



November 2019 – Class Schedule

CALENDAR: HOT DATES

11/6-11/27- Ready, Set, Bank- Online Banking Workshop Series- 9:30am-11:00am- Call 818-705-2345 to RSVP!!!
 11/6- Free Hearing Screening- 10am- Noon
 11/7- Advisory Council- 9:30am
 11/7-Medicare Annual Enrollment Workshop-Paul Davis-10am
11/7 & 11/8- THRIFT SHOP SALE!!! All Day
 11/13- Dr. Brown "Health Talk"- 10:30am
 11/14- "Through Ernie's Eyes"- Stories of People & War-10:30a
 11/15- City of LA Aging Budget Focus Group- 10:30am
 11/19- LA Regional Food Bank Distribution- 1:00pm
 11/20-Medicare Annual Enrollment Workshop-4pm
 11/21- Older Adult Food Bank Distribution - 11am-1pm
 11/22- Health Wellness Friday- Movement Therapy- 9:30am
 11/25 Advanced Care Planning Presentation- 10:30am

Monday

9:00am-11:30am Table Tennis (**\$2 FEE**) MP2
 9:30am-10:30am Meditation and Breathing (\$5)-Joanne MP3
 10:00am-11:30am- Live Music Sing-a-Long (**\$2 Donation**) Comm Rm
 10:00am-12:00pm-Watercolor-Judy (**\$2**) WAITLIST Art Rm
12:30pm-1:30pm- Conversational Spanish (\$4) Comm Rm.
1:00pm-2:00pm Zumba Gold- Joanne MP 1 & 2
FREE-Silver & Fit Member/\$3 fee Non-Members
 1:00pm-3:00pm Cabaret (Wait List)- David MP3
 1:30pm-3:30pm Drawing/Sketching (**\$2 Donation**) Art Rm
 1:30pm-3:00pm Parkinson's Support Group- Max Conf. Room
2:30pm-3:30pm Silversneakers Circuit- Sandy MP 1 & 2
FREE- Silversneakers Member/\$3 FEE- Non-Silversneakers

***We are closed the following days in November:**

-Monday, November 11th- Veteran's Day

-Thursday & Friday, November 28th & 29th- Thanksgiving Holiday

Tuesday

9:00am-10:00am Qi-Gong (Chinese Standing Yoga)(\$2) Comm Rm
 9:00am-11:30am Oil Painting- Tamara (**\$2 Donation**) Art Room
 9:00am-11:45am Rummykub (**\$2 Donation**) MP1
8:45am-9:45am Silversneakers Classic-Veena MP 2
FREE-Silversneakers Member/\$3 fee-Non-members
 9:30am-11:30am Exercise through Dance- JoAnn MP2
(\$2 Donation) MP 2&3 after 9:45am
 10:00am-12pm A Matter of Balance (EBP) (\$2 donation) Comm Rm
Starting October 8th- December 3rd Call 818-705-2345 to RSVP
 12:00pm-4:30pm Knitting & Crochet- (**\$2 Donation**) Art Room
 1:00pm-2:00pm Be Fit While U Sit (EBP)- Pat(**\$2**) MP1&2
 1:00pm-3:00pm Tap/Jazz- Arlene (**\$2 Donation**) MP3
 1:00pm-2:30pm Ukulele- Eli (**\$2 Donation**) Comm Rm
 2:40pm-4:00pm Unzip Your Lip- (**\$2 Donation**) Comm Rm
 3:30pm-4:30pm Ballroom Dancing-\$2-Howard MP 1&2
 3:30pm-4:30pm Intermediate Country Line Dancing (\$6 FEE) MP3

Wednesday

8:45am-9:45am Aerobics- EP (**\$2 Donation**) MP 2&3
 10:00am-11:00am Zumba-Joanne (**\$2 Donation**) MP Rm
 12:30pm-2:30pm Navigating Hope- Donna (**\$2 Donation**) Comm Rm
 12:40pm-1:40pm Intergenerational Teen Art Class Art Rm.
 1:00pm-4:30pm Table Tennis (**\$2 FEE**) MP2
 1:00pm-3:30pm Song Birds-Ellen (WAITLIST) 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 (**\$2 Donation**) MP1
 2:30pm-3:30pm- Finders Keepers Support Group Activity Rm.
 3:30pm-4:30pm Arthritis Foundation Exercise MP3
 Chair Exercise (EBP \$6 FEE) Chhiv
5:00pm-7:00pm Grandparents as Parents (Spanish) Support Group Comm Rm

****Upcoming 4-part workshop series** "Ready, Set, Bank"- Online Banking Workshop presented by Capital One
9:30am-11:00am- Limited Space Available, Sign up today!
Wednesdays, starting November 6th- 27th -818-705-2345**

Thursday

8:30am-10:00am Yoga (\$6 FEE)-Jeanette MP 2&3
 9:00am-11:45am Rummykub (**\$2 Donation**) MP1
 10:00am-11:30am Tai Chi Chuan I (\$6 FEE)-Jeanette MP 2&3
 10:00am-11:15am Women's Support Group (\$2) Comm Rm
 10:00am-11:30am Building Relationships (**\$2 Donation**) Conf. Room
1:00pm-2:00pm Silversneakers Classic-Sandy MP2
FREE-Silversneakers Member/\$3 fee-Non-members
1:00pm-2:00pm *New Group*-Vision/Hearing Loss Support Group
3rd Thursday of each month- October 17th Conf Rm.
 1:00pm-3:00pm Tap/Jazz – Arlene (**\$2 Donation**) 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 FEE)-Michael MP2
2:00pm- 3:30pm Aging Mastery Workshop MP1
 3:15pm-4:45pm International Folk Dancing-JoAnn(\$3) MP 2&3

Friday

9:30am-11:30am Exercise through Dance- JoAnn (**\$2 Donation**) MP 2&3
 9:30am-11:30am Bingo (25¢ per card) (**\$2 Donation**) Art Room
 11:40am-2:25pm Life Writing (\$6 FEE)- Jeanette Comm Rm
 1:00pm-2:00pm Arthritis Foundation Exercise MP1
 Be Fit While U Sit (EBP) Luella (**\$2 Donation**)
 1:00pm-3:30pm Needlework Group- (**\$2 Donation**) Art Rm
 1:00pm-3:45pm Table Tennis (**\$2 FEE**) MP2
 2:00pm-4:00pm Movie of the Week (**\$2 FEE**) MP3

****LUNCH IS SERVED DAILY AT 11:45****

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

****Travel Office Hours: 9:00am-2:00pm****

Thrift Corner & Snack Shop Hours- 10:00am-2:00pm

Friday Movies \$2 FEE

All movies start at 2:00pm

11/1/2019- Captain Marvel- 2019 PG-13 2h 4m

Set in the 1990s, Marvel Studios' Captain Marvel is an adventure from a previously unseen period in the history of the Marvel Cinematic Universe that follows the journey of Carol Danvers as she becomes one of the universe's most powerful heroes. When a galactic war between two alien races reaches Earth, Danvers finds herself and a small cadre of allies at the center of the maelstrom.

Cast - Brie Larson, Samuel L. Jackson

11/8/2019-The Bookshop-2018 PG 1h 53m

England, 1959. Free-spirited widow Florence Green follows her lifelong dream by opening a bookshop in a conservative coastal town. While bringing about a cultural awakening through works by Ray Bradbury and Vladimir Nabokov, she earns the polite but ruthless opposition of a local grand dame and the support of a reclusive, book-loving widower. As Florence's obstacles amass, she reminds herself that a town without a bookshop is no town at all.

Cast-Emily Mortimer, Bill Nighy, Patricia Clarkson

11/15/2019- Yesterday- 2019 PG-13 1h 56m

While he's still looking for his big break, musician Jack Malik gets hit by a bus during a global blackout. But when he wakes up to find he's the lone person on Earth who knows of the Beatles and their songbook, Jack has a huge chance at stardom.

Cast- Himesh Patel, Lily James, Kate McKinnon

11/22/2019- Toy Story 4- 2019 G 1h 40m

Woody has always been confident about his place in the world, and that his priority is taking care of his kid, whether that's Andy or Bonnie. But when Bonnie adds a reluctant new toy named Forky to her room, a road-trip adventure with old and new friends shows Woody how big the world can be for a toy.

Cast- Tom Hanks, Tim Allen, Annie Potts

11/29/2019- CLOSED FOR THANKSGIVING

November 2019

ONGOING SERVICES

***BRAILLE VISUAL AID CONSULTATIONS**

Call for more information (323) 663-1111.

***NEW SERVICE* Cal Fresh Enrollment/Assistance**

Walk-in's Welcome- 9:00am-4:00pm or call 818-708-6380.

***CANDY WATSON- REVERSE MORTGAGE SPECIALIST**

By appointment only *Call (661)877-1317* to make apt.

***COMPUTER CLASS- (\$5)**

Call to schedule an appointment, (818)705-2345

***ELDER LAW ATTORNEY- Sara Polinsky**

Call 818-705-2345 to schedule appointment.

***CITIZENSHIP ASSISTANCE- Call 818-705-2345 for more info.**

***FIDUCIARY ASSISTANCE- Call Pam Blattner (818)926-0984.**

***FREE BLOOD PRESSURE MANAGEMENT PROGRAM- Call**

Stephanie at (818) 708-2779 for more info.

***L.A. MENTAL HEALTH - Counseling Services**

Wednesdays, 10:00 am-2:00 pm. Call (213) 923-4838.

***LEGAL SERVICES (FREE) -**

-Bet Tzedek- Please call the main office to schedule an appointment at (818) 705-2345.

-Bar Association- 1st and 3rd Tuesday of every month, 1:00pm – 3:00pm, by appointment (818) 227-0489.

***MASSAGE THERAPY**

Wednesdays, 10:00 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-** Call 818-705-2345 to schedule apt.

***PODIATRY & WOUND CARE SERVICES-1st Wed. of the Month**

Call Main office at 818-705-2345 to make an appointment. \$20

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

*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!*