



April 2022 – Class Schedule

CALENDAR: HOT DATES

4/7-Advisory Council – 9:00am-10:00am

4/11-UCLA Varicose Vein Presentation – 10am-11am

4/22-Health Wellness Friday – “Healthy Way Of Breathing For Self-Healing” with Joanne 9:00am-10:30am

4/26-UCLA Peripheral Artery Disease Presentation-10am

Monday

9:00am – 10:00am SilverSneakers Circuit–Alys *Virtual Class*

FREE-Silversneakers Member/\$3 fee Non-members

Please call Main Office for more information

09:30am-10:30am- Meditation & Breathing-Joanne *Balboa Park*

10:30am-12:00pm- Bingo-Ed

Art Rm

1:00pm- 3:00pm- Cabaret-*Closed* -David

MP1

Tuesday

9:30am-11:30am-Exercise through Dance

MP1

1:00pm-3:00pm-Tap/Jazz-Arlene

Comm. Rm

1:00pm-2:00pm-Arthritis Foundation Exercise
Be Fit While U Sit(EBP)-Andree

MP1

2:00pm-3:30pm- Knitting- Beth

Art Rm

Wednesday

9:00am-10:00am SilverSneakers Circuit–Alys *Virtual Class*

FREE-Silversneakers Member/\$3 fee Non-members

Please call Main Office for more information

11:00am-12:00pm-Navigating Hope-Donna

Comm. Rm

1:00pm-3:30-Song Birds-*Closed*Ellen

MP1

2:00pm-4:00pm-Unzip Your Lip-Ruthe

Comm. Rm

Thursday

10:00am-11:00am Building Relationships

Activity Rm

10:00am-12:00pm Watercolor – Judy

Art Rm

Please call Main Office for more information

1:00pm-3:00pm-Tap/Jazz-Arlene

Comm. Rm

1:30pm-2:30pm-Chair Zumba-Joanne

Virtual

<https://us06web.zoom.us/j/96300894568?pwd=WE01YIJFdIJJS Tc2czV2enNJSTRydz09>

Friday

1:00pm-2:00pm-Arthritis Foundation Exercise

MP1

Be Fit While U Sit(EBP)-Andree

1:00pm-1:45pm-Tech Class-Randy

Activity Rm

2:00pm-3:00pm-Current Events-Randy

Comm. Rm

2:00pm-3:30pm-Knitting-Beth

Art Rm

2:30pm-3:30pm-Country Line Dancing-Michael(\$6)

MP1

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

**Disclaimer: Classroom assignments are subject to change at any time*

April 2022
ONGOING SERVICES

*Cal Fresh Enrollment/Assistance -
Natalie at 818-708-6380 for more info.

*FREE BLOOD PRESSURE MANAGEMENT PROGRAM -
Cinthya at (818) 708-4753 for more info.

*Vaccine Clinics - (657) 235-0812, (818)639-1090 or
(818)738-9927 for more info.

*LADWP Financial Assistance on Utility Bills -
Emmanuel at (818) 708-4759 or Jasmine at (818) 708-6632

*Grandparents As Parents Program - (818) 264-0880 for more info.

*L.A. MENTAL HEALTH - Counseling Services - (213)348-4829

*Free Eye exam and glasses - (877)768-2794

*MEDICARE SERVICES HICAP- (800) 824-0780

*CITIZENSHIP ASSISTANCE - (818) 342-4686

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

*ELDER LAW ATTORNEY- Sara Polinsky - (818) 906-9900

*Bet Tzedek - (323) 939-0506

*Bar Association - (818) 227-0489

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

Nutrition/Lunches

Tuesday-Grab-n-Go Meal Pickups
9:30am-11:00am
MP1 (Outside Area)
Please call to register
Luanne - 818-708-4758

Thank you for following all COVID protocols and keeping our Senior Center safe for everyone!

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!

