



ONEgeneration Wilkinson Senior Center
8956 Vanalden Avenue, Northridge, CA 91324
Main Office Number 818-654-8376



July 2026

ALL CLASSES HAVE A SUGGESTED DONATION OF \$2.00 UNLESS OTHERWISE NOTED.

<u>CALENDAR: Save the Dates & Important Program Announcements</u>		<u>Monday</u>	
7/2 Fourth of July Dance 1-3PM (*No Big Band)	MP 1/2/3	9am-11:30am Knitting and Crocheting	RM7
7/2 Utility Assistance 11AM-2PM	Annex RM7	9:30am -10:15am Israeli Dancing w/ Leslie	MP2
7/2 DMH – Good Sleep for Wellbeing 10-11AM	Annex RM7	10-11:30am Roundtable discussion w/ Donna	Annex RM7
07/03 – CLOSED Holiday			
7/6 LA Regional Food Bank box distribution 1- 2:30PM		10:30am-11:30am Chair Exercise w/ Dawna*	MP3
7/9 Birthday Party 10-11AM	Annex RM7	*SilverSneakers Plan Member- Free / \$3 Fee for all others	
7/9 Visit to LA County Museum of Art (Must sign up – please see flyer for more details. Depart from 17400 Victory Blvd Van Nuys***)	Annex RM7	10am-11:30am Line Dancing w/ Peggy	MP2
7/9 Dignity Workshop 2-3:30PM	Annex RM7	1pm-2pm Chair Exercise w/ Jilla	MP2&3
7/13 Health Talk RX vs. OTC meds 12:30-1:30PM	Annex RM7	2:15pm-3:15pm Chair Yoga w/ Nancy	MP2
7/14 Meet and Greet with New Center Director 10-11AM	RM7	12:00-1:00PM RAP Programming	RM7
7/14 Pop Up Food Pantry (Must Sign Up)			
7/15 Senior Farmers Market Card Distribution 9-11AM	Annex RM7	1pm-3:00pm Chess Club w/ Phillip	RM7
7/16 DMH – Bullying 10-11AM	Annex RM7	1:30pm-3:30pm Book Club & Poetry w/ Debra	RM1
7/23 Advisory Council 12:30-1:30PM	Annex RM7		
7/29 Foot care & Summer Footwear 3:00-4:30PM	RM7		
<u>Announcements:</u> Please sign in at the kiosk located at the main booth before attending activities for the day. Thank you. SilverSneakers classes: Wilkinson Senior Center is a full-service amenity location for SilverSneakers programs. Please also note SilverSneakers Plan Members can attend a SilverSneakers designated class at no cost. <u>Non SilverSneakers Plan Members - there is a \$3 fee per class.</u> Please see main booth for more information or to pay fee at sign in. Thank you.			
<u>Tuesday</u>		<u>Wednesday</u>	
8am-10:30am RAP Programming- MP closed		9:30am-11:30am Spanish 101 & Advanced w/ Yolanda	RM1
Day Trips, depart Wilkinson Senior Center @ 9am		9am-11:30am-Art Fundamentals w/ Helene	MP2
See flyer for details - Call Sandra, Transportation Manager for more information and program enrollment 818-654-8378		10am-11:30am-BINGO \$1 per card- Linda	RM7
10:30am-2:30pm HICAP- Medicare (2 nd & 4 th) Len	RM1	10am-11:00am -Yoga w/ Alys*- Bring mat & water	MP3
12pm-2:00pm Goldennaires Chorus - Molly	MP3	*SilverSneakers Plan Member- Free / \$3 Fee for all others	
1pm-2:00pm Box & Dance Fitness w/Dan	MP2	10:30am-11:30am-Sit & Sip (discussion) w/ Cheryl	Annex RM7
2:15pm-3:00pm Chair Fitness w/Ann	MP2	**2nd and 4th Wednesdays**	
Sponsored by Valley Presbyterian Hospital		2:00-3:00pm- Chair Exercise w/ Dawna* (NEW TIME)	MP3
1pm-3:00pm Social Bridge w/Glenn	RM7	*SilverSneakers Plan Member- Free / \$3 Fee for all others	
3pm-4:00pm- Virtual Bowling w/ Michelle	Lobby	12pm-1:00pm Mahjong Lessons w/ Mary & Jane	MP1
		1pm-3:00pm Mahjong & games- w/ Mary & Jane	MP1
<u>Thursday</u>		<u>Friday</u>	
8am-11:00am RAP Programming- MP Closed		9:20am-10:15am Chair Exercise w/ Luella	MP3
10am-11:30am- Latino Social Club w/ Yolanda	RM1	10:30am-11:30am Zumba w/ Reina	MP2&3
10am-11:30am-BINGO \$1 per card	RM7	10am-11:30am Community Art (bring your own supplies)	RM7
12:30pm-1:30pm Canasta w/ Glenn	RM7	1pm-2:15pm- Soulful Steps & Sounds w/ Alex	MP3
1pm-3:00pm Ballroom Dancing w/ Allen Weiss	MP1/2/3	2:30pm-3:30pm Chair Exercise w/ Dawna*	MP1
2pm-3:30pm Buried in Treasures Support Group	RM7	*SilverSneakers Plan Member- Free / \$3 Fee for all others	
Support group on 7/9 will meet in RM 1		2:30pm -4:00pm- Hula Dancing w/ Josie	MP2&3

Ongoing Services & Resources

***Better Age Personal Health & Wellbeing Assessment** - Call the main office to improve your health - 818-654-8376
<https://healthwellbeing.betterage.net/center/onegeneration-senior-enrichment-center/>

***Bet Tzedek Legal Assistance** – (323) 939-0506 or
bettzedek.org

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

***CalFresh Enrollment/Utilities Assistance**
Manny Hernandez (818)-708-6380

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

***Grandparents as Parents Program**
Jennifer Odum - (818) 264-0880

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

* **Mature Driving Course**- Call for more information-
818-654-8376

* **MEDICARE SERVICES HICAP** – 2nd & 4th Tuesday each month
call 213-383-4519 to schedule an appointment

****LUNCHES ARE SERVED DAILY AT 11:30am****
Check in at 10:30am-First Come First Serve

Center Hours Monday- Friday 8:00am- 4:30pm

CENTER IS CLOSED SATURDAY AND SUNDAY

**Friday July 3rd – the Wilkinson Center will be
closed in observance of the holiday.**

**Movies are currently cancelled.
If you would like to see movies, please let
Della or Ana know.**