



ONEgeneration Wilkinson Senior Center – Northridge

8956 Vanalden Avenue, Northridge, CA 91324

Closed Saturday and Sunday

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

CALENDAR: Save the Dates	Monday
<p>7/3 Social Isolation-DMH Jharna- 10am-11am</p> <p>7/3 4th of July Day Dance- 1pm-3pm with The Big Band</p> <p>7/4 Closed and Movie Canceled</p> <p>7/7 LA Food Bank- 1pm- 2:30pm- Check in at front desk</p> <p>7/10 Birthday Party 10:00am-11:00am Annex room 7</p> <p>7/15 Humana- Brain Health 10:30am-11:30am</p> <p>7/15 Men's Group – DMH Bengie Room1- 1pm-3pm</p> <p>7/16 PALS Board games- RSVP 12:30pm-3:00pm MP3</p> <p>7/17 Regal- How to pack for a disaster-RSVP-2:30-3:30pm Annex room 7</p> <p>7/24 Healthcare Navigation- Dale S. 10:30am -11:30am Annex Room 7</p>	<p>9:00am-11:30am Knitting and Crocheting Room 7</p> <p>10am-11:30am Roundtable discussion –Donna Annex Room 7</p> <p>10:30am-11:30am Chair Exercise Dawna MP3</p> <p>FREE- For Silversneakers member/\$3 Fee for Non- members</p> <p>*See Della or Rhonda*</p> <p>10am-11:30am Line Dancing- Peggy MP2</p> <p>1pm-2pm Chair Exercise- Arthritis (EBP)- Luella MP2&3</p> <p>2:15pm-3:15pm Chair Yoga- Nancy MP3</p> <p>1:30pm-3:30pm Book Club& Poetry- Debra Room 7</p> <p>*DISCLAIMER: Classroom/ MP/ Annex assignments are subject to change at any time*</p>
Tuesday	Wednesday
<p>8-10:30am RAP Programming MP closed</p> <p>Morning –Trips- See flyers for details- Call Sandra- 818-654-8378</p> <p>10:30am-11:30am-Functional Fitness- Maureen MP 3</p> <p>FREE- For Silversneakers member/\$3 Fee for Non-members *See Della or Rhonda*</p> <p>10:30am-2:30pm HICAP- Medicare (2nd & 4th)-Len Room1</p> <p>12:00pm-2:00pm Goldennaires Chorus-Molly MP3</p> <p>1:00pm-2:00pm Box & Dance Fitness- Dan MP2</p> <p>*Sponsored by Regal Medical Group*</p> <p>1:00pm-3:00pm Social Bridge- Glenn Room 7</p> <p>3:00pm-4:00pm- Tech Support – Student Room 7</p> <p>*When available*</p>	<p>9:30am-11:30am Spanish 101 & Advanced- Yolanda Room1</p> <p>9:00am-11:30am-Art Fundamentals- Helen MP2</p> <p>10:00am-11:00am-BINGO \$1 per card-Linda Room7</p> <p>10:00am-11:00am -Yoga- Bring mat and water- Alys MP3</p> <p>FREE- For Silversneakers member/\$3 Fee for Non- members</p> <p>*See Della or Rhonda*</p> <p>10:30am-11:30am-Sit and Sip (discussion)- Cheryl Annex room 7</p> <p>1:00pm-2:00pm-Boom-Chic- A- Boom Maureen MP3</p> <p>12:00pm-1:00pm- Mahjong Lessons- Mary/Jane MP1</p> <p>1:00pm-3:00pm- Mahjong- Mary/Jane MP1</p>
Thursday	Friday
<p>8-11:30am RAP Programming- MP Closed</p> <p>10:00am-11:30am- Latino Social Club-Yolanda Room1</p> <p>10:00am-11:00am-BINGO \$1 per card- Jeff Room 7</p> <p>1:00pm-3:00pm Ballroom Dancing-Allen Weiss MP1/2/3</p> <p>1:00pm-3:00pm Bridge in 7 weeks (7/17) Room 7</p> <p>2:00pm-4:00pm- Tech Support – Student Room 1</p> <p>*When available*</p>	<p>NEW TIME*9:20am-10:20am*Chair Exercise- Arthritis (EBP)- Luella MP2&3</p> <p>10:30am-11:30am- Zumba- Reina MP 2&3</p> <p>10:30am-11:30am-Art Exploration- Valerie Room 7</p> <p>12:00pm-3:00pm-Watercolor Class-Open Room7</p> <p>NEW TIME *1:00pm-2:15pm- Motown Dance- Alex MP3</p> <p>2:30pm-3:30pm Chair Exercise- Dawna MP3</p> <p>FREE- For Silversneakers member/\$3 Fee for Non- members</p> <p>*See Della or Rhonda*</p> <p>2:30pm -4:00pm- Hula Dancing- Josie MP1&2</p>

Ongoing Services

***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 to schedule an in-person appointment. **Appointment IS REQUIRED**

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

***CalFresh Enrollment/Housing Info** –
Natalie Pongo 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

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

***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 to schedule an appointment - Call their office at (800) 824-0780

****LUNCHES ARE SERVED DAILY AT 11:30****
Check in at 10:30am-First Come First Serve
Center Hours Monday- Friday 8:00am- 4pm
CLOSED SATURDAY AND SUNDAY

Friday Movies - \$2.00 suggested donation

All movies start at 1:00pm Room 1

Thank you to Senior Helpers of Granada Hills for Sponsoring Snacks!

7/4 Canceled Closed for the Holiday

7/11 Rescued by Ruby (by request)

Based on a who rescued who true story that delighted dog lovers far and wide.

7/18– Intern

Harried fashion entrepreneur Jules gets a surprise boost from Ben, a 70-year-old widower who answers an ad for an internship at her company.

7/25 Nonna's (by request) After the loss of his mother, Joe Scaravella (played by Vince Vaughn) risks everything to honor her by opening an Italian restaurant with a group of local grandmothers as the chefs.

If there is a movie that you would like to see, please stop and see Rhonda in room 2.