Accredited by nca National Institute of Senior Centers

ONEgeneration Senior Enrichment Center
18255 Victory Blvd, Reseda, CA 91335-- (818) 705-2345
June 2019 – Class Schedule

June

CALENDAR: HOT DATES

6/6- Advisory Council Meeting- 9:30am-11:30am
6/12 Father's Day Celebration- 10am-1pm
6/13- AIRA-Assistive Technology Info Session- 10am
6/14- Intro to TAP Card Workshop- 9:30am-11:30am
6/14- Health Wellness Friday- Movement Therapy-9:30am
6/18- LA Regional Food Bank Distribution- 1:00pm
6/20- Disease Prevention/Disease Reversed- 10:00am
6/21-Advanced TAP card Workshop- 9:30am-11:00am
6/21-Living at Home with a Vision Impairment- 10:30am
6/27- Cooking Class- Eating Right on a Budget- 10am
6/27-Living to 100 with Quality-5-Pt Series- 10:00am-11:30am
6/28-Reading,Writing,&Technology for Visually Impaired-10:30
7/2-8/6- Chronic Disease Self-Management Education Series- 1:30pm-4:00pm- Sign up Today! Space is Limited! $15 Gift Card for those who complete!!

Monday

9:00am-11:30am Table Tennis **($2 FEE)** MP2
9:30am-10:30am Meditation and Breathing ($5)-**Joanne** MP3
10:00am-11:30am- Acting for Fun (Improv)-($6 FEE) Anita Comm Rm
*****NEW CLASS starting June 17th*****
10:00am-11:00am Live Music Sing-A-Long ($2) Activity Rm
10:00am-12:00pm-Watercolor for Beginners- **Judy ($2)** Art Rm
1:00pm-2:00pm Zumba Gold- Joanne MP 1 & 2
FREE-Silver & Fit Member/$3 fee Non-Members
1:00pm-3:00pm Drawing/Sketching **($2 Donation)** Art Rm
1:30pm-3:00pm Parkinson's Support Group- **Max** Conf.Room
1:00pm-3:00pm Cabaret (Wait List)- **David** MP3

Tuesday

9:00am-10:00am Qi-Gong (Chinese Standing Yoga)($2) Comm Rm
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
12:00pm-5:00pm Knitting & Crochet-**($2 Donation)** Art Room
1:00pm-2:00pm Be Fit While U Sit (EBP)- **Pat($2)** MP1&2
1:00pm-3:00pm Tap/Jazz- **Arlene ($2 Donation)** MP3
1:00pm-2:30pm Ukulele- **Eli ($2 Donation)** Comm Rm
1:30pm-3:30pm Matter of Balance (EBP) Activity Rm
Starting April 16th-June 4th
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 Intermediate Country Line Dancing ($6 FEE) MP3

Wednesday

8:45am-9:45am Aerobics- **EP ($2 Donation)** MP 2&3
10:00am-11:00am Zumba-**Joanne ($2 Donation)** MP Rm
6/12- Father's Day Celebration- 10am-1pm
12:30pm-2:30pm Navigating Hope- **Donna ($2 Donation)** Comm Rm
1:00pm-4:30pm Table Tennis **($2 FEE)** MP2
1:00pm-3:30pm Song Birds-**Ellen (WAITLIST)** MP3
1:00am-2:30pm Buried in Treasures Activity Rm
1pm-2:30pm **(MUST RSVP)*NEW CLASS STARTS 5/29***
1:30pm-3:00pm Braille Audio Book Club Conf.Room
(2nd Wednesday of the Month) **($2 Donation)**
2:40pm-4:30pm Sing-a-long Karaoke **($2 Donation)** MP1
3:00pm-4:00pm- Finders Keepers Support Group Activity Rm.
3:30pm-4:30pm Arthritis Foundation Exercise Comm Rm
Chair Exercise (EBP $6 FEE) **Chhiv**
5:00pm-7:00pm Grandparents as Parents (Spanish) Comm Rm
Support Group

Thursday

8:30am-10:00am Yoga ($6 FEE)-**Jeanette** MP 2&3
9:00am-11:45am Rummykub **($2 Donation)** MP1
10:00am-11:30am Tai Chi Chuan I ($6 FEE)-**Jeanette** MP 2&3
10:00am-11:15am Women's Support Group ($2) Comm Rm
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 Tap/Jazz – **Arlene ($2 Donation)** 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 FEE)-**Michael** MP2
2:00pm-4:00pm UCLA Memory (EBP) ($2 Donation) Activity Rm
Starting June 27th-July 25th
3:15pm-4:45pm International Folk Dancing-**JoAnn($3)** MP 2&3

Friday

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 FEE)- **Jeanette** Comm Rm
1:00pm-2:00pm Arthritis Foundation Exercise MP1
Be Fit While U Sit (EBP) **Adree ($2 Donation)**
1:00pm-3:30pm Needlework Group- **($2 Donation)** Art Rm
1:00pm-3:45pm Table Tennis **($2 FEE)** MP2
2:00pm-4:00pm Movie of the Week **($2 FEE)** MP3
3:30pm-4:30pm Arthritis Foundation Exercise MP1
Chair Exercise (EBP $6 FEE) **Chhiv**

LUNCH IS SERVED DAILY AT 11:45

Thrift Corner & Snack Shop Hours of Operation:
Monday-Friday 10:00am-2:00pm
***Fitness Center Open Monday-Friday 8:30am-4:30pm**
****Travel Office Hours: 9:00am-2:00pm****

Friday Movies $2 FEE

All movies start at 2:00pm

6/7/19 –Aquaman- 2018 PG-13 2h 23m

An action-packed adventure that spans the vast, visually breathtaking underwater world of the seven seas, "Aquaman" reveals the origin story of half-human, half-Atlantean Arthur Curry and takes him on the journey of his lifetime—one that will not only force him to face who he really is, but to discover if he is worthy of who he was born to be…a king. *Cast- Jason Momoa, Amber Heard, Willem Dafoe*

6/14/19- A Dog's Way Home- 2019 PG 1h 36m

Based on the beloved bestselling novel, A Dog's Way Home chronicles the heartwarming adventure of Bella, a devoted dog who embarks on an epic 400-mile journey home after she is separated from her beloved human.
Cast - Ashley Judd, Bryce Dallas Howard, Jonah Hauer-King

6/21/19-The Upside-2019 PG-13 2h 6m

A recently paroled ex-convict, Dell, strikes up an unusual and unlikely friendship with a quadriplegic billionaire, Philip Lacasse. From worlds apart, Dell and Philip form an unlikely bond, bridging their differences and gaining invaluable wisdom in the process, giving each man a renewed sense of passion for all of life's possibilities. *Cast - Kevin Hart, Bryan Cranston, Nicole Kidman*

6/28/19- Can You Ever Forgive Me? - 2018 R 1h 46m

In this fact-based drama, author Lee Israel strikes gold in the 1970s and '80s with a series of successful celebrity biographies. But when tastes shift and her demons begin to disrupt her writing, she turns to forgery to support herself. *Cast - Melissa McCarthy, Richard E. Grant, Jane Curtin*

June 2019
ONGOING SERVICES

***BRAILLE VISUAL AID CONSULTATIONS**
Call for more information (323) 663-1111.

***NEW SERVICE* Cal Fresh Enrollment/Assistance**
Walk-in's Welcome- 9:00am-4:00pm or call 818-708-6380.

***CANDY WATSON- REVERSE MORTGAGE SPECALIST** 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 818-705-2345 to schedule appointment.

***CITIZENSHIP ASSISTANCE- Call 818-705-2345 for more info.**

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

***FREE BLOOD PRESSURE MANAGEMENT PROGRAM**- Call Stephanie at (818) 708-2779 for more info.

***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.

***New Service*MEDICARE ANSWER MAN- 2nd Tuesday of each month. 10:00am-11:30am. Call (818)705-2345 to schedule apt.**

***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!