Accredited by National Institute of Senior Centers

ONEgeneration Senior Enrichment Center

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

September 2026 – Class Schedule

CALENDAR: HOT DATES

9/1- Advisory Council Meeting-10:00am New Members Welcome
9/3- "Healthy Brain" presented by Reliance Medicare Helpline 12:30pm-1:30pm **Please RSVP**
9/4- LA Regional Food Box Older Adult (60+) Giveaway 9:00am-11:00am ***First Come First Serve***
9/8- Resiliency Building Workshop- 10:30am-11:30am **Please RSVP**
9/10- Doc Talk- "Cholesterol"-presented by Regal Medical 12:30pm-1:30pm **Please RSVP**
9/16- Parkinson's: A Whole Person Condition- Educational Class for those living with Parkinson's and their support systems 9am- 11:30am **Please call for information**
9/16- August Birthday Celebrations Sponsored by MJM Insurance 12:30pm-1:30pm **RSVP**
9/17- Dept. of Mental Health "Grief & Loss" presentation 12:30pm-1:30pm **Please RSVP**
9/21- Parkinson's Support Group- for those living with Parkinson's 11am-12pm **Please call for information**
9/24- American Heart Association- "Stroke Awareness" 12:30pm-1:30pm **Please RSVP**
9/24- Scam Prevention presented by Ageless Tech- 2pm-3pm **Please RSVP**
9/29- What to Expect: Medicare Changes by MJM Insurance 10:30am-11:30am **Please RSVP**

Monday

09:00am–10:00am SilverSneakers Circuit–Veena **Virtual**
FREE-SilverSneakers Member/$3 fee Non-members
Please call Main Office for more information

09:00am-10:30am Chair Yoga – Alison **MP3**
Please arrive early, no admittance to class after 9:15am

09:45 am-11:10am Table Tennis **MP2**
$2 fee Please pay at the Main Office Window – Bring Paddles

10:30am- 11:30am- English as Second Language Class **Act Rm**
10:00am-11:30am Bingo – Ed **Art Rm**
12:30pm- 3:00pm- Table Games Social **Act Rm**
01:00pm-2:00pm- The Art of Growing Older (**9/14 & 9/28**) **Comm Rm**
01:00pm-03:00pm Cabaret- *Closed Group* David **MP3**
01:30pm- 2:30pm- Zumba Gold **MP 1 & 2**
Sponsored by Providence

01:30pm-3:30pm- Chess Club **Art Rm**
02:15pm-3:45pm Music & Comedy- Musician w/ a Heart **($6)** **Comm**
NEW CLASS SCHEDULE (9/14 & 9/28)

Disclaimer: Classroom assignments are subject to change at any time

Tuesday

9:00am- 10:00am Tai Chi **MP2 &3**
Sponsored by Assisted Living Locators & LA Shaolin Studios
NEW CLASS
10:15 am-11:15am Exercise through Dance **MP2&3**
NEW TIME
10:00am-11:30am Painting Without Fear - Ann **Art Rm**
Supplies are not provided call office for list
10:00am-11:00am Loteria w/ Gladys **(9/1 & 9/15)** **Act Rm**
12:00pm-02:00pm Board Games **TBA**
01:00pm-03:00pm Tapping Down Broadway -Arlene **MP 3**
01:00pm-01:45pm Healthy Maturity Chair Exercise **MP1& 2**
Sponsored by Valley Presbyterian Hospital
02:00pm-03:30pm Technology Class **Comm Rm**
02:00pm-04:00pm Knitting & Crochet – Beth **Art Rm**
02:15pm- 4:45pm Mahjong- Robin **MP 2**
BEGINNER LESSONS 1st HOUR ONLY
02:30pm-04:00pm Line Dancing – Cyndy **MP1**

Wednesday

09:00am–10:00am SilverSneakers Circuit–Veena **Virtual**
FREE-SilverSneakers Member/$3 fee Non-members
Please call Main Office for more information

10:00am-11:00am Zumba Dance **MP Rm**
12:30pm- 1:30pm- Mat Yoga **Comm Rm**
FIRST COME FIRST SERVE* BRING YOUR OWN MATS
NO CLASS on 9/23 and 9/30

12:30pm- 1:30pm- Beginner's Spanish **Act Rm**
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**
02:30pm- 03:30pm Advanced Hula- Josie **MP 1**

Thursday

09:30am-11:15am Stretch, Exercise & Dance! – Milan **MP2&3**
10:00am-11:30am Building Relationships **Activity Rm**
10:00am-11:30am Live Music Sing-along- Alan **Comm Rm**
10:00am-12:00pm Watercolor-Martha **(9/3 & 9/17)** **Art Rm**
Supplies are not provided call office for list
10:00am-11:30am Art & Company-Lisa **(9/10 & 9/24)** **Art Rm**
Bring your current project & create in community
12:30pm-02:00pm- Hope & Advocacy- Donna **Act Rm**
01:00pm-03:00pm Tapping Down Broadway-Arlene **MP3**
01:30pm-4:00pm Technology Class **Comm Rm**
01:00pm-02:30pm Soulful Steps & Sounds -Alex **MP1&2**
2:30pm-3:45pm Hula Dancing- Myrna, Yoli, Beth, Emette **MP1&2**

Friday

09:30am-11:15am- Advanced Line Dancing w/Milan **MP2&3**
09:15-10:15am- Telling Our Stories **Comm Rm**
10:30am-11:30am Sit & Sip with Cheryl **Comm Rm**
1:00pm- 2:00pm Arthritis Foundation Exercise **MPs**
Be Fit While U Sit (EBP)-Andree
1:00pm-02:30pm "Let's Talk Positive Events"–Mitchell **Comm Rm**
02:00pm-04:00pm Knitting & Crochet – Beth **Art Rm**
02:00pm-04:00pm Movie of the Week **MP 3**
$2 fee Please pay at the Main Office Window
02:30pm-03:30pm Country Line Dancing - Michael **($6)** **MP 1**
02:30pm-4:30pm Table Tennis **MP2**
$2 fee Please pay at the Main Office Window – Bring Paddles

SEPTEMBER 2026 SERVICES

*Astrology with Barbara- 2nd & 4th Tuesday of the Month from 9:30am-11:30am Space limited please schedule appointment 818-705-2345 *NEW*

*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- Manny Hernandez at 818-708-4759

*CITIZENSHIP ASSISTANCE – (818) 342-4686

*Grandparents As Parents Program – (818) 264-0880

*LADWP Financial Assistance on Utility Bills – Manny Hernandez at 818-708-4759

* Mature Driving Refresher Course- Call for more information and to register– 818-705-2345 Wednesday, September 9th

* 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- September 8th & September 29th – Space is limited schedule appointment 818-705-2345

Center Hours 8:30am- 5:00pm

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

First Come First Serve

****Thrift Corner Hours 10:00am-2:00pm****

****NEW HOURS****

Fitness Center Open Tuesday, Wednesday and Friday 8:30am-4:30pm

Fitness Center Open Monday & Thursday 8:30am-3:30pm

Friday Movies $2 FEE

All movies start at 2:00pm in Act Rm

09/04/2026 – DON'T SAY GOOD LUCK (2026) (PG-13) 1h 35m

This coming-of-age dramedy about a teen trying to hold onto her dreams through a family crisis is produced by Adam Sandler. (*Music, Drama*) NETFLIX

Cast: Sunny Sandler, Melanie Lynskey, Max Greenfield….

09/11/2026 – ARTHUR THE KING (2024) (PG-13) 1h 46m

Adventure athelete Michael Light competes in a 435-mile endurance race as a fiercely loyal stray dog joins his fight to the finish. (*Based on a true story)* NETFLIX

Cast: Mark Wahlberg, Simu Liu, Juliet Rylance…

09/18/2026 – THE FABULOUS FOUR (2024) (R) 1h 38m

Years after Lou and Marilyn fall out over loving the same man, their friends trick Lou into a chaotic reunion at Marilyn's upcoming wedding in Key West. (Comedy) NETFLIX

Cast: Bette Midler, Susan Sarandon, Sheryl Lee Ralph, Sophie van Haselberg….

09/25/2026 – ELSA & FRED (2014) (PG-13) 1h 33m

A withdrawn senior experiences life in new ways when he begins spending time with the free-spirited woman who lives across the hall. (*Comedy/Romance*) AMAZON

Cast: Shirley MacLaine, Christopher Plummer, Marcia Gay Harden….

Monday, September 7, 2026