



June 2025 – Class Schedule

<u>CALENDAR: HOT DATES</u>		<u>Monday</u>	
6/3 - Advisory Council - 10:00am-11:00am Welcoming interested new members to come and join us		09:00am–10:00am SilverSneakers Circuit–Monica FREE-SilverSneakers Member/\$3 fee Non-members *Please call Main Office for more information*	Virtual
6/5 – DMH presentation “Stress Management” 12:30pm-1:30pm Please RSVP		09:00am-10:30am Chair Yoga – Alison NO CLASS 6/2	MP3
6/6 – LA Regional Food Bank 9am-11am First Come First Serve		09:45 am-11:15am Table Tennis *\$2 fee Please pay at the Main Office Window – Bring Paddles*	MP2
6/12 – LA Metro On the Move presentation 12:30-1:30pm RSVP required		10:30am- 11:30am- English as Second Language Class *NEW CLASS BEGINS JUNE 9 *	Act Rm
6/13 – The Cohen Acting Studio presents “What the Constitution Means to Me” a live Play 2:30pm- 4:30pm \$2 donation recommended please RSVP		10:00am-11:30am Bingo – Ed 01:00pm-2:00pm Box & Dance Fitness Class – Dan *Sponsored by Regal Medical Group*	Art Rm MP1
6/18 - June Birthday Celebration- 12:30pm-1:30pm sponsored by MJM Insurance		01:00pm-03:00pm Cabaret- *Closed Group* David 01:30pm-3:30pm- Chess Club 02:00pm-3:30pm Music & Comedy	MP3 Art Rm Comm Rm
6/23 - Scan Independence @ Home presentation “Taking Care of Business” 12:30pm-1:30pm in person and virtual Zoom ID: 886 5862 5538 Passcode: 990769		*Disclaimer: Classroom assignments are subject to change at any time*	
<u>Tuesday</u>		<u>Wednesday</u>	
09:30 am-11:15am Exercise through Dance	MP2&3	09:00am–10:00am SilverSneakers Circuit–Veena FREE-SilverSneakers Member/\$3 fee Non-members *Please call Main Office for more information*	Virtual
10:00am- 11:00am- Beginner’s Spanish Class *NEW DAY AND TIME*	Act Rm	10:00am-11:00am Zumba Dance	MP Rm
10:00am-11:30am Painting Without Fear - Ann	Art Rm	12:30pm- 1:30pm- Mat Yoga *FIRST COME FIRST SERVE*	Comm Rm
12:00pm-02:00pm Board Games	TBA	12:30pm- 1:30pm- Loteria *NEW CLASS*	Art Rm
01:00pm-03:00pm Tap/Jazz-Arlene	MP3	01:00pm-04:30pm Table Tennis	MP2
01:00pm-02:00pm Arthritis Foundation Exercise	MP1&2	01:00pm-02:30pm Songbirds *Closed Group* - Ellen	MP3
Be Fit While U Sit (EBP)-Andree *FIRST COME FIRST SERVE*		01:00pm-02:30 Karaoke – Alex	MP1
02:00pm-04:00pm Technology Class *STARTING JUNE 24*	Comm Rm	02:00pm-03:30pm Unzip Your Lip - Ruthe	Comm Rm
02:00pm-04:00pm Knitting & Crochet – Beth	Art Rm		
02:30pm-04:00pm Line Dancing – Cyndy	MP1&2		
<u>Thursday</u>		<u>Friday</u>	
09:30am-11:15am Stretch, Exercise & Dance! – Milan	MP2&3	09:30am-11:15am- Advanced Line Dancing w/Milan	MP2&3
10:00am-11:30am Building Relationships	Activity Rm	10:30am-11:30am Sit & Sip with Cheryl	Comm Rm
10:00am-11:30am Live Music Sing-along- Alan	Comm Rm	12:45pm- 1:45pm Arthritis Foundation Exercise	MPs
10:00am-12:00pm Watercolor-Martha (6/5 &6/19)	Art Rm	Be Fit While U Sit (EBP)-Andree	
12:30pm-02:00pm- Hope & Advocacy- Donna	Activity Rm	1:00pm-02:30pm “Let’s Talk Positive Events”–Mitchell	Comm Rm
01:00pm-03:00pm Tap/Jazz-Arlene	MP3	02:00pm-04:00pm Knitting & Crochet – Beth	Art Rm
01:00pm-02:30pm Motown Music & Dance-Alex	MP1&2	02:00pm-04:00pm Movie of the Week *\$2 fee Please pay at the Main Office Window*	MP 3
02:00pm-03:30am Unburied in Treasure	Art Rm		
2:30pm-3:30pm Hula Dancing- Myrna, Yolanda	MP1&2	02:30pm-03:30pm Country Line Dancing - Michael (\$6)	MP 1
3:30pm- 4:30pm Advanced Hula- Josie	MP 1&2	02:30pm-4:30pm Table Tennis NO CLASS 6/13 *\$2 fee Please pay at the Main Office Window – Bring Paddles	MP2
NO CLASS UNTIL 6/26			

Ongoing Services

***Better Age Personal Health & Wellbeing Assessment** – Call the main office to improve your health – 818-705-2345
<https://onegeneration-senior-enrichment-center.health-wellbeing.betterage.net/login/>

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

***Bar Association** -818-340-4529

***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 Program** – (818) 264-0880

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

Emmanuel (Manny) at (818) 708-4759

***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 or call their office at (800) 824-0780

***NOTARY SERVICES** - 1st Thursday of each month call office to schedule appointment 818-705-2345

***Podiatry Screenings**- June 3rd and June 17th – Space is limited
schedule appointment 818-705-2345

***Vaccine Clinics** – (818)738-9927

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

First Come First Serve

Center Hours Monday- Friday 8:30am- 5:00pm

****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**

06/06/2025 – NONNAS (2025) (PG) 1hr 54m

A grieving man finds the recipe for healing when he buys an Italian restaurant and hires four sassy seniors as the chefs. *(Based on a true story)*

Cast: Vince Vaughn, Susan Sarandon, Lorraine Bracco....

06/13/2025 – NO MOVIE

Join us for the play *“What the Constitution Means to Me”*
presented by The Cohen Acting Studio

06/20/2025- LIFE OR SOMETHING LIKE IT (2002) (PG-13) 1h 43m

Shocked by a psychic's reading, a star reporter who thrives on superficial success must reevaluate her priorities – and her future. *(Romantic Comedy, Drama)*

Cast: Angelina Jolie, Edward Burns, Tony Shalhoub....

06/27/2025 – INSTANT FAMILY (2018) (PG-13) 1h 59m

A couple whose lives are shaken up after taking in three spunky siblings in foster care. *(Feel-Good, Heartfelt)*

Cast: Mark Wahlberg, Rose Byrne, Octavia Spencer....

