



**December 2018 – Class Schedule**

**CALENDAR: HOT DATES**

12/6- Advisory Council Meeting- 9:30am-11:30am  
 12/6- Medicare Made Simple- 9:30am  
 12/7- Fire Smart LA Workshop- 10am  
 12/11- TAP Card Advanced Workshop- 9:30am  
 12/13- Employment Transition Seminar Part 2- 10am  
**12/14- ONEgeneration Senior Enrichment Center  
 Annual Holiday Show- 1:30pm**  
 12/18- LA Regional Food Bank Distribution- 1:00pm  
 12/19- Dr. Grosser presents:  
 Advanced Care Planning Seminar- 10:30am  
 12/20- Fab Girls Dance Performance- 12:15-12:45pm  
 12/21- Health Wellness Friday- Lifestyle Reality Check  
 (How to acquire a Well-Balanced Lifestyle)

**Monday**

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\*\*** **Comm Rm**  
**Live Music Sing-A-Long (\$2)**  
 10:00am-12:00pm-Watercolor for Beginners-**Cristina** Art Rm  
 (Waiting List-Sign up in the office)  
**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

**Tuesday**

9:00am-11:30am Oil Painting- **Tamara (\$2 Donation)** Art Room  
 9:00am-11:45am Rummykub **(\$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** MP2  
**(\$2 Donation)** MP 2&3 after 9:45am  
 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**  
**3:00-pm-4:30pm Creative Writing (\$2)** **Activity Rm**  
*\*On Hold\* Will resume January 8<sup>th</sup>, 2019*

**Wednesday**

**9:00am-11:00am Bridge Group (\$3)** **Art Rm**  
 9:00am-10:00am Aerobic- **Veena (\$2 Donation)** MP 2&3  
 10:00am-11:00am Zumba-**Joanne (\$2 Donation)** MP Rm  
 12:30pm-2:30pm Navigating Hope- **Donna (\$2 Donation)** Comm 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  
 (2<sup>nd</sup> 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 28<sup>th</sup>-December 19<sup>th</sup>**  
**5:00pm-7:00pm Grandparents as Parents (Spanish)** **Comm Rm**  
**Support Group \*\*NEW GROUP\*\***

**Thursday**

8:30am-10:00am Yoga (\$6)-**Jeanette** MP 2&3  
 9:00am-11:45am Rummykub **(\$2 Donation)** MP1  
 10:00am-11:30am Tai Chi Chuan I (\$6)-**Jeanette** MP 2&3  
 10:00am-11:15am Women's Support Group Comm Rm  
**(\$2 Donation)**  
 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** Art Room  
**(\$2 Donation)**  
 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\***

**Friday**

9:30am-11:30am Exercise through Dance- **JoAnn** MP 2&3  
**(\$2 Donation)**  
 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) **Luella (\$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, December 24<sup>th</sup>- Christmas Eve- CLOSED**

**Tuesday, December 25<sup>th</sup>- Christmas Day- CLOSED**

**Wednesday, December 26<sup>th</sup>- Day after Christmas- CLOSED**

## Friday Movies

All movies start at 2:00pm

### **12/07/2018- The Post – PG-13**

When the “Washington Post” agrees to publish the leaked Pentagon Papers – which point to a secret escalation of the Vietnam War – the Nixon administration tries to block publication, setting off an epic legal and political battle.

*Time:* 1hr 55m *Cast:* Tom Hanks, Meryl Streep

### **12/14/2018- No Movie**

*Please join us for our special  
ONEgeneration Holiday Show at 1:30pm*

### **12/21/2018- National Lampoon’s Christmas Vacation – PG-13**

Hapless Clark, exasperated Ellen and their ever-changing kids take on Christmas in this holiday classic. As usual, all their good intentions can’t save them from disaster ... or Cousin Eddie, whose surprise visit throws them into dismay.

*Time:* 1h 37m *Cast:* Chevy Chase, Beverly D’Angelo, Juliette Lewis, Johnny Galecki

### **12/28/2018- Baby Driver – R**

Hired as the getaway driver for a series of bank heists, angel-faced Baby finds himself in deep trouble when a botched robbery sends him on the run, hunted by the cops and his criminal cohorts.

*Time:* 1hr 53m *Cast:* Ansel Elgort, Kevin Spacey, Lily James, Eiza Gonzalez, Jon Hamm



Thrift Corner & Snack Shop Hours of Operation:  
Monday-Friday 10:00am-2:00pm  
\*Fitness Center Open Monday-Friday 9am-4:30pm

## December 2018 ONGOING SERVICES

### \*BRAILLE VISUAL AID CONSULTATIONS

Call for more information (323) 663-1111.

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

3<sup>rd</sup> 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-** 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of every month, 1:00pm – 3:00pm, by appointment (818) 227-0489.

### \*Lifeline Free Cell Phone Sign-Up: 1<sup>st</sup> & 3<sup>rd</sup> Tuesday. 10am-Noon

### \*New Service\* MEDICARE ANSWER MAN- 2<sup>nd</sup> 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-1<sup>st</sup> 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 December\*\***

**-Monday, December 24<sup>th</sup>- Wednesday December 26<sup>th</sup>, 2018**