



#### CALENDAR: HOT DATES

5/5-Advisory Council – 9:00am-10:00am

5/8- Happy Mother's Day

5/14-13th Annual Senior Symposium - 9:00am-Noon  
<https://www.eventbrite.com/e/onegeneration-13th-annual-senior-symposium-tickets-276155467437>

5/20-Health & Wellness Friday - 9:00am-10:30am

5/23-UCLA Varicose Vein Presentation – 11am-12pm

5/30- Memorial Day **\*Closed\***

#### Monday

9:00am – 10:00am SilverSneakers Circuit–Alys **\*Virtual Class\***  
**FREE-Silversneakers Member/\$3 fee Non-members**

**\*Please call Main Office for more information\***

09:30am-10:30am- Meditation & Breathing-Joanne **\*Balboa Park\***

10:30am-12:00pm- Bingo-Ed **Art Rm**

1:00pm- 3:00pm- Cabaret- **\*Closed Group\*** David **MP1**

#### Tuesday

9:30am-11:30am-Exercise through Dance **MP1**

1:00pm-3:00pm-Tap/Jazz-Arlene **Comm. Rm**

1:00pm-2:00pm-Arthritis Foundation Exercise **MP1**  
Be Fit While U Sit(EBP)-Andree

2:00pm-3:30pm- Knitting & Crochet- Beth **Art Rm**

#### Wednesday

9:00am-10:00am SilverSneakers Circuit–Alys **\*Virtual Class\***  
**FREE-Silversneakers Member/\$3 fee Non-members**

**\*Please call Main Office for more information\***

11:00am-12:00pm-Navigating Hope-Donna **Comm. Rm**

1:00pm-3:30-Song Birds-**\*Closed Group\*** Ellen **MP1**

2:00pm-4:00pm-Unzip Your Lip-Ruthe **Comm. Rm**

#### Thursday

10:00am-11:00am Building Relationships **Activity Rm**

10:00am-11:00am Live Music Sing-a-Long-Alan **Comm.Rm**  
**\*Starting May 12th\***

10:00am-12:00pm Watercolor - **\*Waitlist\*** **Art Rm**

1:00pm-3:00pm-Tap/Jazz-Arlene **Comm. Rm**

1:30pm-2:30pm-Chair Zumba-Joanne **\*Virtual\***

[https://us06web.zoom.us/j/96300894568?](https://us06web.zoom.us/j/96300894568?pwd=WE01YlJFdIJSTc2czV2enNJSTRydz09)  
[pwd=WE01YlJFdIJSTc2czV2enNJSTRydz09](https://us06web.zoom.us/j/96300894568?pwd=WE01YlJFdIJSTc2czV2enNJSTRydz09)

#### Friday

1:00pm-2:00pm-Arthritis Foundation Exercise **MP1**  
Be Fit While U Sit(EBP)-Andree

1:00pm-1:45pm-Tech Class-Randy **Activity Rm**  
**\*ENDS May 13th\***

2:00pm-3:00pm-Current Events-Randy **Comm. Rm**  
**\*ENDS May 13th\***

2:00pm-3:30pm-Knitting & Crochet-Beth **Art Rm**

2:30pm-3:30pm-Country Line Dancing-Michael(\$6) **MP1**

**\*Fitness Center Open Monday-Friday 8:30am-4:30pm**

*\*Disclaimer: Classroom assignments are subject to change at any time*

**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

  
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!***