

ONEgeneration Wilkinson Senior Center
8956 Vanalden Avenue, Northridge, CA 91324
Main Office Number 818-654-8376
November 2026



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

CALENDAR: Save the Dates

11/2 LA Regional Food Bank Box Distribution, 1pm-2:30pm
11/3 Tech Class, 9:30am-10:30am, RM1
11/5 Dept. of Mental Health, "Know the Scams, Don't Be a Victim", 10am-11am, Annex RM 7
11/5 Utility Assistance Program, 11am-2pm**,** Annex RM 7
11/6 Fall Senior Health Fair, 9am-12pm **(Sign-up Now!)**
11/10 Tech Class, 9:30am-10:30am, RM1
11/11 *CENTER CLOSED*
11/12 Birthday Party! Sponsored by Reliance Medicare Helpline 10am-11am, Annex RM 7
11/12 Alzheimer's Association, "10 Warning Signs of Alzheimer's", 10:30am-11:30am, Annex RM1
11/13 Regal Medical Group, "Diabetes",12:30pm-1:30pm, RM1
11/19 Dignity Health, Situational Awareness Training, 9:30am-10:30am, RM 1
11/19 Dept. Mental Health, "Holiday Blues" 10:00am-11:00am, Annex RM 7
11/19 Advisory Council, 12:30pm-1:30pm, Annex Rm 7
11/20 Stand-up Comedy Show ($6 Admission) - Must Pre-register! 1:30pm-3:30pm, MP 2 & 3
11/26 Thanksgiving Day Trip to Sagebrush Cantina in Calabasas – Bus pick-up Time: 10:30am (Leaving from Wilkinson Senior Center) **Return Time**: 1:30pm to 2pm

11/26 & 11/27: Closed for Thanksgiving Holiday
Wilkinson Senior Center will be closed in observance of the Thanksgiving holiday.
We wish everyone a happy and safe Thanksgiving!

Monday

9am-11:30am Knitting and Crocheting	**RM7**
9:15am-10:15am Chair Exercise w/ Dawna*	***MP3***
SilverSneakers Plan Member- Free / $3 Fee for all others	
10am-11:30am Roundtable discussion w/ Donna	**Annex RM7**
10am-11:30am Line Dancing w/ Peggy	**MP2**
12:00pm-1:00pm RAP Programming	***RM7***
1pm-2pm Chair Exercise w/ Jill	**MP2&3**
Sponsored by SCAN*	
2:15pm-3:15pm Chair Yoga w/ Nancy	**MP2**
1:30pm-3:30pm Book Club & Poetry w/ Debra	**RM1**

Announcements:

Please sign in at the kiosk located at the main booth before attending activities for the day. Thank you.

SilverSneakers classes: Wilkinson Senior Center is a full-service amenity location for SilverSneakers programs. Please also note SilverSneakers Plan Members can attend a SilverSneakers designated class at no cost. Non SilverSneakers Plan Members - there is a $3 fee per class. Please see main booth for more information or to pay fee at sign in. Thank you.

Tuesday

8am-10:30am RAP Programming- MP closed

Day Trips, depart Wilkinson Senior Center @ 9am
See flyer for details - Call Sandra, Transportation Manager for more information and program enrollment 818-654-8378

10:30am-11:15am Israeli Dancing w/Leslie	**MP3**
12pm-2:00pm Goldennaires Chorus **-** Molly	**MP3**
2:15pm-3:00pm Chair Fitness w/Ann	**MP2**
Sponsored by Valley Presbyterian Hospital*	
1pm-3:00pm Bridge w/Glenn	**RM7**

Wednesday

9am-11:30am-Art Fundamentals w/ Helene	**MP2**
10am-11:30am-BINGO $1 per card- Linda	**RM7**
10am-11:00am -Yoga w/ Alys*- Bring mat & water	***MP3***
SilverSneakers Plan Member- Free / $3 Fee for all others	
10:30am-11:30am-Sit & Sip (discussion) w/ Cheryl	**Annex RM7**
****2nd and 4th Wednesdays****	
12:30pm-1:30pm: Loteria	**RM 1**
12:45pm-1:45pm: Chair Exercise w/Luella **(NEW DATE)**	**MP3**
1:00pm-3:00pm: Chess Club (All Levels Welcome!)	**RM7**
1:00pm-3:00pm: Mahjong	**MP1**
2:00-3:00pm- Chair Exercise w/ Dawna*	***MP3***
SilverSneakers Plan Member- Free / $3 Fee for all others	

Thursday

8am-11:00am RAP Programming- MP Closed

9am-11:30am- Art Made Easy w/ Vartan (bring your own supplies)	**RM7**
12:30pm-1:30pm Canasta w/ Glenn	**RM7**
1pm-3:00pm Ballroom Dancing w/ Allen Weiss	**MP1/2/3**

Friday

9:15am-10:15am Zumba w/ Reina **(NEW TIME)**	**MP2&3**
10am-11:30am Community Art w/ Valerie	**RM7**
10:30am-11:15am Gentle Yoga & Meditation **(NEW CLASS)**	**MP3**
1pm-2:15pm**-** Soulful Steps & Sounds w/ Alex	**MP3**
2:30pm -3:30pm- Hula Dancing w/ Josie	**MP2&3**
2:30pm-3:30pm Chair Exercise w/ Dawna*	***MP1***
SilverSneakers Plan Member- Free / $3 Fee for all others	

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) 939-0506** 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**-
For more information call: 818-654-8376
Class fee: $20 (AARP member) $25 (non-member)
(Call for more information- 818-654-8376)

* **MEDICARE SERVICES HICAP** –
2nd & 4th Monday of each month
Call 213-383-4519 to schedule an appointment

****LUNCHES ARE SERVED DAILY AT 11:30am****
Check in at 10:30am-First Come First Serve

Center Hours Monday- Friday 8:00am- 4:30pm

CENTER IS CLOSED SATURDAY AND SUNDAY

Movies are currently cancelled.
If you would like to see movies, please let Della or Ana know.