



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	<u>Monday</u>
<p>8/4 LA Food Bank- 1pm- 2:30pm- Check in at front desk</p> <p>8/5 Humana-10:30-11:30am Habits of Happy People</p> <p>8/7 DMH Jharna- 9:30am-11:30am Annex Room 7</p> <p>8/14 Birthday Party 10:00am-11:00am Annex room 7</p> <p>8/15 Grief Support- Dale S. 10:00 am-11:00am Annex Room 7</p> <p>8/19 Men's Group – DMH Bengie Room1- 1pm-3pm</p> <p>8/21 DMH Jharna- 9:30am-11:30am Annex Room 7</p> <p>8/22 ALL Classes Canceled</p> <p>8/22 Luau Dancers perform 12:30-1:00pm</p> <p>8/22 2nd Anniversary Luau Dance 1-3pm</p> <p>8/28 Advisory Council- 10:00am-11am Annex room 7</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&3</p> <p>2:15pm-3:15pm Chair Yoga- Nancy MP3</p> <p>1:30pm-3:30pm Book Club& Poetry- Debra Room 7</p> <p>*DISCLAIMER: Classroom/ MP/ Annex assignments are subject to change at any time*</p>
<u>Tuesday</u>	<u>Wednesday</u>
<p>8-10:30am RAP Programming MP closed</p> <p>Morning –Trips- See flyers for details- Call Sandra- 818-654-8378</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 (2nd and 4th)-Len Room1</p> <p>12:00pm-2:00pm Goldennaires Chorus-Molly MP3</p> <p>1:00pm-2:00pm Box & 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>*When available*</p>	<p>9:30am-11:30am Spanish 101 & 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>1:00-3:00pm *NEW* Chess Club- Phillip Room 7</p> <p>1:00-2:00pm Boom- Chick-A-Boom-Maureen MP3</p> <p>12:00pm-1:00pm- Mahjong Lessons- Mary/Jane MP1</p> <p>1:00pm-3:00pm- Mahjong- Mary/Jane MP1</p>
<u>Thursday</u>	<u>Friday</u>
<p>8-11:30am RAP Programming- MP Closed</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>*When available*</p>	<p>9:20am-10:20am Chair Exercise- Arthritis (EBP)- Luella MP2&3</p> <p>10:30am-11:30am- Zumba- Reina MP2&3</p> <p>10:30am-11:30am-Art Exploration- Valerie Room 7</p> <p>12:00pm-3:00pm-Watercolor Class-Open Room7</p> <p>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&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

08/1 Holiday in The Wild

After her husband ends their marriage, Kate embarks on a second solo honeymoon in Africa.

08/08 The Lost Husband

A widow and her children move to her estranged aunt's farm in Texas after the sudden death of her husband, and begin to fall in love with country life.

08/15 Happy Gilmore 2

Gilmore returns to the sport of golf since his retirement after winning his first Tour Championship, to finance his daughter's ballet classes.

08/29 A Dogs Way Home

As a puppy, Bella finds her way into the arms of Lucas, a young man who gives her a good home.

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