

ONEgeneration Senior Enrichment Center

18255 Victory Blvd, Reseda, CA 91335-- (818) 705-2345



July 2019 – Class Schedule

CALENDAR: HOT DATES

7/2-8/6- Chronic Disease Self-Management Education Series- 1:30pm-4:00pm- \$15 Gift Card for those who complete!!

7/3- Free Hearing Screening- 10am-Noon
7/11- Advisory Council Open House!- 9:30am-11:30am
7/11-Normal Aches and Pains Workshop- 10am
7/16- Reverse/Prevent Chronic Disease Workshop- 10:30am
7/16- FREE Blood Pressure/Glucose Screenings- 10:00am
7/16- LA Regional Food Bank Distribution- 1:00pm
7/18- Stroke Awareness/Prevention Workshop- 10:30am
7/19- Health Wellness Friday- HEAL-thy-SELF- 9:30am-11:30am
7/22- Legal Shield Presentation- 1:00pm
7/25-You Have the Power-5-Pt Series- 10:00am-11:30am
7/25- Aging Gracefully Presentation – 1:00pm

Monday

9:00am-11:30am Table Tennis **(\$2 FEE)** MP2
9:30am-10:30am Meditation and Breathing (\$5)-Joanne MP3
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.
****Call Office to Sign up****
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)- Starting July 8th Comm Rm.
1:00pm-3:00pm- SAVVY Caregiver (EBP) Activity Rm.
(July 1st- August 5th)
1:30pm-3:30pm Drawing/Sketching **(\$2 Donation)** Art Rm
1:30pm-3:00pm Parkinson's Support Group- Max Conf.Room
1:00pm-3:00pm Cabaret (Wait List)- David MP3

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 Rummykub **(\$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 Be Fit While U Sit (EBP)- Luella**(\$2)** MP1&2
1:00pm-3:00pm Tap/Jazz- Arlene **(\$2 Donation)** MP3
1:00pm-2:30pm Ukulele- Eli **(\$2 Donation)** Comm Rm
1:30pm-4:00pm Chronic Disease Self-Management Education (Evidenced Based)- 7/2-8/6 Activity 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

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 MP3
Chair Exercise (EBP \$6 FEE) Chhiv
5:00pm-7:00pm Grandparents as Parents (Spanish) Comm Rm
Support Group

Thursday

8:30am-10:00am Yoga (\$6 FEE)-Jeanette MP 2&3
9:00am-11:45am Rummykub **(\$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 Art Room
(\$2 Donation)
2:00pm-3:00pm Country Line Dancing (\$6 FEE)-Michael MP2
2:00pm-4:00pm UCLA Memory (EBP) (\$2 Donation) Activity Rm
Starting June 27th-July 25th
3:15pm-4:45pm International Folk Dancing-JoAnn**(\$3)** MP 2&3

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) Luella **(\$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
3:30pm-4:30pm Arthritis Foundation Exercise MP1
Chair Exercise (EBP \$6 FEE) Chhiv

****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

7/5/19- The 15:17 to Paris

2018 PG-13 1h 34m

An attempted terrorist attack on a Paris bound train is prevented by three courageous young Americans. Their friendship was their greatest weapon that saved the lives of those on board.

Cast- Spencer Stone, Alek Skarlatos, Anthony Sadler

7/12/19- Book Club

2018 PG-13 1h 44m

Friends and members of the 60-plus set, Diane, Jane, Sharon and Carol have seen it all when it comes to relationships. But after reading "Fifty Shades of Grey," they're inspired to make bold choices in the romance department, with hilarious results.

Cast- Diane Keaton, Jane Fonda, Candice Bergen

7/19/19- The Mule

2018 R 1h 56m

Earl, a broke man in his 80s, is offered a job that simply requires him to drive. But unbeknownst to Earl, he's just signed on as a drug courier for a Mexican cartel. He does well—so well, in fact, that his cargo increases exponentially, and Earl is assigned a handler. But he isn't the only one keeping tabs on Earl; the mysterious new drug mule has also hit the radar of hard-charging DEA agent Colin Bates. And even as his money problems become a thing of the past, Earl's past mistakes start to weigh heavily on him, and it's uncertain if he'll have time to right those wrongs before law enforcement, or the cartel's enforcers, catch up to him.

Cast Clint Eastwood, Bradley Cooper, Laurence Fishburne

7/26/19- The Old Man & the Gun

2018 PG-13 1h 33m

Based on the true-life exploits of bank robber Forrest Tucker, this serio-comic tale recounts his daring escape from prison at age 70 and the long string of heists that preceded the bandit's final arrest at age 78.

Cast - Robert Redford, Casey Affleck, Danny Glover

****ONEgeneration Senior Enrichment Center will be closed on Thursday, July 4th, 2019. Office will re-open on Friday, July 5th, 2019****

July 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!*