

ONEgeneration Senior Enrichment Center

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



August 2025 – Class Schedule

<u>CALENDAR: HOT DATES</u>	<u>Monday</u>
<p>8/1 – LA Regional Food Bank 9am- 11am</p> <p>8/4- Social Security Presentation w/ Congresswoman Luz Rivas Team 10am-11am in Community Room</p> <p>8/5- Advisory Council - 10:00am-11:00am all members are welcome</p> <p>8/6 & 8/8 – Ping Pong Tournament during regular class times</p> <p>Registration Required</p> <p>8/12 – Alzheimer’s Association- “Understanding Alzheimer’s & Dementia” 10:30am-11:30am in Community Room Please RSVP</p> <p>8/14 – Summer Safety Workshop presented by Dignity Health 12:30pm-1:30pm in Community Room Please RSVP</p> <p>8/15- End of Summer Dance 1:30pm-3:30pm Sponsored by SCAN, Senior Helpers & WelbeHealth</p> <p>8/18 –Scan Independence @ Home, “Planning for the Future- I Have 5 Wishes” Presentation 12:30pm- 1:30pm Zoom ID: 81133972718</p> <p>Password: 840511</p> <p>8/20 – August Birthday Celebration- 12:30pm-1:30pm sponsored by MJM Insurance Please RSVP</p> <p>8/21 – DMH-“Hoarding” Presentation- 12:30pm-1:30pm Please RSVP</p> <p>8/28 – Sages & Seekers Info Session from 12:30pm-1:30pm Please RSVP</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 8/4</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-2:00pm- The Art of Growing Older (8/11 & 8/25) Comm Rm *NEW CLASS*</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 Comm Rm *NEW TIME*</p> <p style="text-align: center;"><i>*Disclaimer: Classroom assignments are subject to change at any time*</i></p>
<u>Tuesday</u>	<u>Wednesday</u>
<p>09:30 am-11:15am Exercise through Dance MP2&3</p> <p>10:00am-11:30am Painting Without Fear - Ann Art Rm *Supplies are not provided call office for list*</p> <p>10:30am- 11:30am Loteria Act Rm *NEW DAY & TIME*</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*</p> <p>02:00pm-03:30pm 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>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- 1:30pm- Mat Yoga Comm Rm *FIRST COME FIRST SERVE*</p> <p>12:30pm- 1:30pm- Beginner’s Spanish Act Rm *NEW DAY & TIME*</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 NO CLASS 8/6</p> <p>02:00pm-03:30pm Unzip Your Lip - Ruthe Comm Rm</p> <p>02:30pm- 03:30pm Advanced Hula- Josie MP 1 NO CLASS 8/6</p>
<u>Thursday</u>	<u>Friday</u>
<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 (8/7 & 8/21) Art Rm *Supplies are not provided call office for list*</p> <p>12:30pm-02:00pm- Hope & Advocacy- Donna Activity Rm NO CLASS on 8/8</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-03:30pm Unburied in Treasure Art Rm</p> <p>2:30pm-3:30pm Hula Dancing- Myrna, Yolanda MP1&2</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>1:00pm- 2:00pm Arthritis Foundation Exercise MP 3</p> <p>Be Fit While U Sit (EBP)-Andree *NEW TIME* NO CLASS 8/15</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 Act Rm *\$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 NO CLASS 8/15</p>

Ongoing Services

***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/Housing Info** Emmanuel (Manny) Hernandez at 818-708-4759

***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) Hernandez at (818) 708-4759

*** Mature Driving Course-** Call for more information– **Sept 10th**
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- August 5th and August 26th** – Space is limited **schedule appointment** 818-705-2345

****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

08/01/2025 – MAMMA MIA (2008) (PG-13) 1h 48m

A carefree mom. A cheeky daughter. Three potential dads. Sophie tries to uncover her father's identity in this "eminently danceable" musical hit. (Based on a Play, Romantic Comedy)

Cast: Meryl Streep, Pierce Brosnan, Colin Firth....

08/08/20 – THE LOST HUSBAND (2020) (PG-13) 1h 50m

Looking to start anew, a widow retreats with her children to her aunt's goat farm, where the ranch's manager helps her navigate country life and loss. (Drama, Romantic, Based on Book)

Cast: Leslie Bibb, Josh Duhamel, Nora Dunn....

08/15/2025 – NO MOVIE

Join us for our End of Summer Dance

08/22/2025 – HAPPY GILMORE 2 (2025) (PG-13) 1h 57m

Adam Sandler returns to one of his most beloved roles in this all-star comedy that finds Happy Gilmore rebuilding his life, ne golf swing at a time. (Comedy Movies, Sports)

Cast: Adam Sandler, Julie Bowen, Christopher McDonald....

08/29/2025 – ZATHURA A SPACE ADVENTURE (2005) (PG) 1h 41m

A mysterious game sends two brothers flying into space, where they must reach the planet Zathura – or be trapped in galactic limbo forever. (Movies Based on Books)

Cast: Johah Bobo, Josh Hutcherson, Dax Shepard....

