



OGeneration Wilkinson Senior Center Northridge
8956 Vanalden Avenue, Northridge, CA 91324
Main Office Number 818-654-8376



May 2026

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

CALENDAR: Save the Dates	Monday
<p>5/4 LA Food Bank- 1pm- 2:30pm- Please check in at front desk</p> <p>5/5 ALL classes canceled for the Party</p> <p>5/5 Cinco De Mayo Dance with DJ Mark 1pm-3pm MP 1,2,3</p> <p>5/7 Affordable housing/ section 8 9:30am-11:30am Annex RM 7</p> <p>5/7 DMH Canceled</p> <p>5/7 NEW Utility Assistance 11am-2pm Annex RM 7</p> <p>5/14 BirthDay Party 10:00am-11:00am Annex RM 7</p> <p>5/15 Coffee & Conversation with Rhonda 2pm-3pm RM 1</p> <p>5/20 Wear your favorite Baseball Jersey Day!</p> <p>5/21 DMH 9:30am-11am Understanding Anxiety and Building Resilience Annex RM 7</p> <p>5/21 LA Opera Mozart- The Flute – 1pm-2pm RSVP MP3</p> <p>5/21 Big Band Canceled</p> <p>5/22 Medicare 101/4 Steps to Jumpstart Healthy Habits 12:30-1:30pm Annex RM 7</p> <p>5/28 Advisory Council (4th Thursday) 12:30pm-1:30pm Annex RM 7</p> <p><i>*Time changed per members request*</i></p> <p>5/25 Memorial Day will be closed.</p>	<p>9:00am-11:30am Knitting and Crocheting RM 7</p> <p>9:30am -10:15am NEW TIME Israeli Dancing w/ Leslie MP2</p> <p>10-11:30am Roundtable discussion w/ Donna Annex Room 7</p> <p>10:30am-11:30am *NEW* Chair Exercise w/ Dawna MP3</p> <p>FREE- For Silver Sneakers member/\$3 Fee for Non- members</p> <p>*See Della or Rhonda*</p> <p>10am-11:30am Line Dancing w/ Peggy MP 2</p> <p>1pm-2pm Chair Exercise w/ Jilla MP2&3</p> <p>2:15pm-3:15pm Chair Yoga w/ Nancy MP2</p> <p>RAP Programming 12:00pm-1:00pm RM 7</p> <p>1:00-3:00pm *NEW DATE* Chess Club w/ Phillip RM 7</p> <p>1:30pm-3:30pm Book Club & Poetry w/ Debra RM 1</p>
<p>Tuesday</p> <p>8am-10:30am RAP Programming- MP closed</p> <p>Day Trips, depart Wilkinson Senior Center @ 9am</p> <p>See flyer for details - Call Sandra Transportation Manager for more information and program enrollment- 818-654-8378</p> <p>10:40am-11:30am-FUNctional Fitness w / Maureen MP 3</p> <p>FREE- For Silver Sneakers member/\$3 Fee for Non- members</p> <p>*See Della or Rhonda*</p> <p>10:30am-2:30pm HICAP- Medicare (2nd & 4th) Len RM 1</p> <p>12:00pm-2:00pm Goldennaires Chorus - Molly MP3</p> <p>1:00pm-2:00pm Box & Dance Fitness w/ Dan MP2</p> <p>*Sponsored by Mission Community Hospital*</p> <p>2:15pm-3:00pm Chair Fitness w/Ann MP2</p> <p>*Sponsored by Valley Presbyterian Hospital*</p> <p>1:00pm-3:00pm Social Bridge w/Glenn RM 7</p> <p>*NEW *3:00pm-4:00pm- Virtual Bowling – Michelle MP3</p>	<p>Wednesday</p> <p>9:30am-11:30am Spanish 101 & Advanced w/ Yolanda RM 1</p> <p>9:00am-11:30am-Art Fundamentals w/ Helen MP2</p> <p>10:00am-11:30am-BINGO \$1 per card- Linda RM 7</p> <p>10:00am-11:00am -Yoga w/ Alys- Bring mat and water MP 3</p> <p>FREE- For Silver Sneakers member/\$3 Fee for Non- members</p> <p>*See Della or Rhonda*</p> <p>10:30am-11:30am-Sit & Sip (discussion) w/ Cheryl Annex RM 7</p> <p>**2nd and 4th Wednesdays**</p> <p>1:00-2:00pm Boom- Chick-A-Boom w/ Maureen MP3</p> <p>FREE- For Silver Sneakers member/\$3 Fee for Non- members</p> <p>2:15-3:15pm- Chair Exercise w/ Dawna MP3</p> <p>FREE- For Silver Sneakers member/\$3 Fee for Non- members</p> <p>12:00pm-1:00pm- Mahjong Lessons w/Mary & Jane MP1</p> <p>1:00pm-3:00pm- Mahjong & games- w/Mary & Jane MP1</p>
<p>Thursday</p> <p>8am-11:30am RAP Programming- MP Closed</p> <p>10:00am-11:30am- Latino Social Club w/ Yolanda RM 1</p> <p>10:00am-11:30am-BINGO \$1 per card RM 7</p> <p>12:30pm-1:30pm- Canasta and Games-w/ Glenn RM 7</p> <p>1:00pm-3:00pm Ballroom Dancing w/ Allen Weiss MP1/2/3</p> <p>2:00pm-3:30pm Buried in Treasures Support Group RM 7</p> <p>2:00pm-3pm – Tech Support- Students *When available* RM1</p> <p>*NEW*3:00pm-4:00pm- Tech Support – Michelle RM 1</p>	<p>Friday</p> <p>9:20-10:15am Chair Exercise with Luella MP3</p> <p>10:30am-11:30am- Zumba w/ Reina MP2&3</p> <p>10:00am-11:30am-Community Art RM 7</p> <p>1:00pm-2:15pm- Soulful Steps & Sounds w/ Alex MP3</p> <p>2:30pm-3:30pm Chair Exercise w/ Dawna MP1</p> <p>FREE- For SilverSneakers member/\$3 Fee for Non- members</p> <p>*See Della or Rhonda*</p> <p>2:30pm -4:00pm- Hula Dancing w/ Josie MP2&3</p>

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

Ongoing Services & Resources

***Better Age Personal Health & Wellbeing Assessment** - Call the main office to improve your health - 818-654-8376
<https://healthwellbeing.betterage.net/center/onegeneration-senior-enrichment-center/>

***Bet Tzedek Legal Assistance** – (323) 939-0506 or betzedek.org if you have access to the internet.

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

***CalFresh Enrollment/Utilities Assistance** – Manny Hernandez (818)-708-6380

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

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

***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 213-383-4519 to schedule an appointment

****LUNCHES ARE SERVED DAILY AT 11:30****
Check in at 10:30am-First Come First Serve

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

CENTER IS CLOSED SATURDAY AND SUNDAY

Movies are canceled due to lack of participation. If you would like to see movies, please let Rhonda or Della know.

Thank you!