

ONEgeneration Senior Enrichment Center

Class Schedule -- (818) 705-2345

September 2017

CALENDAR: HOT DATES

- 9/1- Thrift Shop \$1 Plus 50% Off Sale- All Day**
- 9/7- Advisory Council Meeting- 10:00am All guests are welcome!**
- 9/8- Middle Eastern Dance Festival 2:00pm-4:00pm**
- 9/14- Stress Management Presentation 10:30am**
- 9/15- Greenlight to Mobility Presentation 9:30am**
- 9/19- Flu Shot Clinic by Rite Aid 10:00am-1:00pm**
- 9/19- Travel Talk (Tuscany/Washington D.C) 10:00am**
- 9/19- LA Regional Food Bank Distribution- 1:00pm**
- 9/22- Fall Prevention Presentaion-10:00am**
- 9/28- Cooking Class-Fruits & Veggies 10am-11:30am**
- 9/25-Memory Mondays (Free Memory Screenings)**
- *Call for Apt***



Tuesday

- 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 Ballroom Dancing *NEW*** **MP 1&2**
- 3:30pm-4:30pm Country Line Dancing (\$6) MP3
- Intermediate- **Michael**

Monday

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

We are closed on Monday, September 4th, 2017 for Labor Day

Wednesday

- 8:00am-9:30am Yoga/Body Conditioning (EBP-\$6)-**Chhiv** Comm Rm
- 9:00am-10:00am Beginning Tap & Jazz- **Jaylyn** MP3
- 9:00am-10:30am Walk n' Talk (EBP)- **Vanessa** Park
- 9:45am-11:15am Arthritis Foundation Exercise Comm Rm
- Chair Exercise (EBP \$6) **Chhiv**
- 10:00-11:00am Let's Talk (Farsi Group)-Joseph ActivityRm
- 10:00am-11:00am Zumba-**Joanne** MP2&3
- 12:30pm-2:30pm Navigating Hope- **Donna** Comm Rm
- 1:15pm-3:15pm Beginning Spanish (\$4)-**NEW** Art Rm
- 1:00pm-2:30pm Science 4 All- **Ted** ActivityRm
- 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
- (2nd Wednesday of the Month)
- 2:40pm-4:30pm Sing-a-long Karaoke *NEW CLASS*** ActivityRm

Thursday

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

Friday

- 8:00am-9:30am Yoga/Body Conditioning- **Chhiv** Comm Rm
- 9:00am-10:30am Walk n' Talk (EBP)- **Vanessa** 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
- 2:00pm-4:00pm Movie of the Week MP3
- 2:35pm-4:35pm Advanced Spanish (\$4)-**Michael** Comm 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

September 1st – DETOUR (2016) Thriller 1hr37m

With his mother in a coma after a car crash, law student Harper is certain his adulterous stepfather set up the accident, and soon a barroom conversation with a slippery character named Johnny leads Harper to consider knocking off his stepdad.

Cast: Tye Sheridan, Bel Powley, Emory Cohen

September 8th - 100 STREETS (2016) Drama 1h35m

One square mile, 100 streets: These are the boundaries of this London-set ensemble drama that shows how disparate lives connect in surprising and vital ways -- from an ex-rugby star to a drug dealer, a cab driver and more.

Cast: Idris Elba, Gemma Arterton, Tom Cullen

September 15th- THE LAST WORD

(2017)Drama/Comedy 1h48m R

Not about to cede control of any facet of her life -- or death -- retired businesswoman Harriet Lawler hires a young writer to pen an obituary worthy of her. When the results fall short of Harriet's expectations, she sets out to reshape her legacy.

Cast: Shirley MacLaine, Amanda Seyfried, Anne Heche

September 22nd - THE SENSE OF AN ENDING

(2017)Mystery/Drama 1h48m PG-13

Retired and living alone, Tony Webster learns of long-kept secrets from his past and realizes that his own memories are filled with errors. Seeking the truth, Tony obtains the diary of an old friend and is unnerved by what he finds.

Cast: Jim Broadbent, Harriet Walter, Michelle Dockery

September 29th - SING STREET

(2016)Drama 1hr46m PG-13

Grappling with a difficult home life, 14-year-old Conor faces more woes when financial problems force his parents to transfer him from a private school to an inner-city public school. Looking for an escape, he forms a band with a group of classmates.

Cast: Lucy Boynton, Maria Doyle Kennedy, Ferdia Walsh-Peelo

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!

September 2017

ONGOING SERVICES

***BRAILLE VISUAL AID CONSULTATIONS- September 12TH**

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