Zumba Gold- Joann \*\*NEW CLASS\***

MP 1 & 2

**FREE-Silver & Fit Member/\$3 fee Non-Members**

1:00pm-3:00pm Drawing/Sketching **(\$2 Donation)** Art Rm

1:00pm-3:00pm Intermediate Spanish (\$4) **Michael** Activity Rm

1:30pm-3:00pm Parkinson's Support Group- **Max** Conf.Room

1:00pm-3:00pm Documentary Film & Discussion- **Stan (\$2 Donation)**

Comm Rm

1:00pm-3:00pm Cabaret (Wait List)- **David**

MP3

**2:00pm-3:00pm Beginning Belly Dancing (\$3)**

MP2

3:00pm-4:30pm Poetry Forum-**Tas (\$2 Donation)**

Comm Rm

## Wednesday

8:00am-9:30am Yoga/Body Conditioning (EBP-\$6)-**Chhiv** Comm Rm

9:00am-10:00am Beginning Tap & Jazz- **Jaylyn (\$2 Donation)** MP3

9:00am-10:30am Walk n' Talk (EBP)- **Vanessa (\$2 Donation)** Park

9:45am-11:15am Arthritis Foundation Exercise Comm Rm

Chair Exercise (EBP \$6) **Chhiv**

**10:00-11:00am Let's Talk (Farsi)-**Joseph (\$2 Donation)****

ActivityRm

10:00am-11:00am Zumba-**Joanne (\$2 Donation)**

MP2&3

12:30pm-2:30pm Navigating Hope- **Donna (\$2 Donation)**

Comm Rm

1:00pm-3:15pm Beginning Spanish (\$4)-**Michael**

Art Rm

**1:00pm-2:00pm \*New Class\*Beginning ESL (\$2 Donation)**

ActivityRm

1:00pm-4:30pm Table Tennis **(\$2 Donation)**

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) **(\$2 Donation)**

2:00pm-4:00pm A Matter of Balance (EBP) **(\$2 Donation)** MP1

2:40pm-4:30pm Sing-a-long Karaoke \*NEW CLASS\* ActivityRm

**(\$2 Donation)**

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2:00pm-3:00pm Country Line Dancing (\$6)-**Michael** MP2

3:15pm-4:45pm International Folk Dancing-**Joann (\$2 Donation)** MP 2&3

## Friday

8:00am-9:30am Yoga/Body Conditioning- **Chhiv** Comm Rm

9:00am-10:30am Walk n' Talk (EBP)- **Vanessa (\$2 Donation)** Park

9:30am-11:30am Exercise through Dance- **Joann (\$2 Donation)** MP 2&3

9:30am-11:30am Bingo (25¢ per card) **(\$2 Donation)** Art Room

9:45am-11:15am Arthritis Foundation Chair Exercise (\$6) Comm Rm

11:40am-2:25pm Life Writing (\$6)- **Jeanette** Comm Rm

1:00pm-2:00pm Arthritis Foundation Exercise

Be Fit While U Sit (EBP) **Pat (\$2 Donation)**

1:00pm-3:30pm Needlework Group- **(\$2 Donation)** Art Rm

1:30pm-4:00pm Table Tennis **(\$2 Donation)** MP2

2:00pm-4:00pm Movie of the Week **(\$2 Donation)** MP3

**(NEW TIME CHANGE)**

2:35pm-4:35pm Advanced Spanish (\$4)-**Michael**

Comm Rm

**Thrift Corner & Snack Shop Hours of Operation:**

**Monday-Friday 10:00am-2:00pm**

**\*Fitness Center Open Monday-Friday 9am-5pm**

## Friday Movies \*NEW TIME CHANGE\*

All movies start at 2:00pm

### 12/1/2017

#### ELF – PG 13

Buddy the Elf doesn't like he fits in with the other elves of the North Pole, but this Christmas, when he learns that he's adopted, he journeys to New York to find his real father ..... And maybe spread a little Christmas cheer.

Time: 1hr 35m

Cast: Will Ferrell, James Caan, Bob Newhart

### 12/8/2017

#### **\*\*NO MOVIE\*\***

#### Annual Holiday Show at 1:00pm

### 12/15/2017

#### IT'S A WONDERFUL LIFE – PG

Frank Capra's inverted take on A Christmas Carol stars Jimmy Stewart as George Bailey, a good man who's spent a lifetime giving up on his dreams in order to keep life in his small town humming. When a guardian angel named Clarence finds a despondent George poised to jump off a bridge, he shows George what life would've been like had he never been born.

Time: 2hr 12m

Cast: James Stewart, Donna Reed, Lionel Barrymore

### 12/22/2017

#### **\*\*NO MOVIE\*\* CLOSED**

### 12/29/2017

#### PATRIOT'S DAY – R

A tragic bombing near the finish line at the 2013 Boston Marathon sets off a citywide manhunt for the perpetrators. With residents devastated by the events, Sgt. Tommy Saunders and the Boston Police Department zero in on two suspects.

Cast: Mark Wahlberg, Kevin Bacon, John Goodman



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!

## December 2017

### ONGOING SERVICES

#### **\*BRAILLE VISUAL AID CONSULTATIONS- December 21<sup>st</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 818-705-2345

#### **\*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.**

#### **\*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.

#### **\*SAFELINK FREE CELL PHONE ENROLLMENT\*- 2<sup>nd</sup> & 4<sup>th</sup>**

Wednesday at 11am in the Main Lobby

#### **\*SENIOR PEER COUNSELING SERVICES- (818)847-3845**

