

ONEgeneration Senior Enrichment Center

Class Schedule

December 2016

CALENDAR: HOT DATES

12/6- Advisory Council Meeting- 1:30pm *All guests are welcome!*

12/13- Health Screening Tuesday- 10:00am-12:00pm

FREE Stroke/Thyroid Screenings! Sign up in the office today!

12/8- Dentex Dental Mobile Dental Services- ****ALL DAY****

Schedule your appointment today in the main office!

12/9-ONEgeneration Holiday Show- 1:00pm

12/15-Retirement/Benefits Planning- 10:30am-11:30am

12/16- Health & Wellness Friday- Healthy Eating 10am-Noon

12/16-UCLA Healthy Brain Lifestyles- 10:00am-11:00am

12/19- Cabaret Performance-1:00pm Open to the public

12/20- LA Regional Food Bank Distribution- 1:00pm

12/19- Memory Mondays (Free Memory Screenings) 12-2:00pm



Monday

8:00am-9:30am Arthritis Foundation Exercise Activity Rm

Yoga/Body Conditioning (EBP-\$6) **Chhiv**

9:00am-11:30am Table Tennis MP2

9:30am-10:30am **New Class MP3**

Meditation and Breathing (\$5)-Joann

9:45am-11:15am Arthritis Foundation Exercise Activity Rm

Chair Exercise (EBP-\$6) **Chhiv**

10:00am-12:00pm Watercolor for Beginners-Cristina Art Rm

1:00pm-3:00pm Drawing/Sketching Art Rm

1:00pm-3:00pm Intermediate Spanish (\$4) **Michael** Comm Rm

1:30pm-3:00pm Parkinson's Support Group- **Max** Conf.Room

1:00pm-3:00pm Documentary Film & Discussion- **Stan** ActivityRm

1:00pm-3:00pm Cabaret (Wait List)- **Jack & Diane** MP3

3:00pm-4:30pm Poetry Forum-Tas Activity Rm

****ATTENTION*We will be closed the following days:***

Friday, December 23rd

Monday & Tuesday, December 26th & 27th

Tuesday

9:00am-11:30am Oil Painting- **Tamara** Art Room

9:00am-11:45am Rummykub MP1

9:30am-11:30am Exercise through Dance- **Joann** MP2&3

10:30am-11:30am **NEW CLASS Conf. Room**

Moving Forward Discussion Group- Gabby

1:00pm-2:00pm Arthritis Foundation Exercise MP1&2

Be Fit While U Sit (EBP)- **Pat**

1:00pm-3:00pm Low Impact Tap/Jazz- **Arlene** MP3

1:00pm-2:30pm Ukulele- **Eli** ActivityRm

1:00pm-3:00pm Advanced Spanish (\$4)-**Michael** Comm Rm

2:40pm-4:00pm Unzip Your Lip- **Ruthie** Activity Rm

3:30pm-4:30pm Country Line Dancing (\$6) MP3

Intermediate- **Michael**

Wednesday

8:00am-9:30am Arthritis Foundation Exercise Activity Rm

Yoga/Body Conditioning (EBP-\$6) **Chhiv**

9:00am-10:00am Beginning Tap & Jazz- **Lauren** MP3

9:00am-12:00pm Knitting & Crochet- **Frankie/Wanda** ArtRoom

9:45am-11:15am Arthritis Foundation Exercise Activity Rm

Chair Exercise (EBP \$6) **Chhiv**

10:00am-11:00am Zumba-**Joanne** MP2&3

1:00pm-2:30pm Navigating Hope- **Donna** ActivityRm

1:00pm-4:30pm Table Tennis MP2

1:00pm-3:30pm Knitting- **Frankie/Wanda** Art Room

1:00pm-3:30pm Improv Players MP3

(By Audition-Come to office) **Elizabeth**

1:30pm-3:00pm Braille Audio Book Club Conf.Room

(2nd Wednesday of the Month)

1:30pm-3:00pm A Matter of Balance (EBP)-**Debra** MP1

****No class 12/21 & 12/28****

Thursday

8:30am-10:00am Yoga (\$6)-**Jeanette** MP 2&3

9:00am-11:45am Rummykub MP1

10:00am-11:30am Tai Chi Chuan I (\$6)-**Jeanette** MP 2&3

10:00am-11:15am Women's Support Group Activity Rm

10:00am-11:30am Rebuilding Relations Conf.Room

1:00pm-3:00pm Beginning/Basic Spanish- **Michael** Comm Rm

1:00pm-3:00pm Low Impact Tap/Jazz-**Arlene** MP3

1:00pm-2:30pm Quest/World Issues- **Sam** ActivityRm

1:00pm-4:00pm Basic Art (All Mediums)-**Deidra** Art Room

2:00pm-3:00pm Country Line Dancing (\$6)-**Michael** MP2 & 3

2:00pm-3:30pm Technology Class **New Class MP1**

3:15pm-4:45pm International Folk Dancing-**Joann** MP 2&3

Friday

8:00am-9:30am Yoga/Body Conditioning- **Chhiv** Activity Rm

9:30am-11:30am Exercise through Dance- **Joann** MP 2&3

9:30am-11:30am Bingo (25¢ per card) Art Room

9:45am-11:15am Arthritis Foundation Chair Exercise (\$6) Activity Rm

11:40am-2:25pm Life Writing (\$6)- **Jeanette** Activity Rm

1:00pm-2:00pm Arthritis Foundation Exercise MP1

Be Fit While U Sit (EBP) **Pat**

1:00pm-3:30pm Needlework Group- **Pam** Art Rm

1:30pm-4:00pm Table Tennis MP2

1:30pm-4:00pm Movie of the Week MP3

2:35pm-4:35pm Advanced Spanish (\$4)-**Michael** Activity Rm

***Fitness Center Open Monday-Friday 9am to 5pm
In the Activity Room**

*** Evidence Based Program Classes are noted as (EBP).**

Thrift Corner & Snack Shop Hours of Operation:

Monday-Friday 10:00am-2:00pm

Friday Movies
All movies start at 1:30pm

- Dec. 2 **Maggie's Plan**
2016 (R) (1hr 39min)
Greta Gerwig, Ethan Hawke, Julianne Moore
Although Maggie may not be able to sustain a romantic relationship, she has the rest of her life figured out. But just when she's ready to roll with her plan to have a sperm-baby baby, Maggie meets the man of her dreams.
- Dec. 9 **No Movie – Holiday Show**
- Dec. 16 **Love Actually**
2003 (R) (2hr 15min)
Hugh Grant, Emma Thompson, Colin Firth
Writer-director Richard Curtis's charming treatise on romance and relationships is an all-star ensemble comedy that tells 10 separate (but intertwining) London love stories, leading up to a spirited climax on Christmas Eve.
- Dec. 23 **No Movie – Closed for Christmas**
- Dec. 30 **Eddie the Eagle**
2016 (PG-13) (1hr 45min)
Taron Egerton, Hugh Jackman, Christopher Walken
Forever endearing himself to the British public, Eddie "the Eagle" Edwards becomes the first Englishman to compete in the Winter Olympics ski jump, relying on valor to make up for his lack of experience and bad eyesight.



****REMINDER** WE WILL BE CLOSED ON
MONDAY, JANUARY 2ND 2017!**

2016 December
ONGOING SERVICES

- *BRAILLE VISUAL AID CONSULTATIONS**
Thursday, December 15th, Call for more information (323) 663-1111.
- *CANDY WATSON- REVERSE MORTGAGE SPECIALIST** By appointment only
- *COMPUTER CLASS-**
Call to schedule an appointment, (818)705-2345
- *COREY A. CARTER - Bankruptcy Advice**
Call for a consultation 818-245-1121
- *DOWNSIZING YOUR HOME CONSULTATION-** Dave Feldman (818)970-7701
- *ELDER LAW ATTORNEY- Sara Polinsky**
4th Tuesday of the month- No December appointments available
- *L.A. MENTAL HEALTH - Counseling Services**
Wednesdays, 10:00 am-2:00 pm. Call (213) 923-4838.
- *LEGAL SERVICE (FREE) – Bet Tzedek**
Please call the main office to schedule an appointment at 818-705-2345.
- *LEGAL SERVICES - Bar Association**
1st and 3rd Tuesday of every month, 1:00pm – 3:00pm, by appointment (818) 227-0489. \$10.00 consultation fee.
- *MASSAGE THERAPY**
Wednesdays, 9:30 am-12:00 noon - \$3.00 fee.
- *MATURE DRIVING COURSE-** Call the main office to make an appointment at 818-705-2345.
- *Medi-cal Enrollment/Assistance-**Call (818)705-2345 for more information.
- *MEDICARE SERVICES HICAP**
Every Tuesday of the month - 10:00 am-12:00 noon, call for appointment 818-705-2345.
- *PODIATRY & WOUND CARE SERVICES**
Call Main office at 818-705-2345 to make an appointment.
- *SAFELINE FREE PHONE SIGN-UPS**
2nd & 4th Wednesday of every month- 11:00am-2:00pm
- *SENIOR PEER COUNSELING SERVICES**
Call (818)847-3845 for more info.
- 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!