



April 2026 – Class Schedule

<u>CALENDAR: HOT DATES</u>	<u>Monday</u>
<p>4/2- Senior Living Options Presentation- 12:30pm-1:30pm RSVP</p> <p>4/3- LA Regional Food Box Older Adult (60+) Giveaway 9:00am-11:00am *First Come First Serve*</p> <p>4/6- 12 Week Feast Wellness Series for Spanish Speakers 9:00am-11:00am sponsored by Providence Limited Space RSVP Required</p> <p>4/7- Advisory Council Meeting-10:00am <i>New Members Welcome</i></p> <p>4/9- Doc Talk "Irritable Bowel Syndrome" presented by Regal Medical 12:30pm-1:30pm Please RSVP</p> <p>4/15- April Birthday Celebrations Sponsored by MJM Insurance 12:30pm-1:30pm RSVP</p> <p>4/16- DMH- "How Much is Too Much" presentation 12:30pm-1:30pm RSVP</p> <p>4/17- Spring Dance w/ Live Band 1:30pm-3:30m Sponsored by WelbeHealth & SCAN Registration Req. \$5 Admission Fee</p> <p>4/21- Alzheimer's Association "Managing Money" Presentation 10:30am-11:30am Please RSVP</p> <p>4/21- AARP Shred Truck Event 9:00am-11:00am Please RSVP</p> <p>4/21- Matter of Balance 8- Week Class 2:00pm-4:00pm Registration Required</p> <p>4/23- MJM Insurance "Special Enrollment" presentation RSVP Required</p> <p>4/30- LA Metro "On the Move" presentation 12:30pm-1:30pm RSVP</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>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 Tai Chi – Iridian MP1&2 *Sponsored by Providence* *SPACE LIMITED* PRE-REGISTRATION REQUIRED* CALL FOR INFO* *12 WEEK CLASS MUST ATTEND EVERY WEEK *</p> <p>01:00pm-2:00pm- The Art of Growing Older (4/13 & 4/27) Comm Rm</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>02:15pm-3:15pm- Stories We Carry – Intern Justine Act Rm *NEW 6- WEEK WRITING CLASS ENDS 4/27*</p> <p><i>*Disclaimer: Classroom assignments are subject to change at any time*</i></p>
<p><u>Tuesday</u></p> <p>10:15 am-11:15am Exercise through Dance MP2&3 *NEW TIME*</p> <p>10:00am-11:30am Painting Without Fear - Ann Art Rm *Supplies are not provided call office for list*</p> <p>12:00pm-02:00pm Board Games TBA</p> <p>01:00pm-03:00pm Tapping Down Broadway -Arlene MP 3</p> <p>01:00pm-01:45pm Healthy Maturity Chair Exercise MP1& 2 *Sponsored by Valley Presbyterian Hospital*</p> <p>02:00pm-03:30pm Technology Class Comm Rm</p> <p>02:00pm-04:00pm Knitting & Crochet – Beth Art Rm</p> <p>02:15pm- 4:45pm Mahjong- Robin MP 2 *NEW ROOM*</p> <p>02:30pm-04:00pm Line Dancing – Cyndy MP1</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* BRING YOUR OWN MATS*</p> <p>12:30pm- 1:30pm- Beginner's Spanish Act Rm NO CLASS 4/8</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>08:30am- 10:00am- Injury Prevention Sessions Comm Rm *NEW CLASS*</p> <p>09:30am-11:15am Stretch, Exercise & Dance! – Milan MP2&3</p> <p>10:00am-11:30am Building Relationships Activity Rm</p> <p>10:15am-11:30am Live Music Sing-along- Alan Comm Rm *NEW START TIME*</p> <p>10:00am-12:00pm Watercolor-Martha (4/2 & 4/16) Art Rm *Supplies are not provided call office for list*</p> <p>10:00am-11:30am Art & Company-Lisa (4/9 & 4/23) Art Rm *Bring your current project & create it in community*</p> <p>12:30pm-02:00pm- Hope & Advocacy- Donna Activity Rm</p> <p>01:00pm-03:00pm Tapping Down Broadway-Arlene MP3</p> <p>01:30pm-4:00pm Technology Class Comm Rm</p> <p>01:00pm-02:30pm Soulful Steps & Sounds -Alex MP1&2</p> <p>2:30pm-3:45pm Hula Dancing- Myrna, Yoli, Beth, Emette 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 MPs Be Fit While U Sit (EBP)-Andree NO CLASS 4/17</p> <p>1:00pm-02:30pm "Let's Talk Positive Events"–Mitchell Comm Rm NO CLASS 4/17</p> <p>02:00pm-04:00pm Knitting & Crochet – Beth Art Rm</p> <p>02:00pm-04:00pm Movie of the Week MP 3 *\$2 fee Please pay at the Main Office Window* NO MOVIE 4/17</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 4/17</p>

April 2026 ONGOING SERVICES

***AARP Tax Assistance** – call main office at 818-705-2345 to schedule an appointment available Tuesdays and Fridays, February 3rd- April 14th **Appointment IS REQUIRED**

***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**- Manny Hernandez at 818-708-4759

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

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

***LADWP Financial Assistance on Utility Bills** – Juana Torres at 818-708-6603

* **Mature Driving Refresher Course**- Call for more information and to register– 818-705-2345 **Wednesday, May 6th**

* **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**- April 9th & April 28th – Space is limited
schedule appointment 818-705-2345

Center Hours 8:30am- 5:00pm

****LUNCHE 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 in MP3

04/03/2026 – THE SUMMER BOOK (2024) (PG) 1hr 35m

On a Finnish (Finland) island. Young Sophia explores the natural world with her grandmother (Glenn Close) in a delicate account of growing up and growing old. (Based on a Book, Drama)

Cast: Emily Matthews, Glenn Close, Anders Danielsen Lie....

04/10/2026 – AFTERLIFE OF THE PARTY (2021) (TV-PG) 1h 49m

Cassie's having the worst 25th Birthday week ever. For one thing, she died – and that's only the start. Victoria Justice stars in this heavenly comedy. (Charming, Sentimental, Quirky)

Cast: Victoria Justice, Midori Francis, Robyn Scott....

04/17/2026 – NO MOVIE

04/24/2026 – FAITH IN FLAMES (2025) (TV-14) 1h 27m

A nurse risks her life trying to save her patients, family and neighbors as a deadly wildfire rips through Paradise, California. Inspired by real events. (Rousing, Inspiring, Emotional)

Cast: Chrissy Metz, Colin Moss, Frank Rautenbach....

**HELLO
SPRING**