

ONEgeneration Wilkinson Senior Center - Northridge

8956 Vanalden Ave., Northridge, CA 91324

Hours of Operation: Monday - Friday, 8:00am-4:00pm



<u>Day/Time</u>	<u>Class/Activity</u>	<u>Instructor</u>	<u>Room</u>
MONDAY			
9:00am-11:30am	Knitting & Crocheting	Knit on your own	Room 7
10:00am-11:30am	Roundtable Discussion Group	Donna	Room 6
10am-11:30am	Line Dancing	Helen	MP 1&2
12:30 - 1:30pm	Chair Exercises - Arthritis Foundation	Luella starts 10/9	MP 1
1:00 - 3:30	Board Games/Card Games	Open Play	MP 1&2
TUESDAY			
Morning	Trips - See flyer for more information	Sandra - Call 818-654-8378 to sign up	
9:00am-11:30am	Spanish Advanced	Yolanda	Room 7
12:30-2:00pm	Goldenaires Chorus	Molly	MP1
1:00-2:00pm	Whole Body, Whole Health Class	CSUN	
2:00-4:00pm	Tech Support, bring smart phone/tablet	Leslie	Room 7
2:15-3:00pm	Tai Chi	Robby	MP 1&2
WEDNESDAY			
9:00am-11:30am	Art Fundamentals	Helene	MP2
10:00-11:30am	BINGO	Della	Room 7
10:00-11:30am	Yoga - Bring Mat and Water	Alys	MP 1
1:00pm-3:00pm	Body Dynamics	Barbara	MP 1&2
THURSDAY			
9:00am-10:30am	International Folk Dance	Linda	MP1&2
9:00am-11:30am	Spanish Beginning 101	Yolanda	Room 7
1:00-3:00pm	Ballroom Dancing - Big Band	Allen Weiss, Band Director	MP1,2,3
2:00-4:00pm	Tech Support - Smart phone/tablet	Anna	Room 7
2:30-3:30pm	Happy Hour Discussion Group	Cheryl, 10/5 & 10/26	Room 6
FRIDAY			
8:30am-10:15am	Exercise Thru Dancing <small>(No Class 10/13-10/27)</small>	Milan	MP 1&2
10:30am-11:30am	Zumba Gold	Reina	MP 1&2
12:00pm-3:00pm	Watercolor Class	Open Studio	Room 7
1:00-2:30pm	Motown Dance Class	Alex	MP 1

****In-person LUNCH PROGRAM Now Open****

Registration opens at 10:30, Lunch is served 11:30-12:30

For up to date information, visit www.ONEgeneration.org, click on "For Seniors" and select Wilkinson Senior Center Northridge page, or follow up on social media.



Instagram

@onegenerationcares



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Email Us:

rbunnin@onegeneration.org