



November 2018 – Class Schedule

CALENDAR: HOT DATES

11/1- Advisory Council Meeting- 9:30am-11:30am
 11/2- Brain Health Workshop- 10am-Noon
 11/6- FREE Hearing Screening- 10am-Noon
 11/8-Northwestern Mutual Financial Planning Workshop-10am
 11/9- Employment Workshop- 10am
11/13 & 11/14- Community Focus Group (Must RSVP!)-10am
 11/14- Flu Shot Clinic by Rite Aid- 10am-Noon
 11/15- Medicare Made Simple Presentation- 10am
 11/16- Health Wellness Friday- Breathing Stress Test- 9:30am
11/16- Latino Culture Celebration- 2:00pm-4:00pm
 11/20- LA Regional Food Bank Distribution- 1:00pm
 11/26- Stress Reduction Class- 10:30am
 11/27- TAP Card Intro Workshop- 9:30am
 11/29- Medicare 101 Presentation- 10am
 11/30- Black Friday Thrift Corner Sale-All Day

Tuesday

9:00am-11:30am Oil Painting- **Tamara (\$2 Donation)** Art Room
 9:00am-11:45am Rummikub **(\$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 (\$2 Donation)** MP2
9:30am-11:30am A Matter of Balance (10/9-11/27) Comm Rm
 12:00pm-5:00pm Knitting & Crochet- **(\$2 Donation)** Art Room
 1:00pm-3:00pm Advanced Spanish (\$4)-Michael Activity Rm
 1:00pm-2:00pm Be Fit While U Sit (EBP)- **Pat(\$2)** MP1&2
 1:00pm-3:00pm Advanced Tap/Jazz- Arlene MP3
 1:00pm-2:30pm Ukulele- **Eli (\$2 Donation)** Comm Rm
2:30pm-3:30pm Bollywood- (\$2 Donation) **MP 1&2**
 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) MP3
3:00pm-4:30pm *NEW Class* Creative Writing (\$2) Activity Rm

Thursday

8:30am-10:00am Yoga (\$6)-Jeanette MP 2&3
 9:00am-11:45am Rummikub **(\$2 Donation)** MP1
 10:00am-11:30am Tai Chi Chuan I (\$6)-Jeanette MP 2&3
 10:00am-11:15am Women's Support Group **(\$2 Donation)** 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 Intermediate Spanish (\$4)- **Michael** Activity Rm
 1:00pm-3:00pm Advanced Tap/Jazz-Arlene MP3
 1:00pm-2:30pm Quest/World Issues- **(\$2 Donation)** Comm Rm
 1:00pm-4:00pm Basic Art (All Mediums)-**Deidra (\$2 Donation)** Art Room
 2:00pm-3:00pm Country Line Dancing (\$6)-**Michael** MP2
 3:15pm-4:45pm International Folk Dancing-**JoAnn(\$3)** MP 2&3
 3:30pm-4:30pm Arthritis Foundation Exercise Activity Rm
 Yoga/Body Conditioning (EBP-\$6) Chhiv
5:00pm-6:30pm- Grandparents as Parents (English) Comm Rm.
 Support Group (Starting 11/8) ***NEW Group***

Monday

9:00am-10:30am Walk n' Talk (EBP)- **Sheri (\$2 Donation)** Park
 9:00am-11:30am Table Tennis **(\$2 FEE)** MP2
 9:30am-10:30am Meditation and Breathing (\$5)-Joanne MP3
10:00am-11:00am **NEW Class**
 Live Music Sing-A-Long **(\$2)** Comm Rm
 10:00am-12:00pm-Watercolor for Beginners-**Cristina**
 (Waiting List-Sign up in the office) Art Rm
1:00pm-2:00pm Zumba Gold- Joanne **MP 1 & 2**
FREE-Silver & Fit Member/\$3 fee Non-Members
 1:00pm-3:00pm Drawing/Sketching **(\$2 Donation)** Art Rm
 1:00pm-3:00pm Intermediate Spanish (\$4) **Michael** Activity Rm
 1:30pm-3:00pm Parkinson's Support Group- **Max** Conf.Room
 1:00pm-3:00pm Cabaret (Wait List)- **David** MP3
2:00pm-3:00pm **NEW CLASS Bellydancing (\$2)** **MP 1 & 2**
 3:00pm-4:30pm Poetry Forum-**Norma (\$2 Donation)** Comm Rm

Wednesday

9:00am-11:00am Bridge Group (\$3) **Art Rm**
 9:00am-10:00am Aerobics/Body Conditioning MP 2&3
 9:00am-10:30am Walk n' Talk (EBP)- **Sheri (\$2 Donation)** Park
 10:00am-11:00am Zumba-**Joanne (\$2 Donation)** MP Rm
 12:30pm-2:30pm Navigating Hope- **Donna (\$2 Donation)** Comm Rm
 1:00pm-3:15pm Intermediate Spanish (\$4)-**Michael** Activity Rm
 1:00pm-4:30pm Table Tennis **(\$2 FEE)** MP2
 1:00pm-3:30pm Song Birds-**Ellen** MP3
 1:30pm-3:00pm Braille Audio Book Club
 (2nd Wednesday of the Month) **(\$2 Donation)** Conf.Room
 2:15pm-3:00pm Intergenerational Art Class Art Rm
 2:40pm-4:30pm Sing-a-long Karaoke **(\$2 Donation)** MP1
 3:30pm-4:30pm Arthritis Foundation Exercise Comm Rm
 Chair Exercise (EBP \$6) Chhiv
3:30pm-5:00pm UCLA Memory (EBP) Jenna (\$2) **Activity Rm**
 November 28th-December 19th
 5:00pm-7:00pm Grandparents as Parents (Spanish) **Comm Rm**
 Support Group ****NEW GROUP****

Friday

9:00am-10:30am Walk n' Talk (EBP)- **Sheri (\$2 Donation)** Park
 9:30am-11:30am Exercise through Dance- **JoAnn (\$2 Donation)** MP 2&3
 9:30am-11:30am Bingo (25¢ per card) **(\$2 Donation)** Art Room
 11:40am-2:25pm Life Writing (\$6)- **Jeanette** Comm Rm
12:25pm-2:25pm Basic/Beginning Spanish (\$4) Michael **Activity Rm**
 1:00pm-2:00pm Arthritis Foundation Exercise MP1
 Be Fit While U Sit (EBP) **Pat (\$2 Donation)**
 1:00pm-3:30pm Needlework Group- **(\$2 Donation)** Art Rm
 1:30pm-4:00pm Table Tennis **(\$2 FEE)** MP2
 2:00pm-4:00pm Movie of the Week **(\$2 Donation)** MP3
 (NEW TIME CHANGE)
 2:35pm-4:35pm Advanced Spanish (\$4)-**Michael** Comm Rm
 3:30pm-4:30pm Arthritis Foundation Exercise Activity Rm
 Chair Exercise (EBP \$6) Chhiv
Monday, November 12th- CLOSED FOR VETERANS DAY
Thursday, November 22nd & 23rd- CLOSED FOR
THANKSGIVING

Friday Movies

All movies start at 2:00pm

11/02/2018- I, Tonya - R

This wickedly entertaining biopic looks at the life and doomed career of ice skater Tonya Harding and her connection to one of the most infamous sports scandal in American history: the assault on rival Nancy Kerrigan before the 1994 winner Olympics.

Time: 2hr

Cast: Margot Robbie, Sebastian Stan, Allison Janney, Julianne Nicholson

11/09/2018- Book Club – PG-13

Friends and members of the 60-plus set, Diane, Jane, Sharon and Carol have seen it all when it comes to relationships. But after reading “Fifty Shade of Grey” they’re inspired to make bold choices in the romance department, with hilarious results.

Time: 1h 44m

Cast: Diane Keaton, Jane Fonda, Candice Bergen, Mary Steenburgen

11/16/2018- Ocean's 8 – PG-13

The tide has turned and it's a whole new "Ocean's". Danny Ocean's sister, Debbie Ocean recruits a seven women crew to plan and execute the heist of the century at New York city's star-studded annual Met Gala

Time: 1hr 50m

Cast: Sandra Bullock, Cate Blanchett, Anne Hathaway, Mindy Kaling, Sarah Paulson, Awkafina, Rihanna

11/23/2018- NO MOVIE- CLOSED

11/30/18- Thor: The Dark World – PG-13

The God of Thunder strikes again as he fights to save the Nine Realms from mysterious villain Malekith, who plans to make the entire universe go dark. Meanwhile Thor must find Jane Foster, who's been targeted by the evil denizens of Svartalfheim.

Time: 1hr 52m

Cast: Chris Hemsworth, Natalie Portman, Tom Hiddleston, Anthony Hopkins

Thrift Corner & Snack Shop Hours of Operation:
Monday-Friday 10:00am-2:00pm

*Fitness Center Open Monday-Friday 9am-4:30pm

November 2018

ONGOING SERVICES

***BRAILLE VISUAL AID CONSULTATIONS**

Call for more information (323) 663-1111.

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

3rd Tuesday by Appointment Only- Call (818)705-2345

***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 to sign up for next workshop.**

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

***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.

***New Service*MEDICARE ANSWER MAN- 2nd Tuesday of each month. 10:00am-11:30am. Call (818)705-2345 to schedule apt.**

***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.**

***FREE MEMORY SCREENING- Call 818-705-2345 to make apt.**

***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!

****We are closed the following days in November****

-Monday, November 12th (Veterans Day)

-Thursday, November 22nd & 23rd (Thanksgiving)