

**April 2025 – Class Schedule**

<p><b><u>CALENDAR: HOT DATES</u></b></p> <p><b>4/1-</b> Advisory Council Meeting - 10:00am- 11:00am</p> <p><b>4/4-</b> LA Regional Food Bank 9am to 11am <b>First Come First Serve</b></p> <p><b>4/8-</b> Senior Self Defense Class- 9am-10:30am <b>*Register with the Main Office! Limited Space available*</b></p> <p><b>4/9-</b> DWP-Home Energy Improvement Program Presentation 12:30-1:30pm <b>RSVP</b></p> <p><b>4/11-</b> Spring Fling Dance- 1:30pm-3:30pm Sponsored by Senior Helpers, WelbeHealth, and Scan Health Plan</p> <p><b>4/15-</b> Last Day of Taxes at OSEC</p> <p><b>4/17-</b> DMH Presentation- “Health, Wellness and Wholeness Presentation” 12:30-1:30pm <b>RSVP</b></p> <p><b>4/18-</b> Cybersecurity Part 3- “Phones”- 11:30am-1pm <b>RSVP Required</b></p> <p><b>4/21-</b> SCAN Independence @ Home Presentation- “When Special Days Make You Stressed: Coping with Triggers” 12:30pm-1:30 in person &amp; virtual <u>Zoom ID:</u> 864 2883 0392 <u>Password:</u> 756248</p> <p><b>05/17-</b> 16<sup>th</sup> Annual Senior Symposium 9:00am-12:00pm at 17400 Victory Blvd. Van Nuys, CA 91406</p>	<p><b><u>Monday</u></b></p> <p>09:00am–10:00am SilverSneakers Circuit–Monica <b>Virtual</b> <b>FREE-SilverSneakers Member/\$3 fee Non-members</b> <b>*Please call Main Office for more information*</b></p> <p>09:00am-10:30am Chair Yoga – Alison <b>MP3</b></p> <p>09:45 am-11:15am Table Tennis <b>MP2</b> <b>*\$2 fee Please pay at the Main Office Window – Bring Paddles*</b></p> <p>10:30am- 11:30am- Beginner’s Spanish Class <b>Activity Rm</b></p> <p>10:00am-11:30am Bingo – Ed <b>Art Rm</b></p> <p>01:00pm-2:00pm Box &amp; Dance Fitness Class – Dan <b>MP1</b> <b>*Sponsored by Regal Medical Group*</b></p> <p>01:00pm-03:00pm Cabaret- *Closed Group* David <b>MP3</b></p> <p>01:30pm-3:30pm- Chess Club <b>Art Rm</b></p> <p>02:00pm-3:30pm Music &amp; Comedy <b>Comm Rm</b></p> <p><b>*Disclaimer: Classroom assignments are subject to change at any time*</b></p>
<p><b><u>Tuesday</u></b></p> <p>09:30 am-11:15am Exercise through Dance <b>MP2&amp;3</b> <b>NO CLASS 4/8</b></p> <p>10:00am-11:30am Painting Without Fear - Ann <b>Art Rm</b></p> <p>12:00pm-02:00pm Board Games <b>TBA</b></p> <p>01:00pm-03:00pm Tap/Jazz-Arlene <b>MP3</b></p> <p>01:00pm-02:00pm Arthritis Foundation Exercise <b>MP1&amp;2</b></p> <p>Be Fit While U Sit (EBP)-Andree <b>*FIRST COME FIRST SERVE*</b></p> <p>02:30pm-04:00pm Technology Class <b>Comm Rm</b></p> <p><b>NO CLASS 4/15</b></p> <p>02:00pm-04:00pm Knitting &amp; Crochet – Beth <b>Art Rm</b></p> <p>02:30pm-04:00pm Line Dancing – Cyndy <b>MP1&amp;2</b></p>	<p><b><u>Wednesday</u></b></p> <p>09:00am–10:00am SilverSneakers Circuit–Veena <b>Virtual</b> <b>FREE-SilverSneakers Member/\$3 fee Non-members</b> <b>*Please call Main Office for more information*</b></p> <p>10:00am-11:00am Zumba Dance <b>MP Rm</b></p> <p>12:30pm- 1:45pm- Mat Yoga- <b>*NEW CLASS*</b> <b>Comm Rm</b> <b>*FIRST COME FIRST SERVE*</b></p> <p>12:30pm- 2:00pm- Conversational Spanish <b>Art Rm</b> <b>*NEW CLASS*</b></p> <p>01:00pm-04:30pm Table Tennis <b>MP2</b> <b>*\$2 fee Please pay at the Main Office Window – Bring Paddles*</b></p> <p>01:00pm-02:30 Songbirds *Closed Group* - Ellen <b>MP3</b></p> <p>01:00pm-02:30 Karaoke – Alex <b>MP1</b></p> <p>02:00pm-03:30pm Unzip Your Lip - Ruthe <b>Comm Rm</b></p>
<p><b><u>Thursday</u></b></p> <p>09:30am-11:15am Stretch, Exercise &amp; Dance! – Milan <b>MP2&amp;3</b></p> <p>10:00am-11:30am Building Relationships <b>Activity Rm</b></p> <p>10:00am-11:30am Live Music Sing-along- Alan <b>Comm Rm</b></p> <p>10:00am-12:00pm Watercolor-Martha <b>(4/3 &amp; 4/17)</b> <b>Art Rm</b></p> <p>12:30pm-02:00pm- Hope &amp; Advocacy- Donna <b>Activity Rm</b> <b>*NEW CLASS*</b></p> <p>01:00pm-03:00pm Tap/Jazz-Arlene <b>MP3</b></p> <p>01:00pm-02:30pm Motown Music &amp; Dance-Alex <b>MP1&amp;2</b></p> <p>1:30pm- 4:00pm- Technology Class <b>Comm Rm</b></p> <p><b>NO CLASS 4/17 &amp; 4/24</b></p> <p>02:00pm-03:30m Buried in Treasure (Closed Group) <b>Art Rm</b></p> <p>2:30pm-3:30pm Hula Dancing- Myrna, Yolanda <b>MP1&amp;2</b></p> <p>3:30pm- 4:30pm Advanced Hula- Josie <b>MP 1&amp;2</b></p>	<p><b><u>Friday</u></b></p> <p>09:30am-11:15am- Advanced Line Dancing w/Milan <b>MP2&amp;3</b></p> <p>10:30am-11:30am Sit &amp; Sip with Cheryl <b>Comm Rm</b></p> <p>12:30pm-02:00pm “Let’s Talk Positive Events”–Mitchell <b>Comm Rm</b> <b>*NEW TIME* NO CLASS 4/11</b></p> <p>12:45pm- 1:45pm Arthritis Foundation Exercise <b>MP 3</b></p> <p>Be Fit While U Sit (EBP)-Andree <b>NO CLASS 4/11</b></p> <p>02:00pm-04:00pm Knitting &amp; Crochet – Beth <b>Art Rm</b></p> <p>02:15pm-04:00pm Movie of the Week <b>MP 3</b> <b>*\$2 fee Please pay at the Main Office Window*</b></p> <p>02:30pm-03:30pm Country Line Dancing - Michael <b>(\$6)</b> <b>MP 1</b></p> <p>02:30pm-4:30pm Table Tennis <b>MP2</b></p> <p><b>NO CLASS 4/11</b> <b>*\$2 fee Please pay at the Main Office Window – Bring Paddles</b></p>

## Ongoing Services

### **\*Better Age Personal Health & Wellbeing Assessment –**

Call the main office to improve your health – 818-705-2345

<https://healthwellbeing.betterage.net/center/onegeneration-senior-enrichment-center/>

**\*Bet Tzedek Legal Assistance –** (323) 939-0506 or call the main office at 818-705-2345 to schedule an in-person appointment. **Appointment IS REQUIRED**

**\*Bar Association –** (818) 227-0489

**\*CalFresh Enrollment/Housing Info** Natalie Pongo at 818-708-6380

**\*CITIZENSHIP ASSISTANCE –** (818) 342-4686

**\*Debbie Lee – Reverse Mortgage Specialist**

Call first to make an appointment – (805) 402-0176

**\*ELDER LAW ATTORNEY- Sara Polinsky –** (818) 906-9900

**\*Grandparents As Parents Program –** (818) 264-0880

**\*LADWP Financial Assistance on Utility Bills –**  
Emmanuel (Manny) at (818) 708-4759

**\*L.A. MENTAL HEALTH -** Counseling Services - (818) 359-0133 **\*See main office for more information.**

**\* Mature Driving Course-** Call for more information–  
**818-705-2345**

**\* MEDICARE SERVICES HICAP –** 1<sup>st</sup> & 4<sup>th</sup> Tuesday each month

Call to schedule an appointment – 818-705-2345 or call their office at (800) 824-0780

**\*NOTARY SERVICES-** 1<sup>ST</sup> Thursday of each month call office to **schedule appointment** 818-705-2345

**\*Podiatry Screenings-** April 8<sup>th</sup> and April 22<sup>nd</sup> – Space is limited **schedule appointment** 818-705-2345

**\*Vaccine Clinics –** (818)738-9927

**\*\*LUNCHES ARE SERVED DAILY AT 11:30\*\***

**First Come First Serve**

**Center Hours Monday- Friday 8:30am- 5:00pm**

**\*\*Thrift Corner Hours 10:00am-2:00pm\*\***

**Fitness Center Open Monday-Friday 8:30am-4:30pm**

## Friday Movies \$2 FEE

All movies start at **2:15pm**

**04/04/2025 – THE WEEK OF (2018) 1h 46M**

The father of the bride wants to impress the father of the groom, but in-laws like weddings – can be a smidge stressful. (*Comedy, Feel Good*)

Cast: Adam Sandler, Chris Rock, Steve Buscemi....

**04/11/2025 – NO MOVIE**

JOIN US FOR OUR SPRING FLING DANCE

**04/18/2025 – HERE (2024) (PG-13) 1h 44m**

A generational story about families and the special place they inhabit, sharing in love, loss, laughter and life. (*Drama Nostalgic and Compelling*)

Cast: Tom Hanks, Robin Wright, Kelly Reilly....

**04/25/2025 – A LITTLE WHITE LIE (2023) (R) 1h 40m**

A Handyman with the same name as a famous writer (Shriver) who is mistakenly invited to a literary festival and is welcomed by fans and writers but is exposed as an impostor when the real Shriver arrives. (*Comedy, Based on Books*)

Cast: Michael Shannon, Kate Hudson, Don Johnson....

HELLO  
SPRING