

January 2019 – Class Schedule

CALENDAR: HOT DATES

- 1/3- Advisory Council Meeting- 9:30am-11:30am
- 1/15- LA Regional Food Bank Distribution- 1:00pm
- 1/15- Sara Polinsky: Part 1 Series Legal Seminar:
Estate Planning 101. The Basics of Wills and Trusts-
10-11:30am
- 1/17- Citiride Transportation
Updates Presentation- 10:30am
- 1/18- Health Wellness Friday- Spark your Life- 9:30-11:30
- 1/18- Hearing Screening- 10am-Noon
- 1/18, 1/25, 2/1- 3-Part: Heart Health Series- 10am-11am
- 1/24- Travel Talk- 10am

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)-Returning 1/14**
- 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 Tap/Jazz- **Arlene (\$2 Donation)** MP3
- 1:00pm-2:30pm Ukulele- **Eli (\$2 Donation)** Comm Rm
- 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**
Will resume January 8th, 2019

Wednesday

- 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
- 1:00-2:30pm ****New Class** Buried in Treasures** Activity Rm
1pm-2:30pm **(MUST RSVP)**
- 1:30pm-3:00pm Braille Audio Book Club Conf.Room
(2nd Wednesday of the Month) **(\$2 Donation)**
- 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**
- 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 Tap/Jazz – **Arlene (\$2 Donation)** 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 FEE)** 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**

Friday Movies \$2 FEE

All movies start at 2:00pm

1/4/2019 – Mamma Mia 2! Here We Go Again – PG-13

In this sun-soaked sequel, a pregnant Sophie (Donna's daughter) is now running the family villa on Kalokairi and worried about facing motherhood minus her mom's guidance. But Donna's best friends reassure Sophie with tales about Donna's experiences.

Time: 1hr 54m *Cast:* Pierce Brosnan, Meryl Streep, Cher, Amanda Seyfried

1/11/2019 – Midnight Sun – PG-13

17-year-old Katie Price has been sheltered since childhood with a rare disease that makes even the smallest amount of sunlight deadly. During the day she is housebound, but after nightfall, Katie can venture out to the local train station and play her guitar for travelers.

One night, her dreams come true when she's noticed by Charlie, whom she has secretly admired for years.

Time: 1hr 31m *Cast:* Bella Thorne, Patrick Schwarzenegger, Rob Riggle

1/18/2019 – Crazy Rich Asians – PG-13

"Crazy Rich Asians" follows native New Yorker Rachel Chu as she accompanies her longtime boyfriend, Nick Young, to his best friend's wedding in Singapore. Excited about visiting Asia for the first time but nervous about meeting Nick's family, Rachel is unprepared to learn that Nick has neglected to mention a few key details about his life. It turns out that he is not only the scion of one of the country's wealthiest families but also one of its most sought-after bachelors.

Time: 2hr 1m *Cast:* Constance Wu, Henry Golding, Gemma Chan

1/25/2019 – The Spy Who Dumped Me – R

Getting dumped always hurts, but Audrey is well rid of her ex when he shows up at her door on the run from a band of assassins. Unaware that he's really a spy, Audrey and her best friend soon find themselves plunged into a global conspiracy.

Time: 1hr 57m *Cast:* Mila Kunis, Kate McKinnon, Justin Theroux

Thrift Corner & Snack Shop Hours of Operation:

Monday-Friday 10:00am-2:00pm

*Fitness Center Open Monday-Friday 9am-4:30pm

January 2019

ONGOING SERVICES

***BRAILLE VISUAL AID CONSULTATIONS**

Call for more information (323) 663-1111.

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

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

***Lifeline Free Cell Phone Sign-Up:** 1st & 3rd Tuesday. 10am-Noon

***New Service*MEDICARE ANSWER MAN- 2nd 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-1st 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 January****

-Monday, January 21st, 2019- Martin Luther King Jr. Day