



May 2019 – Class Schedule

CALENDAR: HOT DATES

5/2- Advisory Council Meeting- 9:30am-11:30am
5/3- Do's and Don'ts of Health Dieting- 10:00am
5/9-Blue Shield Promise Health Plan Bingo-10-11:30am
5/16-SCAN Coaster Making Workshop-10:00am
5/17- Health Wellness Friday- Water Therapy-9:30am
5/17-Healthy Lifestyle Series- Eat Smart- 10:30am
**5/18- 11th Annual Senior Symposium & Senior
Job/Volunteer Fair- 9:00am-2:00pm**
5/21- LA Regional Food Bank Distribution- 1:00pm
5/23-UCLA Health-New Recommendations for Aspirin-10:30
5/30- Cooking Class- Plant Based Eating- 10am
5/31-Healthy Lifestyle Series- Laughter Yoga-10:30am

Monday

9:00am-11:30am Table Tennis **(\$2 FEE)** MP2
9:30am-10:30am Meditation and Breathing (\$5)-**Joanne** MP3
10:00am-11:30am- Acting for Fun (Improv)-(\$6) Anita **Comm Rm**
****NEW CLASS starting June 17th****
10:00am-11:00am Live Music Sing-A-Long (\$2) **Activity Rm**
10:00am-12:00pm-Watercolor for Beginners- **Judy (\$2)** Art Rm
1:00pm-2:00pm Zumba Gold- Joanne **MP 1 & 2**
FREE-Silver & Fit Member/\$3 fee Non-Members
1:00pm-3:00pm Drawing/Sketching **(\$2 Donation)** Art Rm
1:30pm-3:00pm Parkinson's Support Group- **Max** Conf.Room
1:00pm-3:00pm Cabaret (Wait List)- **David** MP3
3:00pm-4:30pm Poetry Forum-**Norma (\$2 Donation)** Conf Rm

Tuesday

9:00am-10:00am Qi-Gong (Chinese Standing Yoga) **Comm Rm**
9:00am-11:30am Oil Painting- **Tamara (\$2 Donation)** Art Room
9:00am-11:45am Rummykub **(\$2 Donation)** MP1
8:45am-9:45am Silversneakers Classic-Veena **MP 2**
FREE-Silversneakers Member/\$3 fee-Non-members
9:30am-11:30am Exercise through Dance- **JoAnn** MP2
(\$2 Donation) MP 2&3 after 9:45am
12:00pm-5:00pm Knitting & Crochet-**(\$2 Donation)** Art Room
1:00pm-2:00pm Be Fit While U Sit (EBP)- **Pat(\$2)** MP1&2
1:00pm-3:00pm Tap/Jazz- **Arlene (\$2 Donation)** MP3
1:00pm-2:30pm Ukulele- **Eli (\$2 Donation)** Comm Rm
1:30pm-3:30pm Matter of Balance (EBP) **Activity Rm**
Starting April 16th-June 4th
2:40pm-4:00pm Unzip Your Lip- **(\$2 Donation)** **Comm Rm**
3:30pm-4:30pm Ballroom Dancing-**\$2-Howard** MP 1&2
3:30pm-4:30pm Intermediate Country Line Dancing (\$6) MP3

Wednesday

8:45am-9:45am Aerobic- **EP (\$2 Donation)** MP 2&3
10:00am-11:00am Zumba-**Joanne (\$2 Donation)** MP Rm
12:30pm-2:30pm Navigating Hope- **Donna (\$2 Donation)** Comm Rm
1:00pm-4:30pm Table Tennis **(\$2 FEE)** MP2
1:00pm-3:30pm Song Birds-**Ellen (WAITLIST)** MP3
1:00-2:30pm Buried in Treasures Activity Rm
1pm-2:30pm **(MUST RSVP)NEW CLASS STARTS 5/29**
1:30pm-3:00pm Braille Audio Book Club Conf.Room
(2nd Wednesday of the Month) (\$2 Donation)
2:15pm-3:00pm Intergenerational Art Class Art Rm
2:40pm-4:30pm Sing-a-long Karaoke **(\$2 Donation)** MP1
3:30pm-4:30pm Arthritis Foundation Exercise Comm Rm
Chair Exercise (EBP \$6) **Chhiv**
5:00pm-7:00pm Grandparents as Parents (Spanish) **Comm Rm**
Support Group

Thursday

8:30am-10:00am Yoga (\$6)-**Jeanette** MP 2&3
9:00am-11:45am Rummykub **(\$2 Donation)** MP1
10:00am-11:30am Tai Chi Chuan I (\$6)-**Jeanette** MP 2&3
10:00am-11:15am Women's Support Group (\$2) Comm Rm
10:00am-11:30am Building Relationships **(\$2 Donation)** Conf.Room
1:00pm-2:00pm Silversneakers Classic-Sandy **MP2**
FREE-Silversneakers Member/\$3 fee-Non-members
1:00pm-3:00pm Tap/Jazz – **Arlene (\$2 Donation)** MP3
1:00pm-2:30pm Quest/World Issues- **(\$2 Donation)** **Comm Rm**
1:00pm-4:00pm Basic Art (All Mediums)-**Deidra** Art Room
(\$2 Donation)
2:00pm-3:00pm Country Line Dancing (\$6)-**Michael** MP2
3:15pm-4:45pm International Folk Dancing-**JoAnn(\$3)** MP 2&3

Friday

9:30am-11:30am Exercise through Dance- **JoAnn** MP 2&3
(\$2 Donation)
9:30am-11:30am Bingo (25¢ per card) **(\$2 Donation)** Art Room
11:40am-2:25pm Life Writing (\$6)- **Jeanette** Comm Rm
1:00pm-2:00pm Arthritis Foundation Exercise MP1
Be Fit While U Sit (EBP) **Adree (\$2 Donation)**
1:00pm-3:30pm Needlework Group- **(\$2 Donation)** Art Rm
1:00pm-3:45pm Table Tennis **(\$2 FEE)** MP2
2:00pm-4:00pm Movie of the Week **(\$2 FEE)** MP3
3:30pm-4:30pm Arthritis Foundation Exercise MP1
Chair Exercise (EBP \$6) **Chhiv**

****LUNCH IS SERVED DAILY AT 11:45****

Thrift Corner & Snack Shop Hours of Operation:
Monday-Friday 10:00am-2:00pm

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

****Travel Office Hours: 9:00am-2:00pm****

Friday Movies \$2 FEE

All movies start at 2:00pm

5/3/19-On the Basis of Sex

2018 PG-13 2h- Inspired by the powerful true story of a young Ruth Bader Ginsburg, On the Basis of Sex depicts a then-struggling attorney and new mother facing adversity in her fight for equal rights. When Ruth takes on a ground-breaking case, she knows the outcome could alter the courts' view of gender discrimination.

Cast -Felicity Jones, Armie Hammer, Justin Theroux

5/10/19-Mary Poppins Returns

2018 PG 2h 10m- The magic continues in Disney's classic as Mary Poppins helps the Banks family remember the joy of being a child. Together with her friend Jack the lamplighter, fun is brought back to the streets of London in a celebration that everything is possible... even the impossible.

Cast -Emily Blunt, Lin-Manuel Miranda, Ben Whishaw

5/17/19-NO MOVIE/CLOSED FOR SENIOR SYMPOSIUM SET UP

5/24/19-The Leisure Seeker

2017 R 1h 52m-A runaway couple going on an unforgettable journey in the faithful old RV they call The Leisure Seeker, travelling from Boston to The Ernest Hemingway Home in Key West. They recapture their passion for life and their love for each other on a road trip that provides revelation and surprise right up to the very end.

Cast -Helen Mirren, Donald Sutherland, Kirsty Mitchell

5/31/19-The First Man

2018 PG-13 2h 21m-A riveting story behind the first manned mission to the moon, focusing on Neil Armstrong and the decade leading to the historic Apollo 11 flight. A visceral and intimate account told from Armstrong's perspective, based on the book by James R. Hansen, the film explores the triumphs and the cost—on Armstrong, his family, his colleagues and the nation itself—of one of the most dangerous missions in history.

Cast-Ryan Gosling, Claire Foy, Pablo Schreiber

May 2019

ONGOING SERVICES

***BRAILLE VISUAL AID CONSULTATIONS**

Call for more information (323) 663-1111.

***NEW SERVICE* Cal Fresh Enrollment/Assistance**

Walk-in's Welcome- 9:00am-4:00pm or call 818-708-6380.

***CANDY WATSON- REVERSE MORTGAGE SPECIALIST**

By appointment only *Call (661)877-1317* to make apt.

***COMPUTER CLASS- (\$5)**

Call to schedule an appointment, (818)705-2345

***ELDER LAW ATTORNEY- Sara Polinsky**

Call 818-705-2345 to schedule appointment.

***CITIZENSHIP ASSISTANCE- Call 818-705-2345 for more info.**

***FIDUCIARY ASSISTANCE- Call Pam Blattner (818)926-0984.**

***FREE BLOOD PRESSURE MANAGEMENT PROGRAM- Call**

Stephanie at (818) 708-2779 for more info.

***L.A. MENTAL HEALTH - Counseling Services**

Wednesdays, 10:00 am-2:00 pm. Call (213) 923-4838.

***LEGAL SERVICES (FREE) –**

-Bet Tzedek- Please call the main office to schedule an appointment at (818) 705-2345.

-Bar Association- 1st and 3rd Tuesday of every month, 1:00pm – 3:00pm, by appointment (818) 227-0489.

***New Service*MEDICARE ANSWER MAN- 2nd Tuesday of each month. 10:00am-11:30am. Call (818)705-2345 to schedule apt.**

***MASSAGE THERAPY**

Wednesdays, 10:00 am-12:00 noon - \$3.00 fee.

***MATURE DRIVING COURSE-** Call the main office to make an appointment at 818-705-2345.

***FREE MEMORY SCREENING-** Call 818-705-2345 to make apt.

***MEDI-CAL ASSISTANCE & ENROLLMENT-**Call (818)705-2345 for more information.

***MEDICARE SERVICES HICAP-** Call 818-705-2345 to schedule apt

***PODIATRY & WOUND CARE SERVICES-1st Wed. of the Month**
Call Main office at 818-705-2345 to make an appointment. \$20

***SENIOR PEER COUNSELING SERVICES- (818)847-3845**

***We ask for a minimum suggested donation of \$2 for all Senior Center classes and presentations unless otherwise noted.
Thank you for your generous support!***