

# 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!**



## Monday

8:00am-9:30am	Arthritis Foundation Exercise	Comm Rm
	Yoga/Body Conditioning (EBP-\$6) <b>Chhiv</b>	
9:00am-11:30am	Table Tennis <b>(\$2 Donation)</b>	MP2
9:30am-10:30am	Meditation and Breathing (\$5)- <b>Joanne</b>	MP3
9:45am-11:15am	Arthritis Foundation Exercise	Comm Rm
	Chair Exercise (EBP-\$6) <b>Chhiv</b>	
<b>10:00-11:30am</b>	<b>UCLA Memory (last class 12/11)</b>	<b>Activity Rm</b>
10:00am-12:00pm	Watercolor for Beginners- <b>Cristina</b>	Art Rm
<b>1:00pm-2:00pm</b>	<b>Zumba Gold- Joann **NEW CLASS*</b>	<b>MP 1 &amp; 2</b>
	<b><u>FREE-Silver &amp; Fit Member/\$3 fee Non-Members</u></b>	
1:00pm-3:00pm	Drawing/Sketching <b>(\$2 Donation)</b>	Art Rm
1:00pm-3:00pm	Intermediate Spanish (\$4) <b>Michael</b>	Activity Rm
1:30pm-3:00pm	Parkinson's Support Group- <b>Max</b>	Conf.Room
1:00pm-3:00pm	Documentary Film & Discussion- <b>Stan</b>	Comm Rm
	<b>(\$2 Donation)</b>	
1:00pm-3:00pm	Cabaret (Wait List)- <b>David</b>	MP3
<b>2:00pm-3:00pm</b>	<b>Beginning Belly Dancing (\$3)</b>	<b>MP2</b>
3:00pm-4:30pm	Poetry Forum-Tas <b>(\$2 Donation)</b>	Comm Rm

## Tuesday

9:00am-11:30am	Oil Painting- <b>Tamara (\$2 Donation)</b>	Art Room
9:00am-11:45am	Rummykub <b>(\$2 Donation)</b>	MP1
<b>9:00am-10:00am</b>	<b>Silversneakers Classic-Veena</b>	<b>Comm Rm.</b>
	<b>Free-Silversneakers Member/\$3 fee-Non-members</b>	
9:30am-11:30am	Exercise through Dance- <b>Joann</b>	MP2&3
	<b>(\$2 Donation)</b>	
12:00pm-5:00pm	Knitting & Crochet- <b>(\$2 Donation)</b>	Art Room
1:00pm-2:00pm	Arthritis Foundation Exercise	MP1&2
	Be Fit While U Sit (EBP)- <b>Pat (\$2 Donation)</b>	
1:00pm-3:00pm	Advanced Tap/Jazz- <b>Arlene</b>	MP3
1:00pm-2:30pm	Ukulele- <b>Eli (\$2 Donation)</b>	Comm Rm
1:00pm-3:00pm	Advanced Spanish (\$4)- <b>Michael</b>	Activity Rm
2:40pm-4:00pm	Unzip Your Lip- <b>Ruthie</b>	<b>Comm Rm</b>
	<b>(\$2 Donation)</b>	
3:30pm-4:30pm	Ballroom Dancing <b>(\$2 Donation)</b>	MP 1&2
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>	Comm Rm
9:00am-10:00am	Beginning Tap & Jazz- <b>Jaylyn (\$2 Donation)</b>	MP3
9:00am-10:30am	Walk n' Talk (EBP)- <b>Vanessa (\$2 Donation)</b>	Park
9:45am-11:15am	Arthritis Foundation Exercise	Comm Rm
	Chair Exercise (EBP \$6) <b>Chhiv</b>	
10:00-11:00am	Let's Talk (Farsi)- <b>Joseph (\$2 Donation)</b>	ActivityRm
10:00am-11:00am	Zumba- <b>Joanne (\$2 Donation)</b>	MP2&3
12:30pm-2:30pm	Navigating Hope- <b>Donna (\$2 Donation)</b>	Comm Rm
1:00pm-3:15pm	Beginning Spanish (\$4)- <b>Michael</b>	Art Rm
<b>1:00pm-2:00pm</b>	<b>*New Class*Beginning ESL (\$2 Donation)</b>	<b>ActivityRm</b>
1:00pm-4:30pm	Table Tennis <b>(\$2 Donation)</b>	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) <b>(\$2 Donation)</b>	
2:00pm-4:00pm	A Matter of Balance (EBP) <b>(\$2 Donation)</b>	MP1
2:40pm-4:30pm	Sing-a-long Karaoke <b>*NEW CLASS*</b>	ActivityRm
	<b>(\$2 Donation)</b>	

## Thursday

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

## Friday

8:00am-9:30am	Yoga/Body Conditioning- <b>Chhiv</b>	Comm Rm
9:00am-10:30am	Walk n' Talk (EBP)- <b>Vanessa (\$2 Donation)</b>	Park
9:30am-11:30am	Exercise through Dance- <b>Joann</b>	MP 2&3
	<b>(\$2 Donation)</b>	
9:30am-11:30am	Bingo (25¢ per card) <b>(\$2 Donation)</b>	Art Room
9:45am-11:15am	Arthritis Foundation Chair Exercise (\$6)	Comm Rm
11:40am-2:25pm	Life Writing (\$6)- <b>Jeanette</b>	Comm Rm
1:00pm-2:00pm	Arthritis Foundation Exercise	MP1
	Be Fit While U Sit (EBP) <b>Pat (\$2 Donation)</b>	
1:00pm-3:30pm	Needlework Group- <b>(\$2 Donation)</b>	Art Rm
1:30pm-4:00pm	Table Tennis <b>(\$2 Donation)</b>	MP2
2:00pm-4:00pm	Movie of the Week <b>(\$2 Donation)</b>	MP3
	<b>(NEW TIME CHANGE)</b>	
2:35pm-4:35pm	Advanced Spanish (\$4)- <b>Michael</b>	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**

