

ONEgeneration Senior Enrichment Center

Class Schedule

April 2016

CALENDAR: SPECIAL EVENTS

4/1/16- Book Club Meeting- 2:30pm
4/8/16- Spring Chicken Comedy Show- 12:30pm-1:00pm
4/12/16- Advisory Council Meeting- 1:30pm
 Come let your voice be heard. Hope to see you there!
3/4/16- Book Club Meeting- 2:30pm-4:00pm
4/19/16- West Regional Vascular Surgeons – Vein & Artery
 screenings – 12:00-3:00pm
4/19/16- LA Regional Food Bank Distribution- 1:00pm Located on
 Etiwanda St. Parking Lot
4/19/16- L.A. Public Library Senior Book Stop
 1:00pm-3:00pm
4/20/16- Nutrition & Wound Healing 10am-11am- Activity Rm
4/22/16- Spring Fling Dance 2:00pm-4:00pm
4/25/16- Memory Mondays 12:00pm-2:00pm
4/26/16 - 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 ****NEW CLASS**** MP1
Arthritis Foundation Walk n' Talk (EBP)

***Fitness Center Open Monday-Friday 9am to 3pm
 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-3:00pm 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
 2:40pm-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
 (2nd Wednesday of the Month)
 1:30pm-3:00pm Matter of Balance- **Debra** MP1

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 ****New Class**- Starting April 14th** MP1
Beginning/Basic Spanish-Michael
 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
 3:30pm-4:30pm ****New Class**** Poetry Forum- **Eli** ActivityRm

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

Friday Movies

All movies start at 1:30pm

April 1

Love the Coopers

2015 (PG-13) (107min)

Alan Arkin, Marisa Tomei, June Squibb

Holiday memories will never be the quite the same for the Cooper family after their all-generations Christmas Eve gathering becomes a hilarious whirlwind of confusion brought on by unexpected visitors and domestic high jinx.

April 8

Suffragette

2015 (PG-13) (106 min)

Carey Mulligan, Helena Bonham Carter, Brendan Gleeson

Dreaming of the right to vote, working-class Maud eagerly joins the early feminist movement. But when the peaceful protest of the suffragettes accomplish nothing, they're driven to more radical methods of effecting change.

April 15

Miss You Already

2015 (PG-13) (112min)

Toni Collette, Drew Barrymore

Best friends forever, Milly and Jess are confident they'll weather all of life's struggles together, no matter how different their worlds become. But their relationship is tested when Milly is diagnosed with cancer just as Jess finally gets pregnant.

April 22

NO MOVIE

**Join us for our Spring Fling Dance with live music!!!
2pm-4pm in the Multi-Purpose Room**

April 29

Big Stone Gap

2015 (PG-13) (103min)

Ashley Judd, Whoopi Goldberg

While living an uneventful existence with her mother in a Virginia coal-mining community, pharmacist Ave Maria Mulligan comes upon information that eventually transforms not only her life but the life of the town.

2016 April

HOT DATES

***AARP Tax Aid Services**-Tuesdays & Fridays, call for appointments.

***ATTORNEY AT LAW - Sara Polinsky**

Tuesday, April 26rd, 10:20 am- 12:20 noon, call for appointment.

***BRAILLE VISUAL AID CONSULTATIONS**

April 18th, 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

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

Wednesdays, 10:00 am-2:00 pm.

***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-12:00 noon & 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, April 15th, 10:30 am. Call 818-705-2345 for appointment.

***PODIATRY & WOUND CARE SERVICES - Dr. Belczyk**

Thursday, April 21th from 12:30pm to 2:30pm. Call Main office at 818-705-2345 to make an appointment.

**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!**