



ONEgeneration Wilkinson Senior Center – Northridge

ACTIVITIES CALENDAR - APRIL 2025

8956 Vanalden Avenue, Northridge, CA 91324

Hours of Operation: Monday – Friday, 8:00am-4:30pm Main Line (818) 654-8376

Closed Saturday & Sunday

ALL CLASSES HAVE A SUGGESTED DONATION OF \$2.00 UNLESS OTHERWISE NOTED.

<u>Save the Dates</u>	<u>Monday</u>
<p>4/7 LA Food Bank- 1pm- 2:30pm *Check in at front desk 4/8 Humana Presentation 10:30am-11:30am Annex Rm 7 - Healthy Eating to Control Cholesterol presented by German Silva 4/8 Men's Group -Bengie 4/15- Flowers - Perry 10am-11:30am *RSVP 818-654-8376 Space is limited to 20 4/22 Earth Day Presentation with Juana Torres, Community Environmental Projects Manager</p>	<p>9am-11:30am Knitting and Crocheting Rm 7 10am-11:30am Roundtable discussion –Donna Annex Rm 7 10am-11:30am Tango and Stretching- Olivia MP3 10am-11:30am Line Dancing- Peggy MP2 1pm-2pm Chair Exercise- Luella MP2&3 *Arthritis Foundation - Evidence Based Program 2:15pm-3:15pm *NEW * Chair Yoga- Nancy MP3 1:30pm-3:30pm Book Club& Poetry- Debra Rm 7</p>
<u>Tuesday</u>	<u>Wednesday</u>
<p>8-10:30am City of Los Angeles Recreation & Parks Programming - MP closed. *See Rm 4 for more information. Transportation Program Day Trips See flyers for details. To reserve, please call Sandra Romero (818) 654-8378 10:30am-11:30am-Functional Fitness- Maureen MP 3 *FREE- For Silversneakers member/\$3 Fee for Non-members *See Della or Rhonda* 10:30am-2:30pm Medicare Counseling- Len Rm 1 *Offered on the 2nd and 4th Tuesday 12pm-2pm Goldennaires Chorus- Molly MP3 1pm-2pm Box & Dance Fitness- Dan MP2 *Sponsored by Regal Medical Group *Canceled 4/1 1pm-3pm Social Bridge- Glenn Rm 7 3pm-4pm- Tech Support – Student Rm 7 *When available*</p>	<p>9:30am-11:30am Spanish 101 & Advanced - Yolanda Rm1 9am-11:30am Art Fundamentals - Helen MP2 10am-11am BINGO \$1 per card - Linda Rm7 10am-11am Yoga- Bring mat and water - Alys MP3 FREE- For Silversneakers member/\$3 Fee for Non-members *See Della or Rhonda* 10:30am-11:30am Sit & Sip (4/0 & 4/23)- Cheryl Annex Rm 7 1pm-3pm Body Dynamics-Barbara MP2&3 *Canceled 4/16 to 4/30 12pm-1pm Mahjong Lessons - Mary/Jane MP1 1pm-3pm Mahjong - Mary/Jane MP1</p>
<u>Thursday</u>	<u>Friday</u>
<p>8-11:30am City of Los Angeles Recreation & Parks Programming - MP closed *See Rm 4 for more information. 10am-11:30am Latino Social Club - Yolanda Rm1 10am-11am BINGO \$1 per card - Russell Rm 7 1pm-3pm Ballroom Dancing - Allen Weiss MP1/2/3 2pm-4pm Tech Support – Student Rm 7 *When available*</p>	<p>NEW TIME* 9:20am-10:20am Chair Exercise - Luella MP2&3 *Arthritis Foundation - Evidence Based Program 10:30am-11:30am Zumba - Reina MP2&3 10:30am-11:30am Art Exploration - Valerie Rm 7 12pm-3pm Watercolor Class - Open Rm7 NEW TIME* 1pm-2:15pm Motown Dance - Alex MP3 2:30pm-3:30pm Chair Exercise - Dawna MP3 FREE- For Silversneakers member/\$3 Fee for Non-members *See Della or Rhonda* 2:30pm -4:00pm Hula Dancing - Josie MP1&2</p>



DISCLAIMER: Dates/Time and Classroom/MP/Annex assignments are subject to change at any time

Ongoing Services

***Better Age Personal Health & Wellbeing Assessment** - Call the main office to improve your health by completing an online or paper assessment (818) 654-8376

[BetterAge](#)

***Bet Tzedek Legal Assistance** - (323) 939-0506 to schedule an in-person appointment.
Appointment IS REQUIRED

***Bar Association** - (818) 227-0489

***CalFresh Enrollment/Housing Info** - Natalie Pongo at (818) 708-6380

***CITIZENSHIP ASSISTANCE** - (818) 342-4686

***Debbie Lee - Reverse Mortgage Specialist**
Call first to make an appointment - (805) 402-0176

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

***Grandparents As Parents Kinship Program**
(818) 264-0880 -Jennifer Odum

*** LADWP Financial Assistance on Utility Bills**
Manny at (818) 708-4759

***L.A. MENTAL HEALTH** - Counseling Services
(818) 359-0133

***Mature Driving Course-** Call for more information
(818) 654-8376

***MEDICARE SERVICES HICAP** – 2nd & 4th Tuesday each month call to schedule an appointment - Call their office at (800) 824-0780

***TAX ASSISTANCE:** Free at CSUN Monday- Friday from 9:00am-6:00pm Call (818) 677-3600 for more information or assistance.

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

Check in at 10:30am-First Come First Serve

Center Hours Monday- Friday 8:00am- 4:30pm

CLOSED SATURDAY & SUNDAY

Friday Movies

\$2.00 suggested donation

All movies start at 1:00pm in Room 1

4/04 La Dolce Villa-A successful businessman travels to Italy to stop his daughter from spending all her money to restore and old Villa, but Italy has other romantic plans.

4/11 Fatherhood- A father brings up his baby girl as a single dad after the unexpected death of his wife who died a day after their daughter's birth.

4/18 Blue Miracle- To save their cash- strapped orphanage, a guardian and his kids partner with a washed-up boat captain for a chance to win a lucrative fishing competition.

4/25 The Long Game- In 1955, five young Mexican- American caddies, out of love for the game were determined to learn how to play, so they created their own golf course in the middle of the South Texas desert.

If there is a movie that you would like to see featured, please stop by the main office and speak with Rhonda Bunnin, Senior Center Director

