

October 2023 – Class Schedule

CALENDAR: HOT DATES

10/2 – USC Presentation “Healthy Snacking & Portion Control” 1-2pm
10/3 - Advisory Council - 10:00am-11:00am Community Room
10/3 – Mindfulness Workshop – Mindful Veteran Project - 10am
10/3 – Providence Flu Clinic Information Table 9:30am-12:30pm
10/6 – LA Regional Food Box Older Adult (60+) Giveaway
 9:00am-11:00am ***First Come First Serve***
10/6 – Center For Healthcare Rights Medicare Part D: Getting Ready for Open Enrollment Presentation 02:00pm-3:00pm
10/9 – Providence Flu Clinic Onsite at Senior Center 09:00am-11:00pm
 Must register first 818-847-3860 or 818-305-4280
10/10 – Thrive with Diabetes Workshops 10:00am-11:00am October 10th, 17th, 24th, and 31st Limited Spots! Register with Main Office
10/13 – Halloween Costume Contest w/ Wider Circle 10:00am-11:30am
10/19 - “Working With Your Pharmacist” SCAN Independence 01:00pm-02:00pm In-person & Virtual - Zoom ID: 870 5293 1740 Password: 952207
10/19 – LOOP/EveryTable Grab & Go Starts (Every Thursday) 12:30pm-2:30pm ***Must have a tablet or smartphone to register for LOOP classes***
10/20 – Health & Wellness Friday w/ Joanne – “Breathing for Self-Healing” OPTUM Sponsor 9:00am-10:30am
10/24 – “Mental Well Being and Self Care” w/ ONEgeneration’s Mental Health Clinician Inyite Ani 10:00am-11:00am
10/25 – Halloween Dance & Zumba Popup w/ Joanne Tarah 1:00pm-3:30pm

Monday

09:30am–10:30am SilverSneakers Circuit–Monica **Virtual**
FREE-SilverSneakers Member/\$3 fee Non-members
Please call Main Office for more information
 09:00am-10:15am Chair Yoga – Alison **Community Rm**
No Class October 16th
 09:00am-11:15am Table Tennis **MP2**
\$2 fee Please pay at the Main Office Window
 09:30am-10:30am Meditation & Breathing-Joanne **MP3**
 10:30am-12:00pm Bingo – Ed **Art Rm**
 01:00pm-02:00pm Creative Poetry–King (9th & 23rd) **Activity Rm**
 01:00pm-03:00pm Cabaret- *Closed Group* David **MP3**
 01:30pm-02:45pm Storytelling – Elizabeth (10/16) **Activity Rm**

Tuesday

09:15am-11:15am Exercise through Dance **MP2 & MP3**
 12:00pm-02:00pm Board Games **Activity Rm**
 01:00pm-03:00pm Tap/Jazz-Arlene **MP3**
 01:00pm-02:00pm Arthritis Foundation Exercise **MP1&2**
 Be Fit While U Sit (EBP)-Andree
No Class October 3rd
 02:00pm-03:00pm Improv – Tim (October 10th) **MP1**
 02:00pm-04:00pm Technology Class **Comm Rm**
Please call to confirm
 02:00pm-04:00pm Knitting & Crochet – Beth **Art Rm**
 02:30pm-04:00pm Line Dancing – Cindy **MP1&2**

Wednesday

08:45am-10:00am Yoga – Alison *Starts Oct. 11th* **MP2&3**
***No Class October 4th & 25th ***
 09:30am–10:30am SilverSneakers Circuit–Veena **Virtual**
FREE-SilverSneakers Member/\$3 fee Non-members
Please call Main Office for more information
 10:00am-11:00am Zumba - Joanne **MP Rm**
 12:30pm-02:00pm Mental Health Wellness Wednesdays(25th)
 Title: “Bullying in the Senior Community” **Act Rm**
 01:00pm-04:30pm Table Tennis ***No Class 10/25*** **MP2**
\$2 fee Please pay at the Main Office Window
 01:00pm-02:30 Song Birds *Closed Group* - Ellen **MP3**
 01:00pm-02:30 Karaoke – Alex **MP1**
 02:00pm-03:30pm Unzip Your Lip - Ruthe **Community Rm**
 02:30pm-04:30pm Intermediate Folk Dance Workshop **Activity Rm**

Thursday

10:15am-11:30am Stretch, Exercise & Dance!–Milan **MP2&3**
NO CLASS ALL MONTH – Resumes in November 2023
 10:00am-11:30am Building Relationships **Activity Rm**
 10:00am-11:30am Live Music Sing-a-Long-Alan **Comm Rm**
 10:00am-12:00pm Watercolor-Martha (10/5th & 10/19th) **Art Rm**
 12:30pm-02:00pm Navigating Hope-Donna **Activity Rm**
 01:00pm-2:00pm Spanish-Gladys **Comm Rm**
 01:00pm-03:00pm Tap/Jazz-Arlene **MP3**
 01:00pm-02:30pm Motown Music & Dance-Alex **MP1&2**
 02:30pm-03:30pm Hula Dancing – Myrna **MP1&2**
 01:30-04:00 Technology Class **Art Rm**
Please call to confirm

Friday

09:00am-11:15am Table Tennis **MP2**
\$2 fee Please pay at the Main Office Window
 10:30am-11:30am Sit & Sip with Cheryl (10/13th & 10/27th) **Comm Rm**
 11:00am-12:00pm Friday Zumba with Joanne **MP3**
 01:00pm-02:00pm Arthritis Foundation Exercise **MP1&2**
 Be Fit While U Sit (EBP)-Andree
 01:00pm-02:30pm “Let’s Talk Positive Events”–Mitchell **Comm Rm**
 02:00pm-04:00pm Knitting & Crochet – Beth **Art Rm**
 02:00pm-04:00pm Movie of the Week **MP3**
\$2 fee Please pay at the Main Office Window
 02:30pm-03:30pm Country Line Dancing - Michael (\$6) **MP1**

**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 4th, 11th, 18th, 25th 10:00am-01:30pm*

***Mental Health Sessions w/ Inyite 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 – 1st & 4th 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...