

ONEgeneration Senior Enrichment Center

Class Schedule

April 2017

CALENDAR: HOT DATES

- 4/4- Advisory Council Meeting-** 1:30pm *All guests are welcome!*
- 4/4- Travel Talk Presented by Friendly Excursions-** 10:00am
- 4/6- Clear Captions Phone Presentation-**10:30am-11:30am
- 4/7-5/12-Mind, Body, Health Series-**Kaiser 2pm-4pm **FRIDAYS**
- 4/11-Let's have a Ball-** Health Presentation 10:00am-Noon
- 4/11- Health Screening Tuesday- BMI/Blood Pressure** 11:00am
- 4/13-DOC TALK Thursday- Cardiovascular Disease-** 10am-11am
- 4/14- Senior Prom- 2:00pm-4:00pm RSVP TODAY!!!**
- 4/17-5/8 -Laughter Exercise Series MONDAYS** 2:00-3:30pm
- 4/18-Medicare Assistance by HICAP-** 9:00am-11:30am
- 4/18- LA Regional Food Bank Distribution-** 1:00pm
- 4/21- Health & Wellness Friday-** "Heal-Thy-Sleep"- 10am-Noon
- 4/24- Memory Mondays (Free Memory Screenings)**12-2:00pm
- 4/27-Cooking Class- Clean Eating** 10:00am-11:30am



Monday

- 8:00am-9:30am Arthritis Foundation Exercise Activity Rm
Yoga/Body Conditioning (EBP-\$6) **Chhiv**
- 9:00am-11:30am Table Tennis MP2
- 9:30am-10:30am Walk n' Talk (EBP)- **Brenda/Lauren** Park
- 9:30am-10:30am Meditation and Breathing (\$5)-**Joanne** MP3
- 9:45am-11:15am Arthritis Foundation Exercise Activity Rm
Chair Exercise (EBP-\$6) **Chhiv**
- 10:00am-12:00pm Watercolor for Beginners-Cristina Art Rm
- 1:00pm-3:00pm Drawing/Sketching Art Rm
- 1:00pm-3:00pm Intermediate Spanish (\$4) **Michael** Comm Rm
- 1:30pm-3:00pm Parkinson's Support Group- **Max** Conf.Room
- 1:00pm-3:00pm Documentary Film & Discussion- **Stan** ActivityRm
- 1:00pm-3:00pm Cabaret (Wait List)- **Jack & Diane** MP3
- 3:00pm-4:30pm Poetry Forum-**Tas** Activity Rm

Tuesday

- 9:00am-11:30am Oil Painting- **Tamara** Art Room
- 9:00am-11:45am Rummykub MP1
- 9:30am-11:30am Exercise through Dance- **Joann** MP2&3
- 1:00pm-2:00pm Arthritis Foundation Exercise MP1&2
Be Fit While U Sit (EBP)- **Pat**
- 1:00pm-3:00pm Advanced Tap/Jazz- **Arlene** MP3
- 1:00pm-2:30pm Ukulele- **Eli** ActivityRm
- 1:00pm-3:00pm Advanced Spanish (\$4)-**Michael** Comm Rm
- 2:40pm-4:00pm Unzip Your Lip- **Ruthie** Activity Rm
- 3:30pm-4:30pm Country Line Dancing (\$6) MP3
Intermediate- **Michael**

Wednesday

- 8:00am-9:30am Yoga/Body Conditioning (EBP-\$6)-**Chhiv** ActivityRm
- 9:00am-10:00am Beginning Tap & Jazz- **Lauren** MP3
- 9:00am-1:00pm Knitting & Crochet- **Frankie** ArtRoom
- 9:30am-10:30am Walk n' Talk (EBP)- **Brenda/Lauren** Park
- 9:45am-11:15am Arthritis Foundation Exercise Activity Rm
Chair Exercise (EBP \$6) **Chhiv**
- 10:00-11:00am Let's Talk (Farsi Group)-Joseph Comm Rm
- 10:00am-11:00am Zumba-**Joanne** MP2&3
- 12:30pm-2:30pm Navigating Hope- **Donna** ActivityRm
- 1:00pm-3:00pm Beginning Spanish (\$4)-NEW** **Art Rm**
- 1:00pm-2:30pm Science 4 All- **Ted** Comm Rm
- 1:00pm-4:30pm Table Tennis MP2
- 1:00pm-3:30pm Song Birds-**Ellen** **MP3**
- 1:30pm-3:00pm Braille Audio Book Club Conf.Room
(2nd Wednesday of the Month)
- 2:00pm-4:00pm A Matter of Balance MP1

Thursday

- 8:30am-10:00am Yoga (\$6)-**Jeanette** MP 2&3
- 9:00am-11:45am Rummykub MP1
- 10:00-11:30am UCLA Memory *Starting April 20th** **Comm Rm**
- 10:00am-11:30am Tai Chi Chuan I (\$6)-**Jeanette** MP 2&3
- 10:00am-11:15am Women's Support Group Activity Rm
- 10:00am-11:30am Rebuilding Relations Conf.Room
- 1:00pm-3:00pm Intermediate Spanish (\$4)- **Michael** Comm Rm
- 1:00pm-3:00pm Advanced Tap/Jazz-**Arlene**MP3
- 1:00pm-2:30pm Quest/World Issues- **Sam** ActivityRm
- 1:00pm-4:00pm Basic Art (All Mediums)-**Deidra** Art Room
- 2:00pm-3:00pm Country Line Dancing (\$6)-**Michael** MP2 & 3
- 2:00pm-3:30pm Technology Class** **MP1**
- 3:15pm-4:45pm International Folk Dancing-**Joann** MP 2&3

Friday

- 8:00am-9:30am Yoga/Body Conditioning- **Chhiv** Activity Rm
- 9:30am-10:30am Walk n' Talk (EBP)- **Brenda/Lauren** Park
- 9:30am-11:30am Exercise through Dance- **Joann** MP 2&3
- 9:30am-11:30am Bingo (25¢ per card) Art Room
- 9:45am-11:15am Arthritis Foundation Chair Exercise (\$6) Activity Rm
- 11:40am-2:25pm Life Writing (\$6)- **Jeanette** Activity Rm
- 1:00pm-2:00pm Arthritis Foundation Exercise MP1
Be Fit While U Sit (EBP) **Pat**
- 1:00pm-3:30pm Needlework Group- **Pam** Art Rm
- 1:30pm-4:00pm Table Tennis MP2
- 1:30pm-4:00pm Movie of the Week MP3
- 2:35pm-4:35pm Advanced Spanish (\$4)-**Michael** Activity Rm

***Fitness Center Open Monday-Friday 9am to 5pm
In the Activity Room**

*** Evidence Based Program Classes are noted as (EBP).**

**Thrift Corner & Snack Shop Hours of Operation:
Monday-Friday 10:00am-2:00pm**

Friday Movies

All movies start at 1:30pm

- April 7 **Sully**
2016 (PG-13) (1hr 36min)
Tom Hanks, Aaron Eckhart, Laura Linney
Viewers around the world were astonished in 2009 when airline pilot Chelsey Sullenberger safely landed an Airbus 320 on the Hudson River after both engines were disabled. This fact-based drama illuminates Sullenberger's life and heroic achievement.
- April 14 **No Movie – Senior Prom**
- April 21 **Loving**
2016 (PG-13) (2hr 3min)
Joel Edgerton, Ruth Negga, Marton Csokas
Recounting a landmark chapter in the struggle for civil rights, this absorbing drama depicts the 1958 arrest and imprisonment of Richard and Mildred Loving for violating Virginia's law against interracial marriage.
- April 28 **The Girl on the Train**
2016 (R) (1hr 52min)
Emily Blunt, Haley Bennett, Rebecca Ferguson
During her daily rail commute, divorcee Rachel Watson observes the happily married couple living in a house near the train route. One day, she witnesses a scene that enrages her – and soon finds herself deeply entangled in the ensuing mystery.



HAPPY
PASSOVER



HAPPY
EASTER

April 2017

ONGOING SERVICES

- *BRAILLE VISUAL AID CONSULTATIONS- APRIL 12TH**
Call for more information (323) 663-1111.
- *CANDY WATSON- REVERSE MORTGAGE SPECIALIST** By appointment only *Call (661)877-1317* to make apt.
- *COMPUTER CLASS-**
Call to schedule an appointment, (818)705-2345
- *COREY A. CARTER - Bankruptcy Advice**
Call for a consultation 818-245-1121
- *ELDER LAW ATTORNEY- Sara Polinsky**
Aprilth- Call to schedule appointment
- *EMPLOYMENT ASSISTANCE-** Call (877) 272-3624 for more info.
- *FIDUCIARY ASSISTANCE-** Call Pam Blattner (818)926-0984.
- *L.A. MENTAL HEALTH - Counseling Services**
Wednesdays, 10:00 am-2:00 pm. Call (213) 923-4838.
- *LEGAL SERVICE (FREE) – Bet Tzedek**
Please call the main office to schedule an appointment at (818) 705-2345.
- *LEGAL SERVICES - Bar Association**
1st and 3rd Tuesday of every month, 1:00pm – 3:00pm, by appointment (818) 227-0489. \$10.00 consultation fee.
- *MASSAGE THERAPY**
Wednesdays, 9:30 am-12:00 noon - \$3.00 fee.
- *MATURE DRIVING COURSE-** Call the main office to make an appointment at 818-705-2345.
- *MEDI-CAL ASSISTANCE & ENROLLMENT-**Call (818)705-2345 for more information.
- *MEDICARE SERVICES HICAP**
Every 2nd & 4th Tuesday of the month - 10:00 am-12:00 noon, call for appointment 818-705-2345.
- *PODIATRY & WOUND CARE SERVICES**
Call Main office at 818-705-2345 to make an appointment.
- *SAFELINE FREE PHONE SIGN-UPS**
1ST AND 3RD WEDNESDAY. Call for more info. - 11:00am-2:00pm
- *SENIOR PEER COUNSELING SERVICES**
Call (818)847-3845 for more info.
- 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!**