

April 2023 – Class Schedule

<u>CALENDAR: HOT DATES</u>	<u>Monday</u>
<p>4/4- Advisory Council - 10:00am <i>Welcoming New Members</i></p> <p>4/6- City of LA COVID-19 Memorial Discussion - 1:00pm-2:30pm *Register with the Main Office! Limited Spots</p> <p>4/19- Sara Polinsky FREE Legal Workshop #2 10:00am-11:30am *Register with the Main Office! Limited Spots</p> <p>4/20- “Aging and Vision Loss” SCAN Independence 1:00pm Zoom ID: 870 5293 1740 Password: 952207</p> <p>4/20 – Spring Bingo 2:00pm-4:00pm *See Main Office</p> <p>4/21-Health & Wellness Friday “Healthy Way of Drinking for Self-Healing” - 09:00am-10:30am</p> <p>4/21- Spring Musical Dance with Assisted Living Music presents James Gray & Seza Mirzaian, Frank, and Michelle 01:00pm-04:00pm</p> <p>05/20- 14th Annual Senior Symposium 9:00am-12:00pm at 17400 Victory Blvd. Van Nuys, CA 91406 Register at https://www.eventbrite.com/e/onegenerations-14th-annual-senior-symposium-health-fair-tickets-581023756697</p>	<p>09:00am-10:15am- Chair Yoga – Alison Community Rm</p> <p>09:00am-11:15am - Table Tennis MP2 *\$2 fee Please pay at the Main Office Window*</p> <p>09:30am-10:30am- Meditation & Breathing-Joanne *Balboa Park*</p> <p>10:30am-12:00pm- Bingo – Ed Art Rm</p> <p>01:00pm-2:00pm *NEW* Creative Poetry–King(10th&24th) Act Rm</p> <p>01:00pm-3:00pm- Cabaret- *Closed Group* David MP3</p> <p>01:00pm-3:00pm Drawing/Sketching (\$2 Donation) Art Rm</p> <p>01:30pm-2:45pm *NEW* Storytelling – Elizabeth(4/17) Activity Rm</p>
<u>Tuesday</u>	<u>Wednesday</u>
<p>09:00am – 10:00am SilverSneakers Circuit–Veena Virtual <u>FREE-SilverSneakers Member/\$3 fee Non-members</u> <u>*Please call Main Office for more information*</u></p> <p>09:15am-11:15am-Exercise through Dance MP2 & MP3</p> <p>12:00pm-2:00pm *NEW* Board Games Art Rm</p> <p>01:00pm-3:00pm-Tap/Jazz-Arlene MP3</p> <p>01:00pm-2:00pm-Arthritis Foundation Exercise MP1&2 Be Fit While U Sit (EBP)-Andree</p> <p>02:00pm-3:00pm-*NEW* Improv – Tim (April 11th) MP1</p> <p>02:00pm-3:30pm Technology Class Conference Rm</p> <p>02:00pm-4:00pm- Knitting & Crochet – Beth Art Rm</p>	<p>09:00am-10:00am - Line Dancing – Cindy MP3</p> <p>10:00am-11:00am Zumba-Joanne (\$2 Donation) MP Rm</p> <p>12:30pm-2:00pm-*NEW* Mental Health Wellness Wednesdays(26th) Title: “Preserve Your Memory Through Brain Exercise” Activity Rm</p> <p>01:00pm-4:30pm - Table Tennis MP2 *\$2 fee Please pay at the Main Office Window*</p> <p>01:00pm-3:30-Song Birds-*Closed Group* Ellen MP3</p> <p>02:00pm-3:30pm-Unzip Your Lip - Ruthe Community Rm</p> <p>02:00pm-4:00pm-*NEW* Intermediate Folk Dance Workshop *Starts 4/12 For more information ask main office Activity Rm</p>
<u>Thursday</u>	<u>Friday</u>
<p>09:00am – 10:00am SilverSneakers Circuit–Veena Virtual <u>FREE-SilverSneakers Member/\$3 fee Non-members</u> <u>*Please call Main Office for more information*</u></p> <p>08:45am-10:00am Yoga – Alison MP2 & MP3</p> <p>10:15am-11:30am *NEW* Stretch, Exercise & Dance!–Milan MP2&3</p> <p>10:00am-11:30am Building Relationships Activity Rm *Interested? Ask Main Office for more information*</p> <p>10:00am-11:30am Live Music Sing-a-Long-Alan Community Rm</p> <p>10:00am-12:00pm Watercolor Free Paint (April 6th & 20th) Art Rm</p> <p>12:30pm-2:00pm-Navigating Hope-Donna Activity Rm</p> <p>01:00pm-3:00pm-Tap/Jazz-Arlene MP3</p> <p>01:00pm-2:30pm-*NEW* Motown Music & Dance-Alex MP1&2</p> <p>01:30-3:30 Technology Class Conference Rm</p>	<p>09:00am-11:15am - Table Tennis MP2 *\$2 fee Please pay at the Main Office Window*</p> <p>10:30am-11:30am-Sit & Sip with Cheryl Community Rm *April 14th & April 28th</p> <p>01:00pm-2:00pm-Arthritis Foundation Exercise MP1&2 Be Fit While U Sit (EBP)-Andree</p> <p>01:00pm-2:30pm-Current Events – Mitchell Community Rm</p> <p>01:00pm-2:00pm-*NEW* Spanish Art Rm</p> <p>02:00pm-4:00pm-Knitting & Crochet – Beth Art Rm</p> <p>02:00pm-4:00pm-Movie of the Week MP3 *\$2 fee Please pay at the Main Office Window*</p> <p>02:30pm-3:30pm-Country Line Dancing - Michael (\$6) MP1</p> <p><i>*Disclaimer: Classroom assignments are subject to change at any time</i></p>

April 2023 ONGOING

SERVICES

***AARP Tax Assistance** – call main office 818-705-2345 to schedule **LAST Appt. date is April 14th Appointment IS REQUIRED**

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

***Cal Fresh Enrollment/Assistance** - Natalie at 818-708-6380 for more info.

***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 for more info.

***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

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

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

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

***SENIOR PEER COUNSELING SERVICES- (818) 847-3845**

****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**

HELLO
SPRING

Friday Movies \$2 FEE

All movies start at 2:00pm in MP3

04/07/2023 –THE GLASS ONION A KNIVES OUT MYSTERY (2022) 2h 19m PG13

World-famous detective Benoit Blanc heads to Greece to peel back the layers of a mystery surrounding a tech billionaire and his eclectic crew of friends.

Cast: Daniel Craig, Edward Norton, Janelle Monae

04/14/2023 – A MAN CALLED OTTO (2022) PG-13 02h 05m

When a lively young family moves in next door, grumpy widower Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down.

Cast: Tom Hanks, Mariana Trevino, Rachel Keller...

04/21/2023 – NO MOVIE – Spring Dance Today

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04/28/2023 – EVERYTHING EVERYWHERE ALL AT ONCE-R•2022•02h 19m

When an interdimensional rupture unravels reality, an unlikely hero must channel her newfound powers to fight bizarre and bewildering dangers from the multiverse as the fate of the world hangs in the balance.

Cast: Michelle Yeoh, Stephanie Hsu, Ke Huy Quan.....