

# 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



### Monday

8:00am-9:30am	Arthritis Foundation Exercise Yoga/Body Conditioning (EBP-\$6) <b>Chhiv</b>	Comm Rm
9:00am-11:30am	Table Tennis	MP2
9:30am-10:30am	Walk n' Talk (EBP)- <b>Lauren</b>	Park
9:30am-10:30am	Meditation and Breathing (\$5)- <b>Joanne</b>	MP3
9:45am-11:15am	Arthritis Foundation Exercise Chair Exercise (EBP-\$6) <b>Chhiv</b>	Comm Rm
10:00am-12:00pm	Watercolor for Beginners-Cristina	Art Rm
<b>1:00pm-2:00pm</b>	<b>Beginning Belly Dancing *NEW Class*</b>	<b>MP2</b>
1:00pm-3:00pm	Drawing/Sketching	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
1:00pm-3:00pm	Cabaret (Wait List)- <b>Jack &amp; Diane</b>	MP3
3:00pm-4:30pm	Poetry Forum-Tas	Comm Rm

### Tuesday

9:00am-11:30am	Oil Painting- <b>Tamara</b>	Art Room
9:00am-11:45am	Rummykub	MP1
<b>9:30am-10:30am</b>	<b>Silversneakers Classic</b>	<b>Comm Rm.</b>
Free-Silversneakers Member/\$3 fee-Non-members		
9:30am-11:30am	Exercise through Dance- <b>Joann</b>	MP2&3
12:00pm-5:00pm	Knitting & Crochet- <b>Frankie</b>	Art Room
1:00pm-2:00pm	Arthritis Foundation Exercise Be Fit While U Sit (EBP)- <b>Pat</b>	MP1&2
1:00pm-3:00pm	Advanced Tap/Jazz- <b>Arlene</b>	MP3
1:00pm-2:30pm	Ukulele- <b>Eli</b>	Comm Rm
1:00pm-3:00pm	Advanced Spanish (\$4)- <b>Michael</b>	Activity Rm
2:30pm-3:30pm	Bollywood-Beginning	MP 1 & 2
2:40pm-4:00pm	Unzip Your Lip- <b>Ruthie</b>	Comm Rm
3:30pm-4:30pm	Country Line Dancing (\$6) Intermediate- <b>Michael</b>	MP3

### Wednesday

8:00am-9:30am	Yoga/Body Conditioning (EBP-\$6)- <b>Chhiv</b>	Comm Rm
9:00am-10:00am	Beginning Tap & Jazz- <b>Lauren</b>	MP3
9:30am-10:30am	Walk n' Talk (EBP)- <b>Lauren</b>	Park
9:45am-11:15am	Arthritis Foundation Exercise Chair Exercise (EBP \$6) <b>Chhiv</b>	Comm Rm
10:00-11:00am	Let's Talk (Farsi Group)-Joseph	ActivityRm
10:00am-11:00am	Zumba- <b>Joanne</b>	MP2&3
12:30pm-2:30pm	Navigating Hope- <b>Donna</b>	Comm Rm
1:15pm-3:15pm	Beginning Spanish (\$4)-NEW	Art Rm
1:00pm-2:30pm	Beginning Photography- Jaylyn	ActivityRm
1:00pm-4:30pm	Table Tennis	MP2
1:00pm-3:30pm	Song Birds- <b>Ellen</b>	<b>MP3</b>
1:30pm-3:00pm	Braille Audio Book Club (2 <sup>nd</sup> Wednesday of the Month)	Conf.Room
2:00pm-4:00pm	A Matter of Balance(EBP) <b>*Starting 7/12</b>	MP1
<b>2:40pm-4:30pm</b>	<b>Sing-a-long Karaoke **NEW CLASS**</b>	<b>ActivityRm</b>

### Thursday

8:30am-10:00am	Yoga (\$6)- <b>Jeanette</b>	MP 2&3
9:00am-11:45am	Rummykub	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
10:00am-11:30am	Rebuilding Relations	Conf.Room
<b>10:30am-11:45am-</b>	<b>UCLA Memory-Jenna**NEW**</b>	<b>Activity Rm</b>
<b>Starting August 17<sup>th</sup>- September 7<sup>th</sup></b>		
<b>1:00pm-2:00pm</b>	<b>Silversneakers Classic</b>	<b>Comm Rm</b>
Free-Silversneakers Member/\$3 fee-Non-members		
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>Sam</b>	Comm Rm
1:00pm-4:00pm	Basic Art (All Mediums)- <b>Deidra</b>	Art Room
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

### Friday

8:00am-9:30am	Yoga/Body Conditioning- <b>Chhiv</b>	Comm Rm
9:30am-10:30am	Walk n' Talk (EBP)- <b>Lauren</b>	Park
9:30am-11:30am	Exercise through Dance- <b>Joann</b>	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)- <b>Jeanette</b>	Comm Rm
1:00pm-2:00pm	Arthritis Foundation Exercise Be Fit While U Sit (EBP) <b>Pat</b>	MP1
1:00pm-3:30pm	Needlework Group- <b>Pam</b>	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)- <b>Michael</b>	Comm Rm

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

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

**In the Activity Room**

**\* Evidence Based Program Classes are noted as (EBP).**

## **Friday Movies**

All movies start at 1:30pm

- August 4     **9<sup>th</sup> Life of Louis Drax**  
2016 (R) (1hr 48min)  
*Jamie Dornan, Sarah Gadon, Aaron Paul*  
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    **Genius**  
2016 (R) (1hr 44min)  
*Jude Law, Guy Pearce, Laura Linney*  
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    **The Comedian**  
2017 (R) (2hr)  
*Robert De Niro, Leslie Mann, Danny Devito*  
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    **Collateral Beauty**  
2016 (PG-13) (1hr 36min)  
*Will Smith, Edward Norton, Keira Knightley, Kate Winslet*  
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 11<sup>TH</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 818-245-1121
- \*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**  
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.
- \*SAFELINE FREE PHONE SIGN-UPS**  
**3<sup>RD</sup> WEDNESDAY** Call for more info. - 11:00am-2:00pm