



### CALENDAR: HOT DATES

**CLOSED January 2<sup>nd</sup> & 16<sup>th</sup>**

#### January New Classes:

Improv with Tim \*Starts January 10<sup>th</sup> \*

Motown & Dance with Alex \*Starts January 5<sup>th</sup> \*

**February New Classes:** Stretch, Exercise & Dance! w/Milan

**01/03 - Advisory Council** 10:00am-11:00am **Comm Rm**

**01/12 & 01/19 – Blood Pressure Bingo & Games** – 10:30am-11:30am

**01/19 – “Goals to Reach for a Healthier You”**

SCAN Independence at Home – 01:00pm-02:00pm

**Zoom Meeting ID:** 870 5293 1740 **Password:** 952207

**01/20- “Mindfulness for a HAPPY NEW YOU 2023!”**

Health & Wellness Friday w/ Joanne – 9:00am-10:30am

**Zoom Meeting ID:** 832 2272 1349 **Password:** 780995

### Monday

09:00am-10:15am- Chair Yoga - Alison

**Comm Rm.**

09:00am-11:15am - Table Tennis

**MP2**

**\*\$2 fee Please pay at the Main Office Window\***

09:30am-10:30am- Meditation & Breathing-Joanne

**\*Balboa Park\***

10:30am-12:00pm- Bingo-Ed

**Art Rm**

1:00pm- 3:00pm- Cabaret- \*Closed Group\* David

**MP3**

1:00pm-3:00pm Drawing/Sketching (\$2 Donation)

**Art Rm**

### Tuesday

09:00am – 10:00am SilverSneakers Circuit–Monica **Virtual**

**FREE-Silversneakers Member/\$3 fee Non-members**

**\*Please call Main Office for more information\***

09:30am-11:15am-Exercise through Dance

**MP2 & MP3**

01:00pm-3:00pm-Tap/Jazz-Arlene

**MP3**

01:00pm-2:00pm-Arthritis Foundation Exercise

**MP1&2**

Be Fit While U Sit(EBP)-Andree

02:00pm-3:00pm- Improv – Tim \*Starts Jan. 10<sup>th</sup>

**Act. Rm**

02:00pm-3:30pm Technology Class

**Conference Rm**

02:00pm-4:00pm- Knitting & Crochet- Beth

**Art Rm**

### Wednesday

9:00am-10:00am- Line Dancing – Cindy

**MP3**

10:00am-11:00am Zumba-Joanne (\$2 Donation)

**MP Rm**

12:30pm-2:00pm-Navigating Hope-Donna

**Art Rm**

1:00pm-4:30pm - Table Tennis

**MP2**

**\*\$2 fee Please pay at the Main Office Window\***

1:00pm-3:30pm-Song Birds-\*Closed Group\* Ellen

**MP3**

2:00pm-3:30pm-Unzip Your Lip-Ruthe

**Comm. Rm**

### Thursday

09:00am – 10:00am SilverSneakers Circuit–Veena **Virtual**

**FREE-Silversneakers Member/\$3 fee Non-members**

**\*Please call Main Office for more information\***

09:00am-10:30am Yoga – Alison

**MP2 & MP3**

10:00am-11:00am Building Relationships

**Activity Rm**

**\*Interested? Ask Main Office for more information\***

10:00am-11:30am Live Music Sing-a-Long-Alan

**Comm. Rm**

10:00am-12:00pm Watercolor

**Art Rm**

**\*January 5<sup>th</sup> & January 19<sup>th</sup> (1<sup>st</sup> & 3<sup>rd</sup> Thursday)**

01:00pm-3:00pm-Tap/Jazz-Arlene

**MP3**

01:00pm-2:30pm-Motown Music & Dance-Alex

**MP1&2**

**\*Starts January 5<sup>th</sup> \***

01:30-2:30 Technology Class

**Conference Rm**

### Friday

09:00am-11:15am - Table Tennis

**MP2 & MP3**

**\*\$2 fee Please pay at the Main Office Window\***

10:30am-11:30am-Sit & Sip with Cheryl

**Comm. Rm**

**\*January 13<sup>th</sup> & January 27<sup>th</sup>**

01:00pm-2:00pm-Arthritis Foundation Exercise

**MP1 & MP2**

Be Fit While U Sit(EBP)-Andree

01:00pm-2:30pm-Current Events-Mitchell

**Comm. Rm**

2:00pm-4:00pm-Knitting & Crochet-Beth

**Art Rm**

2:00pm-4:00pm- Movie of the Week

**MP3**

**\*\$2 fee Please pay at the Main Office Window\***

2:30pm-3:30pm-Country Line Dancing-Michael(\$6)

**MP1**

*\*Disclaimer: Classroom assignments are subject to change at any time*

**January 2023**  
**ONGOING SERVICES**

**\*Cal Fresh Enrollment/Assistance -**

Natalie at 818-708-6380 for more info.

**\*FREE BLOOD PRESSURE MANAGEMENT PROGRAM**

Jasmine at (818) 708-4753 for more info.

**\*Debbie Lee – Reverse Mortgage Specialist**

Call first to make an appointment – (805) 402-0176

**\*Vaccine Clinics – (818) 305-4280 or (818)738-9927**

**\*LADWP Financial Assistance on Utility Bills –**

Emmanuel at (818) 708-4759

**\*Grandparents As Parents Program – (818) 264-0880 for more info.**

**\*L.A. MENTAL HEALTH - Counseling Services - (213)348-4829**

\*See main office for more information.

**\* Mature Driving Course**

Call for more information– 818-705-2345

**\* MEDICARE SERVICES HICAP – 1<sup>st</sup> & 4<sup>th</sup> Tuesday each month**

Call to schedule an appointment – 818-705-2345

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

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

**\*Bet Tzedek – (323) 939-0506**

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

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

**\*\*LUNCHES ARE SERVED DAILY AT 11:45\*\***

**First Come First Serve**

**\*\*Thrift Corner Hours 10:00am-2:00pm\*\***

**\*Fitness Center Open Monday-Friday 8:30am-4:30pm**



**Friday Movies \$2 FEE**

**All movies start at 2:00pm in MP3**

**01/07/2023 – RESCUED BY RUBY – 2022 TV-G 1h 33m**

Chasing his dream to join an elite K-9 unit, a state trooper partners with a fellow underdog: clever but naughty shelter pup Ruby. Based on a true story.

Cast: Grant Gustin, Scott Wolf, Kaylah Zander.....

**01/13/2023 – RED NOTICE – 2021 PG-13 1h 58m**

One top-notch FBI agent. The two most-wanted art thieves in the world. Three priceless relics. The con is on in globe-trotting game of cat and mouse.

**01/20/2023 – THE ADAM PROJECT – 2022 PG-13 1h 48m**

After accidentally crash-landing in 2022, time-traveling fighter pilot Adam Reed Teams up with his 12 year old self on a mission to save the future.

**01/27/2023 – PINOCCHIO – 2022 PG 1h 56m**

Oscar-winning filmmaker Guillermo del Toro reinvents the classic story of a wooden puppet brought to life in this stunning stop-motion musical tale.