Accredited by nco National Institute of Senior Centers

ONEgeneration Senior Enrichment Center

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

October 2026 – Class Schedule

October

SPECIAL EVENTS

10/1- Your Money, Your Protection presented by Foundation for Senior Services 12:30pm-1:30pm **Please RSVP**
10/2- LA Regional Food Box Older Adult (60+) Giveaway 9:00am-11:00am
10/5- Dept. of Mental Health "Depression & Anxiety" presentation 10:30am-11:30am **Please RSVP**
10/6- Medicare 101 presented by Reliance Medicare Helpline 10:30am**- RSVP**
10/6- Advisory Council Meeting-10:00am **New Members Welcome**
10/8- Resiliency Building Workshop- 10:30am-11:30am **Please RSVP**
10/12- Crafting with the Library 12:30pm-1:30pm **Please RSVP**
10/16- Pee your Pants Comedy Show-2:30pm-3:30pm **$6 admission**
10/19- Parkinson's Support Group- for those living with Parkinson's 11am-12pm **Please call for information**
10/20- Alzheimer's Association "Effectively Communicating" Presentation 10:30am-11:30am **Please RSVP**
10/21- October Birthday Celebration Hosted by MJM Insurance 12:30pm
10/21- Casino Trip to Chumash- **$50 per person Must Pre-register**
10/22- CHP- **AgeWell Drive Smart** Presentation 12:30pm- 1:30pm **RSVP**
10/23- Joy of Drumming – come learn to use percussion instruments with us. 2:30pm-3:30pm **Space limited Please RSVP**
10/26- Doc Talk- "Breast Cancer Awareness"-presented by Regal Medical 10:30am-11:30am **Please RSVP**
10/27- Emergency Preparedness presented by American Red Cross 10:30am-11:30am **Please RSVP**
10/28- Parkinson's: A Whole Person Condition- Exercise Class for those living with Parkinson's and their support systems 9am- 10:00am **Call for info**
10/29- Dignity Health- Situational Awareness presentation PART ONE- 12:30pm-1:30pm **Please RSVP**
10/30- Halloween Dance Sponsored by OPTUM- 1:30pm-3:30pm **$2donation**

Monday

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 Chair Yoga – Alison **MP3**
Please arrive early, no admittance to class after 9:15am

09:45 am-11:10am Table Tennis **MP2**
$2 fee Please pay at the Main Office Window – Bring Paddles

10:30am- 11:30am- English as Second Language Class **Act Rm**
10:00am-11:30am Bingo – Ed **Art Rm**
12:30pm- 3:00pm- Table Games Social **Act Rm**
01:00pm-2:00pm- The Art of Growing Older (**10/12 & 10/26)** **Comm Rm**
01:00pm-03:00pm Cabaret- *Closed Group* David **MP3**
01:30pm- 2:30pm- Zumba Gold **MP 1 & 2**
Sponsored by Providence

01:30pm-3:30pm- Chess Club **Art Rm**
02:15pm-3:45pm Music & Comedy- Musician w/ a Heart **($6)** **Comm Rm**
NEW CLASS SCHEDULE (10/12 & 10/26)

Disclaimer: Classroom assignments are subject to change at any time

Tuesday

9:00am- 10:00am Tai Chi **MP2 &3**
Sponsored by Assisted Living Locators & LA Shaolin Studios
10:15 am-11:15am Exercise through Dance **MP2&3**
NEW TIME
10:00am-11:30am Painting Without Fear - Ann **Art Rm**
Supplies are not provided call office for list
10:00am-11:00am Loteria w/ Gladys **(10/6 & 10/20)** **Act Rm**
12:00pm-02:00pm Board Games **TBA**
01:00pm-03:00pm Tapping Down Broadway -Arlene **MP 3**
01:00pm-01:45pm Healthy Maturity Chair Exercise **MP1& 2**
Sponsored by Valley Presbyterian Hospital
02:00pm-03:30pm Technology Class **Comm Rm**
02:00pm-04:00pm Knitting & Crochet – Beth **Art Rm**
02:15pm- 4:45pm Mahjong- Robin **MP 2**
BEGINNER LESSONS 1st HOUR ONLY
02:30pm-04:00pm Line Dancing – Cyndy **MP1**

Wednesday

09:00am–10:00am SilverSneakers Circuit–Veena **Virtual**
FREE-SilverSneakers Member/$3 fee Non-members
Please call Main Office for more information

10:00am-11:00am Zumba Dance **MP Rm**
12:30pm- 1:30pm- Mat Yoga **Comm Rm**
FIRST COME FIRST SERVE* BRING YOUR OWN MATS
NO CLASS on 10/7, 10/14, 10/28

12:30pm- 1:30pm- Beginner's Spanish **Act Rm**
01:00pm-04:30pm Table Tennis **MP2**
$2 fee Please pay at the Main Office Window – Bring Paddles

01:00pm- 02:30 Songbirds *Closed Group* - Ellen **MP3**
01:00pm-02:30 Karaoke – Alex **MP1**
02:00pm-03:30pm Unzip Your Lip – Ruthe **Comm Rm**
02:30pm- 03:30pm Advanced Hula- Josie **MP 1**

Thursday

09:30am-11:15am Stretch, Exercise & Dance! – Milan **MP2&3**
NO CLASS 10/1
10:00am-11:30am Building Relationships **Activity Rm**
10:00am-11:30am Live Music Sing-along- Alan **Comm Rm**
10:00am-12:00pm Watercolor-Martha **(10/1 & 10/15)** **Art Rm**
Supplies are not provided call office for list
10:00am-11:30am Art & Company-Lisa **(10/8 & 10/22)** **Art Rm**
Bring your current project & create in community
12:30pm-02:00pm- Hope & Advocacy- Donna **Act Rm**
NO CLASS on 10/8 or 10/29
01:00pm-03:00pm Tapping Down Broadway-Arlene **MP3**
01:30pm-4:00pm Technology Class **Comm Rm**
01:00pm-02:30pm Soulful Steps & Sounds -Alex **MP1&2**
2:30pm-3:45pm Hula Dancing- Myrna, Yoli, Emette **MP1&2**

Friday

09:30am-11:15am- Advanced Line Dancing w/Milan **MP2&3**
NO CLASS 10/2
09:15-10:15am- Telling Our Stories **Comm Rm**
10:30am-11:30am Sit & Sip with Cheryl **Comm Rm**
1:00pm- 2:00pm Arthritis Foundation Exercise **MPs**
Be Fit While U Sit (EBP)-Andree
1:00pm-02:30pm "Let's Talk Positive Events"–Mitchell **Comm Rm**
02:00pm-04:00pm Knitting & Crochet – Beth **Art Rm**
02:00pm-04:00pm Movie of the Week **MP 3**
$2 fee Please pay at the Main Office Window
02:30pm-03:30pm Country Line Dancing - Michael **($6)** **MP 1**
02:30pm-4:30pm Table Tennis **MP2**
***$2 fee Please pay at the Main Office Window – Bring Paddles**

OCTOBER 2026 SERVICES

*Astrology with Barbara- 2nd & 4th Tuesday of the Month from 9:30am-11:30am Space limited please schedule appointment 818-705-2345 *NEW*

*Better Age Personal Health & Wellbeing Assessment- Call the main office to improve your health – 818-705-2345 https://onegeneration-senior-enrichment-center.health-wellbeing.betterage.net/login/

*Bet Tzedek Legal Assistance – (323) 939-0506 or call the main office at 818-705-2345 to schedule an in-person appointment. Appointment IS REQUIRED

*Bar Association -818-340-4529

*CalFresh Enrollment- Manny Hernandez at 818-708-4759

*CITIZENSHIP ASSISTANCE – (818) 342-4686

*Grandparents As Parents Program – (818) 264-0880

*LADWP Financial Assistance on Utility Bills – Manny Hernandez at 818-708-4759

* Mature Driving Refresher Course- Call for more information and to register– 818-705-2345 Wednesday, September 9th

* MEDICARE SERVICES HICAP – 1st & 4th Tuesday each month Call to schedule an appointment – 818-705-2345 or call their office at (800) 824-0780

*Podiatry Screenings- October 6th, October 13th & October 27th – Space is limited schedule appointment 818-705-2345

Center Hours 8:30am- 5:00pm

****LUNCHES ARE SERVED DAILY AT 11:30****

Registration begins at 10:30am
First Come First Serve

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

****NEW HOURS****

Fitness Center Open Tuesday, Wednesday and Friday
8:30am-4:30pm

Fitness Center Open Monday & Thursday
8:30am-3:30pm

Friday Movies $2 FEE

All movies start at 2:00pm in Act Rm

10/02/2026 – MY OLD LADY (2014) (PG-13) 1h 47m

An American inherits and apartment in Paris that comes with an unexpected resident. (*Romance/Comedy*) AMAZON

Cast: Kevin Kline, Maggie Smith, Kristin Scott Thomas

10/09/2026 – THE WOMAN IN CABIN 10 (2025) (R) 1h 35m

On a sumptuous superyacht with the world's elite, a journalist pieces together a murder mystery in this thriller based on bestselling novel. (*Thriller/Mystery)* NETFLIX

Cast: Keira Knightley, Guy Pearce, Hannah Waddingham

10/16/2026 – NO MOVIE
Join us for our Comedy Show

10/23/2026 – NIGHTBOOKS (2021) (TV-PG) 1hr 43m

A modern "Hansel and Gretel" tale with a magical and frightful twist. Based on the spooky book by J.A. White

Cast: Winslow Fegley, Lidya Jewett, Krysten Ritter (Mystery/*Rousing and Suspenseful*) AMAZON

10/30/2026 – No Movie
Join us for our Halloween Dance

CENTER CLOSING EARLY

on Monday, October 19th at 3:15pm for Team Meeting