



**ONEgeneration Wilkinson Senior Center – Northridge**  
**8956 Vanalden Avenue, Northridge, CA 91324**  
**Main Office Number 818-654-8376**



**December 2025 CALENDAR**

**ALL CLASSES HAVE A SUGGESTED DONATION OF \$2.00 UNLESS OTHERWISE NOTED.**

<b>CALENDAR: Save the Dates</b>		<b>Monday</b>	
<p><b>12/1 LA Food Bank-</b> 1pm- 2:30pm- Please check in at front desk</p> <p><b>12/4 DMH- Resiliency</b> 9am-10am <b>Annex RM 7</b></p> <p><b>12/5 Floral Arrangement</b> 10:00am-11:00am – Total Senior <b>Annex RM 7</b></p> <p><b>12/11 Birthday Party</b> 10:00am-11:00am <b>Annex RM 7</b></p> <p><b>12/11 Happy Hour with Cheryl</b> 10:30am-11:30am <b>Room1</b></p> <p><b>12/16 Men’s Support Group with Dale S.</b> 1:00pm-2:00pm <b>Room 1</b></p> <p><b>12/16 Regal Cardio Health</b> 10:30am-11:30am <b>Annex RM 7</b></p> <p><b>12/17 Holiday Dance with DJ</b> 1:00pm-3:00pm <b>MP 1/2/3</b></p> <p><b>12/18 DMH – Holiday Blues</b> 9:30-11am <b>Annex RM 7</b></p> <p><b>12/18 Advisory Council (3<sup>rd</sup> Thursday)</b> 11am-12pm <b>Annex RM 7</b></p> <p><i>*Date and time changed for the holiday*</i></p> <p><b>We will be closed on 12/24, 12/25, and 12/26 in observance of the holiday.</b></p>		<p>9:00am-11:30am Knitting and Crocheting <b>RM 7</b></p> <p>9:30am-11:30am <b>Matter of Balance</b> 11/3-12/22</p> <p><i>*This workshop is Closed*</i> <b>Annex RM 7</b></p> <p><b>10am -11:00am NEW TIME Israeli Dancing w/ Leslie</b> <b>MP2</b></p> <p>10am-11:30am Roundtable discussion w/ Donna <b>RM 1</b></p> <p><b>10:30am-11:30am *NEW*</b> Chair Exercise w/ Dawna <b>MP3</b></p> <p><b>FREE- For SilverSneakers member/\$3 Fee for Non- members</b></p> <p><i>*See Della or Rhonda*</i></p> <p>10am-11:30am Line Dancing w/ Peggy <b>MP 2</b></p> <p>1pm-2pm Chair Exercise w/ Jilla <b>MP2&amp;3</b></p> <p>2:15pm-3:15pm Chair Yoga w/ Nancy <b>MP3</b></p> <p><b>RAP Programming 12:00pm-1:00pm</b> <b>RM 7</b></p> <p><b>1:00-3:00pm *NEW DATE*</b> Chess Club w/ Phillip <b>RM 7</b></p> <p>1:30pm-3:30pm Book Club &amp; Poetry w/ Debra <b>RM 1</b></p>	
<b>Tuesday</b>		<b>Wednesday</b>	
<p align="center"><b>8am-10:30am RAP Programming- MP closed</b></p> <p><b>Day Trips, depart Wilkinson Senior Center @ 9am</b></p> <p><b>See flyer for details - Call Sandra Transportation Manager for more information and program enrollment- 818-654-8378</b></p> <p>10:40am-11:30am-FUNctional Fitness w / Maureen <b>MP 3</b></p> <p><b>**MAX MEMBERS PER CLASS IS 29**</b></p> <p><b>FREE- For SilverSneakers member/\$3 Fee for Non- members</b></p> <p><i>*See Della or Rhonda*</i></p> <p>10:30am-2:30pm <b>HICAP- Medicare (only on 4<sup>th</sup>)</b> Len <b>RM 1</b></p> <p>12:00pm-2:00pm Goldennaires Chorus - Molly <b>MP3</b></p> <p>1:00pm-2:00pm Box &amp; Dance Fitness w/ Dan <b>MP2</b></p> <p><b>*Sponsored by Regal Medical Group*</b></p> <p><b>*NEW CLASS * 2:15pm-3:00pm Chair Fitness w/Ann</b> <b>MP2</b></p> <p><b>*Sponsored by Valley Presbyterian Hospital*</b></p> <p>1:00pm-3:00pm Social Bridge w/Glenn <b>RM 7</b></p> <p>3:00pm-4:00pm- Tech Support – Student <b>RM 7</b></p> <p><i>*When available*</i></p>		<p>9:30am-11:30am Spanish 101 &amp; Advanced w/ Yolanda <b>RM 1</b></p> <p>9:00am-11:30am-Art Fundamentals w/ Helen <b>MP2</b></p> <p>10:00am-11:00am-BINGO \$1 per card- Linda <b>RM 7</b></p> <p>10:00am-11:00am -Yoga w/ Alys- Bring mat and water <b>MP 3</b></p> <p><b>FREE- For SilverSneakers member/\$3 Fee for Non- members</b></p> <p><i>*See Della or Rhonda*</i></p> <p>10:30am-11:30am-Sit &amp; Sip (discussion) w/ Cheryl <b>Annex RM 7</b></p> <p><b>**2<sup>nd</sup> and 4<sup>th</sup> Wednesdays**</b></p> <p>1:00-2:00pm Boom- Chick-A-Boom w/ Maureen <b>MP3</b></p> <p><b>FREE- For SilverSneakers member/\$3 Fee for Non- members</b></p> <p><b>*New Class * 2:15-3:15pm- Chair Exercise w/ Dawna</b> <b>MP3</b></p> <p><b>FREE- For SilverSneakers member/\$3 Fee for Non- members</b></p> <p>12:00pm-1:00pm- Mahjong Lessons w / Mary &amp; Jane <b>MP1</b></p> <p>1:00pm-3:00pm- Mahjong- w/ Mary &amp; Jane <b>MP1</b></p>	
<b>Thursday</b>		<b>Friday</b>	
<p align="center"><b>8am-11:30am RAP Programming- MP Closed</b></p> <p>10:00am-11:30am- Latino Social Club w/ Yolanda <b>RM 1</b></p> <p>10:00am-11:30am-BINGO \$1 per card w/ Laura <b>RM 7</b></p> <p>1:00pm-3:00pm Ballroom Dancing w/ Allen Weiss <b>MP1/2/3</b></p> <p>2:00pm-3:30pm Buried in Treasures through December 18 <b>RM 7</b></p> <p><b>*This workshop is closed*</b></p> <p>2:00pm-4:00pm- Tech Support – Student <b>RM 1</b></p> <p><i>*When available*</i></p>		<p>10:30am-11:30am- Zumba w/ Reina <b>MP2&amp;3</b></p> <p>10:30am-11:30am-Art Exploration w/ Valerie <b>RM 7</b></p> <p>12:00pm-3:00pm-Watercolor Class-Open <b>RM 7</b></p> <p>1:00pm-2:15pm- Soulful Steps &amp; Sounds w/ Alex <b>MP3</b></p> <p>2:30pm-3:30pm Chair Exercise w/ Dawna <b>MP1</b></p> <p><b>FREE- For SilverSneakers member/\$3 Fee for Non- members</b></p> <p><i>*See Della or Rhonda*</i></p> <p>2:30pm -4:00pm- Hula Dancing w/ Josie <b>MP2&amp;3</b></p>	

**\*DISCLAIMER: Classroom/ MP/ Annex assignments are subject to change at any time\***

### **Ongoing Services & Resources**

\***Better Age Personal Health & Wellbeing Assessment** - Call the main office to improve your health - 818-654-8376  
<https://healthwellbeing.betterage.net/center/onegeneration-senior-enrichment-center/>

\***Bet Tzedek Legal Assistance** - (323) 939-0506

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

\***CalFresh Enrollment/Utilities Assistance** – Manny Hernandez 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 -Jennifer Odum

\***L.A. MENTAL HEALTH** - Counseling Services - (818) 359-0133

\* **Mature Driving Course**- Call for more information-  
818-654-8376

\* **MEDICARE SERVICES HICAP** – 2nd & 4th Tuesday each month call Wilkinson main number to schedule an appointment

**\*\*LUNCHES ARE SERVED DAILY AT 11:30\*\***  
**Check in at 10:30am-First Come First Serve**

**Center Hours Monday- Friday 8:00am- 4:30pm**

**CENTER IS CLOSED SATURDAY AND SUNDAY**

### **Friday Movies - \$2.00 suggested donation**

**All movies start at 1:00pm Room 1**

***Snacks –Sponsored by:  
Senior Helpers of Granada Hills***

12/5 **A Merry Little Ex-Mas -2022**  
PG-13 1h45m Holiday Comedy

A separated couple tries celebrating one last Christmas together with their kids before their divorce. However, the husband's new girlfriend joins the festivities, causing tension and chaos during the holidays.

Cast – Alicia Silverstone, Oliver Hudson, Jameela Jamil

12/12 **Ruth and Boaz -2025**

PG-14 1h and 33m Romance

A singer leaves the Atlanta music scene and starts over in small-town Tennessee, where she finds love and new purpose but can't escape the past.

Cast: Tyler Lepley and Serayah, and Phylicia Rashad

12/19 Everybody's **Fine** - 2009

PG- 13 1hr 39m Sentimental /Tearjerker

A recent widower takes a road trip to see his adult grown children.

Cast: Robert DeNiro, Drew Barrymore, and Kate Beckinsale

**If there is a movie that you  
would like to watch, please stop by RM 2 and speak  
with Rhonda or Della. Thank you.**

