

ONEgeneration Senior Enrichment Center

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



July 2025 – Class Schedule

<p><u>CALENDAR: HOT DATES</u></p> <p>7/1- Advisory Council - 10:00am-11:00am Community Room Current Council Members only</p> <p>7/1- LA Regional Food Bank 9:00am-11:00am *current registered recipients only*</p> <p>7/4- HAPPY 4th of JULY- CENTER CLOSED</p> <p>7/7 –12 Week Feast Wellness Series 9:00am-11:00am sponsored by Providence Limited Space RSVP Required</p> <p>7/9- Providence Listening Session 2:00pm- 3:30pm Space is limited Registration Required</p> <p>7/10- 4-week Computer Course Begins -1:30pm- 3:00pm Sponsored by United Specialist Healthcare Foundation RSVP Required</p> <p>7/15 – “The Importance of Hydration” 12:30pm- 2:00pm Sponsored by OPTUM Registration Required</p> <p>7/16 – July Birthday Celebration Sponsored by MJM Insurance 12:30pm-1:30pm in Activity Room</p> <p>7/17 – DMH- “Depression & Anxiety” Presentation- 12:30pm-1:30pm Please RSVP</p> <p>7/18 – Hat Making Event sponsored by Alignment Health 10:00am-11:00am RSVP Required</p> <p>7/29- Advisory Council Elections- 10:00am- 11:00am *New members and interested members welcome*</p>	<p><u>Monday</u></p> <p>09:00am–10:00am SilverSneakers Circuit–Monica 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</p> <p>09:45 am-11:15am Table Tennis MP2 *\$2 fee Please pay at the Main Office Window – Bring Paddles*</p> <p>10:30am- 11:30am- English as Second Language Class Act Rm No class on 7/14 ,7/21 and 7/28</p> <p>10:00am-11:30am Bingo – Ed Art Rm</p> <p>01:00pm-2:00pm Box & Dance Fitness Class – Dan MP1 *Sponsored by Regal Medical Group*</p> <p>01:00pm-03:00pm Cabaret- *Closed Group* David MP3</p> <p>01:30pm-3:30pm- Chess Club Art Rm</p> <p>02:00pm-3:30pm Music & Comedy Comm Rm</p> <p>*Disclaimer: Classroom assignments are subject to change at any time*</p>
<p><u>Tuesday</u></p> <p>09:30 am-11:15am Exercise through Dance MP2&3</p> <p>10:00am-11:30am Painting Without Fear - Ann Art Rm</p> <p>10:00am- 11:00am Beginner’s Spanish Act Rm</p> <p>12:00pm-02:00pm Board Games TBA</p> <p>01:00pm-03:00pm Tap/Jazz-Arlene MP3</p> <p>01:00pm-02:00pm Arthritis Foundation Exercise MP1&2</p> <p>Be Fit While U Sit (EBP)-Andree *FIRST COME FIRST SERVE* NO CLASS 7/15</p> <p>02:00pm-04:00pm Technology Class Comm Rm</p> <p>02:00pm-04:00pm Knitting & Crochet – Beth Art Rm</p> <p>02:30pm-04:00pm Line Dancing – Cyndy MP1&2</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</p> <p>12:30pm- 1:45pm- Mat Yoga Comm Rm *FIRST COME FIRST SERVE*</p> <p>12:30pm- 1:30pm- Loteria Art Rm</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</p> <p>01:00pm-02:30 Karaoke – Alex MP1</p> <p>02:00pm-03:30pm Unzip Your Lip - Ruthe Comm Rm</p>
<p><u>Thursday</u></p> <p>09:30am-11:15am Stretch, Exercise & Dance! – Milan MP2&3</p> <p>10:00am-11:30am Building Relationships Activity Rm</p> <p>10:00am-11:30am Live Music Sing-along- Alan Comm Rm</p> <p>10:00am-12:00pm Watercolor-Martha (7/3 & 7/17) Art Rm</p> <p>12:30pm-02:00pm- Hope & Advocacy- Donna Activity Rm</p> <p>01:00pm-03:00pm Tap/Jazz-Arlene MP3</p> <p>01:00pm-02:30pm Motown Music & Dance-Alex MP1&2</p> <p>02:00pm-03:30m Unburied in Treasure Art Rm</p> <p>2:30pm-3:30pm Hula Dancing- Myrna, Yolanda MP1&2</p> <p>3:30pm- 4:30pm Advanced Hula- Josie MP 1&2</p>	<p><u>Friday</u></p> <p>09:30am-11:15am- Advanced Line Dancing w/Milan MP2&3</p> <p>10:30am-11:30am Sit & Sip with Cheryl Comm Rm</p> <p>12:45pm- 1:45pm Arthritis Foundation Exercise MP 3</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>02:15pm-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>

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

***Podiatry Screenings-** **July 8th** and **July 29th** – 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

07/04/2025 – NO MOVIE
CENTER CLOSED
Happy 4th of July

07/11/2025 – SET IT UP (2018) (TV-MA) 1h 45m

In desperate need of a break from the office, two beleaguered assistants team up to trick their workaholic bosses into falling in love. (*Romantic Comedy*)

Cast: Zoey Deutch, Glen Powell, Lucy Liu....

07/18/2025 – NOW YOU SEE ME 2 (2016) (PG-13) 2h 9m

With a new member in the fold, the Four Horsemen use their power of illusion in a heist involving an unscrupulous tycoon and a revolutionary tech device. (*Mystery and Action Adventure*)

Cast: Jesse Eisenberg, Mark Ruffalo, Woody Harrelson....

07/25/2025 – THE INTERN (2015) (PG-13) 2h 1m

Harried fashion entrepreneur Jules gets a surprise boost from Ben, a 70-year-old widower who answers an ad for an internship at her company. (*Comedy*)

Cast: Robert De Niro, Anne Hathaway, Rene Russo....



CENTER IS CLOSED ON FRIDAY, JULY 4th, 2025

HAPPY
INDEPENDENCE DAY
FOURTH OF JULY