

ONEgeneration Senior Enrichment Center

Class Schedule -- (818) 705-2345

August 2017

CALENDAR: HOT DATES

8/3- Advisory Council Meeting- 10:00am All guests are welcome!
 8/8-FREE Hearing Screening by Connect Hearing-10:30am
 8/10-Keep your Brain Healthy Presentation-10:30am-11:30am
 8/15-Burn Prevention for Seniors Presentation-10:00am
 8/15- LA Regional Food Bank Distribution- 1:00pm
 8/16-Providence Speakers Bureau-Is your Neck, Back, Leg or Arm pain slowing you down? Learn about relief from chronic pain from Neurosurgeon, Andrew Fox, M.D.-10:00-11:30am
 8/18-Health Wellness Friday- 10am-Noon
 8/24-Doc Talk-Staying Hydrated & Cool Presentation-10am-11am
 8/24- Cooking Class-Healthy Snacking 10am-11:30am
 8/28-Memory Mondays (Free Memory Screenings) 12:00pm-2pm

August

<h2><u>Tuesday</u></h2>	<h2><u>Monday</u></h2>
<p>9:00am-11:30am Oil Painting- Tamara Art Room 9:00am-11:45am Rummikub MP1 9:30am-10:30am Silversneakers Classic Comm Rm. Free-Silversneakers Member/\$3 fee-Non-members 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 MP1&2 Be Fit While U Sit (EBP)- Pat 1:00pm-3:00pm Advanced Tap/Jazz- Arlene MP3 1:00pm-2:30pm Ukulele- Eli Comm Rm 1:00pm-3:00pm Advanced Spanish (\$4)-Michael Activity Rm 2:30pm-3:30pm Bollywood-Beginning MP 1 & 2 2:40pm-4:00pm Unzip Your Lip- Ruthie Comm Rm 3:30pm-4:30pm Country Line Dancing (\$6) MP3 Intermediate- Michael</p>	<p>8:00am-9:30am Arthritis Foundation Exercise Comm Rm Yoga/Body Conditioning (EBP-\$6) Chhiv MP2 9:00am-11:30am Table Tennis Park 9:30am-10:30am Walk n' Talk (EBP)- Lauren MP3 9:30am-10:30am Meditation and Breathing (\$5)-Joanne Comm Rm 9:45am-11:15am Arthritis Foundation Exercise Chair Exercise (EBP-\$6) Chhiv Art Rm 10:00am-12:00pm Watercolor for Beginners-Cristina MP2 1:00pm-2:00pm Beginning Belly Dancing *NEW Class* Art Rm 1:00pm-3:00pm Drawing/Sketching Activity Rm 1:00pm-3:00pm Intermediate Spanish (\$4) Michael Conf.Room 1:30pm-3:00pm Parkinson's Support Group- Max Comm Rm 1:00pm-3:00pm Documentary Film & Discussion- Stan MP3 1:00pm-3:00pm Cabaret (Wait List)- Jack & Diane Comm Rm 3:00pm-4:30pm Poetry Forum-Tas</p>
<h2><u>Wednesday</u></h2>	<h2><u>Wednesday</u></h2>
<p>9:00am-11:30am Yoga/Body Conditioning (EBP-\$6)-Chhiv Comm Rm 9:00am-10:00am Beginning Tap & Jazz- Lauren MP3 9:30am-10:30am Walk n' Talk (EBP)- Lauren Park 9:45am-11:15am Arthritis Foundation Exercise Comm Rm Chair Exercise (EBP \$6) Chhiv ActivityRm 10:00-11:00am Let's Talk (Farsi Group)-Joseph MP2&3 10:00am-11:00am Zumba-Joanne Comm Rm 12:30pm-2:30pm Navigating Hope- Donna Art Rm 1:15pm-3:15pm Beginning Spanish (\$4)-NEW ActivityRm 1:00pm-2:30pm Beginning Photography- Jaylyn MP2 1:00pm-4:30pm Table Tennis MP3 1:00pm-3:30pm Song Birds-Ellen Conf.Room 1:30pm-3:00pm Braille Audio Book Club (2nd Wednesday of the Month) 2:00pm-4:00pm A Matter of Balance(EBP) *Starting 7/12 MP1 2:40pm-4:30pm Sing-a-long Karaoke **NEW CLASS** ActivityRm</p>	
<h2><u>Thursday</u></h2>	<h2><u>Friday</u></h2>
<p>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 Comm Rm 10:00am-11:30am Rebuilding Relations Conf.Room 10:30am-11:45am- UCLA Memory-Jenna**NEW** Activity Rm Starting August 17th- September 7th 1:00pm-2:00pm Silversneakers Classic Comm Rm 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- Sam Comm Rm 1:00pm-4:00pm Basic Art (All Mediums)-Deidra Art Room 2:00pm-3:00pm Country Line Dancing (\$6)-Michael MP2 3:15pm-4:45pm International Folk Dancing-Joann MP 2&3 *Fitness Center Open Monday-Friday 9am to 5pm In the Activity Room * Evidence Based Program Classes are noted as (EBP).</p>	<p>8:00am-9:30am Yoga/Body Conditioning- Chhiv Comm Rm 9:30am-10:30am Walk n' Talk (EBP)- 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) Comm Rm 11:40am-2:25pm Life Writing (\$6)- Jeanette Comm 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 Comm Rm</p>

Thrift Corner & Snack Shop Hours of Operation:
Monday-Friday 10:00am-2:00pm

Friday Movies

All movies start at 1:30pm

August 4	<u>9th Life of Louis Drax</u> <i>2016 (R) (1hr 48min)</i> <i>Jamie Dornan, Sarah Gadon, Aaron Paul</i> Nine-year-old Louis Drax has always been accident prone, but when his latest mishap nearly kills him, a psychologist is brought in to determine whether the problem is more than just physical.
August 11	<u>Genius</u> <i>2016 (R) (1hr 44min)</i> <i>Jude Law, Guy Pearce, Laura Linney</i> Featuring a stellar cast, this absorbing biopic focuses on the long and complicated relationship between Max Perkins, famed literary editor at Scribner's publishing house, and acclaimed writer Thomas Wolfe.
August 18	<u>The Comedian</u> <i>2017 (R) (2hr)</i> <i>Robert De Niro, Leslie Mann, Danny DeVito</i> Once a TV star, now an angry stand-up comedian, Jackie can't seem to get his mojo back with audiences who refuse to see him as other than his sitcom character. Not surprisingly, he snaps – accosting a heckler. And that lands him community service.
August 25	<u>Collateral Beauty</u> <i>2016 (PG-13) (1hr 36min)</i> <i>Will Smith, Edward Norton, Keira Knightley, Kate Winslet</i> With his life shattered by personal tragedy, advertising executive Howard Inlet is unable to break out of his deep depression. To help him, Howard's colleagues concoct an elaborate and unorthodox plan.

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!

August 2017 **ONGOING SERVICES**

***BRAILLE VISUAL AID CONSULTATIONS- August 11TH**

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 (800)525-1425 for more info.**

***FIDUCIARY ASSISTANCE- Call Pam Blattner (818)926-0984.**

NEW SERVICE*Hair & Manicurist-Tuesdays by appointment only. Call (818)705-2345 to make your apt.

***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-1st Wed. of the Month**

Call Main office at 818-705-2345 to make an appointment.

***SAFELINE FREE PHONE SIGN-UPS**

3RD WEDNESDAY Call for more info. - 11:00am-2:00pm