

ONEgeneration Senior Enrichment Center

Class Schedule -- (818) 705-2345

October 2017

CALENDAR: HOT DATES

10/4- Flu Shot Clinic by Walgreens 10:00am-1:00pm
10/5- Advisory Council Meeting- 10:00am *All guests are welcome!*
10/5- Matt Dababneh Town Hall Meeting 2-5pm
10/12-Walmart Flu Shot/Immunization Clinic 10am-2pm
10/17- LA Regional Food Bank Distribution- 1:00pm
10/17-FREE Health Screening-Leg Pain/Vein 10:00am
10/18-Stop Senior Scam Event-8am-12:30pm
10/19-Why Be Happy Discussion 10:30am-11:30am
10/20-Envirnmental Safety Presentation- 10:30am
10/20-Health/Wellness Friday H2O Therapy- 10am
10/23-Memory Mondays(Free Memory Screenings)*call for apt
10/27-Halloween Dance/Costume Party- 2pm-4pm



Tuesday

9:00am-11:30am Oil Painting- **Tamara (\$2 Donation)** Art Room
 9:00am-11:45am Rummykub **(\$2 Donation)** MP1
9:00am-10:00am Silversneakers Classic-Veena Comm Rm.
Free-Silversneakers Member/\$3 fee-Non-members
 9:30am-11:30am Exercise through Dance- **Joann MP2&3**
(\$2 Donation)
 12:00pm-5:00pm Knitting & Crochet-**(\$2 Donation)** Art Room
 1:00pm-2:00pm Arthritis Foundation Exercise **MP1&2**
 Be Fit While U Sit (EBP)- **Pat (\$2 Donation)**
 1:00pm-3:00pm Advanced Tap/Jazz- **Arlene MP3**
 1:00pm-2:30pm Ukulele- **Eli (\$2 Donation)** Comm Rm
 1:00pm-3:00pm Advanced Spanish (\$4)-**Michael** Activity Rm
 2:40pm-4:00pm Unzip Your Lip- **Ruthie Comm Rm**
(\$2 Donation)
 3:30pm-4:30pm Ballroom Dancing **(\$2 Donation)** MP 1&2
 3:30pm-4:30pm Country Line Dancing (\$6) **MP3**
 Intermediate- **Michael**

Thursday

8:30am-10:00am Yoga (\$6)-**Jeanette** MP 2&3
 9:00am-11:45am Rummykub **(\$2 Donation)** MP1
9:00-11:00am-Chronic Disease Self-Management Workshop
 October 12-November 16th **(\$2 Donation)Jaylyn** Activity Rm.
 10:00am-11:30am Tai Chi Chuan I (\$6)-**Jeanette** MP 2&3
(\$2 Donation)
 10:00am-11:15am Women's Support Group **Comm Rm**
(\$2 Donation)
 10:00am-11:30am Rebuilding Relations**(\$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** MP 2&3
(\$2 Donation)

Monday

8:00am-9:30am Arthritis Foundation Exercise **Comm Rm**
 Yoga/Body Conditioning (EBP-\$6) **Chhiv**
 9:00am-11:30am Table Tennis **(\$2 Donation)** MP2
 9:00am-10:30am Walk n' Talk (EBP)- **Vanessa** Park
 9:30am-10:30am Meditation and Breathing (\$5)-**Joanne** MP3
 9:45am-11:15am Arthritis Foundation Exercise **Comm Rm**
 Chair Exercise (EBP-\$6) **Chhiv**
 10:00am-12:00pm Watercolor for Beginners-**Cristina** Art Rm
1:00pm-2:00pm Beginning Belly Dancing (\$3) MP2
 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 Documentary Film & Discussion- **Stan** Comm Rm
(\$2 Donation)
 1:00pm-3:00pm Cabaret (Wait List)- **Jack & Diane** MP3
2:00pm-3:00pm Zumba Gold- Joann **NEW CLASS* MP 1 & 2
FREE-Silver & Fit Member/\$3 fee Non-Members
 3:00pm-4:30pm Poetry Forum-Tas **(\$2 Donation)** Comm Rm

Wednesday

8:00am-9:30am Yoga/Body Conditioning (EBP-\$6)-**Chhiv** Comm Rm
 9:00am-10:00am Beginning Tap & Jazz- **Jaylyn (\$2 Donation)** MP3
 9:00am-10:30am Walk n' Talk (EBP)- **Vanessa (\$2 Donation)** Park
 9:45am-11:15am Arthritis Foundation Exercise **Comm Rm**
 Chair Exercise (EBP \$6) **Chhiv**
 10:00-11:00am Let's Talk (Farsi)-**Joseph (\$2 Donation)** ActivityRm
 10:00am-11:00am Zumba-**Joanne (\$2 Donation)** MP2&3
 12:30pm-2:30pm Navigating Hope- **Donna (\$2 Donation)** Comm Rm
 1:00pm-3:15pm Beginning Spanish (\$4)-NEW **Art Rm**
 1:00pm-2:30pm Science 4 All- **Ted (\$2 Donation)** ActivityRm
 1:00pm-4:30pm Table Tennis **(\$2 Donation)** 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)**
 2:00pm-4:00pm A Matter of Balance (EBP) **(\$2 Donation)** MP1
 2:40pm-4:30pm Sing-a-long Karaoke ***NEW CLASS*** ActivityRm
(\$2 Donation)

Friday

8:00am-9:30am Yoga/Body Conditioning- **Chhiv** Comm Rm
 9:00am-10:30am Walk n' Talk (EBP)- **Vanessa (\$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
 9:45am-11:15am Arthritis Foundation Chair Exercise (\$6) **Comm Rm**
 11:40am-2:25pm Life Writing (\$6)- **Jeanette** Comm 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 Donation)** MP2
 2:00pm-4:00pm Movie of the Week **(\$2 Donation)** MP3
(NOTE TIME CHANGE)
 2:35pm-4:35pm Advanced Spanish (\$4)-**Michael** Comm Rm

Thrift Corner & Snack Shop Hours of Operation:

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

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

Friday Movies *NEW TIME CHANGE*

All movies start at 2:00pm (STARTING OCTOBER)

10/6 Passengers (PG 13)

During the 120-year journey of the "Starship Avalon" to a distant planetary colony, a computer glitch rouses mechanic Jim Preston from hibernation decades ahead of schedule. Desperate for company, Preston wakes up female journalist Aurora Dunn.

Time: 1hr 56min

Cast: Jennifer Lawrence, Chris Pratt, Michael Sheen

10/13 BEAUTY AND THE BEAST (PG)

In this live action version of the Disney adapted animated feature, young Belle yearns to escape her ordinary existence -- and her village's boorish suitors -- until she becomes imprisoned in the castle of a monstrous prince.

Time: 2hr 9min.

Cast: Emma Watson, Dan Stevens, Luke Evans

10/20 JACKIE (R)

Still reeling from her husband's shocking assassination in Dallas, First Lady Jacqueline Kennedy battles through exhaustion, overwhelming heartache and anger to preserve his legacy -- and to define her own.

Time: 1hr 40 min.

Cast: Natalie Portman, Peter Sarsgaard, Greta Gerwig

10/27 GOING IN STYLE (PG 13)

Cheated out of their pensions, three elderly friends decide to extract justice from the system by robbing a bank and then heading for Las Vegas. But their grand plan starts to fall apart when a dogged FBI agent picks up their trail.

Time: 1hr 36 min.

Cast: Morgan Freeman, Michael Caine, Alan Arkin

**See you at the Halloween Costume Dance on
Friday, October 27th 2:00pm-4:00pm
Come in your spookiest costume to be entered
into a contest!!!**



**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!**

October 2017 **ONGOING SERVICES**

***BRAILLE VISUAL AID CONSULTATIONS- September 12TH**
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-**
Call to schedule an appointment, (818)705-2345

***COREY A. CARTER - Bankruptcy Advice**
Call for a consultation 818-245-1121

***ELDER LAW ATTORNEY- Sara Polinsky**
Call to schedule appointment

***EMPLOYMENT ASSISTANCE-** Call (800)525-1425 for more info.

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

NEW SERVICE*Hair & Manicurist-Tuesdays by appointment
only. Call (818)705-2345 to make your apt.

***L.A. MENTAL HEALTH - Counseling Services**
Wednesdays, 10:00 am-2:00 pm. Call (213) 923-4838.

***LEGAL SERVICE (FREE) – Bet Tzedek**
Please call the main office to schedule an appointment at
(818) 705-2345.

***LEGAL SERVICES - Bar Association**
1st and 3rd Tuesday of every month, 1:00pm – 3:00pm, by
appointment (818) 227-0489. \$10.00 consultation fee.

***MASSAGE THERAPY**
Wednesdays, 9:30 am-12:00 noon - \$3.00 fee.

***MATURE DRIVING COURSE-** Call the main office to make an
appointment at 818-705-2345.

***MEDI-CAL ASSISTANCE & ENROLLMENT-**Call (818)705-2345 for
more information.

***MEDICARE SERVICES HICAP**
Every 2nd & 4th Tuesday of the month - 10:00 am-12:00 noon,
call for appointment 818-705-2345.

***PODIATRY & WOUND CARE SERVICES-1st Wed. of the Month**
Call Main office at 818-705-2345 to make an appointment.

***SENIOR PEER COUNSELING SERVICES- (818)847-3845**