

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- 9:30am
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 Rummikub (**\$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
(2nd 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 Rummikub (**\$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 20th****
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 Skarsgård*

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**

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

***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**

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**

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!