

ONEgeneration Senior Enrichment Center

Class Schedule

August 2016

CALENDAR: SPECIAL EVENT

8/2- Advisory Council Meeting- 1:30pm
Come let your voice be heard. Hope to see you there!

8/3-Doctor Talk Wednesday *NEW* -10:00am-11:00am
The Pressure's on: Everything Blood Pressure Related

8/9-NEW** Health Screening Tuesday- 10:00am**
FREE Optometry Screenings by Valley Community Healthcare

8/16- LA Regional Food Bank Distribution- 1:00pm Located on Etiwanda St. Parking Lot

8/17- Cityride Day 10:00am-2:00pm

8/22- Memory Mondays (Memory Screenings) Noon-2:00pm

8/22- Cooking Class! Healthy Cooking for your Eyes
10:00am- 11:30am in the Art Room

8/23-UCLA Memory & Aging- What you need to know 10:30-11:30

8/31- Walgreens FLU SHOT CLINIC! 10:00am-2:00pm



Monday

8:00am-9:30am	Arthritis Foundation Exercise Yoga/Body Conditioning (EBP-\$6) Chhiv	Activity Rm
8:30am-11:30am	Crochet- Wanda	Lobby
9:00am-11:30am	Table Tennis	MP2
9:15pm-10:15pm	Arthritis Foundation Walk n' Talk (EBP)	MP1
9:45am-11:15am	Arthritis Foundation Exercise Chair Exercise (EBP-\$6) Chhiv	Activity Rm
10:00am-12:00pm	Watercolor for Beginners(\$5) Starting August 22 nd	Art Rm
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 (Wait List)- Jack & Diane	MP3
3:00pm-4:30pm	Poetry Forum	Activity Rm

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 Be Fit While You Sit (EBP)- Pat	MP1&2
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
2:40pm-4:00pm	Men/Women Unzip Your Lip- Ruthie	Activity Room
3:30pm-4:30pm	Country Line Dancing (\$6) Intermediate- Michael	MP3

Wednesday

8:00am-9:30am	Arthritis Foundation Exercise Yoga/Body Conditioning (EBP-\$6) Chhiv	Activity Rm
9:00am-10:00am **NEW CLASS**	Beginning Tap & Jazz- Lauren	MP3
9:00am-12:00pm	Knitting & Crochet- Frankie/Wanda	ArtRoom
9:45am-11:15am	Arthritis Foundation Exercise Chair Exercise (EBP \$6) Chhiv	Activity Rm
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 (By Audition-Come to office) Marsha	MP3
1:30pm-3:00pm	Braille Audio Book Club (2 nd Wednesday of the Month)	Conf.Room
1:30pm-3:00pm	A Matter of Balance (EBP)- 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	Activity Rm
10:00am-11:30am	Rebuilding Relations	Conf.Room
1:00pm-3:00pm	Beginning/Basic Spanish- Michael	MP1
1:00pm-3:00pm	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	Country Line Dancing (\$6)- Michael	MP2
3:15pm-4:45pm	International Folk Dancing- Joann	MP 2&3

Friday

8:00am-9:30am **New Arthritis Foundation Exercise**	Yoga/Body Conditioning- Chhiv	Activity Rm
9:30am-11:30am	Exercise through Dance- Joann	MP 2&3
9:30am-11:30am	Bingo (25¢ per card)	Art Room
9:45am-11:15am Arthritis Foundation Chair Exercise (\$6)	Activity Rm	
11:40am-2:25pm	Life Writing (\$6)- Jeanette	Activity Rm
1:00pm-2:00pm	Arthritis Foundation Exercise Be Fit While U Sit (EBP) Pat	MP1
1:00pm-3:30pm	Needlework Group- Pam	Art Rm
1:30pm-4:00pm	Table Tennis	MP2
1:30pm-4:00pm	Movie of the Week	MP3
2:35pm-4:35pm	Advanced Spanish (\$4)- Michael	Activity Rm

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

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

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

Friday Movies
All movies start at 1:30pm

- Aug. 5 **Hello, My Name Is Doris**
2016 (R) (1hr 30min)
Sally Field, Max Greenfield, Beth Behrs
Inspired by insights gained through a self-help seminar, 60-year old Doris Miller brazenly steps forward to pursue the affections of a much younger co-worker – and inadvertently becomes a hit with his hipster cohorts.
- Aug. 12 **Whiskey Tango Foxtrot**
2016 (R) (1hr 51min)
Tina Fey, Margot Robbie, Martin Freeman
Based on reporter Kim Barker’s memoirs about her experiences covering the Afghanistan war, this satirical look at a hopelessly confused conflict also chronicles the obstacles encountered by female journalists in a rigidly conservative region.
- Aug. 19 **The Revenant**
2015 (R) (2hr 36min)
Leonardo DiCaprio, Tom Hardy, Domhnall Gleeson
Set in the 1820s American frontier, this snowy thriller follows fur trapper Hugh Glass as he relentlessly seeks retribution against the companions who left him for dead in the Missouri River’s icy waters after he was mauled by a bear.
- Aug. 26 **NO MOVIE DUE TO MAINTENANCE OF MULTIPURPOSE ROOMS**

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!

2016 August
HOT DATES

- *BRAILLE VISUAL AID CONSULTATIONS**
August 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, August 23th, 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**
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.
- ***NEW SERVICE OFFERED STARTING AUGUST*****
- *Medi-cal Enrollment/Assistance-**Every 2nd & 4th Thursday by appointment. Call (818)705-2345
- *MEDICARE SERVICES HICAP**
Every Tuesday of the month - 10:00 am-12:00 noon, call for appointment 818-705-2345.
- *PODIATRY & WOUND CARE SERVICES - Dr. Belczyk**
Thursday, August 18st from 12:30pm to 2:30pm. Call Main office at 818-705-2345 to make an appointment.
- *SAFELINE FREE PHONE SIGN-UPS **NEW SERVICE****
2nd & 4th Wednesday of every month- 11:00am-2:00pm
- *SENIOR PEER COUNSELING SERVICES**
Call (818)847-3845 for more info.