

January 2026 – Class Schedule

<u>CALENDAR: HOT DATES</u>	<u>Monday</u>
<p>1/2- LA Regional Food Box Older Adult (60+) Giveaway 9:00am-11:00am *First Come First Serve*</p> <p>1/6- Advisory Council - 10:00am-11:00am Community Room</p> <p>1/12- LA Public Library Presentation 10:30am- 11:30am in Comm Rm PLEASE RSVP</p> <p>1/13- Mindful Veteran Presentation 10:00am-11:15am please be prompt RSVP REQUIRED</p> <p>1/15- DMH- “Health, Wellness and Wholeness” Presentation 12:30pm -1:30pm PLEASE RSVP</p> <p>1/20- LA County and City Public Hearing 1:00pm-3:00pm in MPs</p> <p>1/22- CHP- AgeWell Drive Smart Presentation 12:30pm- 1:30pm in Community Room PLEASE RSVP</p> <p>1/27- Mindful Veterans Presentation 10:00am-11:15am please be prompt RSVP REQUIRED</p> <p>1/30- Passport to Dance- 1st Annual Member Sponsored Dance from 1:30pm-3:30pm PLEASE RSVP \$2 Donation Recommended</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</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 (1/12 & 1/26) 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</p> <p><i>*Disclaimer: Classroom assignments are subject to change at any time*</i></p>
<p>Tuesday</p> <p>09:30 am-11:15am Exercise through Dance MP2&3 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>CLASSES RESUME 1/27</p> <p>01:00pm-01:45pm Healthy Maturity Chair Exercise MP1& 2 *Sponsored by Valley Presbyterian Hospital* *NEW CLASS* NO CLASS 1/20</p> <p>02:00pm-03:30pm Technology Class Comm Rm CLASSES RESUME 1/20</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 NO CLASS 1/20</p>	<p>Wednesday</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* BRING YOUR OWN MATS*</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>Thursday</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 (1/15 & 1/29) Art Rm *Supplies are not provided call office for list*</p> <p>10:00am-11:30am Mixed Media Art -Lisa (1/8 & 1/22) 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 CLASSES RESUME 1/29</p> <p>01:30pm-4:00pm Technology Class Comm Rm CLASSES RESUME 1/22</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>Friday</p> <p>09:30am-11:15am- Advanced Line Dancing w/Milan MP2&3</p> <p>09:15-10:15am- Telling Our Stories Comm Rm NO CLASS 1/2</p> <p>10:30am-11:30am Sit & Sip with Cheryl Comm Rm</p> <p>1:00pm- 2:00pm Arthritis Foundation Exercise MPs Be Fit While U Sit (EBP)-Andree NO CLASS 1/30</p> <p>1:00pm-02:30pm “Let’s Talk Positive Events”–Mitchell Comm Rm NO CLASS 1/30</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 1/30</p>

JANUARY 2026
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**- **January 6th** and **January 27th** – 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

01/02/2026 – MEET THE COOPERS (PG) 2015 1h 44min

A chaotic family reunion leads to a joyful rediscovery of family bonds and the magic of love in this sparkling, all-star Comedy.
(Comedy) (Amazon Prime)

Cast: Diane Keaton, John Goodman, Ed Helms, Olivia Wilde, Alan Arkin, Amanda Seyfried....:

01/9/2026 – JAY KELLY (2025) (R) 2h 13m

George Clooney and Adam Sandler star in this moving film about a famous actor reckoning with regrets, mortality and choices he's made. *(Drama/Comedy)* (NETFLIX)

Cast: George Clooney, Adam Sandler, Laura Dern....

01/16/2026 – LAST WORD (2017) (R) 1h 47m

Harriet, a controlling unloved business retiree, hires a young journalist to write her obituary—and then enlists her help in reshaping her legacy. *(Drama/Comedy)* (NETFLIX)

Cast: Shirley MacLaine, Amanda Seyfried, Anne Heche....

01/23/2026 – LARRY CROWNE (2011) 1h 38m

A middle-aged man who loses his job and enrolls in college to reinvent himself. He joins a community of misfits and develops a crush on his passionate but disillusioned teacher.
(Comedy/Romance) (Amazon Prime)

Cast: Tom Hanks, Julia Roberts....

01/30/2026 – NO MOVIE-

Join us for our PASSPORT to DANCE Event



THURSDAY, JANUARY 1st
and
MONDAY, JANUARY 19th