

ONEgeneration Senior Enrichment Center

18255 Victory Blvd, Reseda, CA 91335-- (818) 705-2345



September 2019 – Class Schedule

CALENDAR: HOT DATES

9/4- FREE Hearing Screenings- 10am-Noon
 9/5- Advisory Council- 9:30am-11:30am
 9/5- "Welcome to the Widow's Club" book reading- 10am
 9/10- Health Plan presentation & Bingo games- 10am
 9/13-Intro TAP Workshop- 9:30am
9/10-10-17- Stages for all Ages Workshop Series- 2:30-4:30
 9/13- Health Wellness Friday- HEAL-thy-SLEEP- 9:30am
 9/17-Brain Fitness Workshop- 10:30am
 9/17-Rite Aid Flu Shot/Immunization Clinic- 11am-2pm
 9/17- LA Regional Food Bank Distribution- 1:00pm
 9/19- Conventional/Natural Medical Options Workshop- 10:30
 9/20- Advanced TAP workshop- 9:30am
 9/26-Your 100 Year Heart-5-Pt Series- 10:00am-11:30am
9/26- Older Adult Food Bank Distribution *NEW*- 11am-1pm

Tuesday

9:00am-10:00am Qi-Gong (Chinese Standing Yoga)(\$2) Comm Rm
 9:00am-11:30am Oil Painting- **Tamara (\$2 Donation)** Art Room
 9:00am-11:45am Rummykub **(\$2 Donation)** MP1
8:45am-9:45am Silversneakers Classic-Veena MP 2
FREE-Silversneakers Member/\$3 fee-Non-members
 9:30am-11:30am Exercise through Dance- **JoAnn MP2**
(\$2 Donation) MP 2&3 after 9:45am
 12:00pm-5:00pm Knitting & Crochet-**(\$2 Donation)** Art Room
 12:45pm-1:45pm Escape Now Workshop Activity Rm.
 1:00pm-2:00pm Be Fit While U Sit (EBP)- **Pat(\$2) MP1&2**
 1:00pm-3:00pm Tap/Jazz- **Arlene (\$2 Donation) MP3**
 1:00pm-2:30pm Ukulele- **Eli (\$2 Donation) Comm Rm**
 2:30pm-4:30pm Stages for all Ages- **From 9/10-10/17 Activity Rm**
 2:40pm-4:00pm Unzip Your Lip- **(\$2 Donation) Comm Rm**
 3:30pm-4:30pm Ballroom Dancing-**\$2-Howard MP 1&2**
 3:30pm-4:30pm Intermediate Country Line Dancing (\$6 FEE) MP3

Thursday

8:30am-10:00am Yoga (\$6 FEE)-**Jeanette MP 2&3**
 9:00am-11:45am Rummykub **(\$2 Donation) MP1**
 10:00am-11:30am Tai Chi Chuan I (\$6 FEE)-**Jeanette MP 2&3**
 10:00am-11:15am Women's Support Group (\$2) Comm Rm
 10:00am-11:30am Building Relationships **(\$2 Donation) Conf.Room**
1:00pm-2:00pm Silversneakers Classic-Sandy MP2
FREE-Silversneakers Member/\$3 fee-Non-members
 1:00pm-3:00pm Tap/Jazz – **Arlene (\$2 Donation) MP3**
 1:00pm-2:30pm Quest/World Issues- **(\$2 Donation) Comm Rm**
 1:00pm-4:00pm Basic Art (All Mediums)-**Deidra Art Room**
(\$2 Donation)
 12:45pm-1:45pm Escape Now Workshop Activity Rm.
 2:00pm-3:00pm Country Line Dancing (\$6 FEE)-**Michael MP2**
2:00pm- 3:30pm Aging Mastery Workshop MP1
Starting 9/19-11/21
 3:15pm-4:45pm International Folk Dancing-**JoAnn(\$3) MP 2&3**

Monday

9:00am-11:30am Table Tennis **(\$2 FEE) MP2**
 9:30am-10:30am Meditation and Breathing (\$5)-**Joanne MP3**
 10:00am-11:30am- Live Music Sing-a-Long **(\$2 Donation) Comm Rm**
10:00am-11:30am- Acting for Fun (Improv)-(\$6 FEE) Anita Comm Rm
 10:00am-12:00pm-Watercolor-**Judy (\$2) WAITLIST Art Rm**
12:30pm-1:30pm- Conversational Spanish (\$4) WAITLIST Comm Rm.
1:00pm-2:00pm Zumba Gold- Joanne MP 1 & 2
FREE-Silver & Fit Member/\$3 fee Non-Members
 1:00pm-3:00pm Cabaret (Wait List)- **David MP3**
 1:30pm-3:30pm Drawing/Sketching **(\$2 Donation) Art Rm**
 1:30pm-3:00pm Parkinson's Support Group- **Max Conf.Room**
2:30pm-3:30pm Silversneakers Circuit- Sandy MP 1 & 2
FREE- Silversneakers Member/\$3 FEE- Non-Silversneakers

Wednesday

8:45am-9:45am Aerobics- **EP (\$2 Donation) MP 2&3**
 10:00am-11:00am Zumba-**Joanne (\$2 Donation) MP Rm**
 12:30pm-2:30pm Navigating Hope- **Donna (\$2 Donation) Comm Rm**
 12:40pm-1:40pm Intergenerational Teen Art Class Art Rm.
 1:00pm-4:30pm Table Tennis **(\$2 FEE) MP2**
 1:00pm-3:30pm Song Birds-**Ellen (WAITLIST) MP3**
 1:00am-2:30pm Buried in Treasures Activity Rm
 1pm-2:30pm **(MUST RSVP)**
 1:30pm-3:00pm Braille Audio Book Club Conf.Room
 (2nd Wednesday of the Month) **(\$2 Donation)**
 2:40pm-4:30pm Sing-a-long Karaoke **(\$2 Donation) MP1**
 2:30pm-3:30pm- Finders Keepers Support Group Activity Rm.
 3:30pm-4:30pm Arthritis Foundation Exercise MP3
 Chair Exercise (EBP \$6 FEE) **Chhiv**
5:00pm-7:00pm Grandparents as Parents (Spanish) Comm Rm
Support Group

Friday

9:30am-11:30am Exercise through Dance- **JoAnn MP 2&3**
(\$2 Donation)
 9:30am-11:30am Bingo (25¢ per card) **(\$2 Donation) Art Room**
 11:40am-2:25pm Life Writing (\$6 FEE)- **Jeanette Comm Rm**
 1:00pm-2:00pm Arthritis Foundation Exercise MP1
 Be Fit While U Sit (EBP) **Luella (\$2 Donation)**
 1:00pm-3:30pm Needlework Group- **(\$2 Donation) Art Rm**
 1:00pm-3:45pm Table Tennis **(\$2 FEE) MP2**
 2:00pm-4:00pm Movie of the Week **(\$2 FEE) MP3**

****LUNCH IS SERVED DAILY AT 11:45****

Thrift Corner & Snack Shop Hours of Operation:

Monday-Friday 10:00am-2:00pm

***Fitness Center Open Monday-Friday 8:30am-4:30pm**

****Travel Office Hours: 9:00am-2:00pm****

We are closed Monday, September 2nd, 2019 for Labor Day

Friday Movies \$2 FEE

All movies start at 2:00pm

9/6/19

Apollo 11 (2019 G 1h 33m)

Crafted from a newly discovered trove of 65mm footage, and more than 11,000 hours of uncatalogued audio recordings, Apollo 11 takes us straight to the heart of NASA's most celebrated mission. Immersed in the perspectives of the astronauts, the team in Mission Control, and the millions of spectators on the ground, we vividly experience those momentous days and hours in 1969 when humankind took a giant leap into the future. Cast - Neil Armstrong, Buzz Aldrin, Michael Collins

9/13/19

Isn't It Romantic (2019 PG-13 1h 28m)

New York City architect Natalie works hard to get noticed at her job, but is more likely to be asked to deliver coffee and bagels than to design the city's next skyscraper. And if things weren't bad enough, Natalie, a lifelong cynic when it comes to love, has an encounter with a mugger that renders her unconscious, waking to discover that her life has suddenly become her worst nightmare — a romantic comedy — and she is the leading lady. Cast - Rebel Wilson, Liam Hemsworth, Adam DeVine

9/20/19

BlacKkKlansman (2018 R 2h 15m)

In the early 1970s, Ron Stallworth becomes the first African-American detective in the Colorado Springs Police Department. Determined to make a difference, he bravely sets out on a dangerous mission: infiltrate and expose the Ku Klux Klan. BlacKkKlansman offers an unflinching, true-life examination of race relations in 1970s America that is just as relevant in today's tumultuous world. Cast - John David Washington, Adam Driver, Laura Harrier

9/27/19

Rocketman (2019 R 2h)

This one-of-a-kind musical biopic embarks on the spectacular journey of Elton John in his rise to fame. With incredible performances of Elton's most beloved songs, discover how a small-town boy became one of the most iconic figures in rock & roll. Cast - Taron Egerton, Jamie Bell, Bryce Dallas Howard

September 2019 ONGOING SERVICES

*BRAILLE VISUAL AID CONSULTATIONS

Call for more information (323) 663-1111.

NEW SERVICE Cal Fresh Enrollment/Assistance

Walk-in's Welcome- 9:00am-4:00pm or call 818-708-6380.

*CANDY WATSON- REVERSE MORTGAGE SPECIALIST

By appointment only *Call (661)877-1317* to make apt.

*COMPUTER CLASS- (\$5)

Call to schedule an appointment, (818)705-2345

*ELDER LAW ATTORNEY- Sara Polinsky

Call 818-705-2345 to schedule appointment.

*CITIZENSHIP ASSISTANCE- Call 818-705-2345 for more info.

*FIDUCIARY ASSISTANCE- Call Pam Blattner (818)926-0984.

*FREE BLOOD PRESSURE MANAGEMENT PROGRAM- Call

Stephanie at (818) 708-2779 for more info.

*L.A. MENTAL HEALTH - Counseling Services

Wednesdays, 10:00 am-2:00 pm. Call (213) 923-4838.

*LEGAL SERVICES (FREE) –

-Bet Tzedek- Please call the main office to schedule an appointment at (818) 705-2345.

-Bar Association- 1st and 3rd Tuesday of every month, 1:00pm – 3:00pm, by appointment (818) 227-0489.

*MASSAGE THERAPY

Wednesdays, 10:00 am-12:00 noon - \$3.00 fee.

*MATURE DRIVING COURSE- Call the main office to make an appointment at 818-705-2345.

*FREE MEMORY SCREENING- Call 818-705-2345 to make apt.

*MEDI-CAL ASSISTANCE & ENROLLMENT-Call (818)705-2345 for more information.

*MEDICARE SERVICES HICAP- Call 818-705-2345 to schedule apt.

*PODIATRY & WOUND CARE SERVICES-1st Wed. of the Month Call Main office at 818-705-2345 to make an appointment. \$20

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

*We ask for a minimum suggested donation of \$2 for all Senior Center classes and presentations unless otherwise noted.
Thank you for your generous support!*