



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



**April 2026**

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

<b>CALENDAR: Save the Dates</b>	<b>Monday</b>
<p>4/2 <b>NEW Utility Assistance</b> 11am-2pm <b>Annex RM 7</b></p> <p>4/2 <b>DMH Managing your medications</b> 9:30am-11am <b>Annex RM 7</b></p> <p>4/6 <b>LA Food Bank-</b> 1pm- 2:30pm- Please check in at front desk</p> <p>4/7 <b>Affordable housing</b> 10am-11am <b>Annex RM 7</b></p> <p>4/7 <b>Affordable living/Shared Housing</b> 12:30-1:30pm <b>Annex RM7</b></p> <p>4/8 <b>Regal Stress</b> 2pm-3pm <b>Annex RM 7</b></p> <p>4/9 <b>Easter Egg hunt-</b> CSUN students 10:00am 11am</p> <p>4/16 <b>DMH Mental Health, Stigma &amp; Resilience</b> 9:30am-11am <b>Annex RM 7</b></p> <p>4/21 <b>Men’s Support Group Dale</b> 1:00pm-2:00pm <b>Room 1</b></p> <p>4/22 <b>Coffee with a Cop</b> 12:30pm-1:30pm <b>MP1</b></p> <p>4/22 <b>Earth Day Celebration</b> 10:00am-3:00pm <b>Outside</b></p> <p>4/23 <b>Birthday Party</b> 10:00am-11:00am <b>Annex RM 7</b></p> <p>4/23 <b>Advisory Council (4<sup>th</sup> Thursday)</b> 12:30pm-1:30pm <b>Annex RM 7</b></p> <p><i>*Time changed per members request*</i></p>	<p>9:00am-11:30am Knitting and Crocheting <b>RM 7</b></p> <p><b>9:30am -10:15am NEW TIME Israeli Dancing w/ Leslie</b> <b>MP2</b></p> <p>10-11:30am Roundtable discussion w/ Donna <b>Annex Room 7</b></p> <p><b>10:30am-11:30am *NEW*</b> Chair Exercise w/ Dawna <b>MP3</b></p> <p><b>FREE- For SilverSneakers member/\$3 Fee for Non- members</b></p> <p><b>*See Della or Rhonda*</b></p> <p>10am-11:30am Line Dancing w/ Peggy <b>MP 2</b></p> <p>1pm-2pm Chair Exercise w/ Jilla <b>MP2&amp;3</b></p> <p>2:15pm-3:15pm Chair Yoga w/ Nancy <b>MP2</b></p> <p><b>RAP Programming 12:00pm-1:00pm</b> <b>RM 7</b></p> <p><b>1:00-3:00pm *NEW DATE* Chess Club</b> w/ Phillip <b>RM 7</b></p> <p>1:30pm-3:30pm Book Club &amp; Poetry w/ Debra <b>RM 1</b></p>
<p><b>MOVIES ARE CANCELLED DUE TO NO ATTENDANCE.</b></p> <p align="center"><b>Tuesday</b></p> <p align="center"><b>8am-10:30am RAP Programming- MP closed</b></p> <p><b>Day Trips, depart Wilkinson Senior Center @ 9am</b>  <b>See flyer for details - Call Sandra Transportation Manager for more information and program enrollment- 818-654-8378</b></p> <p>10:40am-11:30am-<b>FUNctional Fitness</b> w / Maureen <b>MP 3</b></p> <p><b>FREE- For SilverSneakers member/\$3 Fee for Non- members</b></p> <p><b>*See Della or Rhonda*</b></p> <p>10:30am-2:30pm <b>HICAP- Medicare (2<sup>nd</sup> &amp; 4<sup>th</sup>)</b> Len <b>RM 1</b></p> <p>12:00pm-2:00pm <b>Goldennaires Chorus - Molly</b> <b>MP3</b></p> <p><b>1:00pm-2:00pm Box &amp; Dance Fitness w/ Dan</b> <b>MP2</b></p> <p><b>*Sponsored by Mission Community Hospital*</b></p> <p>2:15pm-3:00pm <b>Chair Fitness</b> w/Ann <b>MP2</b></p> <p><b>*Sponsored by Valley Presbyterian Hospital*</b></p> <p>1:00pm-3:00pm <b>Social Bridge</b> w/Glenn <b>RM 7</b></p> <p><b>*NEW *3:00pm-4:00pm- Virtual Bowling – Michelle</b> <b>MP3</b></p>	<p align="center"><b>Wednesday</b></p> <p>9:30am-11:30am <b>Spanish 101 &amp; Advanced</b> w/ Yolanda <b>RM 1</b></p> <p>9:00am-11:30am-<b>Art Fundamentals</b> w/ Helen <b>MP2</b></p> <p>10:00am-11:30am-<b>BINGO \$1 per card-</b> Linda <b>RM 7</b></p> <p>10:00am-11:00am -<b>Yoga</b> w/ Alys- Bring mat and water <b>MP 3</b></p> <p><b>FREE- For SilverSneakers member/\$3 Fee for Non- members</b></p> <p><b>*See Della or Rhonda*</b></p> <p>10:30am-11:30am-<b>Sit &amp; Sip (discussion)</b> w/ Cheryl <b>Annex RM 7</b></p> <p><b>**2<sup>nd</sup> and 4<sup>th</sup> Wednesdays**</b></p> <p>1:00-2:00pm <b>Boom- Chick-A-Boom</b> w/ Maureen <b>MP3</b></p> <p><b>FREE- For SilverSneakers member/\$3 Fee for Non- members</b></p> <p>2:15-3:15pm- <b>Chair Exercise</b> w/ Dawna <b>MP3</b></p> <p><b>FREE- For SilverSneakers member/\$3 Fee for Non- members</b></p> <p>12:00pm-1:00pm- <b>Mahjong Lessons</b> w/Mary &amp; Jane <b>MP1</b></p> <p>1:00pm-3:00pm- <b>Mahjong &amp; games-</b> w/Mary &amp; Jane <b>MP1</b></p>
<p align="center"><b>Thursday</b></p> <p align="center"><b>8am-11:30am RAP Programming- MP Closed</b></p> <p>10:00am-11:30am- <b>Latino Social Club</b> w/ Yolanda <b>RM 1</b></p> <p>10:00am-11:30am-<b>BINGO \$1 per card</b> <b>RM 7</b></p> <p><b>12:30pm-1:30pm- NEW CANASTA-w/ Glenn</b> <b>RM 7</b></p> <p>1:00pm-3:00pm <b>Ballroom Dancing</b> w/ Allen Weiss <b>MP1/2/3</b></p> <p>2:00pm-3:30pm <b>Buried in Treasures</b> Support Group <b>RM 7</b></p> <p>2:00pm-3pm – <b>Tech Support-</b> Students <b>*When available*</b> <b>RM1</b></p> <p><b>*NEW*3:00pm-4:00pm- Tech Support – Michelle</b> <b>RM 1</b></p> <p><b>*NEW* 3:00pm-4:00pm- Pilates/mat Yoga-</b> Nicole (Thru April) <b>MP3</b></p> <p><b>Please bring your own mat and water bottle</b></p>	<p align="center"><b>Friday</b></p> <p>9:20-10:15am <b>Chair Exercise</b> with Luella <b>MP3</b></p> <p>10:30am-11:30am- <b>Zumba</b> w/ Reina <b>MP2&amp;3</b></p> <p>10:00am-11:30am-<b>Art Exploration</b> with Valerie <b>RM 7</b></p> <p><b>*NEW*1pm-2pm Comedy writing class</b> <b>RM 7</b></p> <p>1:00pm-2:15pm- <b>Soulful Steps &amp; Sounds</b> w/ Alex <b>MP3</b></p> <p>2:30pm-3:30pm <b>Chair Exercise</b> w/ Dawna <b>MP1</b></p> <p><b>FREE- For SilverSneakers member/\$3 Fee for Non- members</b></p> <p><b>*See Della or Rhonda*</b></p> <p>2:30pm -4:00pm- <b>Hula Dancing</b> w/ Josie <b>MP2&amp;3</b></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) 549-5809 or bettzedek.org

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

\***CalFresh Enrollment/Utilities Assistance** – Manny Hernandez (818)-708-6380

\***CITIZENSHIP ASSISTANCE** - (818) 342-4686

\***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** – 2<sup>nd</sup> & 4<sup>th</sup> Tuesday each month call 213-383-4519 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**