



<u>CALENDAR: HOT DATES</u>		<u>Monday</u>
5/5-Advisory Council – 9:00am-10:00am		9:00am – 10:00am SilverSneakers Circuit–Alys *Virtual Class* <u>FREE-Silversneakers Member/\$3 fee Non-members</u> <u>*Please call Main Office for more information*</u>
5/8- Happy Mother's Day		09:30am-10:30am- Meditation & Breathing-Joanne *Balboa Park*
5/14-13th Annual Senior Symposium - 9:00am-Noon https://www.eventbrite.com/e/onegeneration-13th-annual-senior-symposium-tickets-276155467437		10:30am-12:00pm- Bingo-Ed Art Rm
5/20-Health & Wellness Friday - 9:00am-10:30am		1:00pm- 3:00pm- Cabaret- *Closed Group* David MP1
5/23-UCLA Varicose Vein Presentation – 11am-12pm		
5/30- Memorial Day *Closed*		
<u>Tuesday</u>		<u>Wednesday</u>
9:30am-11:30am-Exercise through Dance	MP1	9:00am-10:00am SilverSneakers Circuit–Alys *Virtual Class* <u>FREE-Silversneakers Member/\$3 fee Non-members</u> <u>*Please call Main Office for more information*</u>
1:00pm-3:00pm-Tap/Jazz-Arlene	Comm. Rm	11:00am-12:00pm-Navigating Hope-Donna Comm. Rm
1:00pm-2:00pm-Arthritis Foundation Exercise Be Fit While U Sit(EBP)-Andree	MP1	1:00pm-3:30-Song Birds-*Closed Group* Ellen MP1
2:00pm-3:30pm- Knitting & Crochet- Beth	Art Rm	2:00pm-4:00pm-Unzip Your Lip-Ruthe Comm. Rm
<u>Thursday</u>		<u>Friday</u>
10:00am-11:00am Building Relationships	Activity Rm	1:00pm-2:00pm-Arthritis Foundation Exercise MP1
10:00am-11:00am Live Music Sing-a-Long-Alan	Comm.Rm	Be Fit While U Sit(EBP)-Andree
Starting May 12th		1:00pm-1:45pm-Tech Class-Randy Activity Rm *ENDS May 13th*
10:00am-12:00pm Watercolor - *Waitlist*	Art Rm	2:00pm-3:00pm-Current Events-Randy Comm. Rm *ENDS May 13th*
1:00pm-3:00pm-Tap/Jazz-Arlene	Comm. Rm	2:00pm-3:30pm-Knitting & Crochet-Beth Art Rm
1:30pm-2:30pm-Chair Zumba-Joanne	*Virtual*	2:30pm-3:30pm-Country Line Dancing-Michael(\$6) MP1
https://us06web.zoom.us/j/96300894568? pwd=WE01YIJFdIJSTc2czV2enNJSTRydz09		
*Fitness Center Open Monday-Friday 8:30am-4:30pm		
<i>*Disclaimer: Classroom assignments are subject to change at any time</i>		

May 2022
ONGOING SERVICES

***Cal Fresh Enrollment/Assistance** -

Natalie at 818-708-6380 for more info.

***FREE BLOOD PRESSURE MANAGEMENT PROGRAM** -Cinthya

at (818) 708-4753 for more info.

***Vaccine Clinics** - (657) 235-0812, (818)639-1090 or

(818)738-9927 for more info.

***LADWP Financial Assistance on Utility Bills** -

Emmanuel at (818) 708-4759 or Jasmine at (818) 708-6632

***Grandparents As Parents Program** - (818) 264-0880 for more info.

***L.A. MENTAL HEALTH - Counseling Services** - (213)348-4829

*See main office for more information.

***MEDICARE SERVICES HICAP-** (800) 824-0780

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

***CANDY WATSON- REVERSE MORTGAGE SPECIALIST** By

appointment only *Call (661)877-1317* to make apt.

***ELDER LAW ATTORNEY- Sara Polinsky** - (818) 906-9900

***Bet Tzedek** - (323) 939-0506

***Bar Association** - (818) 227-0489

***SENIOR PEER COUNSELING SERVICES-** (818) 847-3845

Welcome
BACK

Nutrition/Lunches

Tuesday-Grab-n-Go Meal Pickups

9:30am-11:00am

MP1 (Outside Area)

Please call to register

Luanne - 818-708-4758

Thank you for following all COVID protocols and keeping our Senior Center safe for everyone!

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!