



ONEgeneration Wilkinson Senior Center – Northridge

8956 Vanalden Avenue, Northridge, CA 91324

Closed Saturday and Sunday

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

CALENDAR: Save the Dates	Monday
6/2, 6/9, and 6/16 Savvy Caregiver starts 1pm-3pm 6/2 LA Food Bank - 1pm- 2:30pm- Check in at front desk 6/5 Managing Medications -DMH Jharna- 10am-12pm 6/12 Birthday Party 10:30am-11:30am Annex room 7 6/13 Father's Day Dance - 1pm-3pm with DJ Mark 6/13 Movie Canceled 6/17 Men's Group – DMH Bengie Room1 - 1pm-3pm 6/17 Alzheimer's Presentation - Tina -10:30am-11:30am 6/18 Flower Arrangements - Elizabeth 10am-11:30am- RSVP 818-654-8376 Space is limited to 20 6/19 Grief Support - Dale S. 10:30am -11:30am Annex Room 7 6/23 Root Beer Floats 1pm -2pm 6/24 Regal – Aging and Kidney disease-10:30am-11:30am	9:00am-11:30am Knitting and Crocheting Room 7 10am-11:30am Roundtable discussion –Donna Annex Room 7 10:30am-11:30am *NEW* Chair Exercise Dawna MP3 FREE- For Silversneakers member/\$3 Fee for Non- members *See Della or Rhonda* 10am-11:30am Line Dancing- Peggy MP2 1pm-2pm Chair Exercise - Arthritis (EBP)- Luella MP2&3 2:15pm-3:15pm *NEW* Chair Yoga - Nancy MP3 1:30pm-3:30pm Book Club & Poetry- Debra Room 7 *DISCLAIMER: Classroom/ MP/ Annex assignments are subject to change at any time*
Tuesday	Wednesday
8-10:30am RAP Programming MP closed Morning –Trips- See flyers for details- Call Sandra- 818-654-8378 10:00am-12:00pm *NEW* Paper crafting and cardmaking – Mary/Jane Room1 10:30am-11:30am- Functional Fitness - Maureen MP 3 FREE- For Silversneakers member/\$3 Fee for Non-members *See Della or Rhonda* 10:30am-2:30pm HICAP- Medicare (2nd and 4th) -Len Room1 12:00pm-2:00pm Goldennaires Chorus-Molly MP3 1:00pm-2:00pm Box & Dance Fitness- Dan MP2 *Sponsored by Regal Medical Group* 1:00pm-3:00pm Social Bridge- Glenn Room 7 3:00pm-4:00pm- Tech Support – Student Room 7 *When available*	9:30am-11:30am Spanish 101 & Advanced- Yolanda Room1 9:00am-11:30am-Art Fundamentals- Helen MP2 10:00am-11:00am-BINGO \$1 per card-Linda Room7 10:00am-11:00am -Yoga- Bring mat and water- Aly MP3 FREE- For Silversneakers member/\$3 Fee for Non- members *See Della or Rhonda* 10:30am-11:30am-Sit and Sip (discussion)- Cheryl Annex room 7 1:00pm-3:00pm-Body Dynamics- Nubi MP2&3 12:00pm-1:00pm- Mahjong Lessons- Mary/Jane MP1 1:00pm-3:00pm- Mahjong- Mary/Jane MP1
Thursday	Friday
8-11:30am RAP Programming- MP Closed 10:00am-11:30am- Latino Social Club- Yolanda Room1 10:00am-11:00am-BINGO \$1 per card- Russell Room 7 1:00pm-3:00pm Ballroom Dancing-Allen Weiss MP1/2/3 2:00pm-4:00pm- Tech Support – Student Room 7 *When available*	NEW TIME*9:20am-10:20am *Chair Exercise- Arthritis (EBP)- Luella MP2&3 10:30am-11:30am- Zumba- Reina MP2&3 10:30am-11:30am-Art Exploration- Valerie Room 7 12:00pm-3:00pm-Watercolor Class-Open Room7 NEW TIME *1:00pm-2:15pm- Motown Dance- Alex MP3 2:30pm-3:30pm Chair Exercise- Dawna MP3 FREE- For Silversneakers member/\$3 Fee for Non- members *See Della or Rhonda* 2:30pm -4:00pm- Hula Dancing- Josie MP1&2

<p style="text-align: center;"><u>Ongoing Services</u></p> <p>*<u>Better Age Personal Health & Wellbeing Assessment</u> - Call the main office to improve your health - 818-654-8376 https://healthwellbeing.betterage.net/center/onegeneration-senior-enrichment-center/</p> <p>*<u>Bet Tzedek Legal Assistance</u> - (323) 939-0506 to schedule an in-person appointment. Appointment IS REQUIRED</p> <p>*<u>Bar Association</u> - (818) 227-0489</p> <p>*<u>CalFresh Enrollment/Housing Info</u> - Natalie Pongo at 818-708-6380</p> <p>*<u>CITIZENSHIP ASSISTANCE</u> - (818) 342-4686</p> <p>*<u>Debbie Lee - Reverse Mortgage Specialist</u> Call first to make an appointment - (805) 402-0176</p> <p>*<u>ELDER LAW ATTORNEY-</u> Sara Polinsky - (818) 906-9900</p> <p>*<u>Grandparents As Parents Program</u> (818) 264-0880 -Jennifer Odum</p> <p>* <u>LADW Financial Assistance on Utility Bills</u> - Manny at (818) 708-4759</p> <p>*<u>L.A. MENTAL HEALTH</u> - Counseling Services - (818) 359-0133</p> <p>* <u>Mature Driving Course</u>- Call for more information- 818-654-8376</p> <p>* <u>MEDICARE SERVICES HICAP</u> – 2nd & 4th Tuesday each month call to schedule an appointment - Call their office at (800) 824-0780</p> <p style="text-align: center;">**LUNCHES ARE SERVED DAILY AT 11:30** Check in at 10:30am-First Come First Serve Center Hours Monday- Friday 8:00am- 4pm CLOSED SATURDAY AND SUNDAY</p>	<p style="text-align: center;"><u>Friday Movies - \$2.00 suggested donation</u></p> <p style="text-align: center;"><u>All movies start at 1:00pm Room 1</u></p> <p>Snacks –Sponsored by Senior Helpers of Granada Hills</p> <p>6/6 Nonna's- After the loss of his mother, Joe Scaravella (played by Vince Vaughn) risks everything to honor her by opening an Italian restaurant with a group of local grandmothers as the chefs.</p> <p>6/13 Canceled due to Dance</p> <p>6/20 Dog Gone- After a young man and his beloved dog are separated on the Appalachian Trail, he and his father must begin a desperate search to find him before it's too late. Based on an incredible true story of humanity and everyday heroism.</p> <p>6/30 – Maria (by request)- Oscar winner Angelina Jolie stars as opera legend Maria Callas in this moving drama of the diva's final days.</p> <p>If there is a movie that you would like to see, please stop and see Rhonda in room 2.</p>
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