

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)



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** Comm Rm
(\$2 Donation)
 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 Rummykub **(\$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 MP2&3**
(\$2 Donation)
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**

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* ActivityRm**
(\$2 Donation)
 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****



Thursday

8:30am-10:00am Yoga (\$6)-**Jeanette** MP 2&3
 9:00am-11:45am Rummykub **(\$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**(\$2 Donation)** 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** Art Room
(\$2 Donation)
 2:00pm-3:00pm Country Line Dancing (\$6)-**Michael** MP2
 3:15pm-4:45pm International Folk Dancing-**Joann** MP 2&3
(\$2 Donation)
 3:30pm-4:30pm Arthritis Foundation Exercise Activity Rm
 Yoga/Body Conditioning (EBP-\$6) **Chhiv**

Friday

9:00am-10:30am Walk n' Talk (EBP)- **Sheri (\$2 Donation)** Park
 9:30am-11:30am Exercise through Dance- **Joann MP 2&3**
(\$2 Donation)
 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 on 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**