

# ONEgeneration Wilkinson Senior Center - Northridge

8956 Vanalden Ave., Northridge, CA 91324

**Hours of Operation: Monday - Friday, 8:00am-4:00pm**

*All classes have a suggested \$2.00 donation unless otherwise noted.*



May



## Day/Time

## Class/Activity

## Instructor

## Room

### MONDAY

9:00am-11:30am	Knitting & Crocheting	Knit on your own	Room 7
10:00am-11:30am	Roundtable Discussion Group	Donna	Annex Room 7
10am-11:30am	Line Dancing	Helen	MP 2&3
12:30 - 1:30pm	Chair Exercises - Arthritis Foundation	Luella	MP 3
1:30-3:30pm	Book Club	Debra	Room 7
1:30 - 2:45pm	Storytelling (5/13)	Elizabeth	Annex Room 7

### TUESDAY

Morning	Trips - See flyer for more information	Sandra - Call 818-654-8378 to sign up	
9:30am-11:30am	Spanish Advanced	Yolanda	Room 7
10:30-11:30	Functional Fitness Classic Exercise	Maureen	MP 3
12:30-2:30pm	Goldenaires Chorus	Molly	MP 3
12:30-1:30pm	Tech Support, bring smart phone/tablet	Student Volunteer	Room 7
1:00-2:00pm	Box & Dance	Dan	MP 2
2:15pm-4:00pm	International Folk Dance	Linda	MP 2

### WEDNESDAY

9:00am-11:30am	Art Fundamentals	Helene	MP 2
10:00-11:30am	BINGO - \$1 per Card	Linda	Room 7
10:00-11:30am	Yoga - Bring Mat and Water	Alys \$5/class	MP 3
10:00-3:00pm	Counseling Sessions by appointment	Micheal	Room 1
10:30am to 11:30am	Sit & Sip Discussion Group	Cheryl (5/08 & 5/22)	Annex Room 7
1:00pm-3:00pm	Body Dynamics	Barbara	MP 2&3
1:00pm-3:00pm	Mahjong		Room 7

### THURSDAY

9:30am-11:30am	Spanish Beginning 101	Yolanda	Room 7
10am-11:30am	BINGO - \$1 per Card	Russell	MP 3
1:00-3:00pm	Open Ballroom Dancing - Big Band	Allen Weiss, Band Director	MP1,2,3
2:00-4:00pm	Tech Support - Smart phone/tablet	Volunteer	Room 7

### FRIDAY

8:30am-10:15am	Exercise Thru Dancing	Milan	MP 2&3
10:30am-11:30am	Zumba Gold	Reina	MP 2&3
10:30am-11:30am	Banking Classes	Jazmine	Room 7
12:00pm-3:00pm	Watercolor Class	Open Studio	Room 7
1:00-2:30pm	Motown Dance Class	Alex	MP 3

**\*\*In-person LUNCH PROGRAM Open\*\***

**Registration opens at 10:30, Lunch is served 11:30-12:30**

For up to date information, visit [www.ONEgeneration.org](http://www.ONEgeneration.org), click on "For Seniors" and select Wilkinson Senior Center Northridge page, or follow us on social media.



Instagram

@onegenerationcares



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**Email Us:**

[wilkinson@onegeneration.org](mailto:wilkinson@onegeneration.org)