

# ONEgeneration Senior Enrichment Center

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

## August 2018 – Class Schedule

### CALENDAR: HOT DATES

8/2- Advisory Council Meeting- 10:00am  
8/3- UCLA Heart Disease Prevention- 10:00am-11:30am  
8/3- Advanced TAP Card Workshop- 9:30am  
8/10- Summer Luau Dance- 2:00pm-4:00pm  
8/13-9/17-Diabetes Education Workshop Series- 10:00am  
8/14, 8/21, 8/28- SAVVY Caregiver Workshop-10am-Noon  
8/15, 8/22,8/29-Living with Alzheimer's 3-part Series-10am  
8/16- Medication Safety Education Presentation-10am  
8/16- Walgreens FREE Glucose Screening-11am-Noon  
8/21- LA Regional Food Bank Distribution- 1:00pm  
8/23- Age Well/Drive Smart Workshop 10:30am  
8/24- Health Wellness Friday- Water Therapy- 9:30  
8/24- Nutrition Bingo- 10:30am

### Monday

9:00am-10:30am Walk n' Talk (EBP)- **Sheri (\$2 Donation)** Park  
9:00am-11:30am Table Tennis **(\$2 FEE)** MP2  
9:30am-10:30am Meditation and Breathing (\$5)-**Joanne** MP3  
10:00am-12:00pm-Watercolor for Beginners-**Cristina** Art Rm  
(Waiting List-Sign up in the office)  
1:00pm-2:00pm **Zumba Gold- Joann** **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 Cabaret (Wait List)- **David** MP3  
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  
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-3:00pm Advanced Spanish (\$4)-Michael Activity Rm.  
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 \*On hold\** *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-11:00am **\*NEW CLASS\*** **Art Rm**  
**Bridge Group (\$3)**  
9:00am-10:00am 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 Intermediate Spanish (\$4)-**Michael** Activity Rm  
1:00pm-4:30pm Table Tennis **(\$2 FEE)** MP2  
1:00pm-3:30pm Song Birds-**Ellen** MP3  
1:30pm-3:00pm Braille Audio Book Club Conf.Room  
(2<sup>nd</sup> Wednesday of the Month) **(\$2 Donation)**  
2:40pm-4:30pm **Sing-a-long Karaoke** **MP1**  
**(\$2 Donation)**  
3:30pm-4:30pm Arthritis Foundation Exercise Comm Rm  
Chair Exercise (EBP \$6) **Chhiv**

### 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(\$3)** MP 2&3  
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  
**\*\*NEW CLASS STARTING JULY 20<sup>th</sup>\*\***  
12:25pm-2:25pm **Basic/Beginning Spanish (\$4)** **Michael**  
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 FEE)** 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**

## **Friday Movies**

All movies start at 2:00pm

### **8/3/2018-Darkest Hour – PG-13**

Winston Churchill's stirring defiance of the Nazi threat is the focus of this historical drama that depicts his fearless refusal to surrender Britain to Adolf Hitler and his relentless army during World War II's early days

Time: 2hr 5m

Cast: Gary Oldman, Kristin Scott Thomas, Ben Mendelsohn

### **8/10/2018-Moana – PG**

This aquatic animated tale follows the journey of Moana Waialiki, a plucky Polynesian teen who sets out on a long and perilous ocean voyage in search of a mythical island, aided by the demigod Maui.

Time: 1hr 47m

Cast: Auli'i Cravalho, Dwayne Johnson, Alan Tudyk

### **8/17/2018- Lady Bird – R**

In her senior year of high school in Sacramento, teenage Lady Bird is set on making her way east to attend college in New York City. With help from her adopted brother, Miguel, she begins putting together a plan for her great escape.

Time: 1hr 33m

Cast: Saoirse Ronan, Laurie Metcalf, Tracy Letts

### **08/24/2018-Victoria and Abdul – PG-13**

When Abdul Karim (Ali Fazal), a young clerk, travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favor with the Queen herself. As the Queen questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance with a loyalty to one another that her household deepens, the Queen begins to see a changing world through new eyes and joyfully reclaims her humanity.

Cast: Judi Dench, Ali Fazal, Eddie Izzard.

### **8/31/2018-Mamma Mia! – PG-13**

On the idyllic Greek isle of Kalokairi, single mom Donna Sheridan (Meryl Streep) goes into a tizzy when her bride-to-be daughter (Amanda Seyfried), in a bid to learn her father's identity, invites three of Donna's ex-lovers to the wedding.

Time: 1hr 48m

Cast: Meryl Streep, Amanda Seyfried, Pierce Brosnan, Colin Firth and Stellan Skarsgard

Thrift Corner & Snack Shop Hours of Operation:

Monday-Friday 10:00am-2:00pm

\*Fitness Center Open Monday-Friday 9am-5pm

## **August 2018**

### **ONGOING SERVICES**

#### **\*BRAILLE VISUAL AID CONSULTATIONS**

Call for more information (323) 663-1111.

#### **\*NEW SERVICE\* Cal Fresh Enrollment/Assistance**

3<sup>rd</sup> 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

#### **\*CITIZENSHIP ASSISTANCE- 818-342-4680**

**\*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**

1<sup>st</sup> and 3<sup>rd</sup> 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 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the month - 10:00 am-12:00 noon, call for appointment 818-705-2345.

#### **\*PODIATRY & WOUND CARE SERVICES-1<sup>st</sup> 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!*