

ONEgeneration Senior Enrichment Center
18255 Victory Blvd, Reseda, CA 91335-- (818) 705-2345

February 2018 – Class Schedule

CALENDAR: HOT DATES

2/1- Advisory Council Meeting- 10:00am All guests are welcome!
2/14- Sweetheart Dance (Valentine's Day) 2pm-4pm
2/15- Cooking Class-Heart Healthy Foods 10:30am
2/15- Life Care Planning-Gerry Kane Attorney 10:30am
2/16-Health Wellness Friday-Heal-Thy-Heart 10:00am
2/20- FREE Blood Pressure/BMI Screening 11am-2pm
2/20- LA Regional Food Bank Distribution- 1:00pm
2/22:Doc Talk-Difference between Cold/Flu/Pneumonia-10am
2/23-CA Telephone Access Program- 10:30am-11:30am
****Reminder** We are closed the following days:**
Monday, February 19th, 2018 (Presidents Day)



February

Monday

| | | |
|----------------------|---|---------------------|
| 9:00am-10:30am | Walk n' Talk (EBP)- Sheri (\$2 Donation) | Park |
| 9:00am-11:30am | Table Tennis (\$2 Donation) | MP2 |
| 9:30am-10:30am | Meditation and Breathing (\$5)- Joanne | MP3 |
| 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- Norma (\$2 Donation) | Comm Rm |

Tuesday

| | | |
|-----------------------|---|--------------------|
| 9:00am-11:30am | Oil Painting- Tamara (\$2 Donation) | Art Room |
| 9:00am-11:45am | Rummikub (\$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 |
| 10:30am-12:30 | Advanced Spanish (\$4)-Michael | Activity Rm |
| 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 |
| 2:30pm-3:30pm | Bollywood- (\$2 Donation) | MP 1&2 |
| 2:40pm-4:00pm | Unzip Your Lip- (\$2 Donation) | Comm Rm |
| 3:30pm-4:30pm | Ballroom Dancing (\$2 Donation) | MP 1&2 |
| 3:30pm-4:30pm | Arthritis Foundation Exercise | Activity Rm |
| | Yoga/Body Conditioning (EBP-\$6) | |
| 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 | Rummikub (\$2 Donation) | MP1 |
| 10:00am-11:30am | Tai Chi Chuan I (\$6)- Jeanette | MP 2&3 |
| 10:00am-11:15am | Women's Support Group | Comm Rm |
| | (\$2 Donation) | |
| 10:00am-11:30am | Rebuilding Relations | 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 |
| 3:30pm-4:30pm | Arthritis Foundation Exercise | Activity Rm |
| | Yoga/Body Conditioning (EBP-\$6) Chhiv | |

Wednesday

| | | |
|----------------------|--|--------------------|
| 8:00am-9:00am | *NEW Class* | |
| | Aerobics/Body Conditioning | MP 2&3 |
| 9:00am-10:00am | Beginning Tap & Jazz- Jaylyn (\$2 Donation) | MP3 |
| 9:00am-10:30am | Walk n' Talk (EBP)- Sheri (\$2 Donation) | Park |
| 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-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 |
| | (2nd Wednesday of the Month) (\$2 Donation) | |
| 2:40pm-4:30pm | Sing-a-long Karaoke *NEW CLASS* (\$2 Donation) | ActivityRm |
| 3:30pm-4:30pm | Arthritis Foundation Exercise | Comm Rm |
| | Chair Exercise (EBP \$6) Chhiv | |
| 1:00pm-2:30pm | Culture Celebration- China | Activity Rm |
| | **New Program 3rd Wednesday of every month** | |



Friday

| | | |
|----------------|---|-------------|
| 9:00am-10:30am | Walk n' Talk (EBP)- Sheri (\$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 |
| 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 (\$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 |
| 3:30pm-4:30pm | Arthritis Foundation Exercise | Activity Rm |
| | Chair Exercise (EBP \$6) Chhiv | |

Thrift Corner & Snack Shop Hours of Operation:
Monday-Friday 10:00am-2:00pm
***Fitness Center Open Monday-Friday 9am-5pm**

Friday Movies

All movies start at 2:00pm

2/2/2018

DUNKIRK – PG 13

This historical drama chronicles the epic battle to evacuate more than 300,000 Allied soldiers who find themselves trapped on the beaches of Northern France during the 1940 invasion by Adolf Hitler's Nazi forces.

Time: 1hr 47m

Cast: Fionn Whitehead, Tom Glynn-Carney, Jack Lowden

2/9/2018

FREE STATE OF JONES – R

As the Civil War rages on, Mississippi farmer Newton Knight, his neighbors and a ragtag group of slaves band together and lead Jones County to secede from the Confederacy, establishing a mixed-race free state in the heart of the South.

Time: 2hr 19m

Cast: Matthew McConaughey, Kerri Russell, Gugu Mbatha-Raw

2/16/2018

THE BIG SICK – R

After meeting at a stand-up comedy show, funnyman Kumail and graduate student Emily embark on a romance. But as the expectations of his strict Muslim family create conflict between the couple, their relationship begins to crumble

Time: 1hr 59m

Cast: Kumail Nanjiani, Zoe Kazan, Holly Hunter

2/23/2018

STRONGER – R

In this fact-based drama, life changes irrevocably for Jeff Bauman when a bomb goes off at this feet as he's celebrating his completion of the 2013 Boston Marathon. Despite losing his legs, Bauman is determined to help find the culprits.

Time: 1hr 59m

Cast: Jake Gyllenhaal, Tatiana Maslany, Miranda Richardson



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!

February 2018

ONGOING SERVICES

***AARP TAX ASSISTANCE (FREE): Tuesdays & Fridays**

Call 818-705-2345 to schedule your apt.

***BRAILLE VISUAL AID CONSULTATIONS- January 19th**

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 818-705-2345

***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**

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.**

***FREE MEMORY SCREENING- Call 818-705-2345 to make apt.**

***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.

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