


April 2024 – Class Schedule
CALENDAR: HOT DATES

4/1 – Savvy Caregivers Workshop w/ Free Caregiver Manual – Monday, April 1,8,15,22,29, & May 6 from 1:00pm-3:00pm Alz LA
4/2 & 4/16 – Foot Screening w/ Marsha 10am-1pm **Appt Only**
4/2 – Advisory Council - 10:00am-11:00am Community Rm
4/5 – LA Regional Food Box Older Adult (60+) Giveaway 9:00am-11:00am ***First Come First Serve**Bring ID***
4/10 – Pain Management UCLA Presentation w/ Dr. Markar – 1:00pm-2:00pm Community Room
4/15– Bullying: The Many Forms of Bullying in Our Older Years – 10:30am-11:30am Community Room
4/17 – Senior Spa Day – Providing Mini Manicures from 12:00pm-4:00pm **Appointment Only** – Art Room
4/19 – Health & Wellness Friday w/ Joanne – “Healthy Proper Way of Breathing for Self-Healing” 9:00am-10:30am Art Room
4/19 – 10 Warning Signs of Alzheimer’s – Alzheimer’s Association Southland Chapter 10:00-11:00am – Activity Room
4/23 – Preserving Your Memory – Department of Mental Health – 2:00pm-3:30pm - Community Room
4/26 – “Oh, What a Pain! Using Relaxation & Guided Imagery to Manage Pain” Presentation – SCAN Independence at Home 10:00am-11:00am **Zoom ID: 817 4887 4510 Password: 416966**
4/29– Bullying: How to Combat Bullying – 10:30am-11:30am Com Rm

Tuesday

09:15am-11:15am Exercise through Dance **MP2 & MP3**
 10:00am-11:30am ***NEW*** Painting Without Fear - Ann **Art Rm**
 12:00pm-02:00pm Board Games **TBA**
 01:00pm-03:00pm Tap/Jazz-Arlene **MP3**
 01:00pm-02:00pm Arthritis Foundation Exercise **MP1&2**
 Be Fit While U Sit (EBP)-Andree
 02:00pm-04:00pm Technology Class **Comm Rm**
Please call to confirm
 02:00pm-04:00pm Knitting & Crochet – Beth **Art Rm**
 02:30pm-04:00pm Line Dancing – Cindy **MP1&2**

Thursday

09:30am-11:30am Stretch, Exercise & Dance!–Milan **MP2&3**
 10:00am-11:30am Building Relationships **Activity Rm**
 10:00am-11:30am Live Music Sing-a-Long-Alan **Comm Rm**
 10:00am-12:00pm Watercolor-Martha **(4/4 & 4/25)** **Art Rm**
 12:30pm-02:00pm Navigating Hope-Donna **Activity Rm**
 01:00pm-03:00pm Tap/Jazz-Arlene **MP3**
 01:00pm-02:30pm Motown Music & Dance-Alex **MP1&2**
 01:30-04:00 Technology Class **Art Rm**
Please call to confirm
 02:30pm-03:30pm Hula Dancing – Myrna **MP1&2**

Monday

09:30am–10:30am SilverSneakers Circuit–Monica **Virtual**
FREE-SilverSneakers Member/\$3 fee Non-members
Please call Main Office for more information
 09:00am-10:15am Chair Yoga – Alison **MP3**
 09:00am-11:15am Table Tennis **MP2**
\$2 fee Please pay at the Main Office Window – Bring Paddles
 10:30am-12:00pm Bingo – Ed **Art Rm**
 01:00pm-2:00pm ***NEW*** Box & Dance Fitness Class **MP1**
Sponsored by Regal Medical Group
 02:00pm-4:00pm ***NEW*** Cornhole & Ring Toss **MP1**
Starting April 8th
 01:00pm-03:00pm Cabaret- ***Closed Group*** David **MP3**
 01:30pm-02:45pm Storytelling – Elizabeth **(4/15)** **Activity Rm**

Wednesday

09:30am–10:30am SilverSneakers Circuit–Veena **Virtual**
FREE-SilverSneakers Member/\$3 fee Non-members
Please call Main Office for more information
 10:00am-11:00am Zumba **MP Rm**
 12:30pm-02:00pm Mental Health Wellness Wednesdays**(24th)**
 Title: “Social Isolation” **Act Rm**
 01:00pm-04:30pm Table Tennis **MP2**
\$2 fee Please pay at the Main Office Window – Bring Paddles
 01:00pm-02:30 Song Birds ***Closed Group*** - Ellen **MP3**
 01:00pm-02:30 Karaoke – Alex **Activity Rm**
 02:00pm-03:30pm Unzip Your Lip - Ruthe **Community Rm**
 02:30pm-04:30pm Intermediate Folk Dance Workshop **MP1**

Friday

09:00am-11:15am Table Tennis **MP2**
\$2 fee Please pay at the Main Office Window – Bring Paddles
 10:30am-11:30am Sit & Sip with Cheryl **Comm Rm**
 01:00pm-02:00pm Arthritis Foundation Exercise **MP1&2**
 Be Fit While U Sit (EBP)-Andree
 01:00pm-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 **MP3**
\$2 fee Please pay at the Main Office Window
 02:30pm-03:30pm Country Line Dancing - Michael **(\$6)** **MP1**

**Disclaimer: Classroom assignments are subject to change at any time*

April 2024
Ongoing Services

***AARP Tax Assistance** – call main office at 818-705-2345 to see if there are available appointments, last day April 12th
Appointment IS REQUIRED

***Better Age Personal Health & Wellbeing Assessment** – Call the main office to improve your health – 818-705-2345

***Bet Tzedek Legal Assistance** – (323) 939-0506 or call the main office at 818-705-2345 to schedule an in-person appointment. **Appointment & Vaccine Card IS REQUIRED**

***Mental Health Sessions w/ Inyite Ani** – call the main office at 818-705-2345 to schedule a Wednesday or Friday in-person/phone call appointment.

***CalFresh Enrollment/Housing Info**
Natalie Pongo at 818-708-6380 for more info.

***Debbie Lee – Reverse Mortgage Specialist**
Call first to make an appointment – (805) 402-0176

***Vaccine Clinics** – (818) 305-4280 or (818)738-9927

***LADWP Financial Assistance on Utility Bills** –
Emmanuel (Manny) at (818) 708-4759

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

***L.A. MENTAL HEALTH - Counseling Services - (818)359-0133**

*See main office for more information.

* **Mature Driving Course**

Call for more information– 818-705-2345

* **MEDICARE SERVICES HICAP – 1st & 4th Tuesday each month**

Call to schedule an appointment – 818-705-2345

***CITIZENSHIP ASSISTANCE** – (818) 342-4686

***ELDER LAW ATTORNEY- Sara Polinsky** – (818) 906-9900

***Bar Association** - (818) 227-0489

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

First Come First Serve

****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

04/05/2024 – TYSON'S RUN – (2022) (PG) 1hr 42m

While navigating struggles at home and his high school, a teen with autism befriends a champion runner and trains for the marathon (Based on a true story)

Major Dobson, Rory Cochrane, Amy Smart....

04/12/2024 – THE FATHER – (2020) (PG-13)1h 37m

A man refuses all assistance from his daughter as he ages. As he tries to make sense of his changing circumstances, he begins to doubt his loved ones.

Cast: Anthony Hopkins, Olivia Colman, Imogen Pools....

04/19/2024 – THE MIRACLE CLUB (2023) – (PG-13) 1h 30m

In 1967, three generations of spirited friends from Dublin chase miracles on a pilgrimage to Lourdes – and navigate unexpected revelations along the way.

Cast: Maggie Smith, Laura Linney, Kathy Bates....

04/26/2024 – HAPPINESS FOR BEGINNERS (2023) – (TV-14) 1h 45m

At a crossroads after her divorce, a schoolteacher ventures toward a fresh start in life – and love – when she signs up for a grueling group hiking trip.

Cast: Ellie Kemper, Luke Grimes, Nico Santos....