



February 2019 – Class Schedule

CALENDAR: HOT DATES

2/1- Heart Health Series- 10am-11am
 2/7- Advisory Council Meeting- 9:30am-11:30am
 2/13- Basics of Alzheimer's Workshop- 9:00am-11:00am
 2/14- Valentine's Day Dance- 2:00pm-4:00pm
 2/15- Health Wellness Friday- Spark your Life- 9:30-11:30
 2/15- Sweetheart Bingo Tournament- 1:00-3:00pm
 2/19- Legal Seminar- Planning for Long Term Care- 10am
 2/19- LA Regional Food Bank Distribution- 1:00pm
 2/21- Maximizing Medicare Insurance Benefits-10:00am
 2/25-4/8- Diabetes Education Empowerment Program (DEEP) 6-week series- Mondays from 2:00pm-4:00pm

Monday

9:00am-11:30am Table Tennis (**\$2 FEE**) MP2
 9:30am-10:30am Meditation and Breathing (\$5)-**Joanne** MP3
10:00am-11:00am Live Music Sing-A-Long (\$2) **Comm Rm**
 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-4:00pm Diabetes Education Empowerment Program (DEEP)
Starting 2/25- 4/8 **Activity Rm**
 2:00pm-3:00pm Bellydancing (\$2) MP 1 & 2
 3:00pm-4:30pm Poetry Forum-**Norma (\$2 Donation)** Comm Rm

Tuesday

9:00am-10:00am **New Class starting Feb 19th** **Comm Rm**
Qi-Gong (Chinese Standing Yoga)
 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
 10:30am-12:30pm Advanced Spanish (\$4)-**Michael** Comm Rm
 12:00pm-5:00pm Knitting & Crochet-**(\$2 Donation)** Art Room
 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
 2:30pm-4:30pm Bollywood (**\$2 Donation**) MP1
 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

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 (\$2) Comm Rm
 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
 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 MP1
 Chair Exercise (EBP \$6) **Chhiv**

****We are closed the following days in February****

Monday, February 18th, 2019- President's Day

Friday Movies \$2 FEE

All movies start at 2:00pm

2/1/2019-Jurassic World: Fallen Kingdom- PG-13

Now lying in ruins in its jungle environs, the former Jurassic World theme park is still home to the abandoned dinosaurs. But when Claire and Owen learn that a long-dormant volcano on the island is about to erupt, they return to rescue the creatures. Time: 2hr 8m
Cast: Chris Pratt, Bryce Dallas Howard, B.D. Wong, James Cromwell

2/08/2019-Adrift – PG13

Adrift is based on the inspiring true story of two free spirits whose chance encounter leads them first to love, and then to the adventure of a lifetime. As the two sailors set out on a journey across the ocean, Tami Oldham and Richard Sharp couldn't anticipate they would be sailing directly into one of the most catastrophic hurricanes in recorded history. In the aftermath of the storm, Tami awakens to find Richard badly injured and their boat in ruins. Time: 1hr 37m
Cast: Shailene Woodley, Sam Claflin, Jeffrey Thomas, Elizabeth Hawthorne

2/15/2019- Justice League – PG13

Fueled by his restored faith in humanity and inspired by Superman's selfless act, Bruce Wayne enlists the help of his newfound ally, Diana Prince, to face an even greater enemy. Together, Batman and Wonder Woman work quickly to find and recruit a team of metahumans to stand against this newly awakened threat. But despite the formation of this unprecedented league of heroes—Batman, Wonder Woman, Aquaman, Cyborg and The Flash—it may already be too late to save the planet from an assault of catastrophic proportions. Time: 2h 00m
Cast: Ben Affleck, Gal Gadot, Ezra Miller, Jason Momoa, Ray Fisher, Henry Cavill

2/22/2019- The Glass Castle – PG13

Adapted from the novel of the same name, this family drama follows future writer Jeannette Walls, who spends her hardscrabble childhood on the run with her negligent artist mother and storytelling alcoholic father. Time: 2hr 7m
Cast: Brie Larson, Woody Harrelson, Max Greenfield, Sarah Snook, Naomi Watts

Thrift Corner & Snack Shop Hours of Operation:

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

*Fitness Center Open Monday-Friday 8:30am-4:30pm

February 2019 **ONGOING SERVICES**

***BRAILLE VISUAL AID CONSULTATIONS**

Call for more information (323) 663-1111.

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

Walk-in's Welcome- 9:00am-2:00pm or call 818-708-6370.

***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!*