

ONEgeneration Senior Enrichment Center

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



February 2020 – Class Schedule

CALENDAR: HOT DATES

2/6- Health Talks with Tarzana Health & Rehab- 10:30am
2/6- Advisory Council- 9:30am
2/13- Supplements for Heart Health- 10:30am
2/14- Valentine's Day Dance- 2:00pm-4:00pm
2/18- LA Regional Food Bank Distribution- 1:00pm
2/20- LA Metro On the Move Riders Club Workshop- 10:30am
2/21- Health Wellness Friday-Heal-thy-self- 9:30am
2/21-3/27- Guided Autobiography Workshop- 1:00pm-3:00pm
**2/26-3/25- Ready, Set, Bank Online Banking Workshop Series
2:30pm-4:30pm *Sign-up today! Space is limited!"**
2/27- Older Adult Food Bank Distribution - 11am-1pm
2/27- Understanding Your Medicare/Medi-cal Rights-10am

***We are closed the following day(s) in February:**

Monday, February 17th, 2020- President's Day

Monday

9:00am-11:30am Table Tennis **(\$2 FEE)** MP2
9:30am-10:30am Meditation and Breathing (\$5)-Joanne MP3
10:00am-11:30am- Live Music Sing-a-Long **(\$2 Donation)** Comm Rm
10:00am-12:00pm-Watercolor-Judy **(\$2) WAITLIST** Art Rm
12:30pm-1:30pm- Conversational Spanish (\$4) Comm Rm.
1:00pm-2:00pm Zumba Gold- Joanne MP 1 & 2
FREE-Silver & Fit Member/\$3 fee Non-Members
1:00pm-3:00pm Cabaret (Wait List)- David MP3
1:30pm-3:30pm Drawing/Sketching **(\$2 Donation)** Art Rm
1:30pm-3:00pm Parkinson's Support Group- Max Conf.Room
2:00pm-3:00pm Thrive with Diabetes Series starting 1/17-3/23
RSVP in the office Comm Rm.
2:30pm-3:30pm Silversneakers Circuit- Sandy MP 1 & 2
FREE- Silversneakers Member/\$3 FEE- Non-Silversneakers

Tuesday

9:00am-10:00am Qi-Gong (Chinese Standing Yoga)(\$2) Comm Rm
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-4:30pm Knitting & Crochet-**(\$2 Donation)** Art Room
1:00pm-2:00pm Be Fit While U Sit (EBP)- Pat**(\$2)** MP1&2
1:00pm-3:00pm Tap/Jazz- Arlene **(\$2 Donation)** MP3
1:00pm-2:30pm Ukulele- Eli **(\$2 Donation)** Comm Rm
2:40pm-4:00pm Unzip Your Lip- **(\$2 Donation)** Comm Rm
3:30pm-4:30pm Ballroom Dancing-**\$2-Howard** MP 1&2
3:30pm-4:30pm Intermediate Country Line Dancing (\$6 FEE) MP3

Wednesday

8:45am-9:45am Aerobics- EP **(\$2 Donation)** MP 2&3
10:00am-11:00am Zumba-Joanne **(\$2 Donation)** MP Rm
12:30pm-2:30pm Navigating Hope- Donna **(\$2 Donation)** Comm Rm
12:40pm-1:40pm Intergenerational Teen Art Class Art Rm.
1:00pm-2:30pm- Buried in Treasures (starting 1/8) Activity Rm.
1:00pm-4:30pm Table Tennis **(\$2 FEE)** MP2
1:00pm-3:30pm Song Birds-Ellen **(WAITLIST)** MP3
1:30pm-3:00pm Braille Audio Book Club Conf.Room
(2nd Wednesday of the Month) **(\$2 Donation)**
2:30pm-4:30pm Ready, Set, Bank Online Banking Workshop Series
Starting 2/26, 3/4, 3/18, 3/25 *Sign up in the main office!
2:40pm-4:30pm Sing-a-long Karaoke **(\$2 Donation)** MP1
2:30pm-3:30pm- Finders Keepers Support Group Activity Rm.
3:30pm-4:30pm Arthritis Foundation Exercise MP3
Chair Exercise (EBP \$6 FEE) Chhiv
5:00pm-7:00pm Grandparents as Parents (Spanish) Comm Rm
Support Group

Thursday

8:30am-10:00am Yoga (\$6 FEE)-Jeanette MP 2&3
9:00am-11:45am Rummykub **(\$2 Donation)** MP1
10:00am-12:00pm Oil Painting- Tamara Art Room
10:00am-11:30am Tai Chi Chuan I (\$6 FEE)-Jeanette MP 2&3
10:00am-11:15am Women's Support Group (\$2) Comm Rm
10:00am-11:30am Building Relationships **(\$2 Donation)** Conf.Room
1:00pm-2:00pm Silversneakers Classic-Sandy MP2
FREE-Silversneakers Member/\$3 fee-Non-members
1:00pm-3:00pm Tap/Jazz – Arlene **(\$2 Donation)** 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 FEE)-Michael MP2
3:15pm-4:45pm International Folk Dancing-JoAnn**(\$3)** MP 2&3

Friday

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 FEE)- Jeanette Comm Rm
1:00pm-3:00pm Guided Autobiography Workshop Conf. Rm
Starting 2/21-3/27
1:00pm-2:00pm Arthritis Foundation Exercise MP1
Be Fit While U Sit (EBP) Luella **(\$2 Donation)**
1:00pm-3:30pm Needlework Group- **(\$2 Donation)** Art Rm
1:00pm-3:45pm Table Tennis **(\$2 FEE)** MP2
2:00pm-4:00pm Movie of the Week **(\$2 FEE)** MP3

****LUNCH IS SERVED DAILY AT 11:45****

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

****Travel Office Hours: 9:00am-2:00pm****

Thrift Corner & Snack Shop Hours- 10:00am-2:00pm

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

Friday Movies \$2 FEE

All movies start at 2:00pm

2/7/2020- *Puzzle*- 2018 R 1h 43m

While leading an empty suburban existence, Agnes discovers the pleasure of solving jigsaw puzzles and finds she has a rare talent for it. Before long, her hobby provides an entrée into a new life through the world of competitive puzzling.

Cast - Kelly Macdonald, Irrfan Khan, David Denman

2/14/2020-

(No Movie-Valentine's Day Dance)

2/21/2020- *The Good Liar*- 2019 R 1h 49m

Career con man Roy sets his sights on his latest mark: recently widowed Betty, worth millions. And he means to take it all. But as the two draw closer, what should have been another simple swindle takes on the ultimate stakes.

Cast - Ian McKellen, Helen Mirren, Russell Tovey

2/28/2020- *Ford v Ferrari*- 2019 PG-13 2h 32m

Fed up with the Ferrari team's routine domination of the annual Le Mans race, Henry Ford II tasks design prodigy Carroll Shelby and driver Ken Miles with a mission: build a car that can defeat the Italians in the 1966 competition.

Cast - Christian Bale, Matt Damon, Caitriona Balfe

*Happy
Valentine's
Day*

February 2020 **ONGOING SERVICES**

***BRAILLE VISUAL AID CONSULTATIONS**

Call for more information (323) 663-1111.

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

Walk-in's Welcome- 9:00am-4:00pm or call 818-708-6380.

***CANDY WATSON- REVERSE MORTGAGE SPECIALIST** By appointment only *Call (661)877-1317* to make apt.

***COMPUTER CLASS- (\$5)**

Call to schedule an appointment, (818)705-2345

***ELDER LAW ATTORNEY- Sara Polinsky**

Call 818-705-2345 to schedule appointment.

***CITIZENSHIP ASSISTANCE-** Call 818-705-2345 for more info.

***FIDUCIARY ASSISTANCE-** Call Pam Blattner (818)926-0984.

***FREE BLOOD PRESSURE MANAGEMENT PROGRAM-** Call Stephanie at (818) 708-2779 for more info.

***L.A. MENTAL HEALTH - Counseling Services**

Wednesdays, 10:00 am-2:00 pm. Call (213) 923-4838.

***LEGAL SERVICES (FREE) –**

-Bet Tzedek- Please call the main office to schedule an appointment at (818) 705-2345.

-Bar Association- 1st and 3rd Tuesday of every month, 1:00pm – 3:00pm, by appointment (818) 227-0489.

-Legal Consultation- 2nd Thursday of every month at 1pm, by appointment. (818) 705-2345

***MASSAGE THERAPY**

Wednesdays, 10:00 am-12:00 noon - \$3.00 fee.

***MATURE DRIVING COURSE-** Call the main office to make an appointment at 818-705-2345.

***MEDI-CAL ASSISTANCE & ENROLLMENT-**Call (818)705-2345 for more information.

***MEDICARE SERVICES HICAP-** Call 818-705-2345 to schedule apt.

***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!*