ONEgeneration Wilkinson Senior Center
8956 Vanalden Avenue, Northridge, CA 91324
Main Office Number 818-654-8376
September 2026

ALL CLASSES HAVE A SUGGESTED DONATION OF $2.00 UNLESS OTHERWISE NOTED.

CALENDAR: Save the Dates & Important Program Announcements

9/1 LA Regional Food Bank box distribution, 1- 2:30PM
9/1 Protect Yourself from Scams, 9:30am-10:30am **RM1**
9/2 Tai Chi Workshop, 12:45pm-1:45pm **MP3**
9/3 DMH – Grief and Loss, 10-11am **Annex RM7**
9/4 Medicare Workshop (En Español), 12:30pm-1:30pm **RM1**
9/7 CLOSED – Holiday
9/9 Pop up Food Pantry (Must Sign-up!), 2:30-3:30pm
9/10 Birthday Party, 10-11am **Annex RM7**
9/10 Building Brain-Healthy Habits, 10:30-11:30am **RM1**
9/17 DMH – Preserving Your Memory, 10-11am **Annex RM7**
9/17 Resiliency Building Workshop, 12:30-1:30pm **Annex RM7**
9/23 Senior Expert Panel Workshop, 12:30-2pm **MP 1/2/3**
9/24 Dignity Workshop, 10am-11am **Annex RM7**
9/24 Advisory Council, 12:30-1:30pm Annex RM7
9/25 NEW! 8-Week Art Explorations Session, 10-11:30am **RM7**
9/28 Navigating Medicare Together, 12:30pm-1:30pm **RM1**

Announcements:
Please sign in at the kiosk located at the main booth before attending activities for the day. Thank you.

SilverSneakers classes: Wilkinson Senior Center is a full-service amenity location for SilverSneakers programs. Please also note SilverSneakers Plan Members can attend a SilverSneakers designated class at no cost. Non SilverSneakers Plan Members - there is a $3 fee per class. Please see main booth for more information or to pay fee at sign in. Thank you.

Monday

9am-11:30am Knitting and Crocheting **RM7**
9:30am -10:15am Israeli Dancing w/ Leslie **MP2**
10-11:30am Roundtable discussion w/ Donna **Annex RM7**
10:30am-2:30pm **HICAP- Medicare (2nd & 4th)** Len **RM1**

10:30am-11:30am Chair Exercise w/ Dawna* ***MP3***
SilverSneakers Plan Member- Free / $3 Fee for all others

10am-11:30am Line Dancing w/ Peggy **MP2**
1pm-2pm Chair Exercise w/ Jilla **MP2&3**
2:15pm-3:15pm Chair Yoga w/ Nancy **MP2**

12:00-1:00PM RAP Programming ***RM7***

1pm-3:00pm Chess Club w/ Phillip **RM7**
1:30pm-3:30pm Book Club & Poetry w/ Debra **RM1**

Tuesday

8am-10:30am RAP Programming- MP closed

Day Trips, depart Wilkinson Senior Center @ 9am
See flyer for details - Call Sandra, Transportation Manager for more information and program enrollment 818-654-8378

9am-3pm Blood Pressure Studies **(Must Sign-up!)** **RM1**
12pm-2:00pm Goldennaires Chorus **-** Molly **MP3**
2:15pm-3:00pm Chair Fitness w/Ann **MP2**
Sponsored by Valley Presbyterian Hospital
1pm-3:00pm Bridge w/Glenn **RM7**

Wednesday

9:30am-11:30am Spanish 101 & Advanced w/ Yolanda **RM1**
9am-11:30am-Art Fundamentals w/ Helene **MP2**
10am-11:30am-BINGO $1 per card- Linda **RM7**

10am-11:00am -Yoga w/ Alys*- Bring mat & water ***MP3***
SilverSneakers Plan Member- Free / $3 Fee for all others

10:30am-11:30am-Sit & Sip (discussion) w/ Cheryl **Annex RM7**
****2nd and 4th Wednesdays****

2:00-3:00pm- Chair Exercise w/ Dawna* (NEW TIME) ***MP3***
SilverSneakers Plan Member- Free / $3 Fee for all others

12pm-1:00pm Mahjong Lessons w/ Mary & Jane **MP1**
1pm-3:00pm Mahjong & games- w/ Mary & Jane **MP1**

Thursday

8am-11:00am RAP Programming- MP Closed

10am-11:30am- Aprenda Ingles con Yolanda **RM1**
10am-11:30am-BINGO $1 per card **RM7**
12:30pm-1:30pm Canasta w/ Glenn **RM7**
1pm-3:00pm Ballroom Dancing w/ Allen Weiss **MP1/2/3**
2pm-3:30pm Buried in Treasures Support Group **RM7**

Friday

9:20am-10:15am Chair Exercise w/ Luella **MP3**
10:30am-11:30am Zumba w/ Reina **MP2&3**
12:30pm-1:30pm Laughing Through Life **RM7**
1pm-2:15pm- Soulful Steps & Sounds w/ Alex **MP3**

2:30pm-3:30pm Chair Exercise w/ Dawna* ***MP1***
SilverSneakers Plan Member- Free / $3 Fee for all others

2:30pm -4:00pm- Hula Dancing w/ Josie **MP2&3**

DISCLAIMER: Classroom/ MP/ Annex assignments are subject to change at any time

Ongoing Services & Resources

*__Better Age Personal Health & Wellbeing Assessment__ - Call the main office to improve your health - 818-654-8376
https://healthwellbeing.betterage.net/center/onegeneration-senior-enrichment-center/

*__Bet Tzedek Legal Assistance__ – (**323) 939-0506** or bettzedek.org

*__Bar Association__ - (818) 227-0489

*__CalFresh Enrollment/Utilities Assistance__
Manny Hernandez (818)-708-6380

*__CITIZENSHIP ASSISTANCE__ - (818) 342-4686

*__Grandparents as Parents Program__
Jennifer Odum - (818) 264-0880

*__L.A. MENTAL HEALTH__ - Counseling Services - (818) 359-0133

* __Mature Driving Course__-
Next Course: Friday, 8/21/2026, 8am-4pm
Class fee: $20 (AARP member) $25 (non-member)
(Call for more information- 818-654-8376)

* __MEDICARE SERVICES HICAP__ – 2nd & 4th Tuesday each month call 213-383-4519 to schedule an appointment

****LUNCHES ARE SERVED DAILY AT 11:30am****
Check in at 10:30am-First Come First Serve

Center Hours Monday- Friday 8:00am- 4:30pm

CENTER IS CLOSED SATURDAY AND SUNDAY

Movies are currently cancelled.
If you would like to see movies, please let Della or Ana know.