

November 2022 – Class Schedule

CALENDAR: HOT DATES

CLOSED November 11th & November 24th-25th

11/01-Advisory Council – 10:00am-11:00am *Virtual*

11/01- MAPS Meeting – 08:30am-10:00am – Community Room

11/01- Early Voting Booth – 10:00am-03:00pm - Activity Room

11/02- Lincoln Heritage Vendor Table – 08:30am-05:00pm

11/03- Assembly Member Jesse Gabriel "Senior Scam Stopper" Workshop – 10:00am-11:30am – Community Room RSVP*

11/08, 11/15 – Z Best Insurance Vendor Table – 8:30am-05:00pm

11/08 – "Healthy Brain Habits" Alzheimer's LA- 2:00pm Activity Room

11/10 & 11/17 – Blood Pressure Bingo & Games – 10:30am-11:30am Conf Rm

11/15 – Music Trivia & Scam Education w/ WISE & Healthy Aging – 2:00pm

11/18- "Healthy Way of Eating for Self-Healing"

Health & Wellness Friday w/ Joanne – 9:00am-10:30am

Zoom Meeting ID: 832 2272 1349 Password: 780995

11/22-SCAN "Caregivers Are People Too!" 10:00am-11:00am – Comm. Rm

Zoom Meeting ID: 871 4017 6166 Password: 289226

Monday

9:00am – 10:00am SilverSneakers Circuit–Veena *Virtual*

FREE-Silversneakers Member/\$3 fee Non-members

Please call Main Office for more information

09:00am-10:15am- Chair Yoga - Alison

Comm Rm.

09:00am-11:15am - Table Tennis

Canceled

\$2 fee Please pay at the Main Office Window

09:30am-10:30am- Meditation & Breathing-Joanne *Balboa Park*

10:30am-12:00pm- Bingo-Ed

Art Rm

1:00pm- 3:00pm- Cabaret- *Closed Group* David

Comm Rm

1:00pm-3:00pm Drawing/Sketching (\$2 Donation)

Art Rm

Tuesday

10:00am-11:15am-Exercise through Dance

Quad

1:00pm-3:00pm-Tap/Jazz-Arlene

Activity Rm

1:00pm-2:00pm-Arthritis Foundation Exercise

Quad

Be Fit While U Sit(EBP)-Andree

2:00pm-3:30pm Technology Class

Conference Rm

2:00pm-4:00pm- Knitting & Crochet- Beth

Art Rm

Wednesday

9:00am-10:00am SilverSneakers Circuit–Monica *Virtual*

FREE-Silversneakers Member/\$3 fee Non-members

Please call Main Office for more information

9:00am-10:00am- Line Dancing – Cindy

Quad

10:00am-11:00am Zumba-Joanne (\$2 Donation)

Quad

12:30pm-2:00pm-Navigating Hope-Donna

Art Rm

1:00pm-4:30pm - Table Tennis

Canceled

\$2 fee Please pay at the Main Office Window

1:00pm-3:30-Song Birds-*Closed Group* Ellen Comm. Rm

2:00pm-3:30pm-Unzip Your Lip-Ruthe

Art Rm

Thursday

09:00am-10:30am Yoga – Alison

Comm. Rm

10:00am-11:00am Building Relationships Conference Rm

Interested? Ask Main Office for more information

10:00am-11:00am Live Music Sing-a-Long-Alan Activity Rm

10:00am-12:00pm Watercolor - *Closed*

Art Rm

***November 3rd & November 17th (1st & 3rd Thursday)**

1:00pm-3:00pm-Tap/Jazz-Arlene

Activity Rm

1:30-2:30 Technology Class

Conference Rm

Friday

9:00am-11:15am - Table Tennis

Canceled

\$2 fee Please pay at the Main Office Window

11:00am-11:30am – Golden Beats – Gayellen

Comm. Rm

***November 18th (4th Friday)**

1:00pm-2:00pm-Arthritis Foundation Exercise

Quad

Be Fit While U Sit(EBP)-Andree

1:00pm-2:30pm-Current Events-Mitchell

Comm. Rm

2:00pm-4:00pm-Knitting & Crochet-Beth

Art Rm

2:00pm-4:00pm- Movie of the Week

Activity Rm

\$2 fee Please pay at the Main Office Window

2:30pm-3:30pm-Country Line Dancing-Michael(\$6)

Comm. Rm

**Disclaimer: Classroom assignments are subject to change at any time*

November 2022
ONGOING SERVICES

***Cal Fresh Enrollment/Assistance** -

Natalie at 818-708-6380 for more info.

***FREE BLOOD PRESSURE MANAGEMENT PROGRAM**

Jasmine at (818) 708-4753 for more info.

***Debbie Lee – Reverse Mortgage Specialist**

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

***Vaccine Clinics** – (818) 305-4280 or (818)738-9927

***LADWP Financial Assistance on Utility Bills** –

Emmanuel at (818) 708-4759

***Grandparents As Parents Program** – (818) 264-0880 for more info.

***L.A. MENTAL HEALTH - Counseling Services - (213)348-4829**

*See main office for more information.

*** Mature Driving Course**

Call to schedule an appointment – 818-705-2345

*** MEDICARE SERVICES HICAP – 1st & 4th Tuesday each month**

Call to schedule an appointment – 818-705-2345

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

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

***Bet Tzedek** – (323) 939-0506

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

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

****LUNCHES ARE SERVED DAILY AT 11:45****

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 in MP3

11/4/2022 – HAMPSTEAD (2019) PG-13 1hr 42m

An American widow in London forms an unexpected relationship with a man living off the grid in a beautiful park ripe for development.

Cast: Diane Keaton, Brenden Gleason, Leslie Manville

11/11/2022 – NO MOVIE – Senior Center Closed

11/18/2022 – THE DIG (2019) PG-13 1hr 52m

On the eve of World War II, a British widow hires a self-taught archaeologist to dig up mysterious formations on her land, leading to a staggering find.

Cast: Ralph Fiennes, Carey Mulligan, Lilly James

11/25/2022 – NO MOVIE – Senior Center Closed

