

May 2024 – Class Schedule

<u>CALENDAR: HOT DATES</u>	<u>Monday</u>
<p>OSEC CLOSED May 27th – Memorial Day</p> <p>5/3 – LA Regional Food Box Older Adult (60+) Giveaway 9:00am-11:00am *First Come First Serve**Bring ID*</p> <p>5/6 – Savvy Caregivers Workshop w/ Free Caregiver Manual – Monday, May 6 from 1:00pm-3:00pm Alz LA</p> <p>5/7 – Advisory Council - 10:00am-11:00am Community Rm</p> <p>5/14 – Emotional Wellbeing & Stress Prevention – Department of Mental Health – 2:00pm-3:30pm - Community Room</p> <p>5/14 – CalFresh Eat Healthy Class Series: May 14, 21, 28, June 4 10:00am *Register with Main Office Limited Spaces*</p> <p>5/18 – 15th Annual Senior Symposium at 17400 Victory Blvd. Van Nuys, CA 91406 9:00am-12:00pm</p> <p>5/22 – Diabetes Empowerment Education Program (DEEP) Workshop: May 22, 29, June 5, June 12, June 19, June 26 – 1:00pm-3:00pm</p> <p>5/23 – Buried in Treasures Hoarding 16 Week Workshop – starting May 23rd 2:00pm-3:30pm *Register early with the front office*</p> <p>5/31 – “What You Need to Know Before You Leave the Doctor’s Office” Presentation – SCAN Independence at Home 10:00am-11:00am Zoom ID: 817 4887 4510 Password: 416966</p> <p>5/31 – Red Cross Blood Drive 10am-4pm – Multipurpose Room</p>	<p>09:30am–10:30am SilverSneakers Circuit–Monica Virtual</p> <p>FREE-SilverSneakers Member/\$3 fee Non-members</p> <p>*Please call Main Office for more information*</p> <p>09:00am-10:30am Chair Yoga – Alison MP3</p> <p>09:00am-11:15am Table Tennis MP2</p> <p>*\$2 fee Please pay at the Main Office Window – Bring Paddles*</p> <p>10:30am-12:00pm Bingo – Ed Art Rm</p> <p>01:00pm-2:00pm *NEW* Box & Dance Fitness Class MP1</p> <p>*Sponsored by Regal Medical Group*</p> <p>02:00pm-4:00pm *NEW* Cornhole & Ring Toss MP1</p> <p>01:00pm-03:00pm Cabaret- *Closed Group* David MP3</p> <p>01:30pm-02:45pm Storytelling – Elizabeth (5/20) Activity Rm</p>
<p><u>Tuesday</u></p> <p>09:15am-11:15am Exercise through Dance MP2 & MP3</p> <p>10:00am-11:30am *NEW* Painting Without Fear - Ann Art Rm</p> <p>12:00pm-02:00pm Board Games TBA</p> <p>01:00pm-03:00pm Tap/Jazz-Arlene MP3</p> <p>01:00pm-02:00pm Arthritis Foundation Exercise MP1&2</p> <p>Be Fit While U Sit (EBP)-Andree</p> <p>FIRST COME FIRST SERVE</p> <p>02:00pm-04:00pm Technology Class Comm Rm</p> <p>*Please call to confirm*</p> <p>02:00pm-04:00pm Knitting & Crochet – Beth Art Rm</p> <p>02:30pm-04:00pm Line Dancing – Cindy MP1&2</p>	<p><u>Wednesday</u></p> <p>09:30am–10:30am SilverSneakers Circuit–Veena Virtual</p> <p>FREE-SilverSneakers Member/\$3 fee Non-members</p> <p>*Please call Main Office for more information*</p> <p>10:00am-11:00am Zumba MP Rm</p> <p>01:00pm-04:30pm Table Tennis MP2</p> <p>*\$2 fee Please pay at the Main Office Window – Bring Paddles*</p> <p>01:00pm-02:30 Song Birds *Closed Group* - Ellen MP3</p> <p>01:00pm-02:30 Karaoke – Alex Activity Rm</p> <p>02:00pm-03:30pm Unzip Your Lip - Ruthe Community Rm</p> <p>02:30pm-04:30pm Intermediate Folk Dance Workshop MP1</p>
<p><u>Thursday</u></p> <p>09:30am-11:30am Stretch, Exercise & Dance!–Milan MP2&3</p> <p>*NO CLASS May 16th & May 23rd *</p> <p>10:00am-11:30am Building Relationships Activity Rm</p> <p>10:00am-11:30am Live Music Sing-a-Long-Alan Comm Rm</p> <p>10:00am-12:00pm Watercolor-Martha (5/2 & 5/16) Art Rm</p> <p>12:30pm-02:00pm Navigating Hope-Donna Activity Rm</p> <p>01:00pm-03:00pm Tap/Jazz-Arlene MP3</p> <p>01:00pm-02:30pm Motown Music & Dance-Alex MP1&2</p> <p>01:30-04:00 Technology Class Art Rm</p> <p>*Please call to confirm*</p>	<p><u>Friday</u></p> <p>09:00am-11:15am Table Tennis MP2</p> <p>*\$2 fee Please pay at the Main Office Window – Bring Paddles*</p> <p>10:30am-11:30am Sit & Sip with Cheryl Comm Rm</p> <p>01:00pm-02:00pm Arthritis Foundation Exercise MP1&2</p> <p>Be Fit While U Sit (EBP)-Andree</p> <p>01:00pm-02:30pm “Let’s Talk Positive Events”–Mitchell Comm Rm</p> <p>02:00pm-04:00pm Knitting & Crochet – Beth Art Rm</p> <p>02:00pm-04:00pm Movie of the Week MP3</p> <p>*\$2 fee Please pay at the Main Office Window*</p> <p>02:30pm-03:30pm Country Line Dancing - Michael (\$6) MP1</p>

May 2024
Ongoing Services

***Better Age Personal Health & Wellbeing Assessment** – Call the main office to improve your health – 818-705-2345

<https://health-wellbeing.betterage.net/center/onegeneration-senior-enrichment-center/>

***Bet Tzedek Legal Assistance** – (323) 939-0506 or call the main office at 818-705-2345 to schedule an in-person appointment. **Appointment IS REQUIRED**

***CalFresh Enrollment/Housing Info**

Natalie Pongo at 818-708-6380

***Debbie Lee – Reverse Mortgage Specialist**

Call first to make an appointment – (805) 402-0176

***Vaccine Clinics** – (818) 305-4280 or (818)738-9927

***LADWP Financial Assistance on Utility Bills** –

Emmanuel (Manny) at (818) 708-4759

***Grandparents As Parents Program** – (818) 264-0880

***L.A. MENTAL HEALTH - Counseling Services - (818)359-0133** *See main office for more information.

*** Mature Driving Course**

Call for more information– 818-705-2345

*** MEDICARE SERVICES HICAP – 1st & 4th Tuesday each month**

Call to schedule an appointment – 818-705-2345 or call their office at (800) 824-0780

***CITIZENSHIP ASSISTANCE** – (818) 342-4686

***ELDER LAW ATTORNEY- Sara Polinsky** – (818) 906-9900

***Bar Association** - (818) 227-0489

****LUNCHES ARE SERVED DAILY AT 11:30****

First Come First Serve

****Thrift Corner Hours 10:00am-2:00pm****

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

The word "Spring" is written in a large, pink, cursive font. A small, colorful butterfly is perched on the letter 'P'.

Friday Movies \$2 FEE

All movies start at 2:00pm

05/03/2024 –MENDING THE LINE (2022) (R) 2h 2m

A Marine wounded in Afghanistan learns to face his combat trauma through friendship with an older war veteran and the healing practice of fly-fishing.

Cast: Brian Cox Sinqua Walls, Perry Mattfeld....

05/10/2024 – FAMILY SWITCH (2023) (PG) 1h 45m

When family members switch bodies with each other during a rare planetary alignment, their hilarious journey to find their way back to normal will bring them closer together than they ever thought possible.

Cast: Jennifer Garner, Ed Helms, Emma Myer....

05/17/2024 –THE WATER MAN (2021) (PG) 1h 31m

Desperate to save his ailing mother, 11 year old Gunner runs away from home on a quest to find a mythic figure rumored to have the power to cheat death.

Cast: David Oyelowo, Rosario Dawson, Lonnie Chavis....

05/24/2024 – THE OUTLAWS (2023) (R) 1h 37m

Meet Owen's future in-laws: They're charming, cool....and possibly wanted by the FBI. A perfect wedding day is about to be the least of his problems.

Cast: Adam Devine, Pierce Brosnan, Ellen Barkin...

05/31/2024 – MEGAN LEAVEY (2017) (PG-13) 1h 56m

Feeling trapped in her old life, Megan enlists in the Marine Corps, where she forms an unlikely partnership with a combat dog. Based on a true story.

Cast: Kate Mara, Edie Falco, Common....