



August 2019 – Class Schedule

CALENDAR: HOT DATES

8/1- Advisory Council- 9:30am-11:30am
8/7- Free Blood Pressure/Glucose Screening- 11am-2pm
8/8-Normal Aging versus Dementia Workshop- 10:30am
8/13-9/19- Escape Now Workshop Series
 Tuesday's & Thursday's- 1:00pm-2:00pm
8/15- Causes of Heart Attacks Presentation- 10:30am
8/16- Health Wellness Friday- Breathe to Life- 9:30am
8/20- LA Regional Food Bank Distribution- 1:00pm
8/22- Senior Foot Care Presentation- 10:30am
8/27- Doc Talk- Moving Beyond Medication- 10:00am
8/29-Your 100 Year Heart-5-Pt Series- 10:00am-11:30am
8/7 - BINGO 2-4pm Only \$10 for 10 games (Bring your friends!)

Tuesday

9:00am-10:00am Qi-Gong (Chinese Standing Yoga)(\$2) Comm Rm
9:00am-11:30am Oil Painting- Tamara (\$2 Donation) Art Room
9:00am-11:45am Rummikub (\$2 Donation) MP1
8:45am-9:45am Silversneakers Classic-Veena MP 2
 FREE-Silversneakers Member/\$3 fee-Non-members
9:30am-11:30am Exercise through Dance- JoAnn MP2
 (\$2 Donation) MP 2&3 after 9:45am
12:00pm-5:00pm Knitting & Crochet- (\$2 Donation) Art Room
1:00pm-2:00pm Escape Now Workshop Activity Rm.
1:00pm-2:00pm Be Fit While U Sit (EBP)- Pat(\$2) MP1&2
1:00pm-3:00pm Tap/Jazz- Arlene (\$2 Donation) MP3
1:00pm-2:30pm Ukulele- Eli (\$2 Donation) Comm Rm
2:40pm-4:00pm Unzip Your Lip- (\$2 Donation) Comm Rm
3:30pm-4:30pm Ballroom Dancing-\$2-Howard MP 1&2
3:30pm-4:30pm Intermediate Country Line Dancing (\$6 FEE) MP3

Thursday

8:30am-10:00am Yoga (\$6 FEE)-Jeanette MP 2&3
9:00am-11:45am Rummikub (\$2 Donation) MP1
10:00am-11:30am Tai Chi Chuan I (\$6 FEE)-Jeanette MP 2&3
10:00am-11:15am Women's Support Group (\$2) Comm Rm
10:00am-11:30am Building Relationships (\$2 Donation) Conf.Room
1:00pm-2:00pm Silversneakers Classic-Sandy MP2
 FREE-Silversneakers Member/\$3 fee-Non-members
1:00pm-3:00pm Tap/Jazz – Arlene (\$2 Donation) MP3
1:00pm-2:30pm Quest/World Issues- (\$2 Donation) Comm Rm
1:00pm-4:00pm Basic Art (All Mediums)-Deidra (\$2 Donation) Art Room
1:00pm-2:00pm Escape Now Workshop Activity Rm.
2:00pm-3:00pm Country Line Dancing (\$6 FEE)-Michael MP2
3:15pm-4:45pm International Folk Dancing-JoAnn(\$3) MP 2&3

Monday

9:00am-11:30am Table Tennis (\$2 FEE) MP2
9:30am-10:30am Meditation and Breathing (\$5)-Joanne MP3
10:00am-11:30am- Live Music Sing-a-Long (\$2 Donation) Conf Rm
10:00am-11:30am- Acting for Fun (Improv)-(\$6 FEE) Anita Comm Rm
10:00am-12:00pm-Watercolor for Beginners- Judy (\$2) Art Rm
12:30pm-1:30pm- Intermediate Spanish (\$4) Art Rm.
1:00pm-2:00pm Zumba Gold- Joanne MP 1 & 2
 FREE-Silver & Fit Member/\$3 fee Non-Members
1:00pm-3:00pm- Diabetes Empowerment Education Program (Spanish)- Ending August 12 Comm Rm.
1:00pm-3:00pm Cabaret (Wait List)- David MP3
1:30pm-3:30pm Drawing/Sketching (\$2 Donation) Art Rm
1:30pm-3:00pm Parkinson's Support Group- Max Conf.Room
2:30pm-3:30pm Silversneakers Circuit- Sandy MP 1 & 2
 FREE- Silversneakers Member/\$3 FEE- Non-Silversneakers
 NEW CLASS Starting August 12th

Wednesday

8:45am-9:45am Aerobics- EP (\$2 Donation) MP 2&3
10:00am-11:00am Zumba-Joanne (\$2 Donation) MP Rm
12:30pm-2:30pm Navigating Hope- Donna (\$2 Donation) Comm Rm
1:00pm-4:30pm Table Tennis (\$2 FEE) MP2
1:00pm-3:30pm Song Birds-Ellen (WAITLIST) MP3
1:00am-2:30pm Buried in Treasures Activity Rm
 1pm-2:30pm (**MUST RSVP**)**NEW CLASS STARTS 5/29**
1:30pm-3:00pm Braille Audio Book Club Conf.Room
 (2nd Wednesday of the Month) (\$2 Donation)
2:40pm-4:30pm Sing-a-long Karaoke (\$2 Donation) MP1
3:00pm-4:00pm- Finders Keepers Support Group Activity Rm.
3:30pm-4:30pm Arthritis Foundation Exercise
 Chair Exercise (EBP \$6 FEE) Chhiv MP3
5:00pm-7:00pm Grandparents as Parents (Spanish) Support Group Comm Rm

Friday

9:30am-11:30am Exercise through Dance- JoAnn MP 2&3
 (\$2 Donation)
9:30am-11:30am Bingo (25¢ per card) (\$2 Donation) Art Room
11:40am-2:25pm Life Writing (\$6 FEE)- Jeanette Comm Rm
1:00pm-2:00pm Arthritis Foundation Exercise MP1
 Be Fit While U Sit (EBP) Adree (\$2 Donation)
1:00pm-3:30pm Needlework Group- (\$2 Donation) Art Rm
1:00pm-3:45pm Table Tennis (\$2 FEE) MP2
2:00pm-4:00pm Movie of the Week (\$2 FEE) MP3

****LUNCH IS SERVED DAILY AT 11:45****

Thrift Corner & Snack Shop Hours of Operation:

Monday-Friday 10:00am-2:00pm

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

Travel Office Hours: 9:00am-2:00pm

Friday Movies \$2 FEE

All movies start at 2:00pm

8/2/19- *Free Solo* (2018 PG-13 1h 37m)

In this "cliff-hanging" documentary, rock climber Alex Honnold prepares for and undertakes the most daunting challenge of his life: becoming the first person to free-solo climb (without ropes or safety gear) the face of Yosemite's El Capitan.

8/9/19- *If Beale Street Could Talk* (2018 R 1h 59m)

In Queue Play trailer(KiKi Layne) and her fiance Fonny (Stephan James) have a beautiful future ahead. But their plans are derailed when Fonny is arrested for a crime he did not commit. Now the pair and their families must fight for justice in the name of love and the promise of the American dream in this lush, moving, dramatic film, also starring Regina King.

Cast - Kiki Layne, Stephan James, Colman Domingo,

8/16/2019- *Indivisible* (2018 PG-13 2h 1m)

After serving in Iraq- helping myriad soldiers in crisis-Army Chaplain Darren Turner returns home, only to suffer from the same emotional issues and marital problems as the veterans he was counseling.

Cast- Justin Bruening, Sarah Drew, Jason Winston George

8/23/2019- *The Wife* (2018 R 1h 40m)

The interwoven story of a couple's youthful passion and ambition with a portrait of a marriage, thirty-plus years later—a lifetime's shared compromises, secrets, betrayals, and mutual love.

Cast- Glenn Close, Jonathan Pryce, Christian Slater

8/30/2019- *Dumbo* (2019 PG 1h 52m)

Circus owner Max Medici enlists former star Holt Farrier and his children to care for a newborn elephant whose oversized ears make him a laughingstock in an already struggling circus. But when they discover that Dumbo can fly, the circus makes an incredible comeback, attracting persuasive entrepreneur V. A. Vandevere, who recruits the peculiar pachyderm for his newest, larger-than-life entertainment venture, Dreamland.

Cast - Colin Farrell, Michael Keaton, Danny DeVito

August 2019

ONGOING SERVICES

***BRAILLE VISUAL AID CONSULTATIONS**

Call for more information (323) 663-1111.

***NEW SERVICE* Cal Fresh Enrollment/Assistance**

Walk-in's Welcome- 9:00am-4:00pm or call 818-708-6380.

***CANDY WATSON- REVERSE MORTGAGE SPECIALIST**

By appointment only *Call (661)877-1317* to make apt.

***COMPUTER CLASS- (\$5)**

Call to schedule an appointment, (818)705-2345

***ELDER LAW ATTORNEY- Sara Polinsky**

Call 818-705-2345 to schedule appointment.

***CITIZENSHIP ASSISTANCE- Call 818-705-2345 for more info.**

***FIDUCIARY ASSISTANCE- Call Pam Blattner (818)926-0984.**

***FREE BLOOD PRESSURE MANAGEMENT PROGRAM- Call**

Stephanie at (818) 708-2779 for more info.

***L.A. MENTAL HEALTH - Counseling Services**

Wednesdays, 10:00 am-2:00 pm. Call (213) 923-4838.

***LEGAL SERVICES (FREE) -**

-Bet Tzedek- Please call the main office to schedule an appointment at (818) 705-2345.

-Bar Association- 1st and 3rd Tuesday of every month, 1:00pm – 3:00pm, by appointment (818) 227-0489.

***New Service* MEDICARE ANSWER MAN- 2nd Tuesday of each month. 10:00am-11:30am. Call (818)705-2345 to schedule apt.**

***MASSAGE THERAPY**

Wednesdays, 10:00 am-12:00 noon - \$3.00 fee.

***MATURE DRIVING COURSE- Call the main office to make an appointment at 818-705-2345.**

***FREE MEMORY SCREENING- Call 818-705-2345 to make apt.**

***MEDI-CAL ASSISTANCE & ENROLLMENT-Call (818)705-2345 for more information.**

***MEDICARE SERVICES HICAP- Call 818-705-2345 to schedule apt**

***PODIATRY & WOUND CARE SERVICES-1st Wed. of the Month**
Call Main office at 818-705-2345 to make an appointment. \$20

***SENIOR PEER COUNSELING SERVICES- (818)847-3845**

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!