



May 2023 – Class Schedule

<u>CALENDAR: HOT DATES</u>	<u>Monday</u>
<p>CLOSED May 29th – Memorial Day</p> <p>5/2- Advisory Council - 10:00am <i>Welcoming New Members</i></p> <p>5/9 – Mindfulness Workshop – 10:00am-11:00am</p> <p>5/11 – Mother’s Day Dance w/ Alex – 1:00pm-4:00pm</p> <p>5/18 - “The Mediterranean Diet” SCAN Independence 1:00pm Zoom ID: 870 5293 1740 Password: 952207</p> <p>5/20 - 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>5/30-Mindfulness Workshop – 10:00am-11:00am</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 (8th & 22nd) 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(5/15) 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 (May 9th) 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(24th) Title: “Hoarding” 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>02:30pm-4:30pm-*NEW* Intermediate Folk Dance Workshop *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 (May 4th & May 18th) 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 *May 12th & May 26th</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>02:00pm-3:00pm-*NEW* Spanish Activity 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>

May 2023 ONGOING SERVICES

***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**

Friday Movies \$2 FEE

All movies start at 2:00pm

05/05/2023 – WHITNEY HOUSTON: I WANNA DANCE with SOMEBODY 2022 (PG-13) 2hr 24m

This complex portrait of the incomparable Whitney Houston follows the singer's stunning ascent from New Jersey choir girl to international superstar.

Cast: Naomi Ackie, Stanley Tucci, Aston Sanders.....

05/12/2023 – OTHERHOOD 2019 (R) 1hr 40m

Feeling forgotten on Mother's Day, three best friends leave the suburbs and drive to New York City to surprise their adult sons.

Cast: Patricia Arquette, Angela Bassett, Felicity Huffman.....

5/19/2023 – MURDER MYSTERY 2 2023 (PG-13) 1h 30m

After starting their own detective agency, Nick and Audrey Spitz land a career-making case when their billionaire pal is kidnapped from his wedding.

Cast: Adam Sandler, Jennifer Aniston, Mark Strong.....

5/26/2023 – WOMAN IN GOLD 2015 (PG-13) 1h 49m

Six decades after fleeing the Nazis in World War II, Maria Altmann sets out to reclaim her family's stolen artwork with help from a young lawyer.

Cast: Helen Mirren, Ryan Reynolds, Katie Holmes.....

