



February 2026 – Class Schedule

<u>CALENDAR: HOT DATES</u>	<u>Monday</u>
<p>2/3- Advisory Council - 10:00am-11:00am Community Room 2/6- LA Regional Food Box Older Adult (60+) Giveaway 9:00am-11:00am *First Come First Serve* 2/10- Alzheimer’s Association- “Healthy Living for Brain and Body” presentation 10:30am- 11:30am in Comm Rm PLEASE RSVP 2/12- Regal Medical- Heart Health Presentation 12:30pm- 1:30pm RSVP REQUIRED 2/13- Valentine’s Dance sponsored by Blue Shield 1:30pm- 3:30pm PLEASE RSVP \$2 Donation Recommended 2/17- Crafting with Community Helpers 12:30pm- 1:30pm Space Limited RSVP REQUIRED 2/19- DMH- “Health, Wellness and Wholeness” Presentation 12:30pm -1:30pm PLEASE RSVP 2/24- Game Day! – Sponsored by Chime Students 10:00am- 11:30am please be prompt RSVP REQUIRED 2/26- Consumer Action- “Robocalls and Consumer Scams” Presentation 12:30pm -1:30pm PLEASE RSVP</p>	<p>09:00am–10:00am SilverSneakers Circuit–Veena Virtual FREE-SilverSneakers Member/\$3 fee Non-members *Please call Main Office for more information* 09:00am-10:30am Chair Yoga – Alison MP3 Please arrive early, no admittance to class after 9:15am 09:45 am-11:15am Table Tennis MP2 *\$2 fee Please pay at the Main Office Window – Bring Paddles* 10:30am- 11:30am- English as Second Language Class Act Rm 10:00am-11:30am Bingo – Ed Art Rm 01:00pm-2:00pm Box & Dance Fitness Class – Dan MP1 *Sponsored by Regal Medical Group* 01:00pm-2:00pm- The Art of Growing Older (2/9 & 2/23) Comm 01:00pm-03:00pm Cabaret- *Closed Group* David MP3 01:30pm-3:30pm- Chess Club Art Rm 02:15pm-3:45pm Music & Comedy- Musician w/ a Heart (\$6) Comm</p> <p><i>*Disclaimer: Classroom assignments are subject to change at any time*</i></p>
<p><u>Tuesday</u> 10:00 am-11:15am Exercise through Dance MP2&3 *NEW TIME* 10:00am-11:30am Painting Without Fear - Ann Art Rm *Supplies are not provided call office for list* 12:00pm-02:00pm Board Games TBA 01:00pm-03:00pm Tap/Jazz-Arlene MP3 01:00pm-01:45pm Healthy Maturity Chair Exercise MP1& 2 *Sponsored by Valley Presbyterian Hospital* *NEW CLASS* 02:00pm-03:30pm Technology Class Comm Rm 02:00pm-04:00pm Knitting & Crochet – Beth Art Rm 02:15pm- 4:45pm Mahjong- Robin MP 2 *NEW ROOM* 02:30pm-04:00pm Line Dancing – Cyndy MP1&2</p>	<p><u>Wednesday</u> 09:00am–10:00am SilverSneakers Circuit–Veena Virtual FREE-SilverSneakers Member/\$3 fee Non-members *Please call Main Office for more information* 10:00am-11:00am Zumba Dance MP Rm 12:30pm- 1:30pm- Mat Yoga Comm Rm *FIRST COME FIRST SERVE* BRING YOUR OWN MATS* 12:30pm- 1:30pm- Beginner’s Spanish Act Rm 01:00pm-04:30pm Table Tennis MP2 CLASS ENDS AT 3:30PM ON 2/11 *\$2 fee Please pay at the Main Office Window – Bring Paddles* 01:00pm-02:30 Songbirds *Closed Group* - Ellen MP3 01:00pm-02:30 Karaoke – Alex MP1 02:00pm-03:30pm Unzip Your Lip – Ruthe Comm Rm 02:30pm- 03:30pm Advanced Hula- Josie MP 1</p>
<p><u>Thursday</u> 09:30am-11:15am Stretch, Exercise & Dance! – Milan MP2&3 NO CLASS ON 2/12 10:00am-11:30am Building Relationships Activity Rm 10:00am-11:30am Live Music Sing-along- Alan Comm Rm 10:00am-12:00pm Watercolor-Martha (2/5 & 2/19) Art Rm *Supplies are not provided call office for list* 10:00am-11:30am Art & Company-Lisa (2/12 & 2/26) Art Rm *Bring your current project & create it in community* *NEW CLASS FORMAT* 12:30pm-02:00pm- Hope & Advocacy- Donna Activity Rm 01:00pm-03:00pm Tap/Jazz-Arlene MP3 01:30pm-4:00pm Technology Class Comm Rm 01:00pm-02:30pm Soulful Steps & Sounds -Alex MP1&2 2:30pm-3:45pm Hula Dancing- Myrna, Yoli, Beth, Emette MP1&2</p>	<p><u>Friday</u> 09:30am-11:15am- Advanced Line Dancing w/Milan MP2&3 NO CLASS ON 2/13 09:15-10:15am- Telling Our Stories Comm Rm 10:30am-11:30am Sit & Sip with Cheryl Comm Rm 1:00pm- 2:00pm Arthritis Foundation Exercise MPs Be Fit While U Sit (EBP)-Andree NO CLASS 2/13 1:00pm-02:30pm “Let’s Talk Positive Events”–Mitchell Comm Rm NO CLASS 2/13 02:00pm-04:00pm Knitting & Crochet – Beth Art Rm 02:00pm-04:00pm Movie of the Week MP 3 *\$2 fee Please pay at the Main Office Window* NO MOVIE 2/13 02:30pm-03:30pm Country Line Dancing - Michael (\$6) MP 1 02:30pm-4:30pm Table Tennis MP2 *\$2 fee Please pay at the Main Office Window – Bring Paddles NO CLASS 2/13</p>

February 2026
ONGOING SERVICES

***AARP Tax Assistance** – call main office at 818-705-2345 to schedule an appointment 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/Housing Info** 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 Course**- Call for more information– February 25th 818-705-2345

* **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- February 10th and February 17th** – Space is limited schedule appointment 818-705-2345

****LUNCHES 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**

**HAPPY
Valentine's
Day**

Friday Movies \$2 FEE

All movies start at 2:00pm in MP3

02/06/2026 – AN UNEXPECTED VALENTINE (2025) TV-G 1h 24m

The discovery of a lost engagement ring on Valentine's Day unites two strangers as they race across New York City in search of its rightful owner. (*Romantic Comedy*)

Cast Lacey Chabert, Robert Buckley, Jess Brown....

02/13/2026 – NO MOVIE
JOIN US FOR OUR VALENTINE'S DANCE

02/20/2026 – THE BEST YOU CAN (2025) R 1h 43m

Challenged by her husband's aging, a woman finds solace in an unexpected friendship with a drifting security guard that offers new perspective and hope. (*Comedy/Drama Romance*)

Cast: Kyra Sedgwick, Kevin Bacon, Judd Hirsch

02/27/2026 – ELEANOR THE GREAT (2025) PG-13 1h 38m

June Squibb (Eleanor) as a 94 year old woman who moves to New York City After a Loss, tells a story that spirals out of control, and forms an unlikely bond with a young journalism student. (*Drama/Comedy*)

Cast: June Squibb, Erin Kellyman, Jessica Hecht....



MONDAY, JANUARY 16, 2026