



March 2020 – Class Schedule

CALENDAR: HOT DATES

3/4-3/25- Ready, Set, Bank Online Banking Workshop Series
2:30pm-4:30pm *Sign-up today! Space is limited!"
3/5 & 3/12- 2-Part Legal Series- 10:30am-11:30am
3/5- Advisory Council- 9:30am
3/6-3/27- Guided Autobiography Workshop- 1:00pm-3:00pm
3/6- Health Talks with Tarzana Health & Rehab- 10:30am
3/9 & 3/16- 2pt Series- Braille Low Vision Support- 10am
3/11- FREE Hearing Screening- 10am-Noon
3/16-4/20- SAVVY Caregiver Workshop- 1:30am
3/17- LA Regional Food Bank Distribution- 1:00pm
3/18- The Best is Yet to Come Series- 3:30pm-4:30pm
3/20- Health Wellness Friday-Water Therapy- 9:30am
3/26- Older Adult Food Bank Distribution - 11am-1pm
3/26- HICAP- Benefits for Hearing Aids, Dental, Transp.- 10am

Monday

9:00am-11:30am Table Tennis (**\$2 FEE**) MP2
9:30am-10:30am Meditation and Breathing (\$5)-Joanne MP3
10:00am-11:30am- Live Music Sing-a-Long (**\$2 Donation**) Comm Rm
10:00am-12:00pm-Watercolor-Judy (**\$2**) WAITLIST Art Rm
12:30pm-1:30pm- Conversational Spanish (\$4) Comm Rm.
1:00pm-2:00pm Zumba Gold- Joanne MP 1 & 2
FREE-Silver & Fit Member/\$3 fee Non-Members
1:00pm-3:00pm Cabaret (Wait List)- David MP3
1:30pm-3:30pm Drawing/Sketching (**\$2 Donation**) Art Rm
1:30pm-3:00pm Parkinson's Support Group- Max Conf.Room
2:00pm-3:00pm Thrive with Diabetes Series starting 1/17-3/23
RSVP in the office Comm Rm.
2:30pm-3:30pm Silversneakers Circuit- Sandy MP 1 & 2
FREE- Silversneakers Member/\$3 FEE- Non-Silversneakers

Tuesday

9:00am-10:00am Qi-Gong (Chinese Standing Yoga)(\$2) Comm Rm
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-4:30pm 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
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 FEE) MP3

Wednesday

8:45am-9:45am Aerobics- 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
12:40pm-1:40pm Intergenerational Teen Art Class Art Rm.
1:00pm-2:30pm- Buried in Treasures (starting 1/8) Activity Rm.
1:00pm-4:30pm Table Tennis (**\$2 FEE**) MP2
1:00pm-3:30pm Song Birds-Ellen (**WAITLIST**) MP3
1:30pm-3:00pm Braille Audio Book Club Conf.Room
(2nd Wednesday of the Month) (**\$2 Donation**)
2:30pm-4:30pm Ready, Set, Bank Online Banking Workshop Series
Starting 2/26, 3/4, 3/18, 3/25 *Sign up in the main office!
2:40pm-4:30pm Sing-a-long Karaoke (**\$2 Donation**) MP1
2:30pm-3:30pm- Decluttering Peer Support Group Activity Rm.
3:30pm-4:30pm Arthritis Foundation Exercise MP3
Chair Exercise (EBP \$6 FEE) Chhiv
5:00pm-7:00pm Grandparents as Parents (Spanish) Comm Rm
Support Group

Thursday

8:30am-10:00am Yoga (\$6 FEE)-Jeanette MP 2&3
9:00am-11:45am Rummykub (**\$2 Donation**) MP1
10:00am-11:30am Tai Chi Chuan I (\$6 FEE)-Jeanette MP 2&3
10:00am-11:15am Women's Support Group (\$2) Art 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 FEE)-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 FEE)- Jeanette Comm Rm
1:00pm-3:00pm Guided Autobiography Workshop Conf. Rm
Starting 2/21-3/27
1:00pm-2:00pm Arthritis Foundation Exercise MP1
Be Fit While U Sit (EBP) Luella (**\$2 Donation**)
1:00pm-4:30pm 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

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

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

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

Thrift Corner & Snack Shop Hours- 10:00am-2:00pm

**Disclaimer: Classroom assignments are subject to change at any time*

Friday Movies \$2 FEE

All movies start at 2:00pm

3/6/20

A DOG'S JOURNEY- 2019 PG-13 1h 48m
Picking up where A Dog's Purpose left off, Ethan's dog Bailey finds a new destiny: Protect Ethan's granddaughter at any cost. His multiple lives are filled with love and devotion...and a few really good belly rubs.

Cast - Dennis Quaid, Josh Gad, Marg Helgenberger

3/13/20

HARRIET- 2019 PG-13 2h 5m

Based on the thrilling and inspirational life of an iconic American freedom fighter, Harriet tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Haunted by memories of those she left behind, Harriet ventures back into dangerous territory on a mission to lead others to freedom. With allies like abolitionist William Still and the entrepreneurial Marie Buchanon, Harriet risks capture and death to guide hundreds to safety as one of the most prominent conductors of the Underground Railroad.

Cast - Cynthia Erivo, Leslie Odom Jr., Janelle Monáe

3/20/20

1917- 2019 R 1h 59m

At the height of the First World War, two young British soldiers, Schofield and Blake are given a seemingly impossible mission. In a race against time, they must cross enemy territory and deliver a message that will stop a deadly attack on hundreds of soldiers- Blake's own brother among them.

Cast- Dean-Charles Chapman, George MacKay, Benedict Cumberbatch, Colin Firth.

3/27/2020

A BEAUTIFUL DAY IN THE NEIGHBORHOOD

2019 PG-13 1h48m

After a jaded magazine writer, Tom Junod, is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about kindness, love and forgiveness from America's most beloved neighbor.

Cast - Tom Hanks, Matthew Rhys, Susan Kelechi Watson

March 2020

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.

***JEWELRY REPAIR SERVICES- \$3.00- No appointment needed.**

Wednesday's only- 11:00am- 3:00pm

***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.

***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.

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

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

***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!