

**June 2025 – Class Schedule**

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

## Ongoing Services

\***Better Age Personal Health & Wellbeing Assessment** – Call the main office to improve your health – 818-705-2345  
<https://oneneration-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** – 1<sup>st</sup> & 4<sup>th</sup> Tuesday each month  
Call to schedule an appointment – 818-705-2345 or call their office at (800) 824-0780

\***NOTARY SERVICES**- 1<sup>ST</sup> Thursday of each month call office to schedule appointment 818-705-2345

\***Podiatry Screenings**- June 3<sup>rd</sup> and June 17<sup>th</sup> – 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....

