

December 2025 – Class Schedule

<u>CALENDAR: HOT DATES</u>	<u>Monday</u>
<p>12/2 - Advisory Council - 10:00am-11:00am Community Room</p> <p>12/4- Mission Community Hospital “Coping during the Winter Season”- 12:30pm-1:30pm Please RSVP</p> <p>12/5 – LA Regional Food Box Older Adult (60+) Giveaway 9:00am-11:00am *First Come First Serve*</p> <p>12/8 – Declutter & Downsize Presentation Part 2- with Donna Barwald 10:30am-11:30am Please RSVP</p> <p>12/9– Alzheimer’s Association “10 Warning Signs of Alzheimer’s” 10:30am-11:30am Please RSVP</p> <p>12/11 – Sages & Seekers Information Session- 9:00am-10:00am Please RSVP to 818-402-1425</p> <p>12/15– SCAN Independence “A New Year, A Healthier You”- 12:30-1:30pm In-person & Zoom ID: 811 3397 2718 Passcode: 840511</p> <p>12/16 – Regal Medical- “Diabetes Presentation” 10:30am-11:30am Please RSVP</p> <p>12/17 December Birthday Celebration- 12:30pm-1:30pm by MJM Insurance Please RSVP</p> <p>12/18 – DMH- “Resiliency” Presentation 12:30pm-1:30pm RSVP</p> <p>12/19 – ONEgeneration Holiday Show 1:30pm – Requested \$5 Donation *Register with the main office*Sponsored by SCAN</p> <p>12/22 – CENTER CLOSING EARLY at 3:00PM For ALL STAFF Meeting</p>	<p>09:00am–10:00am SilverSneakers Circuit–Monica Virtual FREE-SilverSneakers Member/\$3 fee Non-members *Please call Main Office for more information*</p> <p>09:00am-10:30am Chair Yoga – Alison MP3 Please arrive early, no admittance to class after 9:15am NO CLASS 12/15 & 12/22 & 12/29</p> <p>09:45 am-11:15am Table Tennis MP2 *\$2 fee Please pay at the Main Office Window – Bring Paddles*</p> <p>10:30am- 11:30am- English as Second Language Class Act Rm</p> <p>10:00am-11:30am Bingo – Ed Art Rm</p> <p>01:00pm-2:00pm Box & Dance Fitness Class – Dan MP1 *Sponsored by Regal Medical Group*</p> <p>01:00pm-2:00pm- The Art of Growing Older (12/8 & 12/22) Comm</p> <p>01:00pm-03:00pm Cabaret- *Closed Group* David MP3</p> <p>01:30pm-3:30pm- Chess Club Art Rm</p> <p>02:15pm-3:45pm Music & Comedy- Musician w/ a Heart (\$6) Comm NO CLASS 12/22 *NEW TIME & CLASS FEE*</p> <p>3:15pm- 4:15pm- Zumba Gold 11- week series MP LAST DAY OF SERIES 12/15 *Sponsored by Providence*</p> <p><i>*Disclaimer: Classroom assignments are subject to change at any time*</i></p>
<p><u>Tuesday</u></p> <p>09:30 am-11:15am Exercise through Dance MP2&3</p> <p>10:00am-11:30am Painting Without Fear - Ann Art Rm *Supplies are not provided call office for list*</p> <p>10:30am- 11:30am Loteria Act Rm</p> <p>12:00pm-02:00pm Board Games TBA</p> <p>01:00pm-03:00pm Tap/Jazz-Arlene MP3</p> <p>01:00pm-02:00pm Arthritis Foundation Exercise MP1&2</p> <p>Be Fit While U Sit (EBP)-Andree *FIRST COME FIRST SERVE*</p> <p>02:00pm-03:30pm Technology Class Comm Rm NO CLASS 12/16 & 12/23 & 12/30</p> <p>02:00pm-04:00pm Knitting & Crochet – Beth Art Rm</p> <p>02:15pm- 4:45pm Mahjong- Robin Act Rm</p> <p>02:30pm-04:00pm Line Dancing – Cyndy MP1&2</p>	<p><u>Wednesday</u></p> <p>09:00am–10:00am SilverSneakers Circuit–Veena Virtual FREE-SilverSneakers Member/\$3 fee Non-members *Please call Main Office for more information*</p> <p>10:00am-11:00am Zumba Dance MP Rm</p> <p>12:30pm- 1:30pm- Mat Yoga Comm Rm *FIRST COME FIRST SERVE*</p> <p>12:30pm- 1:30pm- Beginner’s Spanish Act Rm</p> <p>01:00pm-04:30pm Table Tennis MP2 *\$2 fee Please pay at the Main Office Window – Bring Paddles*</p> <p>01:00pm-02:30 Songbirds *Closed Group* - Ellen MP3</p> <p>01:00pm-02:30 Karaoke – Alex MP1</p> <p>02:00pm-03:30pm Unzip Your Lip - Ruthe Comm Rm</p> <p>02:30pm- 03:30pm Advanced Hula- Josie MP 1</p>
<p><u>Thursday</u></p> <p>09:30am-11:15am Stretch, Exercise & Dance! – Milan MP2&3</p> <p>10:00am-11:30am Building Relationships Activity Rm</p> <p>10:00am-11:30am Live Music Sing-along- Alan Comm Rm</p> <p>10:00am-12:00pm Watercolor-Martha (12/4 & 12/18) Art Rm *Supplies are not provided call office for list*</p> <p>10:00am-12:00pm Mixed Media Art -Lisa (12/11) Art Rm *Supplies are not provided call office for list*</p> <p>12:30pm-02:00pm- Hope & Advocacy- Donna Activity Rm</p> <p>01:00pm-03:00pm Tap/Jazz-Arlene MP3</p> <p>01:30pm-4:00pm Technology Class Comm Rm NO CLASS 12/18 and 12/25</p> <p>01:00pm-02:30pm Soulful Steps & Sounds -Alex MP1&2</p> <p>2:30pm-3:45pm Hula Dancing- Myrna, Yolanda MP1&2</p>	<p><u>Friday</u></p> <p>09:30am-11:15am- Advanced Line Dancing w/Milan MP2&3</p> <p>09:15-10:15am- Telling Our Stories Comm Rm</p> <p>10:30am-11:30am Sit & Sip with Cheryl Comm Rm</p> <p>1:00pm- 2:00pm Arthritis Foundation Exercise MP 3</p> <p>Be Fit While U Sit (EBP)-Andree</p> <p>NO CLASS 12/19</p> <p>1:00pm-02:30pm “Let’s Talk Positive Events”–Mitchell Comm Rm NO CLASS 12/19</p> <p>02:00pm-04:00pm Knitting & Crochet – Beth Art Rm</p> <p>02:00pm-04:00pm Movie of the Week Act Rm *\$2 fee Please pay at the Main Office Window*</p> <p>02:30pm-03:30pm Country Line Dancing - Michael (\$6) MP 1</p> <p>02:30pm-4:30pm Table Tennis MP2 *\$2 fee Please pay at the Main Office Window – Bring Paddles NO CLASS 12/19 and 12/26</p>

December 2025
ONGOING SERVICES

***Better Age Personal Health & Wellbeing Assessment** – Call the main office to improve your health – 818-705-2345
<https://oneration-senior-enrichment-center.health-wellbeing.betterage.net/login/>

***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 -818-340-4529**

***CalFresh Enrollment/Housing Info** Emmanuel (Manny) Hernandez at 818-708-4759

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

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

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

*** Mature Driving Course-** Call for more information–**February 25th** 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

***Podiatry Screenings- December 9th and December 23rd** – Space is limited **schedule appointment** 818-705-2345

****LUNCHEAS ARE SERVED DAILY AT 11:30****

First Come First Serve

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

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



Friday Movies \$2 FEE

All movies start at 2:00pm

12/05/2025 MEET ME NEXT CHRISTMAS(TV-PG) (2024) 1h 45m

On a quest to reconnect with the man of her dreams, Layla races across New York City to find a ticket to a sold-out Pentatonix Christmas Eve concert. (*Charming, Feel-Good, Romantic*)

Cast: Christina Milian, Devale Ellis, Dofi Siriboe....

12/12/2025 A MERRY LITTLE EX-MAS (2025) (TV-PG)1h 31m

An amicably divorcing couple's final family Christmas goes from cozy to complicated in this cheery rom-com. (*Charming and Romantic*)

Cast: Alicia Silverstone, Oliver Hudson, Jameela Jamil....

12/19/2025 –

No Movie- Join us for our Holiday Show

12/26/2025 –

CENTER CLOSED



**CLOSING AT 3PM ON
DECEMBER 22**

**CLOSED ON
DECEMBER 24, 25 and 26**