



**June 2026 – Class Schedule**

<u><b>CALENDAR: HOT DATES</b></u>	<u><b>Monday</b></u>
<p><b>6/1-</b> Box Fan Giveaway 10am-1pm <b>Registration is Required</b>  <b>6/2-</b> Advisory Council Meeting-10:00am <i>New Members Welcome</i>  <b>6/4-</b> Dignity Health- Listening Sessions 12:30pm-1:30pm <b>Please RSVP</b>  <b>6/5-</b> LA Regional Food Box Older Adult (60+) Giveaway            9:00am-11:00am <b>*First Come First Serve*</b>  <b>6/8-</b> Crafting with the Library- 12:30pm-1:30pm <b>Please RSVP</b>  <b>6/16-</b> Alzheimer’s Association presentation “Understanding Alzheimer’s and Dementia”- 10:30am- 11:30am <b>Please RSVP</b>  <b>6/17-</b> May Birthday Celebrations Sponsored by MJM Insurance            12:30pm-1:30pm <b>RSVP</b>  <b>6/18-</b> Dept. of Mental Health “Emotional Intelligence” presentation            12:30pm- 1:30pm <b>RSVP</b>  <b>6/19-</b> Dad’s Day of Relaxation 9:30-am-11:30am <b>Appointment required *Space limited*</b>  <b>6/25-</b> Senior Helpers “Safety First” Presentation- 1230pm-130pm  <b>Please RSVP</b>  <b>6/30-</b> MJM Insurance “Stay Safe” Presentation- 10:30am-11:30am  <b>Please RSVP</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>09:00am-10:30am Chair Yoga – Alison <b>MP3</b>  <b>Please arrive early, no admittance to class after 9:15am</b></p> <p>09:45 am-11:10am Table Tennis <b>MP2</b>  <b>*\$2 fee Please pay at the Main Office Window – Bring Paddles*</b></p> <p><b>NEW TIME</b>            10:30am- 11:30am- English as Second Language Class <b>Act Rm</b></p> <p>10:00am-11:30am Bingo – Ed <b>Art Rm</b>            12:30pm- 3:00pm- Table Games Social <b>Act Rm</b></p> <p><b>*NEW*</b>            01:00pm-2:00pm- The Art of Growing Older (6/8 &amp; 6/22) <b>Comm Rm</b>            01:00pm-03:00pm Cabaret- *Closed Group* David <b>MP3</b>            01:30pm-3:30pm- Chess Club <b>Art Rm</b>            02:15pm-3:45pm Music &amp; Comedy- Musician w/ a Heart (\$6) <b>Comm</b></p>
<p><b>**ALL CLASSES IN MULTIPURPOSE ROOM ARE CANCELED ON THE FOLLOWING DAYS DUE TO NEW FLOOR INSTALLATION**</b>  <b>Friday, June 5<sup>th</sup>, Monday, June 8<sup>th</sup>, Tuesday, June 9<sup>th</sup> and Wednesday, June 10<sup>th</sup></b></p>	<p><i>*Disclaimer: Classroom assignments are subject to change at any time*</i></p>
<p><u><b>Tuesday</b></u>            10:00 am-11:15am Exercise through Dance <b>MP2&amp;3 Art Rm</b>            10:00am-11:30am Painting Without Fear - Ann  <b>*Supplies are not provided call office for list*</b>            10:00am-11:00am Loteria w/ Gladys (6/2 &amp; 6/16) <b>Act Rm</b>  <b>RETURNING CLASS</b>            12:00pm-02:00pm Board Games <b>TBA</b>            01:00pm-03:00pm Tapping Down Broadway -Arlene <b>MP 3</b>            01:00pm-01:45pm Healthy Maturity Chair Exercise <b>MP1&amp; 2</b>  <b>Sponsored by Valley Presbyterian Hospital</b>            02:00pm-03:30pm Technology Class <b>Comm Rm</b>            02:00pm-04:00pm Knitting &amp; Crochet – Beth <b>Art Rm</b>            02:15pm- 4:45pm Mahjong- Robin <b>MP 2</b>  <b>Beginner lessons for 1<sup>st</sup> hour ONLY</b>            02:30pm-04:00pm Line Dancing – Cyndy <b>MP1</b></p>	<p><u><b>Wednesday</b></u>            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* BRING YOUR OWN MATS*</b>            12:30pm- 1:30pm- Beginner’s Spanish <b>Act Rm</b>            01:00pm-04:30pm Table Tennis <b>MP2</b>  <b>*\$2 fee Please pay at the Main Office Window – Bring Paddles*</b></p> <p>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>            02:30pm- 03:30pm Advanced Hula- Josie <b>MP 1</b></p>
<p><u><b>Thursday</b></u>            09:30am-11:15am Stretch, Exercise &amp; Dance! – Milan <b>MP2&amp;3 Activity Rm</b>            10:00am-11:30am Building Relationships <b>Comm Rm</b>            10:15am-11:30am Live Music Sing-along- Alan <b>Comm Rm</b>            10:00am-12:00pm Watercolor-Martha (6/4 &amp; 6/18) <b>Art Rm</b>  <b>*Supplies are not provided call office for list*</b>            10:00am-11:30am Art &amp; Company-Lisa (6/11 &amp; 6/25) <b>Art Rm</b>  <b>*Bring your current project &amp; create it in community*</b>  <b>NO INSTRUCTOR on 6/11</b>            12:30pm-02:00pm- Hope &amp; Advocacy- Donna <b>Activity Rm</b>            01:00pm-03:00pm Tapping Down Broadway-Arlene <b>MP3</b>            01:30pm-4:00pm Technology Class <b>Comm Rm</b>            01:00pm-02:30pm Soulful Steps &amp; Sounds -Alex <b>MP1&amp;2</b>            2:30pm-3:45pm Hula Dancing- Myrna, Yoli, Beth, Emette <b>MP1&amp;2</b></p>	<p><u><b>Friday</b></u>            09:30am-11:15am- Advanced Line Dancing w/Milan <b>MP2&amp;3</b>            09:15-10:15am- Telling Our Stories <b>Comm Rm</b>            10:30am-11:30am Sit &amp; Sip with Cheryl <b>Comm Rm</b>            1:00pm- 2:00pm Arthritis Foundation Exercise <b>MPs</b>            Be Fit While U Sit (EBP)-Andree            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>            02:30pm-03:30pm Country Line Dancing - Michael (\$6) <b>MP 1</b>  <b>NO CLASS 6/26</b>            02:30pm-4:30pm Table Tennis <b>MP2</b>  <b>*\$2 fee Please pay at the Main Office Window – Bring Paddles</b>  <b>NO CLASS 6/26</b></p>

**JUNE 2026 ONGOING SERVICES**

\*Astrology with Barbara- 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the Month from 9:30am-11:30am Space limited please schedule appointment 818-705-2345 \*NEW\*

\*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- Manny Hernandez at 818-708-4759

\*CITIZENSHIP ASSISTANCE – (818) 342-4686

\*Grandparents As Parents Program – (818) 264-0880

\*LADWP Financial Assistance on Utility Bills – Manny Hernandez at 818-708-4759

\* Mature Driving Refresher Course- Call for more information and to register– 818-705-2345 Wednesday, September 9th

\* 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- 3<sup>rd</sup> Friday of the Month from 10am- 12pm– Space is limited schedule appointment 818-705-2345 \*NEW\*

\*Podiatry Screenings- June 9<sup>th</sup> & June 30<sup>th</sup> – Space is limited schedule appointment 818-705-2345

**Center Hours 8:30am- 5:00pm**

**\*\*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 in Activity Rm**

**06/05/2026 – MRS. HARRIS GOES TO PARIS (2022) (PG) 1h 55m**

Ada Harris, a widowed housecleaner in 1950s London, feels invisible until a Dior gown sparks her imagination and sends her on a life-changing adventure. (*Drama/Comedy, Based on Book*) NETFLIX

Cast: Lesley Manville, Isabelle Huppert, Lambert Wilson....

**06/12/2026 – LOST ON A MOUNTAIN IN MAINE (2024) (PG) 1h 38m**

The inspiring true story recounts the harrowing 1939 ordeal of 12 year old Donn Fendler who, separated from his family by a fast-moving storm. (*Based on a true story, Adventure/Drama*) AMAZON

Cast: Luke David Blumm, Paul Sparks, Caitlin FitzGerald....

**06/19/2026 – THE SIX TRIPLE EIGHT (2024) (PG-13) 2h 9m**

During WWII, the only US Women's Army Corps unit of color stationed overseas takes on an impossible mission. (*Sincere, Inspiring, Emotional*) NETFLIX

Cast: Kerry Washington, Ebony Obsidian, Milauna Jackson....

**06/26/2026 – CHEF (2014) (R) 1h 54m**

After igniting a Twitter war with a well-known culinary critic, a Los Angeles chef packs his knives, heads home to Miami and opens a food truck. (*Sincere, Feel-Good*) NETFLIX

Cast: Jon Favreau, Sofia Vergara, John Leguizamo....

