



May 2026 – Class Schedule

<u>CALENDAR: HOT DATES</u>	<u>Monday</u>
<p>5/1- LA Regional Food Box Older Adult (60+) Giveaway 9:00am-11:00am *First Come First Serve*</p> <p>5/5- Advisory Council Meeting-10:00am <i>New Members Welcome</i></p> <p>5/6- Townhall for CD 3- “Meet the Candidates” 1:30pm-2:30pm</p> <p>5/8- Mother’s Day Spa Day 9:30-am-11:30am Appointment required *Space limited*</p> <p>5/12- Affordable Living for the Aging presentation- 1030am-11:30am Please RSVP</p> <p>5/14- Doc Talk “Stroke and Chronic Kidney Disease” presented by Regal Medical 12:30pm-1:30pm Please RSVP</p> <p>5/16- 17th Annual Senior Symposium 9am-12pm at 17400 Victory Blvd. Van Nuys, CA 91406 RSVP online or at center https://www.eventbrite.com/e/onegenerations-17th-annual-senior-symposium-health-fair-tickets-1986349076559?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl</p> <p>5/20- May Birthday Celebrations Sponsored by MJM Insurance 12:30pm-1:30pm RSVP</p> <p>5/21 Dept. of Mental Health “Resiliency” presentation 12:30pm-1:30pm RSVP</p> <p>5/26- Insurance “Medicare 101” presentation 10:30am RSVP</p>	<p>09:00am–10:00am SilverSneakers Circuit–Veena Virtual FREE-SilverSneakers Member/\$3 fee Non-members *Please call Main Office for more information*</p> <p>09:00am-10:30am Chair Yoga – Alison MP3 Please arrive early, no admittance to class after 9:15am</p> <p>09:45 am-11:10am Table Tennis MP2 *\$2 fee Please pay at the Main Office Window – Bring Paddles* NEW TIME</p> <p>10:30am- 11:30am- English as Second Language Class Act Rm</p> <p>10:00am-11:30am Bingo – Ed Art Rm</p> <p>01:00pm-2:00pm Tai Chi – Iridian MP1&2 Sponsored by Providence * FOR CURRENT REGISTERED STUDENTS ONLY *CALL FOR INFO* *12 WEEK CLASS MUST ATTEND EVERY WEEK *</p> <p>12:30pm- 3:00pm- Table Games Social Act Rm *NEW*</p> <p>01:00pm-2:00pm- The Art of Growing Older (5/11) Comm Rm</p> <p>01:00pm-03:00pm Cabaret- *Closed Group* David MP3</p> <p>01:30pm-3:30pm- Chess Club Art Rm</p> <p>02:15pm-3:45pm Music & Comedy- Musician w/ a Heart (\$6) Comm *Disclaimer: Classroom assignments are subject to change at any time*</p>
<p><u>Tuesday</u></p> <p>10:00 am-11:15am Exercise through Dance MP2&3 10:00am-11:30am Painting Without Fear - Ann Art Rm *Supplies are not provided call office for list*</p> <p>10:00am-11:00am Loteria w/ Gladys (5/7 & 5/21) Act Rm RETURNING CLASS</p> <p>12:00pm-02:00pm Board Games TBA</p> <p>01:00pm-03:00pm Tapping Down Broadway -Arlene MP 3 01:00pm-01:45pm Healthy Maturity Chair Exercise MP1& 2 Sponsored by Valley Presbyterian Hospital</p> <p>02:00pm-03:30pm Technology Class Comm Rm 02:00pm-04:00pm Knitting & Crochet – Beth Art Rm 02:15pm- 4:45pm Mahjong- Robin MP 2 Beginner lessons for 1st hour ONLY</p> <p>02:30pm-04:00pm Line Dancing – Cyndy MP1 NO CLASSES IN MAY</p>	<p><u>Wednesday</u></p> <p>09:00am–10:00am SilverSneakers Circuit–Veena Virtual FREE-SilverSneakers Member/\$3 fee Non-members *Please call Main Office for more information*</p> <p>10:00am-11:00am Zumba Dance MP Rm 12:30pm- 1:30pm- Mat Yoga Comm Rm NO CLASS ON 5/13, 5/20, 5/27 *FIRST COME FIRST SERVE* BRING YOUR OWN MATS*</p> <p>12:30pm- 1:30pm- Beginner’s Spanish Act Rm ALL CLASSES AFTER 1pm ON MAY 6th ARE CANCELLED</p> <p>01:00pm-04:30pm Table Tennis MP2 *\$2 fee Please pay at the Main Office Window – Bring Paddles*</p> <p>01:00pm+02:30 Songbirds *Closed Group* - Ellen MP3 01:00pm-02:30 Karaoke – Alex MP1 02:00pm-03:30pm Unzip Your Lip – Ruthe Comm Rm 02:30pm- 03:30pm Advanced Hula- Josie MP 1</p>
<p><u>Thursday</u></p> <p>08:30am- 10:00am- Injury Prevention Sessions Comm Rm CLASS on 5/7 and 5/21</p> <p>09:30am-11:15am Stretch, Exercise & Dance! – Milan MP2&3 NO CLASS 5/14</p> <p>10:00am-11:30am Building Relationships Activity Rm</p> <p>10:15am-11:30am Live Music Sing-along- Alan Comm Rm</p> <p>10:00am-12:00pm Watercolor-Martha (5/7 & 5/21) Art Rm *Supplies are not provided call office for list*</p> <p>10:00am-11:30am Art & Company-Lisa (5/14 & 5/28) Art Rm *Bring your current project & create it in community*</p> <p>12:30pm-02:00pm- Hope & Advocacy- Donna Activity Rm</p> <p>01:00pm-03:00pm Tapping Down Broadway-Arlene MP3</p> <p>01:30pm-4:00pm Technology Class Comm Rm</p> <p>01:00pm-02:30pm Soulful Steps & Sounds -Alex MP1&2</p> <p>2:30pm-3:45pm Hula Dancing- Myrna, Yoli, Beth, Emette MP1&2</p>	<p><u>Friday</u></p> <p>09:30am-11:15am- Advanced Line Dancing w/Milan MP2&3 NO CLASS 5/15</p> <p>09:15-10:15am- Telling Our Stories Comm Rm</p> <p>10:30am-11:30am Sit & Sip with Cheryl Comm Rm</p> <p>1:00pm- 2:00pm Arthritis Foundation Exercise MPs</p> <p>Be Fit While U Sit (EBP)-Andree</p> <p>1:00pm-02:30pm “Let’s Talk Positive Events”–Mitchell Comm Rm</p> <p>02:00pm-04:00pm Knitting & Crochet – Beth Art Rm</p> <p>02:00pm-04:00pm Movie of the Week MP 3 *\$2 fee Please pay at the Main Office Window*</p> <p>02:30pm-03:30pm Country Line Dancing - Michael (\$6) MP 1</p> <p>02:30pm-4:30pm Table Tennis MP2 *\$2 fee Please pay at the Main Office Window – Bring Paddles</p>

May 2026 ONGOING SERVICES

*Astrology with Barbara- 2nd & 4th Tuesday of the Month from 9:30am-11:30am Space limited please schedule appointment 818-705-2345 *NEW*

*Better Age Personal Health & Wellbeing Assessment- Call the main office to improve your health – 818-705-2345 <https://onegeneration-senior-enrichment-center.health-wellbeing.betterage.net/login/>

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

*Bar Association -818-340-4529

*CalFresh Enrollment- Manny Hernandez at 818-708-4759

*CITIZENSHIP ASSISTANCE – (818) 342-4686

*Grandparents As Parents Program – (818) 264-0880

*LADWP Financial Assistance on Utility Bills – Manny Hernandez at 818-708-4759

* Mature Driving Refresher Course- Call for more information and to register– 818-705-2345 Wednesday, May 6th

* MEDICARE SERVICES HICAP – 1st & 4th Tuesday each month Call to schedule an appointment – 818-705-2345 or call their office at (800) 824-0780

*Notary Services- 3rd Friday of the Month from 10am- 12pm– Space is limited schedule appointment 818-705-2345 *NEW*

*Podiatry Screenings- May 12th & May 26th – Space is limited schedule appointment 818-705-2345

Center Hours 8:30am- 5:00pm

****LUNCHES ARE SERVED DAILY AT 11:30****
First Come First Serve

****Thrift Corner Hours 10:00am-2:00pm****

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



Friday Movies \$2 FEE

All movies start at 2:00pm in MP3

05/01/2026 – SARAH'S OIL (2025) (PG) 1h 44m

An African American girl born in the early 1900s believes the is oil beneath the land she's allotted, and her faith is proven right. But as oil sharks close in, she must turn to her family and some wildcatters to maintain control of her land. *Based on a True Story (Drama, Inspiring, Empowering)* AMAZON

Cast: Naya Desir-Johnson, Zachary Levi, Sonequa Martin-Green...

05/06/2026 – SENIOR MOMENT (2021) (PG-13) 1h 32m

A retired pilot loses his license and learns to navigate love and life again in Palm Springs. *(Romantic Comedy)* AMAZON

Cast: William Shatner, Jean Smart, Don McManus

5/15/2026 – AND SO IT GOES (Movie) (2014) (PG-13) 1h 33m

A selfish, elderly man's life is upended when he must care for his granddaughter, leading him to connect with his neighbor and learn to love again. *(Romantic Comedy – Drama)* AMAZON

Cast: Michael Douglas, Diane Keaton

05/22/2026 – GOING IN STYLE (2017) (PG-13) 1h 36m

Cheated out of their pensions, three lifelong friends hatch a plot to rob a bank. But they have to stay one step ahead of the FBI. *(Comedy)* NETFLIX

Cast: Morgan Freeman, Michael Caine, Alan Arkin...

05/29/2026 – WILD MOUNTAIN THYME (2020) (PG-13) 1h 42m

The film is set in the Irish countryside and follows two neighbors navigating family disputes and love. *(Drama)* NETFLIX

Cast: Emily Blunt, Jamie Dornan, Jon Ham



MONDAY, MAY 25th