



**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 **MP1**  
Be Fit While U Sit(EBP)-Andree

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=WE01YlJFdIJJSUc2czV2enNJSTRydj09>

**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!***