



July 2026 – Class Schedule

<u>CALENDAR: HOT DATES</u> 7/3- CENTER CLOSED 7/7- Advisory Council Meeting-10:00am <i>New Members Welcome</i> 7/7- LA Regional Food Box Older Adult (60+) Giveaway 9:00am-11:00am *First Come First Serve* 7/9- An Afternoon at LACMA – 10am-430pm RSVP REQUIRED Contact office for details 7/9- Doc Talk- “Prescription versus Over The Counter Medication”- presented by Regal Medical 12:30pm-1:30pm Please RSVP 7/10- Joy of Drumming – come learn to use percussion instruments with us. 2:30pm-3:30pm Space limited Please RSVP 7/15- July Birthday Celebrations Sponsored by MJM Insurance 12:30pm-1:30pm RSVP 7/16- Dept. of Mental Health “Emotional Intelligence” presentation 12:30pm- 1:30pm RSVP 7/22- Senior Farmer’s Market Card Distribution- 1pm-3pm First Come, First Serve 7/23- American Heart Association- “Hands only CPR instruction”- 12:30pm-1:30pm Space limited RSVP REQUIRED 7/27- CENTER CLOSING AT 3:15PM For STAFF MEETING 7/30- Dignity Health- Situational Awareness presentation PART ONE-12:30pm-1:30pm Please RSVP <i>*Disclaimer: Classroom assignments are subject to change at any time*</i>	<u>Monday</u> 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 NO CLASS FOR MONTH OF JULY 10:00am-11:30am Bingo – Ed Art Rm 01:00pm-2:00pm Tai Chi – Iridian MP1&2 Sponsored by Providence <u>*CURRENT REGISTERED STUDENTS ONLY *CALL FOR INFO*</u> 12:30pm- 3:00pm- Table Games Social Act Rm *NEW* 01:00pm-2:00pm- The Art of Growing Older (7/13 & 7/27) Comm Rm 01:00pm-03:00pm Cabaret- *Closed Group* David MP3 01:30pm- 2:30pm- Zumba Gold MP 1 & 2 STARTS JULY 27th arrive at 1pm to Register 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 (7/13 & 7/27) Class will end at 3:15pm on 7/27- center closing early
<u>Tuesday</u> 10:00 am-11:15am Exercise through Dance MP2&3 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 (7/7 & 7/21) 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	<u>Wednesday</u> 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* 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
<u>Thursday</u> 09:30am-11:15am Stretch, Exercise & Dance! – Milan MP2&3 10:00am-11:30am Building Relationships Activity Rm 10:15am-11:30am Live Music Sing-along- Alan Comm Rm 10:00am-12:00pm Watercolor-Martha (7/2 & 7/16) Art Rm *Supplies are not provided call office for list* 10:00am-11:30am Art & Company-Lisa (7/9 & 7/23) 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	<u>Friday</u> 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

JULY 2026 ONGOING 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://oneration-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- July 14th & July 28th – 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****

***Fitness Center Open Monday-Friday 8:30am-4:30pm**

CENTER WILL CLOSE AT 3:15PM
on Monday, July 27th for Staff Meeting



Friday Movies \$2 FEE

All movies start at 2:00pm in Act Rm

7/10/2026 – SONG SUNG BLUES (2025) (PG-13) 2h 12m

Hugh Jackman and Kate Hudson star as struggling performers Mike and Claire, whose Neil Diamond tribute act sparks romance – and unexpected success. (*Music, Drama*) NETFLIX

Cast: Hugh Jackman, Kate Hudson, Michael Imperioli...

7/17/2026 – REMARKABLY BRIGHT CREATURES (2026) (PG-13) 1h 53m

While working nights at a small-town aquarium, a widow bonds with a clever octopus and an adrift young man in this moving drama based on the bestseller. (*Drama*) NETFLIX

Cast: Sally Field, Lewis Pullman, Alfred Molina....

7/24/2026 – LILLY (2024) (PG-13) 1h 33m

After learning she's paid significantly less than her peers, a brave factory worker takes her employer to court in a landmark battle for equal pay. (*Inspiring, Based on a Book*) NETFLIX

Cast: Patricia Clarkson, Deirdre Lovejoy, Thomas Sadoski

7/31/2026 – THE WAY BACK HOME (2006) (PG) 1h 33m

Life affirming spiritual drama about love and loss set in the lush surroundings of Central Florida. Spencer Krane has returned to the town where he was raised. It is the news that his grandmother has suffered a debilitating stroke that prompts his visit. What starts as a simple visit home becomes a journey of consequence. (*Drama*) AMAZON

Cast: Michael Houston King, Julie Harris, Tessie Santiago

We will be closed on Friday, July 3rd
in honor of

