



May 2025 – Class Schedule

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

## 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

