



**March 2023 – Class Schedule**

<p><b><u>CALENDAR: HOT DATES</u></b></p> <p><b>3/3 &amp; 3/22</b>-Mindful Veteran Project Workshop 10:30am  <b>3/6</b>- “Eat, then Dance” Musical Lunch-DJ Pongo 11:30am  <b>3/7</b>- Meet &amp; Greet Advisory Council Breakfast- 10:00am  <i>Welcoming New Members</i>  <b>3/7</b>-Healthy Brain Habits w/ Alzheimer’s LA - 2:00pm-3:00pm  Meeting ID: 822 5001 1997 Passcode: 334575 - Hybrid Class  <b>3/10 &amp; 3/28</b>- Disaster Preparedness Workshop - Dignity Northridge- 10:30am  <b>3/14</b>- Vascular Educational Presentation- 02:00pm  <b>3/15 &amp; 3/23</b>- Disaster Preparedness Workshop – Dignity 01:00pm  <b>3/16</b>- “Cyber Security Awareness” SCAN Independence 1:00pm  Zoom ID: 870 5293 1740 Password: 952207  <b>3/16</b>- St. Patrick’s Day Themed Motown Dance 1:00pm-4:00pm  <b>3/17</b>-Health &amp; Wellness Friday “Reinvent Yourself Reinvent Your Life”- 09:00am-10:30pm  <b>3/17</b>- St. Patrick’s Day Musical Lunch with Assisted Living Music presents James Gray &amp; Seza Mirzaian 11:30am-12:45pm  <b>3/29</b>- Sara Polinsky FREE Legal Workshop #1 10:00am-11:30am  <b>3/29</b>- Mindful Veteran Project “Honoring Their Service”- 1pm  <b>3/29</b>- Fall Prevention Presentation – 01:00pm-2:00pm</p>	<p><b><u>Monday</u></b></p> <p>09:00am-10:15am- Chair Yoga – Alison <b>Community Rm</b>  09:00am-11:15am - Table Tennis <b>MP2</b>  <b>*\$2 fee Please pay at the Main Office Window*</b>  09:30am-10:30am- Meditation &amp; Breathing-Joanne <b>*Balboa Park*</b>  10:30am-12:00pm- Bingo – Ed <b>Art Rm</b>  01:00pm-2:00pm <b>*NEW* Creative Poetry</b>–King(13<sup>th</sup>&amp;27<sup>th</sup>) <b>Act Rm</b>  01:00pm-3:00pm- Cabaret- <b>*Closed Group*</b> David <b>MP3</b>  01:00pm-3:00pm Drawing/Sketching (\$2 Donation) <b>Art Rm</b>  01:30pm-2:45pm <b>*NEW* Storytelling</b> – Elizabeth(3/20) <b>Activity Rm</b></p>
<p><b><u>Tuesday</u></b></p> <p>09:00am – 10:00am SilverSneakers Circuit–Veena <b>Virtual</b>  <b><u>FREE-SilverSneakers Member/\$3 fee Non-members</u></b>  <b><u>*Please call Main Office for more information*</u></b>  09:15am-11:15am-Exercise through Dance <b>MP2 &amp; MP3</b>  12:00pm-2:00pm <b>*NEW* Board Games</b> <b>Art Rm</b>  01:00pm-3:00pm-Tap/Jazz-Arlene <b>MP3</b>  01:00pm-2:00pm-Arthritis Foundation Exercise <b>MP1&amp;2</b>  Be Fit While U Sit (EBP)-Andree  02:00pm-3:00pm-<b>*NEW* Improv</b> – Tim (March 14<sup>th</sup>) <b>MP1</b>  02:00pm-3:30pm Technology Class <b>Conference Rm</b>  02:00pm-4:00pm- Knitting &amp; Crochet – Beth <b>Art Rm</b></p>	<p><b><u>Wednesday</u></b></p> <p>09:00am-10:00am - Line Dancing – Cindy <b>MP3</b>  10:00am-11:00am Zumba-Joanne (\$2 Donation) <b>MP Rm</b>  12:30pm-2:00pm-<b>*NEW* Mental Health Wellness Wednesdays(22<sup>nd</sup>)</b>  <b>Title: “Dealing with Depression &amp; Anxiety”</b> <b>Activity Rm</b>  01:00pm-4:30pm - Table Tennis <b>MP2</b>  <b>*\$2 fee Please pay at the Main Office Window*</b>  01:00pm-3:30-Song Birds-<b>*Closed Group*</b> Ellen <b>MP3</b>  02:00pm-3:30pm-Unzip Your Lip - Ruthe <b>Community Rm</b></p>
<p><b><u>Thursday</u></b></p> <p>09:00am – 10:00am SilverSneakers Circuit–Veena <b>Virtual</b>  <b><u>FREE-SilverSneakers Member/\$3 fee Non-members</u></b>  <b><u>*Please call Main Office for more information*</u></b>  08:45am-10:00am Yoga – Alison <b>MP2 &amp; MP3</b>  10:15am-11:30am <b>*NEW* Stretch, Exercise &amp; Dance!</b>–Milan <b>MP2&amp;3</b>  10:00am-11:30am Building Relationships <b>Activity Rm</b>  <b>*Interested? Ask Main Office for more information*</b>  10:00am-11:30am Live Music Sing-a-Long-Alan <b>Community Rm</b>  10:00am-12:00pm Watercolor (Mar 2<sup>nd</sup> &amp; Mar 16<sup>th</sup>) Martha <b>Art Rm</b>  12:30pm-2:00pm-Navigating Hope-Donna <b>Activity Rm</b>  01:00pm-3:00pm-Tap/Jazz-Arlene <b>MP3</b>  01:00pm-2:30pm-<b>*NEW* Motown Music &amp; Dance</b>-Alex <b>MP1&amp;2</b>  01:30-3:30 Technology Class <b>Conference Rm</b></p>	<p><b><u>Friday</u></b></p> <p>09:00am-11:15am - Table Tennis <b>MP2</b>  <b>*\$2 fee Please pay at the Main Office Window*</b>  10:30am-11:30am-Sit &amp; Sip with Cheryl <b>Community Rm</b>  <b>*March 10<sup>th</sup> &amp; March 24<sup>th</sup></b>  01:00pm-2:00pm-Arthritis Foundation Exercise <b>MP1&amp;2</b>  Be Fit While U Sit (EBP)-Andree  01:00pm-2:30pm-Current Events – Mitchell <b>Community Rm</b>  01:00pm-2:00pm-<b>*NEW* Spanish</b> – Camilla <b>Art Rm</b>  02:00pm-4:00pm-Knitting &amp; Crochet – Beth <b>Art Rm</b>  02:00pm-4:00pm-Movie of the Week <b>MP3</b>  <b>*\$2 fee Please pay at the Main Office Window*</b>  02:30pm-3:30pm-Country Line Dancing - Michael (\$6) <b>MP1</b>    <b><i>*Disclaimer: Classroom assignments are subject to change at any time</i></b></p>

**March 2023**  
**ONGOING SERVICES**

\***AARP Tax Assistance** – call main office at 818-705-2345 to schedule an appointment Jan 23<sup>rd</sup> - April 14<sup>th</sup>  
**Appointment IS REQUIRED**

\***Bet Tzedek Legal Assistance** – (323) 939-0506 or call the main office at 818-705-2345 to schedule an in-person appointment. **Appointment & Vaccine Card IS REQUIRED**

\***Cal Fresh Enrollment/Assistance** - Natalie at 818-708-6380 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 (Manny) at (818) 708-4759

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

\***L.A. MENTAL HEALTH - Counseling Services - (818)359-0133**  
\*See main office for more information.

\* **Mature Driving Course**  
Call for more information– 818-705-2345

\* **MEDICARE SERVICES HICAP** – 1<sup>st</sup> & 4<sup>th</sup> Tuesday each month  
Call to schedule an appointment – 818-705-2345

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

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

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

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

**\*\*LUNCHES 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**

**03/03/2023 – THE AGE OF ADALINE– 2015 – PG-13 –1h 52m**

Decades after a near-fatal accident caused Adaline to stop aging at 29, she resists falling in love with a smitten tech mogul to keep her secret hidden.

Cast: Blake Lively, Michiel Huisman, Harrison Ford.....

**03/10/2023 – TRUE SPIRIT – TV-PG 1h 49m**

A tenacious Australian teen chases her dreams – and faces her fears as she sets out to become the youngest person to sail solo around the world.

Cast: Teagan Croft, Cliff Curtis, Anna Paquin

**03/17/2023 – RED NOTICE – 2021 – PG-13 – 1h 58m**

An FBI profiler pursuing the world's most wanted art thief becomes his reluctant partner in crime to catch an elusive crook who's always one step ahead.

Cast: Dwayne Johnson, Ryan Reynolds, Gal Gadot

**03/24/2023 – THE FABELMANS – 2022 – PG-13 - 2h 30m**

Growing up in post-World War II era Arizona, young Sammy Fabelman aspires to become a filmmaker as he reaches adolescence, but soon discovers a shattering family secret and explores how the power of films can help him see the truth.

Cast: Michelle Williams, Paul Dano, Seth Rogers, Seth Rogen.....

**3/31/2023–You Will Meet A Tall Dark Stranger-2010-R-1h 38m**

When a couple's longtime marriage unravels and the wife turns to a fortune teller, the decision soon conjures problems for her daughter and son-in-law

Cast: Antonio Banderas, Josh Banderas, Josh Brolin, Anthony Hopkins