

ONEgeneration Senior Enrichment Center

18255 Victory Blvd, Reseda, CA 91335-- (818) 705-2345

October 2019 – Class Schedule



CALENDAR: HOT DATES

10/10-Retirement/Financial Planning Workshop- 10:00am
10/11- Medicare: "An Overview for you" Presentation- 10am
10/11- Powerful Tools for Caregivers 6-wk series-2:30pm
10/13- Bingo Tournament/Fundraiser- 2:00pm-4:00pm
10/15- LA Regional Food Bank Distribution- 1:00pm
10/17- Cooking Class- Healthy Seasonal Soups- 10:00am
10/17- Stroke Prevention Education Workshop-10:00am
10/17- Stages for all Ages Performance- 2:30pm
10/18- Health Wellness Friday- Water Therapy- 9:30am
10/24- UCLA Osteoporosis Health Talk- 10:30am
10/25- Walgreens Flu Shot Clinic- 11:00am-1:00pm
10/31-Your 100 Year Heart-5-Pt Series- 10:00am-11:30am
10/31- Older Adult Food Bank Distribution - 11am-1pm
10/31- Halloween Dance- 2:00pm-4:30pm

Tuesday

9:00am-10:00am Qi-Gong (Chinese Standing Yoga)(\$2) Comm Rm
9:00am-11:30am Oil Painting- Tamara (\$2 Donation) Art Room
9:00am-11:45am Rummykub (\$2 Donation) MP1
8:45am-9:45am Silversneakers Classic-Veena MP 2
FREE-Silversneakers Member/\$3 fee-Non-members
9:30am-11:30am Exercise through Dance- JoAnn MP2
(\$2 Donation) MP 2&3 after 9:45am
10:00am-12pm A Matter of Balance (EBP) (\$2 donation) Comm Rm
Starting October 8th- November 26th Call 818-705-2345 to RSVP
12:00pm-4:30pm Knitting & Crochet-(\$2 Donation) Art Room
1:00pm-2:00pm Be Fit While U Sit (EBP)- Pat(\$2) MP1&2
1:00pm-3:00pm Tap/Jazz- Arlene (\$2 Donation) MP3
1:00pm-2:30pm Ukulele- Eli (\$2 Donation) Comm Rm
2:30pm-4:30pm Stages for all Ages- From 9/10-10/17 Activity Rm
2:40pm-4:00pm Unzip Your Lip- (\$2 Donation) Comm Rm
3:30pm-4:30pm Ballroom Dancing-\$2-Howard MP 1&2
3:30pm-4:30pm Intermediate Country Line Dancing (\$6 FEE) MP3

Thursday

8:30am-10:00am Yoga (\$6 FEE)-Jeanette MP 2&3
9:00am-11:45am Rummykub (\$2 Donation) MP1
10:00am-11:30am Tai Chi Chuan I (\$6 FEE)-Jeanette MP 2&3
10:00am-11:15am Women's Support Group (\$2) Comm Rm
10:00am-11:30am Building Relationships (\$2 Donation) Conf.Room
1:00pm-2:00pm Silversneakers Classic-Sandy MP2
FREE-Silversneakers Member/\$3 fee-Non-members
1:00pm-2:00pm *New Group*-Vision/Hearing Loss Support Group
3rd Thursday of each month- October 17th Conf Rm.
1:00pm-3:00pm Tap/Jazz – Arlene (\$2 Donation) MP3
1:00pm-2:30pm Quest/World Issues- (\$2 Donation) Comm Rm
1:00pm-4:00pm Basic Art (All Mediums)-Deidra Art Room
(\$2 Donation)
2:00pm-3:00pm Country Line Dancing (\$6 FEE)-Michael MP2
2:00pm- 3:30pm Aging Mastery Workshop MP1
2:30pm-4:30pm Stages for all Ages- From 9/10-10/17 Activity Rm
3:15pm-4:45pm International Folk Dancing-JoAnn(\$3) MP 2&3

Monday

9:00am-11:30am Table Tennis (\$2 FEE) MP2
9:30am-10:30am Meditation and Breathing (\$5)-Joanne MP3
10:00am-11:30am- Live Music Sing-a-Long (\$2 Donation) Comm Rm
10:00am-12:00pm-Watercolor-Judy (\$2) WAITLIST Art Rm
12:30pm-1:30pm- Conversational Spanish (\$4) Comm Rm.
1:00pm-2:00pm Zumba Gold- Joanne MP 1 & 2
FREE-Silver & Fit Member/\$3 fee Non-Members
1:00pm-3:00pm Cabaret (Wait List)- David MP3
1:30pm-3:30pm Drawing/Sketching (\$2 Donation) Art Rm
1:30pm-3:00pm Parkinson's Support Group- Max Conf.Room
2:30pm-3:30pm Silversneakers Circuit- Sandy MP 1 & 2
FREE- Silversneakers Member/\$3 FEE- Non-Silversneakers

Wednesday

8:45am-9:45am Aerobics- EP (\$2 Donation) MP 2&3
10:00am-11:00am Zumba-Joanne (\$2 Donation) MP Rm
12:30pm-2:30pm Navigating Hope- Donna (\$2 Donation) Comm Rm
12:40pm-1:40pm Intergenerational Teen Art Class Art Rm.
1:00pm-4:30pm Table Tennis (\$2 FEE) MP2
1:00pm-3:30pm Song Birds-Ellen (WAITLIST) MP3
1:30pm-3:00pm Braille Audio Book Club Conf.Room
(2nd Wednesday of the Month) (\$2 Donation)
2:40pm-4:30pm Sing-a-long Karaoke (\$2 Donation) MP1
2:30pm-3:30pm- Finders Keepers Support Group Activity Rm.
3:30pm-4:30pm Arthritis Foundation Exercise MP3
Chair Exercise (EBP \$6 FEE) Chhiv
5:00pm-7:00pm Grandparents as Parents (Spanish) Comm Rm
Support Group

*****Upcoming 4-part workshop series** "Ready, Set, Bank"-***
Online Banking Workshop presented by Capital One
9:30am-11:00am- Limited Space Available, Sign up today!
Wednesdays, starting November 6th- 27th -818-705-2345

Friday

9:30am-11:30am Exercise through Dance- JoAnn MP 2&3
(\$2 Donation)
9:30am-11:30am Bingo (25¢ per card) (\$2 Donation) Art Room
11:40am-2:25pm Life Writing (\$6 FEE)- Jeanette Comm Rm
1:00pm-2:00pm Arthritis Foundation Exercise MP1
Be Fit While U Sit (EBP) Luella (\$2 Donation)
1:00pm-3:30pm Needlework Group- (\$2 Donation) Art Rm
1:00pm-3:45pm Table Tennis (\$2 FEE) MP2
2:00pm-4:00pm Movie of the Week (\$2 FEE) MP3
2:30pm-4:30pm Powerful Tools for Caregivers (EBP) Comm Rm.
6 weeks starting October 11th- Call 818-705-2345 to sign up

****LUNCH IS SERVED DAILY AT 11:45****

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

****Travel Office Hours: 9:00am-2:00pm****

Thrift Corner & Snack Shop Hours- 10:00am-2:00pm

Friday Movies \$2 FEE

All movies start at 2:00pm

10/4/19

Instant Family (2018 PG-13 2h)

Adopting three foster children at once thinking that it's a perfect way to start a family. Pete and Ellie fail to consider that their new charges may be hellions-Which they are. Not only do the kids flout the rules, they see no reason for parents.

Cast – Mark Wahlberg, Rose Byrne, Octavia Spencer

10/11/19

Roman J. Israel, Esq. (2017 PG-13 2h 9m)

Roman J. Israel, Esq. is a dramatic thriller set in the overburdened Los Angeles criminal court system. Denzel Washington is recruited to join a firm led by an ambitious lawyer and begins a friendship with a young champion for equal rights. A turbulent series of events will put the activism that puts his career to the test.

Cast – Denzel Washington, Colin Farrell, Carmen Ejogo

10/18/19-

Golden Age (2017 16m)

****Special Short Film Screening at 1:15 before the regular film****

A jaded teenager visits her grandmother, a former B-list actress with dementia facing eviction from her retirement home.

After the short film at 2pm:

Aladdin (2019 PG 2h 8m)

In this live action reimagining of the classic tale, disarming young Aladdin falls in love with the Sultan of Agrabah's spirited daughter, Princess Jasmine who longs to escape the confines of the royal palace.

Cast- Will Smith, Mena Massoud, Naomi Scott

10/25/19

Murder on the Orient Express (2017 PG-13 1h 54m)

In this retelling of Agatha Christine's classic mystery, a train ride through Europe on the famed Orient Express becomes the setting for murder when an American passenger is slain and almost everyone on board is suspect.

Cast- Kenneth Branagh, Penelope Cruz, Johnny Depp

October 2019 **ONGOING SERVICES**

***BRAILLE VISUAL AID CONSULTATIONS**

Call for more information (323) 663-1111.

***NEW SERVICE* Cal Fresh Enrollment/Assistance**

Walk-in's Welcome- 9:00am-4:00pm or call 818-708-6380.

***CANDY WATSON- REVERSE MORTGAGE SPECIALIST** By appointment only *Call (661)877-1317* to make apt.

***COMPUTER CLASS- (\$5)**

Call to schedule an appointment, (818)705-2345

***ELDER LAW ATTORNEY- Sara Polinsky**

Call 818-705-2345 to schedule appointment.

***CITIZENSHIP ASSISTANCE-** Call 818-705-2345 for more info.

***FIDUCIARY ASSISTANCE-** Call Pam Blattner (818)926-0984.

***FREE BLOOD PRESSURE MANAGEMENT PROGRAM-** Call Stephanie at (818) 708-2779 for more info.

***L.A. MENTAL HEALTH - Counseling Services**

Wednesdays, 10:00 am-2:00 pm. Call (213) 923-4838.

***LEGAL SERVICES (FREE) –**

-Bet Tzedek- Please call the main office to schedule an appointment at (818) 705-2345.

-Bar Association- 1st and 3rd Tuesday of every month, 1:00pm – 3:00pm, by appointment (818) 227-0489.

***MASSAGE THERAPY**

Wednesdays, 10:00 am-12:00 noon - \$3.00 fee.

***MATURE DRIVING COURSE-** Call the main office to make an appointment at 818-705-2345.

***FREE MEMORY SCREENING-** Call 818-705-2345 to make apt.

***MEDI-CAL ASSISTANCE & ENROLLMENT-**Call (818)705-2345 for more information.

***MEDICARE SERVICES HICAP-** Call 818-705-2345 to schedule apt.

***PODIATRY & WOUND CARE SERVICES-1st Wed. of the Month**
Call Main office at 818-705-2345 to make an appointment. \$20

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

***We ask for a minimum suggested donation of \$2 for all Senior Center classes and presentations unless otherwise noted.
Thank you for your generous support!***