

ONEgeneration Senior Enrichment Center

Class Schedule -- (818) 705-2345

January 2018

CALENDAR: HOT DATES

1/4- Advisory Council Meeting- 10:00am *All guests are welcome!*
1/11- Advanced Care Planning BEFORE Receiving Critical Care- 10:30am
1/16- FREE Health Screening Stroke/Thyroid 10am- Noon
1/16- LA Regional Food Bank Distribution- 1:00pm
1/18- TAP Card/Metro Workshop- 9:30am
1/19-Health Wellness Friday- 10:00am
1/25-Cooking Class: New Year, New You!
1/29- Memory Mondays-FREE Screening Call for apt.
1/30- Travel Talk- Irish Splendor 10:00am

****Reminder** We are closed the following days:**

Monday, January 1st, 2018 (New Year's Day)

Monday, January 15th, 2018 (Martin Luther King Jr.)



Monday

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-Tas **(\$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)
 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-3:00pm Advanced Spanish (\$4)-**Michael Activity Rm**
 1:00pm-2:30pm Ukulele- **Eli (\$2 Donation)** Comm Rm
 2:40pm-4:00pm Unzip Your Lip- **Ruthie Comm Rm**
(\$2 Donation)
 3:30pm-4:30pm Ballroom Dancing **(\$2 Donation)** MP 1&2
 3:30pm-4:30pm Arthritis Foundation Exercise Comm Rm
 Yoga/Body Conditioning (EBP-\$6) **Chhiv**
 3:30pm-4:30pm Country Line Dancing (\$6) MP3
 Intermediate- **Michael**

Wednesday

9:00am-10:00am Beginning Tap & Jazz- **Jaylyn (\$2 Donation)** MP3
 9:00am-10:30am Walk n' Talk (EBP)- **Vanessa (\$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-2:00pm *New Class*Beginning ESL (\$2 Donation) ActivityRm
 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**

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 Comm Rm
 Yoga/Body Conditioning (EBP-\$6) **Chhiv**

Friday

9:00am-10:30am Walk n' Talk (EBP)- **Vanessa (\$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 Comm 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

January 5th - **New Year's Eve – PG 13**

In this star-studded romantic comedy, the fates of a diverse group of New Yorkers are wound together on New Year's Eve – including one expectant couple hoping their baby will be the first to be born in the Big Apple after midnight.

Time: 1hr 57m

Cast: Halle Berry, Jessica Biel, Jon Bon Jovi

January 12th - **Wonder Woman – PG13**

Before she was Wonder Woman, she was Diana, princess of the Amazons, trained to be an unconquerable warrior. Raised on a sheltered island paradise, when an American pilot crashed on their shores and tells of a massive conflict raging in the outside world. Diana leaves her home, convinced she can stop the threat. Fighting alongside man in a war to end all wars, Diana will discover her full powers...and her true destiny.

Time: 2hr 21m

Cast: Gal Gadot, Chris Pine, Robin Wright

January 19th - **A United Kingdom – PG 13**

Meeting at a dance in 1947, African prince Seretse Khama and London office worker Ruth Williams share a love jazz and an instant attraction. When they wed after a brief courtship, their interracial union sparks an international political crisis.

Time: 1hr 51m

Cast: David Oyelowo, Rosamund Pike, Jack Davenport

January 26th - **LIFE of Pi – PG**

Based on Yann Martel's best-selling novel, this coming-of-age recounts the adventures of Pi, and Indian boy who is the sole survivor of a shipwreck. Pi finds himself on a lifeboat with only some zoo animals for company.

Time: 2hr 7m

Cast: Suraj Sharma, Irrfan Khan, Ayush Tandon



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!

January 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.

***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.

***SAFELINK FREE CELL PHONE ENROLLMENT*- 2nd & 4th**

Wednesday at 11am in the Main Lobby

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