

# ONEgeneration Senior Enrichment Center

## Class Schedule

**April 2017**

### **CALENDAR: HOT DATES**

**4/4- Advisory Council Meeting- 1:30pm All guests are welcome!**  
**4/4- Travel Talk Presented by Friendly Excursions- 10:00am**  
**4/6- Clear Captions Phone Presentation-10:30am-11:30am**  
**4/7-5/12-Mind, Body, Health Series-Kaiser 2pm-4pm **FRIDAYS****  
**4/11-Let's have a Ball- Health Presentation 10:00am-Noon**  
**4/11- Health Screening Tuesday- BMI/Blood Pressure 11:00am**  
**4/13-DOC TALK Thursday- Cardiovascular Disease- 10am-11am**  
**4/14- Senior Prom- 2:00pm-4:00pm RSVP TODAY!!!**  
**4/17-5/8 -Laughter Exercise Series MONDAYS 2:00-3:30pm**  
**4/18-Medicare Assistance by HICAP- 9:00am-11:30am**  
**4/18- LA Regional Food Bank Distribution- 1:00pm**  
**4/21- Health & Wellness Friday- "Heal-Thy-Sleep"- 10am-Noon**  
**4/24- Memory Mondays (Free Memory Screenings)12-2:00pm**  
**4/27-Cooking Class- Clean Eating 10:00am-11:30am**

*Welcome  
April*

### **Monday**

8:00am-9:30am	Arthritis Foundation Exercise Yoga/Body Conditioning (EBP-\$6) <b>Chhiv</b>	Activity Rm
9:00am-11:30am	Table Tennis	MP2
9:30am-10:30am	Walk n' Talk (EBP)- <b>Brenda/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>	Activity Rm
10:00am-12:00pm	Watercolor for Beginners-Cristina	Art Rm
1:00pm-3:00pm	Drawing/Sketching	Art Rm
1:00pm-3:00pm	Intermediate Spanish (\$4) <b>Michael</b>	Comm Rm
1:30pm-3:00pm	Parkinson's Support Group- <b>Max</b>	Conf.Room
1:00pm-3:00pm	Documentary Film & Discussion- <b>Stan</b>	ActivityRm
1:00pm-3:00pm	Cabaret (Wait List)- <b>Jack &amp; Diane</b>	MP3
3:00pm-4:30pm	Poetry Forum- <b>Tas</b>	Activity Rm

### **Tuesday**

9:00am-11:30am	<b>Oil Painting- Tamara</b>	Art Room
9:00am-11:45am	<b>Rummikub</b>	MP1
9:30am-11:30am	<b>Exercise through Dance- Joann</b>	MP2&3
1:00pm-2:00pm	<b>Arthritis Foundation Exercise Be Fit While U Sit (EBP)- Pat</b>	MP1&2
1:00pm-3:00pm	<b>Advanced Tap/Jazz- Arlene</b>	MP3
1:00pm-2:30pm	<b>Ukulele- Eli</b>	ActivityRm
1:00pm-3:00pm	<b>Advanced Spanish (\$4)-Michael</b>	Comm Rm
2:40pm-4:00pm	<b>Unzip Your Lip- Ruthie</b>	Activity Rm
3:30pm-4:30pm	<b>Country Line Dancing (\$6) Intermediate- Michael</b>	MP3

### **Wednesday**

8:00am-9:30am	<b>Yoga/Body Conditioning (EBP-\$6)-Chhiv</b>	ActivityRm
9:00am-10:00am	<b>Beginning Tap &amp; Jazz- Lauren</b>	MP3
9:00am-1:00pm	<b>Knitting &amp; Crochet- Frankie</b>	ArtRoom
9:30am-10:30am	<b>Walk n' Talk (EBP)- Brenda/Lauren</b>	Park
9:45am-11:15am	<b>Arthritis Foundation Exercise Chair Exercise (EBP \$6) <b>Chhiv</b></b>	Activity Rm
10:00-11:00am	<b>Let's Talk (Farsi Group)-Joseph</b>	Comm Rm
10:00am-11:00am	<b>Zumba-Joanne</b>	MP2&3
12:30pm-2:30pm	<b>Navigating Hope- Donna</b>	ActivityRm
1:00pm-3:00pm	<b>Beginning Spanish (\$4)-NEW</b>	Art Rm
1:00pm-2:30pm	<b>Science 4 All- Ted</b>	Comm Rm
1:00pm-4:30pm	<b>Table Tennis</b>	MP2
1:00pm-3:30pm	<b>Song Birds-Ellen</b>	MP3
1:30pm-3:00pm	<b>Braille Audio Book Club (2<sup>nd</sup> Wednesday of the Month)</b>	Conf.Room
2:00pm-4:00pm	<b>A Matter of Balance</b>	MP1

### **Thursday**

8:30am-10:00am	<b>Yoga (\$6)-Jeanette</b>	MP 2&3
9:00am-11:45am	<b>Rummikub</b>	MP1
<b>10:00-11:30am</b>	<b>UCLA Memory *Starting April 20<sup>th</sup></b>	<b>Comm Rm</b>
10:00am-11:30am	<b>Tai Chi Chuan I (\$6)-Jeanette</b>	MP 2&3
10:00am-11:15am	<b>Women's Support Group</b>	Activity Rm
10:00am-11:30am	<b>Rebuilding Relations</b>	Conf.Room
1:00pm-3:00pm	<b>Intermediate Spanish (\$4)- Michael</b>	Comm Rm
1:00pm-3:00pm	<b>Advanced Tap/Jazz-Arlene</b>	MP3
1:00pm-2:30pm	<b>Quest/World Issues- Sam</b>	ActivityRm
1:00pm-4:00pm	<b>Basic Art (All Mediums)-Deidra</b>	Art Room
2:00pm-3:00pm	<b>Country Line Dancing (\$6)-Michael</b>	MP2 & 3
<b>2:00pm-3:30pm</b>	<b>Technology Class</b>	<b>MP1</b>
3:15pm-4:45pm	<b>International Folk Dancing-Joann</b>	MP 2&3

### **Friday**

8:00am-9:30am	<b>Yoga/Body Conditioning- Chhiv</b>	Activity Rm
9:30am-10:30am	<b>Walk n' Talk (EBP)- Brenda/Lauren</b>	Park
9:30am-11:30am	<b>Exercise through Dance- Joann</b>	MP 2&3
9:30am-11:30am	<b>Bingo (25¢ per card)</b>	Art Room
9:45am-11:15am	<b>Arthritis Foundation Chair Exercise (\$6)</b>	Activity Rm
11:40am-2:25pm	<b>Life Writing (\$6)- Jeanette</b>	Activity Rm
1:00pm-2:00pm	<b>Arthritis Foundation Exercise Be Fit While U Sit (EBP) Pat</b>	MP1
1:00pm-3:30pm	<b>Needlework Group- Pam</b>	Art Rm
1:30pm-4:00pm	<b>Table Tennis</b>	MP2
1:30pm-4:00pm	<b>Movie of the Week</b>	MP3
2:35pm-4:35pm	<b>Advanced Spanish (\$4)-Michael</b>	Activity 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

April 7

### **Sully**

*2016 (PG-13) (1hr 36min)*

*Tom Hanks, Aaron Eckhart, Laura Linney*  
Viewers around the world were astonished in 2009 when airline pilot Chelsey Sullenberger safely landed an Airbus 320 on the Hudson River after both engines were disabled. This fact-based drama illuminates Sullenberger's life and heroic achievement.

April 14

### **No Movie – Senior Prom**

April 21

### **Loving**

*2016 (PG-13) (2hr 3min)*

*Joel Edgerton, Ruth Negga, Marton Csokas*  
Recounting a landmark chapter in the struggle for civil rights, this absorbing drama depicts the 1958 arrest and imprisonment of Richard and Mildred Loving for violating Virginia's law against interracial marriage.

April 28

### **The Girl on the Train**

*2016 (R) (1hr 52min)*

*Emily Blunt, Haley Bennett, Rebecca Ferguson*  
During her daily rail commute, divorcee Rachel Watson observes the happily married couple living in a house near the train route. One day, she witnesses a scene that enrages her – and soon finds herself deeply entangled in the ensuing mystery.



## **April 2017**

### **ONGOING SERVICES**

#### **\*BRAILLE VISUAL AID CONSULTATIONS- APRIL 12<sup>TH</sup>**

Call for more information (323) 663-1111.

#### **\*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**

April<sup>th</sup>- Call to schedule appointment

#### **\*EMPLOYMENT ASSISTANCE- Call (877) 272-3624 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**

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**

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

#### **\*SAFELINE FREE PHONE SIGN-UPS**

1<sup>ST</sup> AND 3<sup>RD</sup> WEDNESDAY. Call for more info. - 11:00am-2:00pm

#### **\*SENIOR PEER COUNSELING SERVICES**

Call (818)847-3845 for more info.

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!