

June 2023 – Class Schedule

<p><u>CALENDAR: HOT DATES</u></p> <p>6/6- Advisory Council - 10:00am <i>Welcoming New Members</i></p> <p>6/9 – Townhall Obesity Event – 1:00pm *Sign up at Main Office</p> <p>6/15 - “Medication – What You Need to Know to Be Safe” SCAN Independence 1:00pm Zoom ID: 870 5293 1740 Password: 952207</p> <p>6/16 – Health & Wellness Friday w/ Joanne – “Healthy Eating” OPTUM Sponsor 9:00am-10:30am</p> <p>6/16 - “10 Warning Signs of Alzheimer’s” Alzheimer’s LA Southland Chapter 10:30pm</p> <p>6/19 OSEC WILL BE CLOSING AT 3PM</p> <p>6/20 – Mindfulness Workshops – Mindful Veteran Project - 10am</p> <p>6/20 - Being 80: Too Old to Change? Monologue – Art Shulman 02:00pm-03:00pm</p> <p>6/23 – Bermudas & Dress Day Dance – Sponsored by Alignment Healthcare 1:00pm-4:00pm</p>	<p><u>Monday</u></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 (12th & 26th) Act Rm</p> <p>01:00pm-3:00pm- Cabaret- *Closed Group* David MP3</p> <p>01:30pm-2:45pm *NEW* Storytelling – Elizabeth(6/19) Activity Rm</p>
<p><u>Tuesday</u></p> <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 Activity 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 (June 13th) MP1</p> <p>02:00pm-3:30pm Technology Class Conference Rm</p> <p>02:00pm-4:00pm- Knitting & Crochet – Beth Art Rm</p>	<p><u>Wednesday</u></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(21st) Title: “Know the Scams & Don’t Be a Victim” Activity Rm</p> <p>01:00pm-4:30pm - Table Tennis MP2</p> <p>*\$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>
<p><u>Thursday</u></p> <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 *No Instructor (June 1st & 15th) 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><u>Friday</u></p> <p>09:00am-11:15am - Table Tennis MP2</p> <p>*\$2 fee Please pay at the Main Office Window*</p> <p>10:30am-11:30am-Sit & Sip with Cheryl Community Rm *June 9th & 23rd</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* Spanish <u>No Class 6/9</u> 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>

**June 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

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

First Come First Serve

****Thrft 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

06/02/2023 – BURNT (2015) R 1h 40m

A Chef who destroyed his career through recklessness and bad behavior comes to London to redeem himself and regain his former glory.

Cast: Bradley Cooper, Sienna Miller, Daniel Bruhl.....

06/09/2023 – 80 FOR BRADY (2023) PG-13 1h 38m

Inspired by the true story of four best friends living life to the fullest when they take a wild trip to the 2017 Super Bowl to see their hero Tom Brady play.

Cast: Lily Tomlin, Jane Fonda, Rita Moreno, Sally Field, and Super Bowl Champion and producer Tom Brady

06/16/2023 – CRITICAL THINKING (2020) TV-MA 1h 57m

An unwavering teacher and his students must overcome the perils in their underserved community as they compete in a national chess tournament.

Cast: John Leguizamo, Corwin Tuggles.....

06/23/2023 – NO MOVIE

06/30/2023 – MARLOWE – (2023) R 1h 54m

Marlowe a gripping thriller set in 1939 Los Angeles. Hard-boiled private eye, is hired to the lover of a glamorous heiress. Unexpectedly, Marlowe finds himself embroiled in a deadly mystery that he determined to either solve or die trying.

Cast: Liam Neeson, Diane Kruger, Jessica Lange, Danny Huston, Alan Cumming