



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



March 2026

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

CALENDAR: Save the Dates	Monday
<p>3/2 LA Food Bank- 1pm- 2:30pm- Please check in at front desk</p> <p>3/5 DMH Social Isolation Part 2 9:30am-11:00am Annex RM 7</p> <p>3/11 Healthy Eating 12:30pm-1:30pm Annex RM 7</p> <p>3/12 Birthday Party 10:00am-11:00am Annex RM 7</p> <p>3/16 Energy Saving for Seniors 10:00am-11:15am Lobby</p> <p>3/17 St. Patrick's Day Dance 1pm-3pm MP1,2,3</p> <p>3/19 DMH Grief, Loss, and Resilience 9:30am-11am Annex RM 7</p> <p>3/24 Men's Support Group with Dale S. 1:00pm-2:00pm Room 1</p> <p>3/25 Casino Trip Chumash 8am-6pm- LEAVING FROM 17400 VICTORY</p> <p>3/26 Advisory Council (4th Thursday) 12:30pm-1:30pm Annex RM 7</p> <p>*Time changed per members request*</p> <p>MARCH 8th, turn your clocks ahead 1 hour! Spring Forward!</p>	<p>9:00am-11:30am Knitting and Crocheting RM 7</p> <p>9:30am -10:15am NEW TIME Israeli Dancing w/ Leslie MP2</p> <p>10-11:30am Roundtable discussion w/ Donna Annex Room 7</p> <p>10:30am-11:30am *NEW* Chair Exercise w/ Dawna MP3</p> <p>FREE- For SilverSneakers member/\$3 Fee for Non- members</p> <p>*See Della or Rhonda*</p> <p>10am-11:30am Line Dancing w/ Peggy MP 2</p> <p>1pm-2pm Chair Exercise w/ Jilla MP2&3</p> <p>2:15pm-3:15pm Chair Yoga w/ Nancy MP2</p> <p>RAP Programming 12:00pm-1:00pm RM 7</p> <p>1:00-3:00pm *NEW DATE* Chess Club w/ Phillip RM 7</p> <p>1:30pm-3:30pm Book Club & Poetry w/ Debra RM 1</p>
Tuesday	Wednesday
<p align="center">8am-10:30am RAP Programming- MP closed</p> <p>Day Trips, depart Wilkinson Senior Center @ 9am</p> <p>See flyer for details - Call Sandra Transportation Manager for more information and program enrollment- 818-654-8378</p> <p>10:40am-11:30am-FUNctional Fitness w / Maureen MP 3</p> <p>**MAX MEMBERS PER CLASS IS 29**</p> <p>FREE- For SilverSneakers member/\$3 Fee for Non- members *See Della or Rhonda*</p> <p>10:30am-2:30pm HICAP- Medicare (2nd & 4th) Len RM 1</p> <p>12:00pm-2:00pm Goldenaires Chorus - Molly MP3</p> <p>1:00pm-2:00pm Box & Dance Fitness w/ Dan MP2</p> <p>*Sponsored by Regal Medical Group*</p> <p>*NEW CLASS * 2:15pm-3:00pm Chair Fitness w/Ann MP2</p> <p>*Sponsored by Valley Presbyterian Hospital*</p> <p>1:00pm-3:00pm Social Bridge w/Glenn RM 7</p> <p>*NEW *3:00pm-4:00pm- Virtual Bowling – Michelle MP3</p>	<p>9:30am-11:30am Spanish 101 & Advanced w/ Yolanda RM 1</p> <p>9:00am-11:30am-Art Fundamentals w/ Helen MP2</p> <p>10:00am-11:30am-BINGO \$1 per card- Linda RM 7</p> <p>10:00am-11:00am -Yoga w/ Alys- Bring mat and water MP 3</p> <p>FREE- For SilverSneakers member/\$3 Fee for Non- members</p> <p>*See Della or Rhonda*</p> <p>10:30am-11:30am-Sit & Sip (discussion) w/ Cheryl Annex RM 7</p> <p>**2nd and 4th Wednesdays**</p> <p>1:00-2:00pm Boom- Chick-A-Boom w/ Maureen MP3</p> <p>FREE- For SilverSneakers member/\$3 Fee for Non- members</p> <p>2:15-3:15pm- Chair Exercise w/ Dawna MP3</p> <p>FREE- For SilverSneakers member/\$3 Fee for Non- members</p> <p>12:00pm-1:00pm- Mahjong Lessons w/Mary & Jane MP1</p> <p>1:00pm-3:00pm- Mahjong & games- w/Mary & Jane MP1</p>
Thursday	Friday
<p align="center">8am-11:30am RAP Programming- MP Closed</p> <p>10:00am-11:30am- Latino Social Club w/ Yolanda RM 1</p> <p>10:00am-11:30am-BINGO \$1 per card w/ Henry RM 7</p> <p>12:30pm-1:30pm- NEW CANASTA-w/ Glenn RM 7</p> <p>1:00pm-3:00pm Ballroom Dancing w/ Allen Weiss MP1/2/3</p> <p>2:00pm-3:30pm Buried in Treasures Support Group RM 7</p> <p>2:00pm-3pm – Tech Support- Students *When available* RM1</p> <p>*NEW*3:00pm-4:00pm- Tech Support – Michelle RM 1</p> <p>*NEW* 3:00pm-4:00pm- Pilates/mat Yoga- Nicole MP3</p> <p>Please bring your own mat and water bottle</p>	<p>9:20-10:15am Chair Exercise with Luella Starts MP3</p> <p>10:30am-11:30am- Zumba w/ Reina MP2&3</p> <p>10:30am-11:30am-Art Exploration w/ Valerie RM 7</p> <p>12:00pm-3:00pm-Watercolor Class-Open RM 7</p> <p>1:00pm-2:15pm- Soulful Steps & Sounds w/ Alex MP3</p> <p>2:30pm-3:30pm Chair Exercise w/ Dawna MP1</p> <p>FREE- For SilverSneakers member/\$3 Fee for Non- members</p> <p>*See Della or Rhonda*</p> <p>2:30pm -4:00pm- Hula Dancing w/ Josie MP2&3</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) 549-5809 or bettzedek.org

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

***CalFresh Enrollment/Utilities Assistance** – Manny Hernandez (818)-708-6380

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

***Grandparents as Parents Program**
Jennifer Odum - (818) 264-0880

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

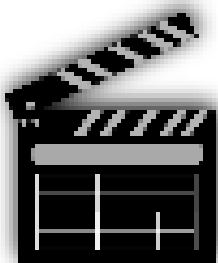
* **Mature Driving Course**- Call for more information- 818-654-8376

* **MEDICARE SERVICES HICAP** – 2nd & 4th Tuesday each month call 213-383-4519 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 provided

3/6 Flipped (2010)

PG 1h 29m

When they meet in second grade, Juli Baker falls instantly in love with her neighbor, Bryce Loski. Bryce, however, does not feel the spark. From that day forward, he (Callan McAuliffe) tries hard to keep brash and unpredictable Juli (Madeline Carroll) at bay. After six years, she begins to feel that she was wrong about him being the love of her life. Unfortunately, that is just about the time that Bryce begins to think he was wrong about Juli, too.

3/13 The People We Meet on Vacation (2026)

PG-13 1h 49m Romantic Comedy

Polar opposites, Poppy wants to explore the world while Alex would prefer to stay home with a good book, but surprisingly they become best friends after sharing a car to their small Ohio hometown from Boston. They live far apart, but for a decade they have shared one week of summer vacation together, which finally leads to a deeper connection.

3/20 The Two Popes (2019)

PG13 Comedy/ Drama 2h 5m

Behind Vatican walls conservative Pope Benedict XVI and the liberal future Pope Francis must find common ground to forge a new path for the Catholic Church.

3/27 The Secret Life of Pets (2016)

PG Family Comedy 1h 30m

Max (Louis C.K.) is a spoiled terrier who enjoys a comfortable life in a New York building until his owner adopts Duke, a giant and unruly canine. During their walk outside, they encounter a group of ferocious alley cats and wind up in a truck that's bound for the pound.

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

