

September 2022 – Class Schedule

**CALENDAR: HOT DATES**

09/05 – OSEC Closed – HAPPY LABOR DAY!

09/13- Handweaving Demonstration

Southern California Handweavers' Guild – 01:00pm-02:00pm

09/16- Health & Wellness Friday w/ Joanne – 9:00am-10:30am

Zoom Meeting ID: 832 2272 1349 Password: 780995

09/20- Fall Prevention with 1Heart Caregiver Services– 2pm-3pm

Zoom Meeting ID: 883 3606 5220 Password: 263587

09/27-SCAN "Understanding the Safe Use of Pain Medications"

10:00am-11:00am - Community Room

Zoom Meeting ID: 871 4017 6166 Password: 289226

**Monday**

9:00am – 10:00am SilverSneakers Circuit–Veena \*Virtual\*

FREE-Silversneakers Member/\$3 fee Non-members

\*Please call Main Office for more information\*

09:00am-11:15am - Table Tennis

MP2 & MP3

\*\$2 fee Please pay at the Main Office Window\*

09:30am-10:30am- Meditation & Breathing-Joanne \*Balboa Park\*

10:30am-12:00pm- Bingo-Ed

Art Rm

1:00pm- 3:00pm- Cabaret- \*Closed Group\* David

MP3

1:00pm-3:00pm Drawing/Sketching (\$2 Donation)

Art Rm

**Tuesday**

9:30am-11:15am-Exercise through Dance

MP2 & MP3

1:00pm-3:00pm-Tap/Jazz-Arlene

Activity Rm

1:00pm-2:00pm-Arthritis Foundation Exercise  
Be Fit While U Sit(EBP)-Andree

MP1 & 2

2:00pm-3:30pm Technology Class

MP1

2:00pm-4:00pm- Knitting & Crochet- Beth

Art Rm

**Wednesday**

9:00am-10:00am SilverSneakers Circuit–Monica \*Virtual\*

FREE-Silversneakers Member/\$3 fee Non-members

\*Please call Main Office for more information\*

9:00am-10:00am- Line Dancing – Cindy

MP1

10:00am-11:00am Zumba-Joanne (\$2 Donation)

MP Rm

12:30pm-2:00pm-Navigating Hope-Donna

Activity Rm

1:00pm-4:30pm - Table Tennis

MP2

\*\$2 fee Please pay at the Main Office Window\*

1:00pm-3:30-Song Birds-\*Closed Group\* Ellen

MP3

2:00pm-3:30pm-Unzip Your Lip-Ruthe

Comm. Rm

**Thursday**

09:00am-10:00am Yoga – Alison

MP2 & MP3

10:00am-11:00am Building Relationships

Activity Rm

\*Interested? Ask Main Office for more information\*

10:00am-11:00am Live Music Sing-a-Long-Alan

Comm.Rm

10:00am-12:00pm Watercolor - \*Closed\*

Art Rm

1:00pm-3:00pm-Tap/Jazz-Arlene

MP3

1:00pm-2:00pm-Life Writing-Linda

Comm.Rm

1:30pm-2:30pm-Chair Zumba-Joanne

\*Virtual\*

1:30pm-3:30pm Technology Class

Activity Rm

**Friday**

9:00am-11:15am - Table Tennis

MP2 & MP3

\*\$2 fee Please pay at the Main Office Window\*

1:00pm-2:00pm-Arthritis Foundation Exercise  
Be Fit While U Sit(EBP)-Andree

1:00pm-2:30pm-Current Events-Linda

Comm. Rm

2:00pm-4:00pm-Knitting & Crochet-Beth

Art Rm

2:00pm-4:00pm- Movie of the Week

MP3

\*\$2 fee Please pay at the Main Office Window\*

2:30pm-3:30pm-Country Line Dancing-Michael(\$6)

MP1

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

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

**September**  
**ONGOING SERVICES**

**\*Cal Fresh Enrollment/Assistance** -

Natalie at 818-708-6380 for more info.

**\*FREE BLOOD PRESSURE MANAGEMENT PROGRAM**

Jasmine at (818) 708-4753 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 at (818) 708-4759

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

**\*L.A. MENTAL HEALTH - Counseling Services - (213)348-4829**

\*See main office for more information.

**\* MEDICARE SERVICES HICAP – 1<sup>st</sup> & 4<sup>th</sup> Tuesday each month**

Call to schedule an appointment – 818-705-2345

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

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

**\*Bet Tzedek** – (323) 939-0506

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

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

**\*\*LUNCHES ARE SERVED DAILY AT 11:45\*\***

**First Come First Serve**

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



**HAPPY LABOR DAY**

**Friday Movies \$2 FEE**

**All movies start at 2:00pm in MP3**

**09/02 - THE LOST CITY (2022) PG-13 1hr 51m**

After being kidnapped by a villainous treasure hunter, a successful romance novelist is forced to team up with her cover model as they are swept into a cutthroat jungle adventure that proves stranger than fiction.

Cast [Sandra Bullock, Channing Tatum, Daniel Radcliffe,](#)

**09/09 - HERE TODAY (2021) PG-13 1hr 57m**

Veteran comedy writer Charlie Burnz forms an unlikely yet hilarious and touching friendship with New York lounge singer Emma Payne. Forging a deep bond that kicks the generation gap aside and redefines the meaning of friendship, love, and trust.

Cast [Billy Crystal, Tiffany Haddish, Penn Badgley, Laura Benanti,](#)

**09/16 - INFINITE STORM (2022) R 1h 44m**

As an experienced climber ascends Mt. Washington, she turns back before she reaches the summit as a huge blizzard approaches. But on her way down, she encounters a lone, stranded man, and takes it upon herself to get them both down the mountain before nightfall arrives.

Cast [Naomi Watts, Billy Howle, Denis O'Hare, Parker Sawyers](#)

**09/23 - QUEEN BEES (2021) PG-13 2h 39m**

While her house undergoes repairs, fiercely independent senior Helen reluctantly moves into a nearby retirement community—just temporarily. Once at Pine Grove Senior Community, she encounters feisty widows, cutthroat bridge tournaments and a group of bullying "mean girls" But somewhere between flower arranging and water aerobics Helen discovers that it's never too late to make new friends and perhaps even find a new love.

Cast: [Ellen Burstyn, James Caan, Ann-Margret, Jane Curtin, Christopher Lloyd,](#)

**09/30 - ELVIS (2022) PG13 2h 39m**

Elvis's story is seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker. As told by Parker, the film delves into the complex dynamic between the two spanning over 20 years, from Presley's rise to fame to his unprecedented stardom.

Cast: [Austin Butler, Tom Hanks, Helen Thomson, Richard Roxburgh](#)