

# ONEgeneration Senior Enrichment Center

## Class Schedule

March 2016

### CALENDAR: SPECIAL EVENTS

- 3/1/16- Advisory Council Meeting- 1:30pm**  
Come let your voice be heard. Hope to see you there!
- 3/3/16-DMV Senior Driving Presentation-10:00am**
- 3/4/16- Book Club Meeting- 2:30pm-4:00pm**
- 3/10/16-Green Light to Mobility Presentation-10:00am**
- 3/15/16- West Regional Vascular Surgeons – Vein & Artery screenings – 12:00-3:00pm**
- 3/15/16- LA Regional Food Bank Distribution- 1:00pm**  
Located on Etiwanda St. Parking Lot
- 3/29/16 - Tee Barr's Brain Fitness Class 10:00am-11:00am**



\*\*\*\*Please call the office for any questions or concerns\*\*\*\*  
(818)705-2345

### 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 Beginning 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 Exercise through Hula Dance- **Lilly** MP1

**\*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  
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 Basic Spanish (\$4)-**Michael** Art Room
- 1:00pm-4:00pm Bridge/Mahjong MP2- B
- 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** Art Room
- 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<sup>nd</sup> 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 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
- 1:30pm-3:00pm \*\*New Class\*\* Conf Room**  
**Moving Forward- Starting March 10th**
- 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

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

**Friday Movies  
at the Senior Enrichment Center  
All movies start at 1:30pm**

- Mar 4     **Last Weekend**  
*2014 (NR) (94 min)*  
*Patricia Clarkson, Zachary Booth*  
 When well-heeled, fastidious Celia Green rounds up her two grown sons and husband for a holiday weekend retreat at their beloved vacation home, perfection is her goal. Unfortunately for Celia, discord and dysfunction intervene.
- Mar 11    **Ricki and the Flash**  
*2015 (PG-13) (101 min)*  
*Meryl Streep, Kevin Kline, Mamie Gummer, Rick Springfield*  
 Abandoning her family to chase – and ultimately attain – her dream of rock stardom, guitarist Ricki Rendazzo returns years later to try to mend fences. Unfortunately, her estranged sons and daughter want little to do with her... at first.
- Mar 18    **Grandma**  
*2015 (R) (79 min)*  
*Lily Tomlin, Julia Garner, Marcia Gay Elle Reid (Lily Tomlin) has just gotten through breaking up with her girlfriend when her granddaughter Sage (Julia Garner) unexpectedly shows up needing \$600 before sundown. Temporarily broke, Grandma Elle and Sage spend the day trying to get their hands on the cash, as their unannounced visits to old friends and flames end up rattling skeletons and digging up secrets.*
- Mar 25    **I'll See You In My Dreams**  
*2014 (R) (141 min)*  
*Blythe Danner, Martine Starr, Sam Elliott*  
 With her well-ordered life thrown out of balance by the death of her beloved canine companion, aging widow Carol Petersen – who hasn't dated in 20 years – unexpectedly finds herself involved with two very different men.

**2016 March  
HOT DATES**

- \***AARP Tax Aid Services**-Tuesdays & Fridays, call for appointments.
- \***ATTORNEY AT LAW - Sara Polinsky**  
 Tuesday, March 22<sup>nd</sup>, 10:20 am- 12:20 noon, call for appointment.
- \***BRILLE VISUAL AID CONSULTATIONS**  
 March 18<sup>th</sup>. 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 & 1<sup>st</sup> and 3<sup>rd</sup> 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 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of each month - 10:00 am-12:00 noon, call for appointment 818-705-2345.
- \***NUTRITION RAP**  
 Friday, March 18<sup>th</sup>, 10:30 am. Call 818-705-2345 for appointment.
- \***PODIATRY & WOUND CARE SERVICES - Dr. Belczyk**  
 Thursday, March 17<sup>th</sup> 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!**

