



March 2026 – Class Schedule

<u>CALENDAR: HOT DATES</u>	<u>Monday</u>
<p>3/3- Advisory Council Meeting-10:00am <i>New Members Welcome</i></p> <p>3/6- LA Regional Food Box Older Adult (60+) Giveaway 9:00am-11:00am *First Come First Serve*</p> <p>3/6- Los Uff Das Comedy Show- 2:30pm-4:00pm Donations Welcome!</p> <p>3/9- Library Presentation in Spanish – 10:30am-11:30am RSVP</p> <p>3/16- Energy Savings Presentation- 10:30am-11:30am RSVP</p> <p>3/18- March Birthday Celebration- sponsored by MJM Insurance 12:30pm-1:30pm Please RSVP</p> <p>3/19- DMH Presentation “Preserving Your Memory”- 12:30pm-1:30pm Please RSVP</p> <p>3/24- LA Public Library presents “Let’s Salsa” a dance class 2:15pm-3:15pm Please RSVP</p> <p>3/26- CSUN Trivia Bingo- 12:30pm-2:30pm Please RSVP</p> <p>3/30- CSUN Paint & Sip- 10am-11:30am Space Limited RSVP Required</p>	<p>09:00am–10:00am SilverSneakers Circuit–Veena Virtual FREE-SilverSneakers Member/\$3 fee Non-members *Please call Main Office for more information*</p> <p>09:00am-10:30am Chair Yoga – Alison MP3 Please arrive early, no admittance to class after 9:15am</p> <p>09:45 am-11:15am Table Tennis MP2 *\$2 fee Please pay at the Main Office Window – Bring Paddles*</p> <p>10:30am- 11:30am- English as Second Language Class Act Rm</p> <p>10:00am-11:30am Bingo – Ed Art Rm</p> <p>01:00pm-2:00pm Box & Dance Fitness Class – Dan MP1 *LAST CLASS MARCH 3rd *</p> <p>01:00pm-2:00pm- The Art of Growing Older (3/9 & 3/23) Comm Rm</p> <p>01:00pm-03:00pm Cabaret- *Closed Group* David MP3</p> <p>01:30pm-3:30pm- Chess Club Art Rm</p> <p>02:15pm-3:45pm Music & Comedy- Musician w/ a Heart (\$6) Comm</p> <p>02:15pm-3:15pm- Stories We Carry – Intern Justine Act Rm *NEW 6- WEEK WRITING CLASS BEGINS 3/23*</p> <p><i>*Disclaimer: Classroom assignments are subject to change at any time*</i></p>
<p><u>Tuesday</u></p> <p>10:00 am-11:15am Exercise through Dance MP2&3 *NEW TIME*</p> <p>10:00am-11:30am Painting Without Fear - Ann Art Rm *Supplies are not provided call office for list*</p> <p>12:00pm-02:00pm Board Games TBA</p> <p>01:00pm-03:00pm Tapping Down Broadway -Arlene MP 3</p> <p>01:00pm-01:45pm Healthy Maturity Chair Exercise MP1& 2 *Sponsored by Valley Presbyterian Hospital*</p> <p>02:00pm-03:30pm Technology Class Comm Rm</p> <p>02:00pm-04:00pm Knitting & Crochet – Beth Art Rm</p> <p>02:15pm- 4:45pm Mahjong- Robin MP 2 *NEW ROOM*</p> <p>02:30pm-04:00pm Line Dancing – Cyndy MP1</p> <p>NO CLASS 3/24</p>	<p><u>Wednesday</u></p> <p>09:00am–10:00am SilverSneakers Circuit–Veena Virtual FREE-SilverSneakers Member/\$3 fee Non-members *Please call Main Office for more information*</p> <p>10:00am-11:00am Zumba Dance MP Rm</p> <p>12:30pm- 1:30pm- Mat Yoga Comm Rm *FIRST COME FIRST SERVE* BRING YOUR OWN MATS*</p> <p>12:30pm- 1:30pm- Beginner’s Spanish Act Rm</p> <p>01:00pm-04:30pm Table Tennis MP2 *\$2 fee Please pay at the Main Office Window – Bring Paddles*</p> <p>01:00pm-02:30 Songbirds *Closed Group* - Ellen MP3</p> <p>01:00pm-02:30 Karaoke – Alex MP1</p> <p>02:00pm-03:30pm Unzip Your Lip – Ruthe Comm Rm</p> <p>02:30pm- 03:30pm Advanced Hula- Josie MP 1</p>
<p><u>Thursday</u></p> <p>09:30am-11:15am Stretch, Exercise & Dance! – Milan MP2&3</p> <p>10:00am-11:30am Building Relationships Activity Rm</p> <p>10:00am-11:30am Live Music Sing-along- Alan Comm Rm</p> <p>10:00am-12:00pm Watercolor-Martha (3/5 & 3/19) Art Rm *Supplies are not provided call office for list*</p> <p>10:00am-11:30am Art & Company-Lisa (3/12 & 3/26) Art Rm *Bring your current project & create it in community* *NEW CLASS FORMAT*</p> <p>12:30pm-02:00pm- Hope & Advocacy- Donna Activity Rm</p> <p>01:00pm-03:00pm Tapping Down Broadway-Arlene MP3</p> <p>01:30pm-4:00pm Technology Class Comm Rm</p> <p>01:00pm-02:30pm Soulful Steps & Sounds -Alex MP1&2</p> <p>2:30pm-3:45pm Hula Dancing- Myrna, Yoli, Beth, Emette MP1&2</p>	<p><u>Friday</u></p> <p>09:30am-11:15am- Advanced Line Dancing w/Milan MP2&3</p> <p>09:15-10:15am- Telling Our Stories Comm Rm</p> <p>10:30am-11:30am Sit & Sip with Cheryl Comm Rm</p> <p>1:00pm- 2:00pm Arthritis Foundation Exercise MPs</p> <p>Be Fit While U Sit (EBP)-Andree NO CLASS 3/6</p> <p>1:00pm-02:30pm “Let’s Talk Positive Events”–Mitchell Comm Rm</p> <p>02:00pm-04:00pm Knitting & Crochet – Beth Art Rm</p> <p>02:00pm-04:00pm Movie of the Week MP 3 *\$2 fee Please pay at the Main Office Window* NO MOVIE 3/6</p> <p>02:30pm-03:30pm Country Line Dancing - Michael (\$6) MP 1</p> <p>02:30pm-4:30pm Table Tennis MP2 *\$2 fee Please pay at the Main Office Window – Bring Paddles NO CLASS 3/6</p>

March 2026 ONGOING SERVICES

***AARP Tax Assistance** – call main office at 818-705-2345 to schedule an appointment available Tuesdays and Fridays, February 3rd- April 14th

Appointment IS REQUIRED

***Better Age Personal Health & Wellbeing Assessment**- Call the main office to improve your health – 818-705-2345

<https://oneration-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**- Juana Torres at 818-708-6603

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

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

***LADWP Financial Assistance on Utility Bills** – Juana Torres at 818-708-6603

* **Mature Driving Refresher Course**- Call for more information and to register– 818-705-2345 **Wednesday, May 6th**

* **MEDICARE SERVICES HICAP** – 1st & 4th Tuesday each month Call to schedule an appointment – 818-705-2345 or call their office at (800) 824-0780

***Podiatry Screenings**- **March 17th & March 24th** – Space is limited **schedule appointment** 818-705-2345

Center Hours 8:30am- 5:00pm

****LUNCHEAS 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 MP3

03/06/2026 – NO MOVIE

Join us for our Comedy Show at 2:30pm

03/13/2026 – THE MAGIC OF BELLE ISLE (2012) (PG) 1h 49m

A burned-out author finds his creative passion renewed when he moves to quaint Belle Isle and befriends a single mother and her three daughters. (Drama/Comedy)

Cast: Morgan Freeman, Virginia Madsen, Kenan Thompson....

03/20/2026 – LETTERS TO JULIET (2010) (PG) 1h 45m

An aspiring writer finds a 50-year-old love letter and sets out to reunite lost lovers in this tender rom-com. (Romantic Comedy)

Cast: Amanda Seyfried, Christopher Egan, Gael Garcia Bernal....

03/27/2026 – RED JOAN (2019) (R) 1h 40m

A tangled secret past comes to light when investigators arrest an unassuming retiree for treason – as the KGB's longest – serving British spy. (Drama/inspiring)

Case: Judi Dench, Nina Sosanya....

Daylight Savings time!

Spring Ahead



Sunday, March 8, 2026

Set your clocks Ahead 1 hour!

