



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



<u>Ongoing Services</u>	<u>Friday Movies</u>
<p>*<u>Better Age Personal Health & Wellbeing Assessment</u> - Call the main office to improve your health by completing an online or paper assessment (818) 654-8376 BetterAge</p> <p>*<u>Bet Tzedek Legal Assistance</u> - (323) 939-0506 to schedule an in-person appointment. Appointment IS REQUIRED</p> <p>*<u>Bar Association</u> - (818) 227-0489</p> <p>*<u>CalFresh Enrollment/Housing Info</u> - Natalie Pongo at (818) 708-6380</p> <p>*<u>CITIZENSHIP ASSISTANCE</u> - (818) 342-4686</p> <p>*<u>Debbie Lee - Reverse Mortgage Specialist</u> Call first to make an appointment - (805) 402-0176</p> <p>*<u>ELDER LAW ATTORNEY</u> Sara Polinsky - (818) 906-9900</p> <p>*<u>Grandparents As Parents Kinship Program</u> (818) 264-0880 -Jennifer Odum</p> <p>* <u>LADWP Financial Assistance on Utility Bills</u> Manny at (818) 708-4759</p> <p>*<u>L.A. MENTAL HEALTH</u> - Counseling Services (818) 359-0133</p> <p>*<u>Mature Driving Course</u>- Call for more information (818) 654-8376</p> <p>*<u>MEDICARE SERVICES HICAP</u> – 2nd & 4th Tuesday each month call to schedule an appointment - Call their office at (800) 824-0780</p> <p>*<u>TAX ASSISTANCE</u>: Free at CSUN Monday- Friday from 9:00am-6:00pm Call (818) 677-3600 for more information or assistance.</p> <p style="text-align: center;">**LUNCHES ARE SERVED DAILY AT 11:30**</p> <p style="text-align: center;">Check in at 10:30am-First Come First Serve</p> <p style="text-align: center;">Center Hours Monday- Friday 8:00am- 4:30pm</p> <p style="text-align: center;">CLOSED SATURDAY & SUNDAY</p>	<p style="text-align: center;"><u>\$2.00 suggested donation</u></p> <p style="text-align: center;"><u>All movies start at 1:00pm in Room 1</u></p> <p>4/04 La Dolce Villa-A successful businessman travels to Italy to stop his daughter from spending all her money to restore an old Villa, but Italy has other romantic plans.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p style="text-align: center;"><i>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</i></p> 