



October 2018 – Class Schedule

CALENDAR: HOT DATES

10/4- Advisory Council Meeting- 9:30am-11:30am
10/9- Medicare 101 Presentation- 10am
10/12- Magic Show Event- 1:30pm-3:00pm
10/15-11/12-Guided Autobiography Series- 9:30am-11:30am
10/16- LA Regional Food Bank Distribution- 1:00pm
10/16-Voter Registration Sign-up- 11am-1pm
10/18- CBD Information Workshop- 10am
10/23-Educational Retirement Workshop-10am
10/25-CalMediConnect Presentation-10am
10/26-Flu Shot/Immunization Clinic by Walgreens-2pm-4pm
10/26- Halloween/Costume Dance- 2pm-4pm
10/29-Cooking Class-Healthy Seasonal Soups-10:30am

Monday

9:00am-10:30am Walk n' Talk (EBP)- **Sheri (\$2 Donation)** Park
9:00am-11:30am Table Tennis **(\$2 FEE)** MP2
9:30am-10:30am Meditation and Breathing (\$5)-**Joanne** MP3
10:00am-11:00am **NEW Class** **Comm Rm**
Live Music Sing-A-Long (\$2)
10:00am-12:00pm-Watercolor for Beginners-**Cristina** Art Rm
(Waiting List-Sign up in the office)
1:00pm-2:00pm Zumba Gold- Joann **MP 1 & 2**
FREE-Silver & Fit Member/\$3 fee Non-Members
1:00pm-3:00pm Drawing/Sketching **(\$2 Donation)** Art Rm
1:00pm-3:00pm Intermediate Spanish (\$4) **Michael** Activity 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)** Comm Rm

Tuesday

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
9:30am-11:30am A Matter of Balance (10/9-11/27) **Activity Rm**
12:00pm-5:00pm Knitting & Crochet-**(\$2 Donation)** Art Room
1:00pm-3:00pm Advanced Spanish (\$4)-**Michael** Activity Rm
1:00pm-2:00pm Be Fit While U Sit (EBP)- **Pat(\$2)** MP1&2
1:00pm-3:00pm Advanced Tap/Jazz- **Arlene** MP3
1:00pm-2:30pm Ukulele- **Eli (\$2 Donation)** Comm Rm
2:30pm-3:30pm Bollywood- (\$2 Donation) **MP 1&2**
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 Yoga/Body Conditioning (AE-EBP)\$6 Activity Rm
3:30pm-4:30pm Intermediate Country Line Dancing (\$6) MP3
3:30-pm-4:30pm *NEW Class* Creative Writing (\$2) **Conf Rm**

Wednesday

9:00am-11:00am *NEW CLASS* **Art Rm**
Bridge Group (\$3)
9:00am-10:00am Aerobics/Body Conditioning MP 2&3
9:00am-10:30am Walk n' Talk (EBP)- **Sheri (\$2 Donation)** Park
10:00am-11:00am Zumba-**Joanne (\$2 Donation)** MP Rm
12:30pm-2:30pm Navigating Hope- **Donna (\$2 Donation)** Comm Rm
1:00pm-3:15pm Intermediate Spanish (\$4)-**Michael** Activity Rm
1:00pm-4:30pm Table Tennis **(\$2 FEE)** MP2
1:00pm-3:30pm Song Birds-**Ellen** MP3
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 MP1
(\$2 Donation)
3:30pm-4:30pm Arthritis Foundation Exercise Comm Rm
Chair Exercise (EBP \$6) **Chhiv**
5:00pm-7:00pm Grandparents as Parents **Comm Rm**
Support Group **NEW 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 Comm Rm
(\$2 Donation)
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 Intermediate Spanish (\$4)- **Michael** Activity Rm
1:00pm-3:00pm Advanced Tap/Jazz-**Arlene** 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

3:30pm-4:30pm Arthritis Foundation Exercise Activity Rm
Yoga/Body Conditioning (EBP-\$6) **Chhiv**

Friday

9:00am-10:30am Walk n' Talk (EBP)- **Sheri (\$2 Donation)** Park
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
****NEW CLASS STARTING JULY 20th****
12:25pm-2:25pm Basic/Beginning Spanish (\$4) Michael **Activity Rm**
1:00pm-2:00pm Arthritis Foundation Exercise MP1
Be Fit While U Sit (EBP) **Pat (\$2 Donation)**
1:00pm-3:30pm Needlework Group- **(\$2 Donation)** Art Rm
1:30pm-4:00pm Table Tennis **(\$2 FEE)** MP2
2:00pm-4:00pm Movie of the Week **(\$2 Donation)** MP3
(NEW TIME CHANGE)
2:35pm-4:35pm Advanced Spanish (\$4)-**Michael** Comm Rm
3:30pm-4:30pm Arthritis Foundation Exercise Activity Rm
Chair Exercise (EBP \$6) **Chhiv**

Friday Movies

All movies start at 2:00pm

10/05/2018

Jumanji: Welcome to the Jungle

PG-13

Four teenagers in detention discover an old video game console with a game they've never heard of. When they decide to play, they are immediately sucked into the jungle world of Jumanji in the bodies of their avatars. They'll have to complete the adventure of their lives filled with fun, thrills and danger or be stuck in the game forever!

Time: 1hr 59m

Cast: Dwayne Johnson, Jack Black, Kevin Hart

10/12/2018- NO MOVIE

MAGIC SHOW-1:30PM-3:00PM

10/19/2018

Inside Out – PG

When her family relocates across the country, tween Riley Anderson struggles with the stress of her new situation and her animated emotions get carried away on a fantastic journey through her mind.

Time: 1hr 34m

Cast: Amy Poehler, Diane Lane, Kyle MacLachlan

10/26/2018 (In Activity Room)

Hocus Pocus – PG

Sarah Jessica Parker, Bette Midler and Kathy Najimy star in this supernatural family comedy as a trio of 17th-century sibling witches who are accidentally resurrected in the 20th century by teenage Max.

Time: 1hr 36m

Cast: Bette Midler, Sarah Jessica Parker, Kathy Najimy



Thrift Corner & Snack Shop Hours of Operation:

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

*Fitness Center Open Monday-Friday 9am-5pm

October 2018

ONGOING SERVICES

***BRAILLE VISUAL AID CONSULTATIONS**

Call for more information (323) 663-1111.

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

3rd Tuesday by Appointment Only- Call (818)705-2345

***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 to schedule appointment

***CITIZENSHIP ASSISTANCE-** Call 818-705-2345 to sign up for next workshop.

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

***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.

***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!