



September 2023 – Class Schedule

CALENDAR: HOT DATES

9/1 – LA Regional Food Box Older Adult (60+) Giveaway
9:00am-11:00am *First Come First Serve*

9/4 – CLOSED LABOR DAY

9/5- Advisory Council - 10:00am-11:00am Community Room

9/5 – Mindfulness Workshop – Mindful Veteran Project - 10am

9/15 – Health & Wellness Friday w/ Joanne – “Self-Knowing is Self-Healing” OPTUM Sponsor 9:00am-10:30am

9/19 – Crisis Intervention for Older Adults w/ ONEgeneration’s Mental Health Clinician Inyite Ani 10:00am-11:00am

9/21 - “Getting the Care You Want When You Need It Most” SCAN Independence 01:00pm-02:00pm In-person & Virtual - Zoom ID: 870 5293 1740 Password: 952207

9/26 – Center For Healthcare Rights Info Table 10:00am-2:00pm

9/26 – Communication is a Two Way Street: Strategies for Building Effective Care Teams for Family Caregivers w/ Hand-in-Hand Org. & Alzheimer’s Association - HYBRID 10:00am-11:00am
<https://us02web.zoom.us/j/81505466735?pwd=aWt2cEp1VFdRYXA4Qmd3R2IxZ0xFQT09>

****LOOP/EveryTable Box Registration: September 6th, 13th, 20th, 27th
10:30am-01:30pm****

Monday

09:30am-10:30am SilverSneakers Circuit–Monica **Virtual**
FREE-SilverSneakers Member/\$3 fee Non-members
Please call Main Office for more information

09:00am-10:15am Chair Yoga – Alison **Community Rm**

09:00am-11:15am Table Tennis **MP2**
\$2 fee Please pay at the Main Office Window

09:30am-10:30am Meditation & Breathing-Joanne **MP3**

10:30am-12:00pm Bingo – Ed **Art Rm**

01:00pm-02:00pm Creative Poetry–King (11th & 25th) **Activity Rm**

01:00pm-03:00pm Cabaret- *Closed Group* David **MP3**
***No Class September 25th**

01:30pm-02:45pm Storytelling – Elizabeth (9/18) **Activity Rm**

Tuesday

09:15am-11:15am Exercise through Dance **MP2 & MP3**
12:00pm-02:00pm Board Games **Activity Rm**
01:00pm-03:00pm Tap/Jazz-Arlene **MP3**
01:00pm-02:00pm Arthritis Foundation Exercise **MP1&2**
Be Fit While U Sit (EBP)-Andree
02:00pm-03:00pm Improv – Tim (September 19th) **MP1**
02:00pm-04:00pm Technology Class **Comm Rm**
Please call to confirm
02:00pm-04:00pm Knitting & Crochet – Beth **Art Rm**
02:30pm-04:00pm Line Dancing – Cindy **MP1&2**

Wednesday

09:30am-10:30am SilverSneakers Circuit–Veena **Virtual**
FREE-SilverSneakers Member/\$3 fee Non-members
Please call Main Office for more information

10:00am-11:00am Zumba - Joanne **MP Rm**

12:30pm-02:00pm Mental Health Wellness Wednesdays(27th) **Act Rm**
Title: “Resilience-Older Adults & Psychological Resilience”

01:00pm-04:30pm Table Tennis **MP2**
\$2 fee Please pay at the Main Office Window

01:00pm-02:30pm Song Birds *Closed Group* - Ellen **MP3**
No Class September 27th

01:00pm-02:30 Karaoke – Alex **MP1**

02:00pm-03:30pm Unzip Your Lip - Ruthe **Community Rm**

02:30pm-04:30pm Intermediate Folk Dance Workshop **Activity Rm**

Thursday

08:45am-10:00am Yoga – Alison **MP2&3**
10:15am-11:30am Stretch, Exercise & Dance!–Milan **MP2&3**
10:00am-11:30am Building Relationships **Activity Rm**
10:00am-11:30am Live Music Sing-a-Long-Alan **Comm Rm**
10:00am-12:00pm Watercolor-Martha (9/7th & 9/21st) **Art Rm**
12:30pm-02:00pm Navigating Hope-Donna **Activity Rm**
01:00pm-2:00pm Spanish-Gladys *Starts 8/10 **Comm Rm**
01:00pm-03:00pm Tap/Jazz-Arlene **MP3**
01:00pm-02:30pm Motown Music & Dance-Alex **MP1&2**
02:30pm-03:30pm Hula Dancing – Myrna **MP1&2**
01:30-04:00 Technology Class **Art Rm**
Please call to confirm

Friday

09:00am-11:15am Table Tennis **MP2**
\$2 fee Please pay at the Main Office Window

10:30am-11:30am Sit & Sip with Cheryl (9/8th & 9/22nd) **Comm Rm**

11:00am-12:00pm Friday Zumba with Joanne **MP3**

01:00pm-02:00pm Arthritis Foundation Exercise **MP1&2**
Be Fit While U Sit (EBP)-Andree

01:00pm-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 **MP3**
\$2 fee Please pay at the Main Office Window

02:30pm-03:30pm Country Line Dancing - Michael (\$6) **MP1**
***No Class on September 8th ***

**Disclaimer: Classroom assignments are subject to change at any time*

September 2023
ONGOING SERVICES

***Bet Tzedek Legal Assistance** – (323) 939-0506 or call the main office at 818-705-2345 to schedule an in-person appointment.

Appointment & Vaccine Card IS REQUIRED

***Mental Health Sessions w/ Invite Ani** – call the main office at 818-705-2345 to schedule a Wednesday or Friday in-person/phone call appointment.

***CalFresh Enrollment/Assistance**

Natalie Pongo at 818-708-6380 for more info.

***Debbie Lee – Reverse Mortgage Specialist**

Call first to make an appointment – (805) 402-0176

***Vaccine Clinics** – (818) 305-4280 or (818)738-9927

***LADWP Financial Assistance on Utility Bills** –

Emmanuel (Manny) at (818) 708-4759

***Grandparents As Parents Program** – (818) 264-0880 for more info.

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

*See main office for more information.

*** Mature Driving Course**

Call for more information– 818-705-2345

***MEDICARE SERVICES HICAP – 1st & 4th Tuesday each month**

Call to schedule an appointment – 818-705-2345

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

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

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

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

First Come First Serve

****Thrift Corner Hours 10:00am-2:00pm****

***Fitness Center Open Monday-Friday 8:30am-4:30pm**



Friday Movies \$2 FEE

All movies start at 2:00pm

09/01/2023 – FINDING OHANA (2021) PG-13 2h 3m

A summer in rural Oahu takes an exciting turn for two Brooklyn-raised siblings when a journal pointing to long-lost treasure sets them on an epic adventure with new friends, and leads them to reconnect with their Hawaiian heritage.
Cast: Lindsay Watson, Alex Alono, Ke Huy Quan, Owen Vaccaro

09/08/2023 – MURDER MYSTERY 2019 PG-13 1h 37m

A New York cop and his wife go on a European vacation to reinvigorate the spark in their marriage. A chance encounter leads to them being framed for the murder of an elderly billionaire.

Cast: Adam Sandler, Jennifer Aniston, Gemma Arterton, Luke Evans....

09/15/2023 – THE COMMUTER 2019 PG-13 1h 44m

Former police officer Michael MacCauley, now a hard-working life-insurance salesman and caring family man, has been taking the commuter rail to New York for the past 10 years. Things take an unexpected turn when, on one of his daily journeys, cryptic passenger Joanna makes Michael a generous and tempting offer to locate a single commuter or face grave consequences.

Cast: Liam Neeson, Vera Farmiga, Patrick Wilson, Johathan Banks, Sam Neill, Elizabeth McGovern.....

09/22/2023 - POMS 2019 PG-13 1h 30m

Martha is an introverted woman who moves to a retirement community that has shuffleboard, golf, bowling and other activities. Hoping to be left alone, she meets Sheryl, a fun-loving neighbor who insists that they become best pals. After coming out of her shell, Martha and her new friend decide to form a cheerleading squad with their fellow residents. As the two women hold auditions, they soon learn that it's never too late to follow your dreams, even when the odds are stacked against you.

Cast: Diane Keaton, Jacki Weaver, Rhea Perlman

09/29/2023 – SLUMBERLAND 2022 PG 1hr 54m

A young girl discovers a secret map to the dreamworld of Slumberland, and with the help of an eccentric outlaw, she traverses dreams and flees nightmares, with the hope that she will be able to see her late father again.

Cast: Jason Momoa, Marlow Barkley, Kyle Chandler, Chris O'Dowd