



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



**OCTOBER 2025 CALENDAR**

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

<b>CALENDAR: Save the Dates</b>		<b>Monday</b>	
<b>10/2 Dept. Mental Health Presentation - Preserving your Memory</b> 9:30am-11:00am <b>Annex RM 7</b> <b>10/6 LA Food Bank-</b> 1pm- 2:30pm- Please check in at front desk <b>10/7 Regal Medical Group – Pharmacist Kendra Ednacot</b> 2:30pm-3:30pm <b>Annex RM 7</b> <b>10/14 Humana Presentation w/ German Silva – Medicare 101 &amp; Protecting yourself from Scams</b> 10:30-11:30am <b>Annex RM 7</b> <b>10/9 Birthday Party</b> 10:00am-11:00am <b>Annex RM 7</b> <b>10/21 Men’s Group – Bengie Picon Gutarra</b> 1pm-2:30pm <b>RM 1</b> <b>10/30 Dept. Mental Health Presentation- Emotional Intelligence</b> 9:30am-11:00am <b>Annex RM 7</b> <b>10/23 Advisory Council -</b> 10:00am-11am <b>Annex RM 7</b> <b>10/31 Halloween Dance &amp; Costume Contest</b> 1pm-3pm <b>MP1/2/3</b> (**Classes on 10/31 canceled due to special event**)		9:00am-11:30am Knitting and Crocheting <b>RM 7</b> 10am-11:30am Roundtable discussion w/ Donna <b>Annex RM 7</b> <b>10:30am-11:30am *NEW*</b> Chair Exercise w/ Dawna <b>MP3</b> <b>FREE- For SilverSneakers member/\$3 Fee for Non- members</b> <b>*See Della or Rhonda*</b> 10am-11:30am Line Dancing w/ Peggy <b>MP 2</b> 1pm-2pm Chair Exercise w/ Jill <b>MP2&amp;3</b> 2:15pm-3:15pm Chair Yoga w/ Nancy <b>MP3</b> <b>RAP Programming 12:00pm-1:00pm</b> <b>RM 7</b> <b>1:00-3:00pm *NEW DATE*</b> Chess Club w/ Phillip <b>RM 7</b> 1:30pm-3:30pm Book Club & Poetry w/ Debra <b>RM 1</b>	
<b>Tuesday</b>		<b>Wednesday</b>	
<b>8am-10:30am RAP Programming- MP closed</b>  <b>Day Trips, depart Wilkinson Senior Center @ 9am</b> <b>See flyer for details - Call Sandra Transportation Manager for more information and program enrollment- 818-654-8378</b>  10:40am-11:30am-FUNctional Fitness w / Maureen <b>MP 3</b> <b>**MAX MEMBERS PER CLASS IS 29**</b> <b>FREE- For SilverSneakers member/\$3 Fee for Non- members</b> <b>*See Della or Rhonda*</b> 10:30am-2:30pm HICAP- Medicare (2 <sup>nd</sup> & 4 <sup>th</sup> ) - Len <b>RM 1</b> 12:00pm-2:00pm Goldennaires Chorus - Molly <b>MP3</b> 1:00pm-2:00pm Box & Dance Fitness w/ Dan <b>MP2</b> <b>*Sponsored by Regal Medical Group*</b> <b>**New Class **2:00pm -3:00pm Israeli Dancing w/ Leslie</b> <b>MP3</b> 1:00pm-3:00pm Social Bridge w/Glenn <b>RM 7</b> 3:00pm-4:00pm- Tech Support – Student <b>RM 7</b> <b>*When available*</b>		9:30am-11:30am Spanish 101 & Advanced w/ Yolanda <b>RM 1</b> 9:00am-11:30am-Art Fundamentals w/ Helen <b>MP2</b> 10:00am-11:00am-BINGO \$1 per card- Linda <b>RM 7</b> 10:00am-11:00am -Yoga w/ Alys- Bring mat and water <b>MP 3</b> <b>FREE- For SilverSneakers member/\$3 Fee for Non- members</b> <b>*See Della or Rhonda*</b> 10:30am-11:30am-Sit & Sip (discussion) w/ Cheryl <b>Annex RM 7</b> <b>**2<sup>nd</sup> and 4<sup>th</sup> Wednesdays**</b> 1:00-2:00pm Boom- Chick-A-Boom w/ Maureen <b>MP3</b> <b>FREE- For SilverSneakers member/\$3 Fee for Non- members</b> <b>*New Class * 2:15-3:15pm- Chair Exercise w/ Dawna</b> <b>MP3</b> <b>FREE- For SilverSneakers member/\$3 Fee for Non- members</b> 12:00pm-1:00pm- Mahjong Lessons w / Mary & Jane <b>MP1</b> 1:00pm-3:00pm- Mahjong- w/ Mary & Jane <b>MP1</b>	
<b>Thursday</b>		<b>Friday</b>	
<b>8am-11:30am RAP Programming- MP Closed</b>  10:00am-11:30am- Latino Social Club w/ Yolanda <b>RM 1</b> 10:00am-11:30am-BINGO \$1 per card w/ Russell <b>RM 7</b> 1:00pm-3:00pm Ballroom Dancing w/ Allen Weiss <b>MP1/2/3</b> 2:00pm-3:30pm Buried in Treasures through December 18 <b>RM 7</b> <b>*This workshop is closed*</b> 2:00pm-4:00pm- Tech Support – Student <b>RM 1</b> <b>*When available*</b>		10:30am-11:30am- Zumba w/ Reina <b>MP2&amp;3</b> 10:30am-11:30am-Art Exploration w/ Valerie <b>RM 7</b> 12:00pm-3:00pm-Watercolor Class-Open <b>RM 7</b> 1:00pm-2:15pm- Soulful Steps & Sounds w/ Alex <b>MP3</b> 2:30pm-3:30pm Chair Exercise w/ Dawna <b>MP3</b> <b>FREE- For SilverSneakers member/\$3 Fee for Non- members</b> <b>*See Della or Rhonda* (**No class 10/24)</b> 2:30pm -4:00pm- Hula Dancing w/ Josie (No class 10/24) <b>MP1&amp;2</b>	

**\*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

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

\***CalFresh Enrollment/Utilities Assistance** – Manny Hernandez at 818-708-6380

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

\***Debbie Lee - Reverse Mortgage Specialist**  
Call first to make an appointment - (805) 402-0176

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

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

\***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 Wilkinson main number 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- 4pm**

**CENTER IS CLOSED SATURDAY AND SUNDAY**

### Friday Movies - \$2.00 suggested donation

All movies start at 1:00pm Room 1

**Snacks –Sponsored by:**  
**Senior Helpers of Granada Hills**

#### **10/3 Daddy's Home – Family Comedy PG 13**

The story of a mild-mannered radio executive who strives to become the best stepdad ever to his wife's two children, but complications ensue when their freewheeling, freeloading real father arrives, forcing stepdad to compete for the affection of the kids.

Will Ferrell, Mark Wahlberg – 1hr 36min

#### **10/10 Blended – Romantic Comedy PG 13**

A romantic comedy about 2 single parents, Jim and Lauren, who, after a disastrous blind date, unexpectedly find themselves on a family vacation together in Africa, leading to humorous and heartwarming moments.

Drew Barrymore, Adam Sandler – 1hr 57min

#### **10/17 Journey 2: The Mysterious Island – Action PG**

It tells the story of Sean Anderson, the 17-year-old nephew of Trevor Anderson who answers a distress call from his long-lost grandfather and mounts a rescue to a mysterious island with help from his militaristic stepfather and the crew of a helicopter tour.

Dwayne Johnson, Michael Caine – 1hr 34 min

#### **10/24 The Redwood Highway – Drama PG 13**

An unhappy retiree decides to walk 80 miles to the Oregon coast to see the ocean and attend her granddaughter's wedding. She discovers that you are never too old to learn something about life...and about yourself.

Shirley Knight, Tom Skerritt – 1hr 30 min

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

