



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



January 2026 CALENDAR

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

CALENDAR: Save the Dates		Monday	
<p>1/5 LA Food Bank- 1pm- 2:30pm- Please check in at front desk 1/7 & 1/21 Happy Hour with Cheryl 10:30am-11:30am Annex Room 7 1/15 DMH – Find Your Passion 9:30-11am Annex RM 7 1/20 Men’s Support Group with Dale S. 1:00pm-2:00pm Room 1 1/22 Birthday Party 10:00am-11:00am Annex RM 7 1/22 Advisory Council (4th Thursday) 12:30pm-1:30pm Annex RM 7 *Time changed per members request*</p> <p>We will be closed on: 1/1 Thursday January 1st in observance of New Year’s Day 1/19 Monday, January 19th in observance of Martin Luther King, Jr. Day</p>		<p>9:00am-11:30am Knitting and Crocheting RM 7 9am -10:00am NEW TIME Israeli Dancing w/ Leslie MP2 10-11:30am Roundtable discussion w/ Donna Annex Room 7 10:30am-11:30am *NEW* Chair Exercise w/ Dawna MP3 FREE- For SilverSneakers member/\$3 Fee for Non- members *See Della or Rhonda* 10am-11:30am Line Dancing w/ Peggy MP 2 1pm-2pm Chair Exercise w/ Jilla MP2&3 2:15pm-3:15pm Chair Yoga w/ Nancy MP2 3:00pm-4:00pm Piano with Mary-Ann MP3 RAP Programming 12:00pm-1:00pm RM 7 1:00-3:00pm *NEW DATE* Chess Club w/ Phillip RM 7 1:30pm-3:30pm Book Club & Poetry w/ Debra RM 1</p>	
Tuesday		Wednesday	
<p align="center">8am-10:30am RAP Programming- MP closed</p> <p>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>10:40am-11:30am-FUNctional Fitness w / Maureen MP 3 **MAX MEMBERS PER CLASS IS 29** FREE- For SilverSneakers member/\$3 Fee for Non- members *See Della or Rhonda* 10:30am-2:30pm HICAP- Medicare (2nd & 4th) Len RM 1 12:00pm-2:00pm Goldennaires Chorus - Molly MP3 1:00pm-2:00pm Box & Dance Fitness w/ Dan MP2 *Sponsored by Regal Medical Group* *NEW CLASS * 2:15pm-3:00pm Chair Fitness w/Ann MP2 *Sponsored by Valley Presbyterian Hospital* 1:00pm-3:00pm Social Bridge w/Glenn RM 7 3:00pm-4:00pm- Tech Support – Student RM 7 *When available*</p>		<p>9:30am-11:30am Spanish 101 & Advanced w/ Yolanda RM 1 9:00am-11:30am-Art Fundamentals w/ Helen MP2 10:00am-11:00am-BINGO \$1 per card- Linda RM 7 10:00am-11:00am -Yoga w/ Alys- Bring mat and water MP 3 FREE- For SilverSneakers member/\$3 Fee for Non- members *See Della or Rhonda* 10:30am-11:30am-Sit & Sip (discussion) w/ Cheryl Annex RM 7 **2nd and 4th Wednesdays** 1:00-2:00pm Boom- Chick-A-Boom w/ Maureen MP3 FREE- For SilverSneakers member/\$3 Fee for Non- members *New Class * 2:15-3:15pm- Chair Exercise w/ Dawna MP3 FREE- For SilverSneakers member/\$3 Fee for Non- members 12:00pm-1:00pm- Mahjong Lessons w / Mary & Jane MP1 1:00pm-3:00pm- Mahjong & games- w/Mary & Jane MP1</p>	
Thursday		Friday	
<p align="center">8am-11:30am RAP Programming- MP Closed</p> <p>10:00am-11:30am- Latino Social Club w/ Yolanda RM 1 10:00am-11:30am-BINGO \$1 per card w/ Henry RM 7 1:00pm-3:00pm Ballroom Dancing w/ Allen Weiss MP1/2/3 2:00pm-3:30pm Buried in Treasures Support Group RM 7 2:00pm-4:00pm- Tech Support – Student RM 1 *When available*</p>		<p>9:20-10:15am Chair Exercise with Luella Starts 1/23 MP3 10:30am-11:30am- Zumba w/ Reina MP2&3 10:30am-11:30am-Art Exploration w/ Valerie RM 7 12:00pm-3:00pm-Watercolor Class-Open RM 7 1:00pm-2:15pm- Soulful Steps & Sounds w/ Alex MP3 2:30pm-3:30pm Chair Exercise w/ Dawna MP1 FREE- For SilverSneakers member/\$3 Fee for Non- members *See Della or Rhonda* 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

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

***CalFresh Enrollment/Utilities Assistance** – Manny Hernandez (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**
Jennifer Odum - (818) 264-0880

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

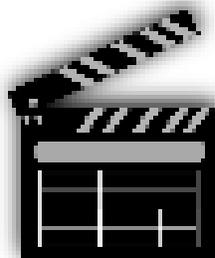
* **Mature Driving Course**- Call for more information- 818-654-8376

* **MEDICARE SERVICES HICAP** – 2nd & 4th Tuesday each month call 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

1/2- No Movie

1/9 Overcomer -2019

PG 1h 59m Sport/ Drama

Overcomer follows high school basketball coach John Harrison, whose life changes when he's assigned to coach a one-person cross-country team, leading him into an unexpected journey of mentorship, faith, and self-discovery.

Cast – Alex Kendrick, Aryan-Wright-Thompson

1/16 Jay Kelly -2025

R- 2h 13 m Comedy/ Drama

Famous movie actor Jay Kelly embarks on a journey of self-discovery, confronting his past and present with his devoted manager Ron.

Cast: George Clooney, and Adam Sandler

1/23 Lilly 2025

PG- 13 1hr 20 m Drama/ Biographical/ Courtroom

The inspiring true story of Lilly Ledbetter, an ordinary woman whose fight for equal pay against her employer went to the Supreme Court, resulting in a historic act of Congress.

Cast: Patricia Clarkson

1/30 Respect -2021

Musical/Drama PG-13 2h 24m

The biographical film Respect (2021), starring Jennifer Hudson as Aretha Franklin, is currently streaming on Netflix, chronicling her journey from church singer to the Queen of Soul, showcasing her fight for artistic control.

Cast: Jennifer Hudson, Forrest Witaker, Marlon Wayans

1/1 CLOSED FOR THE HOLIDAY, Happy New Year!

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