



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



December 2025 CALENDAR

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

CALENDAR: Save the Dates		Monday	
12/1 LA Food Bank- 1pm- 2:30pm- Please check in at front desk		9:00am-11:30am Knitting and Crocheting	RM 7
12/4 DMH- Resiliency 9am-10am	Annex RM 7	9:30am-11:30am Matter of Balance 11/3-12/22	
12/5 Floral Arrangement 10:00am-11:00am – Total Senior	Annex RM 7	*This workshop is Closed*	Annex RM 7
12/11 Birthday Party 10:00am-11:00am	Annex RM 7	9am -10:00am NEW TIME Israeli Dancing w/ Leslie	MP2
12/09 Cyber Security 10:30am-11:30am	Annex RM 7	10am-11:30am Roundtable discussion w/ Donna	RM 1
12/10 Happy Hour with Cherly 10:30am-11:30am	Room1	10:30am-11:30am *NEW* Chair Exercise w/ Dawna	MP3
12/16 Men’s Support Group with Dale S. 1:00pm-2:00pm	Room 1	FREE- For SilverSneakers member/\$3 Fee for Non- members	
12/16 Regal Cardio Health 10:30am-11:30am	Annex RM 7	*See Della or Rhonda*	
12/17 Holiday Dance with DJ Mark 1:00pm-3:00pm	MP 1/2/3	10am-11:30am Line Dancing w/ Peggy	MP2
12/18 DMH – Holiday Blues 9:30-11am	Annex RM 7	1pm-2pm Chair Exercise w/ Jilla	MP2&3
12/18 Advisory Council (3 rd Thursday) 11am-12pm	Annex RM 7	2:15pm-3:15pm Chair Yoga w/ Nancy	MP2
Date and time changed for the holiday		3:00pm-4:00pm Piano with Mary-Ann	MP3
		RAP Programming 12:00pm-1:00pm	RM 7
We will be closed on 12/24, 12/25, and 12/26 in observance of the holiday.		1:00-3:00pm *NEW DATE* Chess Club w/ Phillip	RM 7
		1:30pm-3:30pm Book Club & Poetry w/ Debra	RM 1
Tuesday		Wednesday	
8am-10:30am RAP Programming- MP closed		9:30am-11:30am Spanish 101 & Advanced w/ Yolanda	RM 1
Day Trips, depart Wilkinson Senior Center @ 9am		9:00am-11:30am-Art Fundamentals w/ Helen	MP2
See flyer for details - Call Sandra Transportation Manager for more information and program enrollment- 818-654-8378		10:00am-11:00am-BINGO \$1 per card- Linda	RM 7
10:40am-11:30am-FUNctional Fitness w / Maureen	MP 3	10:00am-11:00am -Yoga w/ Alys- Bring mat and water	MP3
MAX MEMBERS PER CLASS IS 29		FREE- For SilverSneakers member/\$3 Fee for Non- members	
FREE- For SilverSneakers member/\$3 Fee for Non- members		*See Della or Rhonda*	
See Della or Rhonda		10:30am-11:30am-Sit & Sip (discussion) w/ Cheryl	Annex RM 7
10:30am-2:30pm HICAP- Medicare (only on 4 th) Len	RM 1	**2nd and 4th Wednesdays**	
12:00pm-2:00pm Goldenaires Chorus - Molly	MP3	1:00-2:00pm Boom- Chick-A-Boom w/ Maureen	MP3
1:00pm-2:00pm Box & Dance Fitness w/ Dan	MP2	FREE- For SilverSneakers member/\$3 Fee for Non- members	
Sponsored by Regal Medical Group		*New Class * 2:15-3:15pm- Chair Exercise w/ Dawna	MP3
NEW CLASS BEGINNING IN JANUARY		FREE- For SilverSneakers member/\$3 Fee for Non- members	
2:15pm-3:00pm Chair Fitness w/Ann	MP2	12:00pm-1:00pm- Mahjong Lessons w / Mary & Jane	MP1
Sponsored by Valley Presbyterian Hospital		1:00pm-3:00pm- Mahjong & games- w/Mary & Jane	MP1
1:00pm-3:00pm Social Bridge w/Glenn	RM 7		
3:00pm-4:00pm- Tech Support – Student	RM 7		
When available			
Thursday		Friday	
8am-11:30am RAP Programming- MP Closed		10:30am-11:30am- Zumba w/ Reina	MP2&3
10:00am-11:30am- Latino Social Club w/ Yolanda	RM 1	10:30am-11:30am-Art Exploration w/ Valerie	RM 7
10:00am-11:30am-BINGO \$1 per card w/ Laura	RM 7	12:00pm-3:00pm-Watercolor Class-Open	RM 7
1:00pm-3:00pm Ballroom Dancing w/ Allen Weiss	MP1/2/3	1:00pm-2:15pm- Soulful Steps & Sounds w/ Alex	MP3
2:00pm-3:30pm Buried in Treasures through December 18	RM 7	2:30pm-3:30pm Chair Exercise w/ Dawna	MP1
This workshop is closed		FREE- For SilverSneakers member/\$3 Fee for Non- members	
2:00pm-4:00pm- Tech Support – Student	RM 1	*See Della or Rhonda*	
When available		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

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

***CalFresh Enrollment/Utilities Assistance** – Manny Hernandez at 818-708-6380

***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 -Jennifer Odum

***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 Wilkinson main number to schedule an appointment

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

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

CENTER IS CLOSED SATURDAY AND SUNDAY

Friday Movies - \$2.00 suggested donation

All movies start at 1:00pm Room 1

Snacks –Sponsored by:
Senior Helpers of Granada Hills

12/5 **A Merry Little Ex-Mas -2022**
PG-13 1h45m Holiday Comedy

A separated couple tries celebrating one last Christmas together with their kids before their divorce. However, the husband's new girlfriend joins the festivities, causing tension and chaos during the holidays.

Cast – Alicia Silverstone, Oliver Hudson, Jameela Jamil

12/12 **Ruth and Boaz -2025**

PG-14 1h and 33m Romance

A singer leaves the Atlanta music scene and starts over in small-town Tennessee, where she finds love and new purpose but can't escape the past.

Cast: Tyler Lepley and Serayah, and Phylicia Rashad

12/19 **Everybody's Fine - 2009**
PG- 13 1hr 39m Sentimental /Tearjerker

A recent widower takes a road trip to see his adult grown children.

Cast: Robert DeNiro, Drew Barrymore, and Kate Beckinsale

12/26 CLOSED FOR THE HOLIDAYS

If there is a movie that you would like to watch, please stop by RM 2 and speak with Rhonda or Della. Thank you.

