

April 2025 – Class Schedule

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

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 –** 1st & 4th Tuesday each month

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

***NOTARY SERVICES-** 1ST Thursday of each month call office to schedule appointment 818-705-2345

***Podiatry Screenings-** April 8th and April 22nd – 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