Accredited by National Institute of Senior Centers

ONEgeneration Senior Enrichment Center

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

November 2026 – Class Schedule

SPECIAL EVENTS

11/3- Advisory Council Meeting-10:00am **New Members Welcome**
11/5- Dignity Health- Situational Awareness presentation PART TWO- 12:30pm-1:30pm **Please RSVP**
11/6- LA Regional Food Box Older Adult (60+) Giveaway 9:00am-11:00am
11/10- Fan Giveaway**- For those who have not previously received a fan this year.** 2:30pm-3:30pm Registration required.
11/11- CENTER CLOSED for Veteran's Day
11/12- Doc Talk- "Diabetes"-presented by Regal Medical 12:30pm-1:30pm **Please RSVP**
11/13- Joy of Drumming – come learn to use percussion instruments with us. 2:30pm-3:30pm **Space limited Please RSVP**
11/16- Parkinson's Support Group- for those living with Parkinson's 11am-12pm **Please call for information**
11/17-CSUN Light in Every Life presentation on a study about light exposure 10:30am **Please RSVP**
11/18- November Birthday Celebration Hosted by MJM Insurance 12:30pm
11/19- Dept. of Mental Health "Holiday Blues**"** presentation 1230pm-1:30pm **Please RSVP**
11/24- Food Pantry Day- Limited quantities, registration and membership required, limit one per household 2:30pm- 3:30pm
11/26- Thanksgiving lunch at Sagebrush Catina- **$5 donation and RSVP required**
11/26 and 11/27- CENTER CLOSED- Happy Thanksgiving

Monday

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
NO CLASS 11/9

09:45 am-11:10am 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**
12:30pm- 3:00pm- Table Games Social **Act Rm**
01:00pm-2:00pm- The Art of Growing Older (**11/9 & 11/23**) **Comm Rm**
01:00pm-03:00pm Cabaret- *Closed Group* David **MP3**
01:30pm- 2:30pm- Arthritis Foundation Exercise **MP 1&2**
Be Fit While U Sit (EBP)-Andree
Limited 8-week series

01:30pm-3:30pm- Chess Club **Art Rm**
02:15pm-3:45pm Music & Comedy- Musician w/ a Heart **($6)** **Comm Rm**

NEW CLASS SCHEDULE (11/9 & 11/23)

Disclaimer: Classroom assignments are subject to change at any time

Tuesday

9:00am- 10:00am Tai Chi **MP2 &3**
Sponsored by Assisted Living Locators & LA Shaolin Studios
10:15 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
10:00am-11:00am Loteria w/ Gladys **(11/3 & 11/17)** **Act Rm**
12:00pm-02:00pm Board Games **TBA**
01:00pm-03:00pm Tapping Down Broadway -Arlene **MP 3**
01:00pm-01:45pm Healthy Maturity Chair Exercise **MP1& 2**
Sponsored by Valley Presbyterian Hospital
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**
BEGINNER LESSONS 1st HOUR ONLY
02:30pm-04:00pm Line Dancing – Cyndy **MP1**

Wednesday

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**
$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**

Thursday

09:30am-11:15am Stretch, Exercise & Dance! – Milan **MP2&3**
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 **(11/5 & 11/19)** **Art Rm**
Supplies are not provided call office for list
10:00am-11:30am Art & Company-Lisa **(11/12)** **Art Rm**
Bring your current project & create in community
12:30pm-02:00pm- Hope & Advocacy- Donna **Act Rm**
01:00pm-03:00pm Tapping Down Broadway-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, Emette **MP1&2**

Friday

09:30am-11:15am- Advanced Line Dancing w/Milan **MP2&3**
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
1:00pm-02:30pm "Let's Talk Positive Events"–Mitchell **Comm Rm**
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
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

November 2026
SERVICES

*Astrology with Barbara- 2nd & 4th Tuesday of the Month from 9:30am-11:30am Space limited please schedule appointment 818-705-2345 *NEW*

*Better Age Personal Health & Wellbeing Assessment- Call the main office to improve your health – 818-705-2345 https://onegeneration-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- Manny Hernandez at 818-708-4759

*CITIZENSHIP ASSISTANCE – (818) 342-4686

*Grandparents As Parents Program – (818) 264-0880

*LADWP Financial Assistance on Utility Bills – Manny Hernandez at 818-708-4759

* Mature Driving Refresher Course- Call for more information and to register– 818-705-2345 Wednesday, November 4th

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

Center Hours 8:30am- 5:00pm

****LUNCHES ARE SERVED DAILY AT 11:30****

Registration begins at 10:30am
First Come First Serve

****Thrift Corner Hours 10:00am-2:00pm****

****NEW HOURS****

Fitness Center Open Tuesday, Wednesday and Friday
8:30am-4:30pm
Fitness Center Open Monday & Thursday
8:30am-3:30pm

Friday Movies $2 FEE
All movies start at 2:00pm in Act Rm

11/06/2026 – IS GRANDPA CRAZY (2026) (PG-13) 1hr 42m
A lonely grandpa pretends to show signs of confusion to make his family notice him, but the stunt backfires when they move to have him declared incompetent. Now, only a fearless crew of skate park kids can help him prove he still matters.
(Comedy/Sports/Heartwarming)
(AMAZON)
Cast: Walter Platz, Eric Osmond, Gabe Spencer….

11/13/2026 – I'LL SEE YOU IN MY DREAMS (2015) (PG-13) 1h 35m
After the passing of her beloved dog, an older woman living along looks for companionship somewhere she hasn't been in a while: the dating scene. (Drama/Comedy) (NETFLIX)
Cast: Blythe Danner, Marting Starr, Sam Elliott….

11/20/2026 – THE BREADWINNER (2026) (PG) 1h 39m
A bumbling father struggles to keep the house and family afloat as his wife's business takes off. (Family/Comedy) (NETFLIX)
Cast: Nate Bargatze, Mandy Moore, Colin….

11/27/2026 – NO MOVIE

CENTER CLOSED

on Wednesday, November 11th



Thursday, November 26 and Friday, November 27

