



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



February 2026 CALENDAR

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

CALENDAR: Save the Dates		Monday	
<p>2/2 LA Food Bank- 1pm- 2:30pm- Please check in at front desk</p> <p>2/5 DMH Stress Management 9:30am-11:00am Annex RM 7</p> <p>2/9 Make a Valetine 9:30am-11:30am Lobby</p> <p>2/10 Floral Arrangements with Perry 10am-11am Outside</p> <p>2/11 Healthy Heart Talk 12:30pm-1:30pm Annex RM 7</p> <p>2/12 Birthday Party 10:00am-11:00am Annex RM 7</p> <p>2/12 Valentines Day Dance 1pm-3pm MP1,2,3</p> <p>2/11 & 2/25 Happy Hour with Cheryl 10:30am-11:30am Annex Room 7</p> <p>2/17 Men’s Support Group with Dale S. 1:00pm-2:00pm Room 1</p> <p>2/19 DMH – Social Isolation 9:30-11am Annex RM 7</p> <p>2/26 Advisory Council (4th Thursday) 12:30pm-1:30pm Annex RM 7</p> <p><i>*Time changed per members request*</i></p> <p>We will be closed on 2/16 in observance of President’s Day.</p>		<p>9:00am-11:30am Knitting and Crocheting RM 7</p> <p>9:30am -10:15am NEW TIME Israeli Dancing w/ Leslie MP2</p> <p>10-11:30am Roundtable discussion w/ Donna Annex Room 7</p> <p>10:30am-11:30am *NEW* Chair Exercise w/ 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 w/ Peggy MP 2</p> <p>1pm-2pm Chair Exercise w/ Jilla MP2&3</p> <p>2:15pm-3:15pm Chair Yoga w/ Nancy MP2</p> <p>RAP Programming 12:00pm-1:00pm RM 7</p> <p>1:00-3:00pm *NEW DATE* Chess Club w/ Phillip RM 7</p> <p>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</p> <p>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</p> <p>**MAX MEMBERS PER CLASS IS 29**</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 RM 1</p> <p>12:00pm-2:00pm Goldennaires Chorus - Molly MP3</p> <p>1:00pm-2:00pm Box & Dance Fitness w/ Dan MP2</p> <p>*Sponsored by Regal Medical Group*</p> <p>*NEW CLASS * 2:15pm-3:00pm Chair Fitness w/Ann MP2</p> <p>*Sponsored by Valley Presbyterian Hospital*</p> <p>1:00pm-3:00pm Social Bridge w/Glenn RM 7</p> <p>3:00pm-4:00pm- Tech Support – Student RM 7</p> <p>*When available*</p>		<p>9:30am-11:30am Spanish 101 & Advanced w/ Yolanda RM 1</p> <p>9:00am-11:30am-Art Fundamentals w/ Helen MP2</p> <p>10:00am-11:30am-BINGO \$1 per card- Linda RM 7</p> <p>10:00am-11:00am -Yoga w/ Alys- Bring mat and water MP 3</p> <p>FREE- For SilverSneakers member/\$3 Fee for Non- members</p> <p>*See Della or Rhonda*</p> <p>10:30am-11:30am-Sit & Sip (discussion) w/ Cheryl Annex RM 7</p> <p>**2nd and 4th Wednesdays**</p> <p>1:00-2:00pm Boom- Chick-A-Boom w/ Maureen MP3</p> <p>FREE- For SilverSneakers member/\$3 Fee for Non- members</p> <p>*New Class * 2:15-3:15pm- Chair Exercise w/ Dawna MP3</p> <p>FREE- For SilverSneakers member/\$3 Fee for Non- members</p> <p>12:00pm-1:00pm- Mahjong Lessons w / Mary & Jane MP1</p> <p>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</p> <p>10:00am-11:30am-BINGO \$1 per card w/ Henry RM 7</p> <p>12:30pm-1:30pm- NEW CANASTA-w/ Glen RM 7</p> <p>1:00pm-3:00pm Ballroom Dancing w/ Allen Weiss MP1/2/3</p> <p>2:00pm-3:30pm Buried in Treasures Support Group RM 7</p> <p>2:00pm-4:00pm- Tech Support – Student RM 1</p> <p>*When available*</p>		<p>9:20-10:15am Chair Exercise with Luella Starts 1/23 MP3</p> <p>10:30am-11:30am- Zumba w/ Reina MP2&3</p> <p>10:30am-11:30am-Art Exploration w/ Valerie RM 7</p> <p>12:00pm-3:00pm-Watercolor Class-Open RM 7</p> <p>1:00pm-2:15pm- Soulful Steps & Sounds w/ Alex MP3</p> <p>2:30pm-3:30pm Chair Exercise w/ Dawna MP1</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 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) 549-5809 or betzedek.org

***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 provided

2/6 Priscilla (2023)

The movie, based on Priscilla's memoir *Elvis and Me*, details their courtship, marriage, and life at Graceland, focusing on the isolating glamour and complexity of their romance.

Cast – Cailee Spaeny and Jacob Elordi

2/13 An Unexpected Valentine- G 2025 1h 24m

A chance encounter on Valentine's Day brings Hannah and Finn together as they race through New York City to return a lost engagement ring and save one couple's special day.

2/20 Marry Me

PG-13 2022 • Romance/Comedy • 1h 52m Pop superstar Kat Valdez is about to get married before an audience of her loyal fans. However, seconds before the ceremony, she learns about her fiancé's cheating ways and has a meltdown on stage. In a moment of inspired insanity, Kat locks eyes with a total stranger in the crowd and marries him on the spot. As forces conspire to separate the unlikely newlyweds, they must soon decide if two people from such different worlds can find true love together. Cast: Jennifer Lopez, Owen Wilson

2/27 No Time to Die 007

PG-13 2021 • Action/Adventure • 2h 43m James Bond enjoys a tranquil life in Jamaica after leaving active service. His peace, though, is short-lived as his old CIA friend, Felix Leiter, shows up and asks for help. Cast: Daniel Craig, Ana de Armas, Rami Malek

2/16 CLOSED FOR PRESIDENTS DAY!

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