

**May 2025 – Class Schedule**

<p><b><u>CALENDAR: HOT DATES</u></b></p> <p><b>5/2-</b> LA Regional Food Bank 9am- 11am <b>First Come First Serve</b></p> <p><b>5/2-</b> Live Jam session 2:30pm-4pm in MP 3</p> <p><b>5/6-</b> Advisory Council - 10:00am- 11:00am Welcoming all interested members to attend</p> <p><b>5/9 –</b> Mother’s Day Spa Day 9:30am-11:30am <b>RSVP required</b></p> <p><b>5/13 –</b> Alzheimer’s Association Presentation 10:30am-11:30am <b>RSVP</b></p> <p><b>5/17-</b> 16<sup>th</sup> Annual Senior Symposium 9:00am-12:00pm at 17400 Victory Blvd. Van Nuys, CA 91406 Register at <a href="https://www.eventbrite.com/e/onegenerations-16th-annual-senior-symposium-health-fair-tickets-1293039077689?aff=ebdssbdestsearch">https://www.eventbrite.com/e/onegenerations-16th-annual-senior-symposium-health-fair-tickets-1293039077689?aff=ebdssbdestsearch</a> or call center office</p> <p><b>5/19-</b> Scan Independence @ Home- Presentation “Safe Sex” 12:30pm-1:30pm in person &amp; virtual <b>Zoom ID:</b> 2867359433 <b>Password:</b> LaJ2h8</p> <p><b>5/21-</b> May Birthday Celebration- 12:30pm-1:30pm in Art Rm <b>RSVP</b></p> <p><b>5/22-</b> DMH presentation “Managing your Medication” 12:30pm-1:30pm <b>RSVP required</b></p> <p><b>5/22-</b> Buried in Treasure sponsored Rummage Sale 10:00am-1:00pm</p> <p><b>5/23-</b> Savvy Seniors Refresher Course 11:30am- 1pm <b>RSVP Required</b></p> <p><b>5/26- Memorial Day- CENTER CLOSED</b></p> <p><b>5/30-</b> Los Uff Dass Live Comedy Show 2pm- 3:30pm <b>\$2 donation</b></p>	<p><b><u>Monday</u></b></p> <p>09:00am–10:00am SilverSneakers Circuit–Monica <b>Virtual</b> <b>FREE-SilverSneakers Member/\$3 fee Non-members</b> <b>*Please call Main Office for more information*</b></p> <p>09:00am-10:30am Chair Yoga – Alison <b>MP3</b></p> <p>09:45 am-11:15am Table Tennis <b>MP2</b> <b>*\$2 fee Please pay at the Main Office Window – Bring Paddles*</b></p> <p>10:30am- 11:30am- Beginner’s Spanish Class <b>Activity Rm</b></p> <p>10:00am-11:30am Bingo – Ed <b>Art Rm</b></p> <p>01:00pm-2:00pm Box &amp; Dance Fitness Class – Dan <b>MP1</b> <b>*Sponsored by Regal Medical Group*</b></p> <p>01:00pm-03:00pm Cabaret- *Closed Group* David <b>MP3</b></p> <p>01:30pm-3:30pm- Chess Club <b>Art Rm</b></p> <p>02:00pm-3:30pm Music &amp; Comedy <b>Comm Rm</b></p> <p><b>*Disclaimer: Classroom assignments are subject to change at any time*</b></p>
<p><b><u>Tuesday</u></b></p> <p>09:30 am-11:15am Exercise through Dance <b>MP2&amp;3</b></p> <p>10:00am-11:30am Painting Without Fear - Ann <b>Art Rm</b></p> <p>12:00pm-02:00pm Board Games <b>TBA</b></p> <p>01:00pm-03:00pm Tap/Jazz-Arlene <b>MP3</b></p> <p>01:00pm-02:00pm Arthritis Foundation Exercise <b>MP1&amp;2</b></p> <p>Be Fit While U Sit (EBP)-Andree <b>*FIRST COME FIRST SERVE*</b></p> <p>02:30pm-04:00pm Technology Class <b>Comm Rm</b></p> <p>02:00pm-04:00pm Knitting &amp; Crochet – Beth <b>Art Rm</b></p> <p>02:30pm-04:00pm Line Dancing – Cyndy <b>MP1&amp;2</b></p>	<p><b><u>Wednesday</u></b></p> <p>09:00am–10:00am SilverSneakers Circuit–Veena <b>Virtual</b> <b>FREE-SilverSneakers Member/\$3 fee Non-members</b> <b>*Please call Main Office for more information*</b></p> <p>10:00am-11:00am Zumba Dance <b>MP Rm</b></p> <p>12:30pm- 1:45pm- Mat Yoga- <b>*NEW CLASS*</b> <b>Comm Rm</b> <b>*FIRST COME FIRST SERVE*</b></p> <p>12:30pm- 1:30pm- Loteria <b>Art Rm</b> <b>*NEW CLASS*</b></p> <p>01:00pm-04:30pm Table Tennis <b>MP2</b> <b>*\$2 fee Please pay at the Main Office Window – Bring Paddles*</b></p> <p>01:00pm-02:30 Songbirds *Closed Group* - Ellen <b>MP3</b></p> <p>01:00pm-02:30 Karaoke – Alex <b>MP1</b></p> <p>02:00pm-03:30pm Unzip Your Lip - Ruthe <b>Comm Rm</b></p>
<p><b><u>Thursday</u></b></p> <p>09:30am-11:15am Stretch, Exercise &amp; Dance! – Milan <b>MP2&amp;3</b> <b>NO CLASS 5/8</b></p> <p>10:00am-11:30am Building Relationships <b>Activity Rm</b></p> <p>10:00am-11:30am Live Music Sing-along- Alan <b>Comm Rm</b></p> <p>10:00am-12:00pm Watercolor-Martha (5/1 &amp; 5/15) <b>Art Rm</b></p> <p>12:30pm-02:00pm- Hope &amp; Advocacy- Donna <b>Activity Rm</b> <b>*NEW CLASS*</b></p> <p>01:00pm-03:00pm Tap/Jazz-Arlene <b>MP3</b></p> <p>01:00pm-02:30pm Motown Music &amp; Dance-Alex <b>MP1&amp;2</b></p> <p>1:30pm- 4:00pm- Technology Class <b>Comm Rm</b></p> <p>02:00pm-03:30m Buried in Treasure (Closed Group) <b>Art Rm</b></p> <p>2:30pm-3:30pm Hula Dancing- Myrna, Yolanda <b>MP1&amp;2</b></p> <p>3:30pm- 4:30pm Advanced Hula- Josie <b>MP 1&amp;2</b></p>	<p><b><u>Friday</u></b></p> <p>09:30am-11:15am- Advanced Line Dancing w/Milan <b>MP2&amp;3</b> <b>NO CLASS 5/9</b></p> <p>10:30am-11:30am Sit &amp; Sip with Cheryl <b>Comm Rm</b></p> <p>12:45pm- 1:45pm Arthritis Foundation Exercise <b>MP 3</b></p> <p>Be Fit While U Sit (EBP)-Andree</p> <p>1:00pm-02:30pm “Let’s Talk Positive Events”–Mitchell <b>Comm Rm</b> <b>*NEW TIME*</b></p> <p>02:00pm-04:00pm Knitting &amp; Crochet – Beth <b>Art Rm</b></p> <p>02:15pm-04:00pm Movie of the Week <b>MP 3</b> <b>*\$2 fee Please pay at the Main Office Window*</b></p> <p>02:30pm-03:30pm Country Line Dancing - Michael (\$6) <b>MP 1</b> <b>NO CLASS 5/9</b></p> <p>02:30pm-4:30pm Table Tennis <b>MP2</b> <b>NO CLASS 5/30</b> <b>*\$2 fee Please pay at the Main Office Window – Bring Paddles</b></p>

## Ongoing Services

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

**\*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/Housing Info** Natalie Pongo 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

**\*LADWP Financial Assistance on Utility Bills** – Emmanuel (Manny) at (818) 708-4759

**\*L.A. MENTAL HEALTH** - Counseling Services - (818) 359-0133

**\*See main office for more information.**

**\* Mature Driving Course-** Call for more information– **May 7th**  
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 or call their office at (800) 824-0780

**\*NOTARY SERVICES-** 1<sup>ST</sup> Thursday of each month call office to schedule appointment 818-705-2345

**\*Podiatry Screenings-** **May 6<sup>th</sup>** and **May 27<sup>nd</sup>** – Space is limited  
schedule appointment 818-705-2345

**\*Vaccine Clinics** – (818)738-9927

**\*\*LUNCHES ARE SERVED DAILY AT 11:30\*\***

**First Come First Serve**

**Center Hours Monday- Friday 8:30am- 5:00pm**

**\*\*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**

**05/02/2025 – NO MOVIE**

**Join us for our Live Jam Session in MP 3**

**05/09/2025 – ALL TOGETHER NOW (2020) (PG) 1h 33m**

An optimistic, talented teen clings to a huge secret: She's homeless and living on a bus. When tragedy strikes, can she learn to accept a helping hand? (*Drama, Movies based on Books*)

**Cast:** Auli'i Cravalho, Justina Machado, Rhenzy Feliz, Fred Armisen, Carol Burnett....

**05/16/2025 - THE WALK (2015) (PG) 2h 3m**

The true story of Philippe Petit's highwire walks between the twin towers of the World Trade Center in 1974. (*Drama, Thriller, Based on Real Life*)

**Cast:** Joseph Gordon-Levitt, Ben Kingsley, Charlotte Le Bon, James Badge Dale....

**05/23/2025 – LOGAN LUCKY (2017) (PG-13) 1h 58m**

An ex-coal miner who's down on his luck hatches a plan to steal millions from a speedway during one of the biggest races of the year. (*Comedy*)

**Cast:** Channing Tatum, Adam Driver, Daniel Craig....

**05/30/2025 – NO MOVIE**

**Join us for our Live Comedy Show in the MPs**

