

ONEgeneration Senior Enrichment Center

Class Schedule

May 2016

CALENDAR: SPECIAL EVENT

5/3/16- Advisory Council Meeting- 1:30pm
Come let your voice be heard. Hope to see you there!

5/6/16- Book Club Meeting- 2:30pm-4:00pm

5/11/16- Dr. K Cardio/Heart Health Talk- 10:30am-11:30am

5/14/2016- 8th ANNUAL SENIOR SYMPOSIUM- 8:00am-2:30pm
****SIGN UP IN THE OFFICE TODAY FOR FREE LUNCH!****

5/17/16- West Regional Vascular Surgeons – Vein & Artery
screenings – 12:00-3:00pm

5/17/16- LA Regional Food Bank Distribution- 1:00pm Located on
Etiwanda St. Parking Lot

5/17/16-Lincoln Heritage Life Insurance Presentation-12:30pm

5/23/16- Memory Mondays (Memory Screenings) Noon-2:00pm

5/25/16- Block Printing/Print Making Workshop-1:00pm-2:30pm

5/31/16 - Tee Barr's Brain Fitness Class 10:00am-11:00am



Monday

8:00am-9:30am	Arthritis Foundation Exercise	MP3
	Yoga/Body Conditioning (EBP-\$6) Chhiv	
8:30am-11:30am	Crochet- Wanda	Lobby
9:00am-11:30am	Table Tennis	MP2
9:45am-11:15am	Arthritis Foundation Exercise	MP3
	Chair Exercise (EBP-\$6) Chhiv	
1:00pm-3:00pm	Drawing/Sketching	Art Rm
1:00pm-3:00pm	Intermediate Spanish (\$4) Michael	MP2
1:30pm-3:00pm	Parkinson's Support Group- Max	Conf.Room
1:00pm-3:00pm	Documentary Film & Discussion- Stan	ActivityRm
1:00pm-3:00pm	Cabaret (Closed-Wait List)- Jack & Diane	MP3
1:30pm-3:00pm	Arthritis Foundation Walk n' Talk (EBP)	MP1

***Fitness Center Open Monday-Friday 9am to 5pm
In the Activity Room**

*** Evidence Based Program Classes are noted as (EBP).**

Tuesday

9:00am-11:30am	Oil Painting- Tamara	Art Room
9:00am-11:45am	Rummykub	MP1
9:30am-11:30am	Exercise through Dance- Joann	MP2&3
1:00pm-2:00pm	Arthritis Foundation Exercise	MP1&2
	Be Fit While You Sit (EBP)- Pat	
1:00pm-2:00pm	Low Impact Tap/Jazz- Arlene	MP3
1:00pm-2:30pm	Ukulele- Eli	ActivityRm
1:00pm-3:00pm	Advanced Spanish (\$4)- Michael	Art Room
1:00pm-4:00pm	Bridge/Mahjong	Lobby
2:00pm-3:00pm	Low Impact Tap/Jazz- Arlene	MP3
2:40pm-4:00pm	Men/Women	Activity
	Unzip Your Lip- Ruthie	Room
3:30pm-4:30pm	Country Line Dancing (\$6)	MP3
	Intermediate- Michael	

Wednesday

8:00am-9:30am	Arthritis Foundation Exercise	MP3
	Yoga/Body Conditioning (EBP-\$6) Chhiv	
9:00am-12:00pm	Knitting & Crochet- Frankie/Wanda	ArtRoom
9:45am-11:15am	Arthritis Foundation Exercise	MP1
	Chair Exercise (EBP \$6) Chhiv	
10:00am-11:00am	Zumba- Joanne	MP2&3
1:00pm-2:30pm	Navigating Hope- Donna	ActivityRm
1:00pm-4:30pm	Table Tennis	MP2
1:00pm-3:30pm	Knitting- Frankie/Wanda	Art Room
1:00pm-3:30pm	Improv Players	MP3
	(By Audition-Come to office) Marsha	
1:30pm-3:00pm	Braille Audio Book Club	Conf.Room
	(2 nd Wednesday of the Month)	
1:30pm-3:00pm	UCLA Memory Training	MP1
	(Starting May 11 th)	

Thursday

8:30am-10:00am	Yoga (\$6)- Jeanette	MP 2&3
9:00am-11:45am	Rummykub	MP1
10:00am-11:30am	Tai Chi Chuan I (\$6)- Jeanette	MP 2&3
10:00am-11:15am	Women's Support Group	Art Room
10:00am-11:30am	Rebuilding Relations	Conf.Room
1:00pm-4:00pm	Mahjong	Lobby
1:00pm-3:00pm	Beginning/Basic Spanish- Michael	MP1
1:00pm-2:00pm	Low Impact Tap/Jazz- Arlene	MP3
1:00pm-2:30pm	Quest/World Issues- Sam	ActivityRm
1:00pm-4:00pm	Basic Art (All Mediums)- Deidra	Art Room
2:00pm-3:00pm	Low Impact Tap/Jazz- Arlene	MP3
2:00pm-3:00pm	Country Line Dancing (\$6)- Michael	MP2
2:30pm-4:00pm	The Golden Years	ActivityRm
3:15pm-4:45pm	International Folk Dancing- Joann	MP 2&3

Friday

9:30am-11:30am	Exercise through Dance- Joann	MP 2&3
9:30am-11:30am	Bingo (25¢ per card)	Art Room
11:40am-2:25pm	Life Writing- Jeanette	Art Room
1:00pm-2:00pm	Arthritis Foundation Exercise	MP1
	Be Fit While U Sit (EBP) Pat	
1:00pm-3:30pm	Needlework Group- Pam	ActivityRm
1:00pm-4:00pm	Bridge/Mahjong/Scrabble	MP1
1:30pm-4:00pm	Table Tennis	MP2
1:30pm-4:00pm	Movie of the Week	MP3
2:35pm-4:35pm	Advanced Spanish (\$4)- Michael	Art Room
3:00pm-4:30pm	Poetry Forum- Eli	MP1

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

Friday Movies
All movies start at 1:30pm

- May 6 **Rock The Kasbah**

2015 (R) (107 min)
Bill Murray, Bruce Willis, Kate Hudson
Some unlikely turns of fate bring luckless rock producer Richie Vance the chance of a lifetime: After being stranded in Afghanistan on a USO tour, he meets a young singer with a magical voice and is convinced he can make her a star.
- May 13 **NO MOVIE**

Senior Symposium Set Up
- May 20 **The Intern**

2015 (PG-13) (121 min)
Robert DeNiro, Anne Hathaway, Rene Russo
Agreeing to participate in a community outreach program, e-commerce entrepreneur Jules Ostin hires a 70-year-old intern ~ who ends up bringing his special brand of business savvy to her fashion enterprise.
- May 27 **And So It Goes**

2014 (PG-13) (94 min)
Michael Douglas, Diane Keaton, Sterling Jerins
When he's obliged to take over the care of a previously unknown granddaughter, wealthy and self-absorbed Oren is suddenly in need of major help. His neighbor Leah comes to his rescue ~ not only bailing out Oren but also capturing his heart.

2016 MAY
HOT DATES

- *BRAILLE VISUAL AID CONSULTATIONS**
May 12th, Call for more information, (323) 663-1111.
- *CANDY WATSON- REVERSE MORTGAGE SPECIALIST** By appointment only
- *COMPUTER CLASS-**
Call to schedule an appointment, (818)705-2345
- *COREY A. CARTER - Bankruptcy Advice**
Call for a consultation 818-245-1121
- *ELDER LAW ATTORNEY- Sara Polinsky**
Tuesday, April 26rd, 10:20 am- 12:20 noon, call for appointment.
- *L.A. MENTAL HEALTH - Counseling Services**
Wednesdays, 10:00 am-2:00 pm. Call (213) 923-4838.
- *LEGAL SERVICE (FREE) – Bet Tzedek**
Please call the main office to schedule an appointment at 818-705-2345.
- *LEGAL SERVICES - Bar Association**
Thursdays, 9:20 am-12:00pm & 1st and 3rd Tuesday of every month, 1:00pm – 3:00pm, by appointment (818) 227-0489. \$10.00 consultation fee.
- *MASSAGE THERAPY**
Wednesdays, 9:30 am-12:00 noon - \$3.00 fee.
- *MATURE DRIVING COURSE-** Call the main office to make an appointment at 818-705-2345.
- *MEDICARE SERVICES HICAP**
Every 2nd & 4th Tuesday of each month - 10:00 am-12:00 noon, call for appointment 818-705-2345.
- *NUTRITION RAP**
Friday, May 27th, 10:30 am. Call 818-705-2345 for appointment.
- *PODIATRY & WOUND CARE SERVICES - Dr. Belczyk**
Thursday, May 19th from 12:30pm to 2:30pm. Call Main office at 818-705-2345 to make an appointment.
- *Senior Peer Counseling Services**
Call (818)847-3845 for more info.

**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!**