

ONEgeneration Senior Enrichment Center
18255 Victory Blvd, Reseda, CA 91335-- (818) 705-2345

March 2018 – Class Schedule

CALENDAR: HOT DATES

3/1- Advisory Council Meeting Meet n' Greet- 10:00am
3/6-Hearing Screening & Telephone Assistance Info-10am
3/8- TAP Card Presentation- 9:30am-11:30am
3/15- iPhone Training Presentation-10am-Noon
3/15- Holistic Philosophy Presentation-10am
3/19-4/9- UCLA Memory-Mondays- 1:00pm-3:00pm
3/20- LA Regional Food Bank Distribution- 1:00pm
3/22- Cooking Class-Simply Nutritious- 10:30am
3/23-Android Training Presentation- 10am-Noon
3/29- Speakers Bureau Know you Meds 101- 10:30am

MARCH

Monday

9:00am-10:30am Walk n' Talk (EBP)- Sheri **(\$2 Donation)** Park
 9:00am-11:30am Table Tennis **(\$2 Donation)** MP2
 9:30am-10:30am Meditation and Breathing (\$5)-Joanne MP3
 10:00am-12:00pm Watercolor for Beginners-Cristina Art Rm
1:00pm-2:00pm Zumba Gold- Joann **NEW CLASS* MP 1 & 2
FREE-Silver & Fit Member/\$3 fee Non-Members
 1:00pm-3:00pm Drawing/Sketching **(\$2 Donation)** Art Rm
 1:00pm-3:00pm Intermediate Spanish (\$4) Michael Activity Rm
 1:30pm-3:00pm Parkinson's Support Group- Max Conf.Room
1:00pm-3:00pm UCLA Memory- Starting 3/19- 4/9 Activity Rm
 1:00pm-3:00pm Cabaret (Wait List)- David MP3
2:00pm-3:00pm Beginning Belly Dancing (\$3) MP2
 3:00pm-4:30pm Poetry Forum-Norma **(\$2 Donation)** Comm Rm

Tuesday

9:00am-11:30am Oil Painting- Tamara **(\$2 Donation)** Art Room
 9:00am-11:45am Rummykub **(\$2 Donation)** MP1
9:00am-10:00am Silversneakers Classic-Veena Comm Rm.
FREE-Silversneakers Member/\$3 fee-Non-members
 9:30am-11:30am Exercise through Dance- Joann MP2&3
(\$2 Donation)
10:15am-12:30 Advanced Spanish (\$4)-Michael Comm Rm.
10:30am-Noon Book Club (1st & 3rd Tuesday) Conf Rm
 12:00pm-5:00pm Knitting & Crochet-**(\$2 Donation)** Art Room
 1:00pm-2:00pm Be Fit While U Sit (EBP)- Pat MP1&2
 1:00pm-3:00pm Advanced Tap/Jazz- Arlene MP3
 1:00pm-2:30pm Ukulele- Eli **(\$2 Donation)** Comm Rm
2:30pm-3:30pm Bollywood- (\$2 Donation) MP 1&2
 2:40pm-4:00pm Unzip Your Lip- **(\$2 Donation)** Comm Rm
 3:30pm-4:30pm Ballroom Dancing **(\$2 Donation)** MP 1&2
 3:30pm-4:30pm Arthritis Foundation Exercise Activity Rm
 Yoga/Body Conditioning (EBP-\$6)
 3:30pm-4:30pm Country Line Dancing (\$6) MP3
 Intermediate- Michael

Wednesday

9:00am-10:00am *NEW Class*
Aerobics/Body Conditioning MP 2&3
 9:00am-10:30am Walk n' Talk (EBP)- Sheri **(\$2 Donation)** Park
 10:00am-11:00am Zumba-Joanne **(\$2 Donation)** MP2&3
 12:30pm-2:30pm Navigating Hope- Donna **(\$2 Donation)** Comm Rm
 1:00pm-3:15pm Beginning Spanish (\$4)-Michael Art Rm
 1:00pm-4:30pm Table Tennis **(\$2 Donation)** MP2
 1:00pm-3:30pm Song Birds-Ellen MP3
 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 *NEW CLASS* ActivityRm
(\$2 Donation)
 3:30pm-4:30pm Arthritis Foundation Exercise Comm Rm
 Chair Exercise (EBP \$6) Chhiv
1:00pm-2:30pm- Culture Celebration-March 21st Activity Rm
Latin America
****New Program** 3rd Wednesday of every month**

Thursday

8:30am-10:00am Yoga (\$6)-Jeanette MP 2&3
 9:00am-11:45am Rummykub **(\$2 Donation)** MP1
 10:00am-11:30am Tai Chi Chuan I (\$6)-Jeanette MP 2&3
 10:00am-11:15am Women's Support Group Comm Rm
(\$2 Donation)
 10:00am-11:30am Rebuilding Relations**(\$2 Donation)** Conf.Room
1:00pm-2:00pm Silversneakers Classic-Sandy MP2
FREE-Silversneakers Member/\$3 fee-Non-members
 1:00pm-3:00pm Intermediate Spanish (\$4)- Michael Activity Rm
 1:00pm-3:00pm Advanced Tap/Jazz-Arlene 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)-Michael MP2
 3:15pm-4:45pm International Folk Dancing-Joann MP 2&3
(\$2 Donation)
 3:30pm-4:30pm Arthritis Foundation Exercise Activity Rm
 Yoga/Body Conditioning (EBP-\$6) Chhiv

Friday

9:00am-10:30am Walk n' Talk (EBP)- Sheri **(\$2 Donation)** Park
 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)- Jeanette Comm Rm
 1:00pm-2:00pm Arthritis Foundation Exercise MP1
 Be Fit While U Sit (EBP) Pat **(\$2 Donation)**
 1:00pm-3:30pm Needlework Group- **(\$2 Donation)** Art Rm
 1:30pm-4:00pm Table Tennis **(\$2 Donation)** MP2
 2:00pm-4:00pm Movie of the Week **(\$2 Donation)** MP3
(NEW TIME CHANGE)
 2:35pm-4:35pm Advanced Spanish (\$4)-Michael Comm Rm
 3:30pm-4:30pm Arthritis Foundation Exercise Activity Rm
 Chair Exercise (EBP \$6) Chhiv

Thrift Corner & Snack Shop Hours of Operation:
Monday-Friday 10:00am-2:00pm
***Fitness Center Open Monday-Friday 9am-5pm**

Friday Movies

All movies start at 2:00pm

3/2/2018- Lion – PG 13

In this affecting true story, 5-year old Saroo is adopted by an Australian couple after losing his way in the urban jungle of Kolkata. More than two decades later, new mapping technology prompts Saroo to search for his lost family in India. *Time: 1hr 58m*

Cast: Dev Patel, Nicole Kidman, Rooney Mara, David Wehnam

3/9/2018- War for the Planet of the Apes – PG-13

Completing the “Planet of the Apes” trilogy this epic of interspecies war pits the apes led by Caesar against a deadly human army. After catastrophic losses, Caesar reluctantly adapts ruthless tactics to assure his clan’s survival. *Time: 2hr 20m*

Cast: Andy Serkis, Woody Harrelson, Steve Zahn

3/16/2018- The Book of Henry – PG-13

Susan, a single mother of two, working as a waitress in a small town, but everything in her life is not what it seems. Her son, Henry, is 11-year-old genius who not only masters academics, but manages the family finances and acts as emotional support for Susan. When Henry finds out that the girl next door, Christina, has a terrible secret, Henry and Susan take matters in their own hands in this imaginative and emotional drama.

Time: 1hr 45m

Cast: Naomi Watts, Jaeden Lieberher, Jacob Tremblay

3/23/2018- Wind River – R

When U.S. Fish and Wildlife employee Cory Lambert stumbles upon the frozen body of a teenage girl, FBI Agent Jane Banner is quickly dispatched to get to the bottom of the mystery. Unprepared for the harsh conditions, she enlists Cory as a tracker. *Time: 1hr 51m*

Cast: Jeremy Renner, Elizabeth Olsen, Jon Bernthal

3/30/2018- The Jungle Book – PG

Inspired by the animated Disney classic, this live-action adaptation of Rudyard Kipling’s beloved novel follows young Mowgli as he navigates a jungle full of wonder and peril with his animal allies Bagheera the panther and Baloo the bear. *Time: 1hr 45m*

Cast: Bill Murray, Ben Kingsley, Idris Elba

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!

March 2018 **ONGOING SERVICES**

***AARP TAX ASSISTANCE (FREE): Tuesdays & Fridays**
Call 818-705-2345 to schedule your apt.

***BRAILLE VISUAL AID CONSULTATIONS- March 21st**
Call for more information (323) 663-1111.

***NEW SERVICE* Cal Fresh Enrollment/Assistance**
3rd Tuesday by Appointment Only- Call (818)705-2345

***CANDY WATSON- REVERSE MORTGAGE SPECIALIST** By appointment only *Call (661)877-1317* to make apt.

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

***COREY A. CARTER - Bankruptcy Advice**
Call for a consultation 818-705-2345

***ELDER LAW ATTORNEY- Sara Polinsky**
Call to schedule appointment

***EMPLOYMENT ASSISTANCE-** Call (800)525-1425 for more info.

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

***L.A. MENTAL HEALTH - Counseling Services**
Wednesdays, 10:00 am-2:00 pm. Call (213) 923-4838.

***LEGAL SERVICE (FREE) – Bet Tzedek**
Please call the main office to schedule an appointment at (818) 705-2345.

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

***MASSAGE THERAPY**
Wednesdays, 9:30 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**
Every 2nd & 4th Tuesday of the month - 10:00 am-12:00 noon, call for appointment 818-705-2345.

***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**