

September 2018 – Class Schedule

CALENDAR: HOT DATES

9/4- Free Hearing Screening- 10am-Noon
 9/6- Advisory Council Meeting- 9:30am-11:30am
 9/6- Medical Identity Theft Workshop- 10:00am
 9/7- Health Wellness Friday- Movement Therapy- 9:30
9/7-Grandparents Day Ice Cream Celebration- 2-4:00pm
 8/13-9/17-Diabetes Education Workshop Series- 10:00am
 9/13- Career Transition Workshop- 10:00am
 9/14- Living Well with Chronic Kidney Disease- 10:00am
9/14- Magic Show Event- 1:30pm-3:00pm
 9/18- Flu Shot/Immunization Clinic by Rite Aid- 11am-2:00pm
 9/18- LA Regional Food Bank Distribution- 1:00pm
 9/20- Living a Healthy Life Presentation- 10:00am
 9/25- LA City Park Proposal Meeting- 10am

Monday

9:00am-10:30am Walk n' Talk (EBP)- Sheri (**\$2 Donation**) Park
 9:00am-11:30am Table Tennis (**\$2 FEE**) MP2
 9:30am-10:30am Meditation and Breathing (\$5)-Joanne MP3
10:00am-11:00am **NEW Class**
 Live Music Sing-A-Long (**\$2**)
 10:00am-12:00pm-Watercolor for Beginners-Cristina (Waiting List-Sign up in the office) Art Rm
1:00pm-2:00pm Zumba Gold- Joann **FREE-Silver & Fit Member/\$3 fee Non-Members** MP 1 & 2
 1:00pm-3:00pm Drawing/Sketching (**\$2 Donation**) Art Rm
 1:00pm-3:00pm Intermediate Spanish (\$4) **Michael** Activity Rm
 1:30pm-3:00pm Parkinson's Support Group- **Max** Conf.Room
 1:00pm-3:00pm Cabaret (Wait List)- **David** MP3
 3:00pm-4:30pm Poetry Forum-**Norma (\$2 Donation)** Comm Rm

Tuesday

9:00am-11:30am Oil Painting- **Tamara (\$2 Donation)** Art Room
 9:00am-11:45am Rummikub (**\$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**
 12:00pm-5:00pm Knitting & Crochet- (**\$2 Donation**) Art Room
 1:00pm-3:00pm Advanced Spanish (\$4)-**Michael** Activity Rm.
 1:00pm-2:00pm Be Fit While U Sit (EBP)- **Pat(\$2)** MP1&2
 1:00pm-3:00pm Advanced Tap/Jazz- **Arlene** MP3
 1:00pm-2:30pm Ukulele- **Eli (\$2 Donation)** Comm Rm
2:30pm-3:30pm Bollywood- (\$2 Donation) **MP 1&2**
 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 Arthritis Foundation Exercise Activity Rm
 Yoga/Body Conditioning (EBP-\$6)
 3:30pm-4:30pm Country Line Dancing (\$6) **MP3**
 Intermediate- **Michael**

Wednesday

9:00am-11:00am *NEW CLASS* **Art Rm**
 Bridge Group (\$3)
 9:00am-10:00am Aerobics/Body Conditioning MP 2&3
 9:00am-10:30am Walk n' Talk (EBP)- Sheri (**\$2 Donation**) Park
 10:00am-11:00am Zumba-**Joanne (\$2 Donation)** MP Rm
 12:30pm-2:30pm Navigating Hope- **Donna (\$2 Donation)** Comm Rm
 1:00pm-3:15pm Intermediate Spanish (\$4)-**Michael** Activity Rm
 1:00pm-4:30pm Table Tennis (**\$2 FEE**) MP2
 1:00pm-3:30pm Song Birds-**Ellen** MP3
 1:30pm-3:00pm Braille Audio Book Club Conf.Room
 (2nd Wednesday of the Month) (**\$2 Donation**)
 2:15pm-3:00pm Intergenerational Art Class Art Rm
 2:40pm-4:30pm Sing-a-long Karaoke MP1
 (**\$2 Donation**)
 3:30pm-4:30pm Arthritis Foundation Exercise Comm Rm
 Chair Exercise (EBP \$6) **Chhiv**
5:00pm-7:00pm Grandparents as Parents **Comm Rm**
 Support Group **NEW GROUP**

Thursday

8:30am-10:00am Yoga (\$6)-**Jeanette** **MP 2&3**
 9:00am-11:45am Rummikub (**\$2 Donation**) **MP1**
 10:00am-11:30am Tai Chi Chuan I (\$6)-**Jeanette** **MP 2&3**
 10:00am-11:15am Women's Support Group **Comm Rm**
 (**\$2 Donation**)
 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-3:00pm Intermediate Spanish (\$4)- **Michael** Activity Rm
 1:00pm-3:00pm Advanced Tap/Jazz-**Arlene** 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)-**Michael** MP2
 3:15pm-4:45pm International Folk Dancing-**JoAnn(\$3** MP 2&3
)
 3:30pm-4:30pm Arthritis Foundation Exercise Activity Rm
 Yoga/Body Conditioning (EBP-\$6) **Chhiv**

Friday

9:00am-10:30am Walk n' Talk (EBP)- Sheri (**\$2 Donation**) Park
 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)- **Jeanette** Comm Rm
 ****NEW CLASS STARTING JULY 20th****
12:25pm-2:25pm Basic/Beginning Spanish (\$4) **Michael**
 1:00pm-2:00pm Arthritis Foundation Exercise MP1
 Be Fit While U Sit (EBP) **Pat (\$2 Donation)**
 1:00pm-3:30pm Needlework Group- (**\$2 Donation**) Art Rm
 1:30pm-4:00pm Table Tennis (**\$2 FEE**) MP2
 2:00pm-4:00pm Movie of the Week (**\$2 Donation**) MP3
 (**NEW TIME CHANGE**)
 2:35pm-4:35pm Advanced Spanish (\$4)-**Michael** Comm Rm
 3:30pm-4:30pm Arthritis Foundation Exercise Activity Rm
 Chair Exercise (EBP \$6) **Chhiv**

Friday Movies

All movies start at 2:00pm

9/7/2018-Black Panther- PG-13

After the death of his father, the King of Wakanda, young T'Challa returns home to the isolated high-tech African nation to succeed to the throne and take his rightful place as king. But when a powerful enemy reappears, T'Challa's mettle as king – and Black Panther – is tested when he's drawn into a formidable conflict that puts the fate of Wakanda and the entire world at risk. Faced with treachery and danger, he must release the full power of Black Panther to defeat his foes and secure the safety of his people and their way of life.

Time: 2hr 14m

Cast: Chadwick Boseman, Michael B. Jordan, Lupita Nyong'o

9/14/2018- No Movie

Special Event: Magic Show 1:30pm-3:00pm

9/21/2018- Snatched – R

In this action comedy inspired by the screenwriter's relationship with her mom, a mother-daughter trip goes terribly awry, turning their dream vacation into a holiday nightmare with hilarious consequences.

Time: 1hr 31m

Cast: Amy Schumer, Goldie Hawn, Joan Cusack

9/26/2018-Breathe – PG-13

This spirit-lifting biopic tells the story of Robin Cavendish, whose charmed and colorful life suddenly darkens when he's paralyzed by polio. Rather than become imprisoned by his disability, however, Robin and his wife decide to tour the world.

Time: 1hr 57m

Cast: Andrew Garfield, Claire Foy, Tom Hollander

Thrift Corner & Snack Shop Hours of Operation:
Monday-Friday 10:00am-2:00pm
*Fitness Center Open Monday-Friday 9am-5pm

September 2018

ONGOING SERVICES

***BRAILLE VISUAL AID CONSULTATIONS**

Call for more information (323) 663-1111.

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

3rd Tuesday by Appointment Only- Call (818)705-2345

***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 to schedule appointment

***CITIZENSHIP ASSISTANCE- Call 818-705-2345 to sign up for next workshop.**

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

***HAIR CUTS- 3rd Monday 10am-Noon. Call 818-705-2345 for apt**

***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!*