



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



June 2026

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

<p align="center">CALENDAR: Save the Dates & Important Program Announcements</p>	<p align="center">Monday</p>
<p align="center">Tuesday</p> <p align="center">8am-10:30am RAP Programming- MP closed</p> <p align="center">Day Trips, depart Wilkinson Senior Center @ 9am See flyer for details - Call Sandra, Transportation Manager for more information and program enrollment 818-654-8378</p> <p>10:30am-2:30pm HICAP- Medicare (2nd & 4th) Len RM1 12pm-2:00pm Goldennaires Chorus - Molly MP3 1pm-2:00pm Box & Dance Fitness w/Dan MP2 *Sponsored by Mission Community Hospital* 2:15pm-3:00pm Chair Fitness w/Ann MP2 *Sponsored by Valley Presbyterian Hospital* 1pm-3:00pm Social Bridge w/Glenn RM7 3pm-4:00pm- Virtual Bowling w/ Michelle Lobby</p>	<p align="center">Wednesday</p> <p>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</p> <p>10am-11:00am -Yoga w/ Alys*- Bring mat & water MP3 *SilverSneakers Plan Member- Free / \$3 Fee for all others</p> <p>10:30am-11:30am-Sit & Sip (discussion) w/ Cheryl Annex RM7 **2nd and 4th Wednesdays**</p> <p>2:15-3:15pm- Chair Exercise w/ Dawna* MP3 *SilverSneakers Plan Member- Free / \$3 Fee for all others</p> <p>12pm-1:00pm Mahjong Lessons w/ Mary & Jane MP1 1pm-3:00pm Mahjong & games- w/ Mary & Jane MP1</p>
<p align="center">Thursday</p> <p align="center">8am-11:00am RAP Programming- MP Closed</p> <p>10am-11:30am- Latino Social Club w/ 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</p>	<p align="center">Friday</p> <p>9:20am-10:15am Chair Exercise w/ Luella MP3 10:30am-11:30am Zumba w/ Reina MP2&3 10am-11:30am Community Art (bring your own supplies) RM7 1pm-2:15pm- Soulful Steps & Sounds w/ Alex MP3</p> <p>2:30pm-3:30pm Chair Exercise w/ Dawna* MP1 *SilverSneakers Plan Member- Free / \$3 Fee for all others</p> <p>2:30pm -4:00pm- Hula Dancing w/ Josie MP2&3</p>

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**- 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 Michelle know.**