

October 2026 – Class Schedule

SPECIAL EVENTS		Monday	
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		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		Wednesday	
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		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		Friday	
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 ActRm 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		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 NO CLASS 10/16 or 10/30	

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 an 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

