



# 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.

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

### Ongoing Services

\***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 to schedule an in-person appointment. **Appointment IS REQUIRED**

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

\***CalFresh Enrollment/Housing Info** – Natalie Pongo at 818-708-6380

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

\***Debbie Lee - Reverse Mortgage Specialist**  
Call first to make an appointment - (805) 402-0176

\***ELDER LAW ATTORNEY-**  
Sara Polinsky - (818) 906-9900

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

\***LADW Financial Assistance on Utility Bills** –  
Manny at (818) 708-4759

\***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 to schedule an appointment - Call their office at (800) 824-0780

**\*\*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**

### Friday Movies - \$2.00 suggested donation

**All movies start at 1:00pm Room 1**  
**Snacks** –Sponsored by Senior Helpers of Granada Hills

**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.

#### **6/13 Canceled due to Dance**

**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.

**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.

If there is a movie that you would like to see, please stop and see Rhonda in room 2.