



**October 2023 – Class Schedule**

<b><u>CALENDAR: HOT DATES</u></b>	<b><u>Monday</u></b>
<b>10/2</b> – USC Presentation “Healthy Snacking & Portion Control” 1-2pm	09:30am–10:30am SilverSneakers Circuit–Monica <span style="float: right;">Virtual</span>
<b>10/3</b> - Advisory Council - 10:00am-11:00am Community Room	
<b>10/3</b> – Mindfulness Workshop – Mindful Veteran Project - 10am	<b>FREE-SilverSneakers Member/\$3 fee Non-members</b>
<b>10/3</b> – Providence Flu Clinic Information Table 9:30am-12:30pm	<b>*Please call Main Office for more information*</b>
<b>10/6</b> – LA Regional Food Box Older Adult (60+) Giveaway 9:00am-11:00am <b>*First Come First Serve*</b>	09:00am-10:15am Chair Yoga – Alison <span style="float: right;">Community Rm</span> <b>*No Class October 16<sup>th</sup>*</b>
<b>10/6</b> – Center For Healthcare Rights Medicare Part D: Getting Ready for Open Enrollment Presentation 02:00pm-3:00pm	09:00am-11:15am Table Tennis <span style="float: right;">MP2</span> <b>*\$2 fee Please pay at the Main Office Window*</b>
<b>10/9</b> – Providence Flu Clinic Onsite at Senior Center 09:00am-11:00pm Must register first 818-847-3860 or 818-305-4280	09:30am-10:30am Meditation & Breathing–Joanne <span style="float: right;">MP3</span>
<b>10/10</b> – Thrive with Diabetes Workshops 10:00am-11:00am October 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> , and 31 <sup>st</sup> Limited Spots! Register with Main Office	10:30am-12:00pm Bingo – Ed <span style="float: right;">Art Rm</span>
<b>10/13</b> – Halloween Costume Contest w/ Wider Circle 10:00am-11:30am	01:00pm-02:00pm Creative Poetry–King (9 <sup>th</sup> & 23 <sup>rd</sup> ) <span style="float: right;">Activity Rm</span>
<b>10/19</b> – “Working With Your Pharmacist” SCAN Independence 01:00pm-02:00pm In-person & Virtual - Zoom ID: 870 5293 1740 Password: 952207	01:00pm-03:00pm Cabaret- *Closed Group* David <span style="float: right;">MP3</span>
<b>10/19</b> – LOOP/EveryTable Grab & Go Starts (Every Thursday) 12:30pm-2:30pm* <b>Must have a tablet or smartphone to register for LOOP classes*</b>	01:30pm-02:45pm Storytelling – Elizabeth (10/16) <span style="float: right;">Activity Rm</span>
<b>10/20</b> – Health & Wellness Friday w/ Joanne – “Breathing for Self-Healing” OPTUM Sponsor 9:00am-10:30am	
<b>10/24</b> – “Mental Well Being and Self Care” w/ ONEgeneration’s Mental Health Clinician Inyite Ani 10:00am-11:00am	
<b>10/25</b> – Halloween Dance & Zumba Popup w/ Joanne Tarah 1:00pm-3:30pm	
<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>
09:15am-11:15am Exercise through Dance	08:45am-10:00am Yoga – Alison *Starts Oct. 11 <sup>th</sup> * <span style="float: right;">MP2&amp;3</span>
12:00pm-02:00pm Board Games	<b>*No Class October 4<sup>th</sup> &amp; 25<sup>th</sup>*</b>
01:00pm-03:00pm Tap/Jazz-Arlene	09:30am-10:30am SilverSneakers Circuit–Veena <span style="float: right;">Virtual</span>
01:00pm-02:00pm Arthritis Foundation Exercise Be Fit While U Sit (EBP)-Andree <b>*No Class October 3<sup>rd</sup>*</b>	<b>FREE-SilverSneakers Member/\$3 fee Non-members</b> <b>*Please call Main Office for more information*</b>
02:00pm-03:00pm Improv – Tim (October 10th)	10:00am-11:00am Zumba - Joanne <span style="float: right;">MP Rm</span>
02:00pm-04:00pm Technology Class <b>*Please call to confirm*</b>	12:30pm-02:00pm Mental Health Wellness Wednesdays(25 <sup>th</sup> ) <span style="float: right;">Act Rm</span>
02:00pm-04:00pm Knitting & Crochet – Beth	01:00pm-04:30pm Table Tennis <b>*No Class 10/25*</b> <span style="float: right;">MP2</span>
02:30pm-04:00pm Line Dancing – Cindy	<b>*\$2 fee Please pay at the Main Office Window*</b>
	01:00pm-02:30pm Song Birds *Closed Group* - Ellen <span style="float: right;">MP3</span>
	01:00pm-02:30 Karaoke – Alex <span style="float: right;">MP1</span>
	02:00pm-03:30pm Unzip Your Lip - Ruthe <span style="float: right;">Community Rm</span>
	02:30pm-04:30pm Intermediate Folk Dance Workshop <span style="float: right;">Activity Rm</span>
<b><u>Thursday</u></b>	<b><u>Friday</u></b>
10:15am-11:30am Stretch, Exercise & Dance!–Milan <b>*NO CLASS ALL MONTH – Resumes in November 2023*</b>	09:00am-11:15am Table Tennis <span style="float: right;">MP2</span>
10:00am-11:30am Building Relationships	<b>*\$2 fee Please pay at the Main Office Window*</b>
10:00am-11:30am Live Music Sing-a-Long–Alan	10:30am-11:30am Sit & Sip with Cheryl (10/13 <sup>th</sup> & 10/27 <sup>th</sup> ) <span style="float: right;">Comm Rm</span>
10:00am-12:00pm Watercolor–Martha (10/5 <sup>th</sup> & 10/19 <sup>th</sup> )	11:00am-12:00pm Friday Zumba with Joanne <span style="float: right;">MP3</span>
12:30pm-02:00pm Navigating Hope–Donna	01:00pm-02:00pm Arthritis Foundation Exercise <span style="float: right;">MP1&amp;2</span>
01:00pm-2:00pm Spanish–Gladys	Be Fit While U Sit (EBP)-Andree
01:00pm-03:00pm Tap/Jazz-Arlene	01:00pm-02:30pm “Let’s Talk Positive Events”–Mitchell <span style="float: right;">Comm Rm</span>
01:00pm-02:30pm Motown Music & Dance–Alex	02:00pm-04:00pm Knitting & Crochet – Beth <span style="float: right;">Art Rm</span>
02:30pm-03:30pm Hula Dancing – Myrna	02:00pm-04:00pm Movie of the Week <span style="float: right;">MP3</span>
01:30-04:00 Technology Class <b>*Please call to confirm*</b>	<b>*\$2 fee Please pay at the Main Office Window*</b>
	02:30pm-03:30pm Country Line Dancing - Michael (\$6) <span style="float: right;">MP1</span>

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

**October 2023**  
**ONGOING SERVICES**

**\*Bet Tzedek Legal Assistance** – (323) 939-0506 or call the main office at 818-705-2345 to schedule an in-person appointment.

**Appointment & Vaccine Card IS REQUIRED**

**\*LOOP/EveryTable Box Registration:** October 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> 10:00am-01:30pm\*\*\*\*

**\*Mental Health Sessions w/ Invite Ani** – call the main office at 818-705-2345 to schedule a Wednesday or Friday in-person/phone call appointment.

**CalFresh Enrollment/Assistance**

Natalie Pongo at 818-708-6380 for more info.

**Debbie Lee – Reverse Mortgage Specialist**

Call first to make an appointment – (805) 402-0176

**\*Vaccine Clinics** – (818) 305-4280 or (818)738-9927

**LADWP Financial Assistance on Utility Bills** –

Emmanuel (Manny) at (818) 708-4759

**\*Grandparents As Parents Program** – (818) 264-0880 for more info.

**\*L.A. MENTAL HEALTH - Counseling Services - (818)359-0133**

\*See main office for more information.

**\* Mature Driving Course**

Call for more information– 818-705-2345

**\* MEDICARE SERVICES HICAP – 1<sup>st</sup> & 4<sup>th</sup> Tuesday each month**

Call to schedule an appointment – 818-705-2345

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

**\*ELDER LAW ATTORNEY- Sara Polinsky – (818) 906-9900**

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

**\*\*LUNCHES ARE SERVED DAILY AT 11:30\*\***

**First Come First Serve**

**\*\*Thrift Corner Hours 10:00am-2:00pm\*\***

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



**Friday Movies \$2 FEE**

All movies start at 2:00pm

**10/06/2023 - THE FUNDAMENTALS OF CARING (2016) 1h 37m**

A writer (Paul Rudd) retires after a personal tragedy and becomes a disabled teen's caregiver. When the two embark on an impromptu road trip, their ability to cope is tested as they start to understand the importance of hope and friendship.

Cast: Paul Rudd, Craig Roberts, Selena Gomez.....

**10/13/2023 – HEART OF STONE (2023) (PG-13) 2h 2m**

Rachel Stone is an intelligence operative, the only woman who stands between her powerful global peacekeeping organization and the loss of its most valuable – and dangerous asset

Cast: Gal Gabot, Alia Bhatt, Jamie Doman

**10/20/2023 – MY BIG FAT WEDDING 3 (2023) (PG-13) 1h 31m**

Member of the Portokalos family reunite in Greece for a hilarious and heartwarming trip full of love, twists and turns.

Cast: Nia Vardalos, Lainie Kazan, Elena Kampouris.....

**10/27/2023 – THE ARRIVAL (2016) (PG-13) 1h 56m**

Linguistics professor Louis Banks (Amy Adams) leads an elite team of investigators when gigantic spaceships touch down in 12 locations around the world. Banks and her crew must race against time to find a way to communicate with the extraterrestrial visitors.....

Cast: Jeremy Renner, Forest Whitaker, Amy Adams, Michael Stuhlbarg...