

Robert M. Wilkinson  
Multipurpose Senior Center

March / April 2011 Newsletter

Funded by the City of Los Angeles Department of Recreation and Parks  
and the City of Los Angeles Department of Aging  
Center Hours: 8:30 a.m. to 4:30 p.m., Monday–Friday

8956 Vanalden Ave.  
Northridge, CA 91324

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2011 MARCH / APRIL NEWSLETTER

# Robert M. Wilkinson Multipurpose Senior Center

## Spring, the Sweet Spring

Thomas Nashe (1600)

Spring, the sweet spring, is the year's pleasant king,  
Then blooms each thing, then maids dance in a ring,  
Cold doth not sting, the pretty birds do sing:  
Cuckoo, jug-jug, pu-we, to-witta-woo!

The palm and may make country houses gay,  
Lambs frisk and play, the shepherds pipe all day,  
And we hear aye birds tune this merry lay:  
Cuckoo, jug-jug, pu-we, to-witta-woo!

The fields breathe sweet, the daisies kiss our feet,  
Young lovers meet, old wives a-sunning sit,  
In every street these tunes our ears do greet:  
Cuckoo, jug-jug, pu-we, to witta-woo!



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**City of Los Angeles**  
 Department of Recreation and Parks  
 Robert M. Wilkinson Multipurpose Senior Center



Mayor .....	Antonio R. Villaraigosa
Councilmember, 12th District .....	Greig Smith
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Vice President .....	Luis A. Sánchez
Board Members.....	Candy Spelling, and Johnathan Williams
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Executive Officer .....	Regina Adams
Assistant General Manager / Operations West.....	Kevin W. Regan
Assistant General Manager / Operations East.....	Vicki Israel
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Acting Principal Grounds Maintenance Supervisor II.....	Barbara Pleasant
Acting Construction and Maintenance Supervisor II .....	Allan Moline
Superintendent / Pacific Region .....	Mark Mariscal
Principal Recreation Supervisor II / Pacific Region .....	Bara King
Principal Recreation Supervisor I.....	Anita Meacham
Senior Citizen Section Supervisor.....	Kimberly Simonet
Senior Park Maintenance Supervisor .....	Abel Perez
Park Maintenance Supervisor.....	Robert Thompson
Wilkinson Senior Center Staff	
Senior Director .....	Roz Brown
Project Director.....	Christine Abbott
Recreation Coordinator.....	Fredrik Matevossian
Case Manager Supervisor .....	
Case Manager .....	Angie Gallegos
Proposition A Coordinator .....	Seymour Potell
Proposition A Assistant.....	Mary Sandorf
Social Services Aid.....	Marisa Milani, Renee Perets
Special Services Assistant .....	Sharron Hickman
Social Services Driver .....	Lynn Kanan, Teresita Oliva
Information and Assistance .....	Glenn Pfahl, Rosalind Falk
Proposition A Drivers .....	Jay Ilejay, John Johnston, Cyndi Lane, Louis Lucero, Michael Oliva, Virginia Vasquez, Kenneth Wsiaki
Nutrition Site Director.....	Leona Ward
Nutrition Assistant.....	Sonia Escalante
Center Coverage .....	Jay Ilejay, John Johnston, Michael Lee, Michael Oliva
Maintenance Staff.....	Robert Fulford, Gardener/Caretaker; Blake Johnson, Senior Gardener; Felicia Haro, SPA II; Erik Frausto, SPA II
Board of Directors	
President .....	Elaine Marchesano
Vice President.....	Betty White
Board of Directors meetings are held the first Tuesday every other month at 8:30 a.m.	
General membership meetings are on the second Tuesday of every other month at 9:00 a.m. All seniors are invited to voice their compliments, complaints, and suggestions.	
Center Phone Numbers	
Main Office, Classes & Activities.....	voice (818) 756-7741; fax (818) 756-9747
Social Services.....	voice (818) 885-5220; fax (818) 885-5581
Nutrition Desk (9:30 a.m. – 1:00 p.m.) .....	(818) 885-5144
Trips & Membership (8:30 a.m. – 4:00 p.m.).....	voice (818) 701-1001 fax (818) 886-1035
Proposition A Transportation .....	(818) 756-9304
Meals to the Homebound.....	(213) 473-7066

## Trips – Schedule & Descriptions



### JUNE

#### June 3, Friday

#### Pechanga Resort Casino – Temecula

Come enjoy another fun day at one of California's largest casinos. Receive \$15.00 free play. MUST have valid ID. Price includes transportation and driver's tip. Departure is at 8:00 a.m., return approx. 5:30 p.m. Cost: \$10.



#### June 14, Tuesday

#### Skirball Cultural Center "Best Deal of the Year"

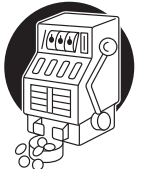
First: a presentation on "Identity theft". Second: a FREE LUNCH. Third: docent tour of galleries and gardens. Fourth: a classic feature film. You may choose to either take tour or wander on your own. Price includes entrance fee, transportation, and driver's tip. Departure is at 9:45 a.m., return approx. 4:30 p.m. Cost: \$5.



#### June 26 – 28, Sunday – Tuesday

#### Four Queens Hotel Casino – Las Vegas, Nevada

Back by popular request is the Four Queens Hotel in downtown Las Vegas. Don't miss the Fremont Street Experience Light & Sound Show. Price includes baggage handling, 2 nights hotel accommodations, transportation and driver's tip. Departure is at 9:00 a.m., return approx. 6:00 p.m. Cost: double \$80, single \$100.



## Wilkinson Center Announcements

The classes and programs in this newsletter may be subject to cancellation. Refund Policy: A non-refundable 15% administration fee will be assessed by the Recreation Center for any patron granted a refund, change, or transfer per class or sports league registration. No full refunds will be issued unless a class or sports league is cancelled by the recreation center. *Wilkinson Multipurpose Senior Center does not sponsor or endorse any service or product advertised in our newsletter or on our bulletin boards.*



**Los Angeles Regional Foodbank**  
 will give out food  
 every second Thursday  
 March 10, 2011  
 and  
 April 14, 2011.

NOTE: No new applicants will be accepted.

**ATTENTION MEMBERS:**  
 Please update and renew your membership at the trip office today.

## Trips – Schedule & Descriptions



### MARCH

- 13–15 Riverside Hotel Casino, Laughlin, Nevada** — Departure is at 9:00 a.m., return approx. 6:00 p.m. Cost: double \$75, single \$95.
- 19 Musical “Rockin’ with the Ages 3”, Burbank** — Departure is at 11:30 a.m., return approx. 4:30 p.m. Cost: \$41.

### APRIL

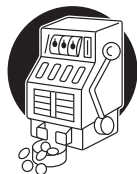
- 8 Descanso Gardens Tram ride will follow by the Norton Simon Museum** — Departure is at 10:00 a.m., return approx. 5:30 p.m. Cost: \$42.
- 15 Morongo Casino Resort Spa, Cabazon** — Departure is at 8:00 a.m., return approx. 6:00 p.m. Cost: \$10.

### MAY

#### May 1, Sunday

#### Chumash Casino Resort – Santa Ynez

Join us for a fun day at the Chumash Casino located in the Santa Ynez Valley near Solvang. Big BINGO day. Price includes transportation and driver's tip. Departure is at 10:00 a.m., return approx. 9:00 p.m. Cost: \$20.



#### May 11, Wednesday

#### Knott's Berry Farm – Buena Park

Come enjoy a great day of fun and games plus ALL YOU CAN EAT Buffet. Included is Mrs. Knott's famous fried chicken, barbeque beef, pineapple cole slaw, boysenberry pie, fresh fruit, coffee, soft drinks, etc., etc., etc. Also included is entrance to theme park, FREE bingo and guessing games, plus prizes. Price includes luncheon, bingo, theme park, transportation and driver's tip. Departure is at 9:00 a.m., return approx. 6:00 p.m. Cost: \$38.



#### May 22 – 24, Sunday – Tuesday

#### Riverside Resort Hotel & Casino – Laughlin, Nevada

Our most visited Casino along the Colorado River in Laughlin, Nevada. Trip includes 3 meals, baggage handling, 2 nights hotel accommodations, transportation and driver's tip. Departure is at 9:00 a.m., return approx. 6:00 p.m. Cost: double \$74, single \$94.



## Holidays 2011

(the center will be closed on the following holidays)

March 31	Cesar Chavez Birthday
May 30	Memorial Day
July 4	Independence Day
October 10	Columbus Day
September 5	Labor Day
November 11	Veteran's Day
November 24	Thanksgiving
November 25	Day after Thanksgiving
December 26	Christmas Day Observed
Jan. 2, 2012	New Year's Day Observed

### Buy a Bar

See's candy bars are on sale at the center for \$1.35. Help the center and satisfy your sweet tooth! Also by popular demand, we are selling See's gift certificates for a one-pound box for \$14.00.



## Quilting Class

For quilters and would-be quilters and sewing enthusiasts. Every Monday, Room 6, 1:00 p.m. to 2:30 p.m. Instructor: Dorothea Ulyate.



## Party Dates 2011

(No Dance Band)

- Thursday, April 21st  
Easter Holiday
- Thursday, May 5th  
Mother's day
- Thursday, June 16th  
Father's Day
- Thursday, October 27th  
Halloween Party



*Happy Birthday*



Happy 92nd Birthday  
'Jack' and 'Mickey'

## Rewarding Volunteer Opportunities



Providence Volunteers for Seniors is recruiting volunteers who can give 3 hours per month or more to help other seniors do chores such as shop, run errands, read mail, and give rides to the doctor. Call (818) 847-3846 if you are interested in making a difference in a senior's life.



### Let us Know

If anyone knows of any of our members who are in movies, commercials, or sports, or who have special accomplishments, please see Fredrik in Room 4. It's always fun to brag and read about the successes of our peers.



### Be a Precious Gem

Any member who donates to our center is considered a "precious gem." All amounts are kept in confidence, but every dollar counts to help defray some of our expenses (See Page 4).



### Staff Parking

Please do not park in front of the building. It is reserved for staff.



### Donate to Your Center to Pay Tribute

This is a great time to honor birthdays, anniversaries, thank yous, or any special thoughts. With a donation to the center, a greeting will be printed in our bimonthly newsletter to honor your "special somebody." See Fredrik for details.

## Thank You to our Precious Gems:

Evelyn Lewenberg  
Betty Nelson  
Philena Wells  
Inge Kask  
Orest Gorchynski  
P.M. Glaser

## Senior Peer Counseling Program Sponsored by Providence Saint Joseph Medical Center



Are you feeling stressed, nervous, sad or blue? Are you having more pain than usual? Are you having trouble sleeping? Has your appetite changed? Perhaps you are depressed. Would you like to talk to someone about this? Call the Senior Peer Counseling Program at (818) 847-3845.

### Art Class

— Come and enjoy a relaxing experience by being a part of an art class taught by Helene Juhoff. The class is offered on Wednesdays from 8:30 a.m. - 11:15 a.m. Students can work on drawing, water colors, acrylic and pastels. The fee for the class is \$22.00 for the semester. You may register directly in the classroom with Helene Juhoff.



### NEW CLASS! Yoga Class

Every Monday from 2:30 p.m. – 3:30 p.m. in the Annex Building Room 7 – Anna Veszelszky.



## Conversational Spanish Class

Friday, 11:30 a.m. - 1:00 p.m.

For those who are interested in having conversations in Spanish, the Conversational Spanish Class, offered on Fridays, from 11:30 a.m. – 1:00 p.m. in Room 6, is a must for you. You will learn to speak the Spanish language in conversations through a method developed by D.V. Mikels, Ph.D. In a short time, you will be able to make sentences.



## Oil Painting (art fundamentals) –

for the months of March and April, the Wednesday class will be at the Annex Building in Room 7 from 8:30 a.m. – 11:15 a.m.



## Ballroom Dance Classes

The center is offering beginning and intermediate-advanced ballroom dance classes. The classes meet as follows:

**Beginning** — Monday, 1:30 p.m. – 2:30 p.m.

**Intermediate/Advanced** — Monday, 2:30 p.m. – 3:30 p.m.

**Intermediate** — Wednesday, 10:00 a.m. – 11:00 a.m.

**Intermediate/Advanced** — Wednesday, 11:00 a.m. – noon

You can take one or two hours of class.

This is an opportunity to enhance your social ballroom dance skills with Raoul, a seasoned dance instructor. He will show you the latest in dance techniques and dance steps for salsa, West Coast swing, tango, and many more. Come expand your dance skills, and enjoy a great social experience!



## Trips Sign-up Information



All trips itineraries are subject to changes without notice due to circumstances beyond our control.

### Trip Office Hours:

Mon. – Thur. 8:30 a.m. - 4:00 p.m.  
Friday 8:30 a.m. - 12:30 p.m.

### REGISTRATION:

Note: CHANGE: You may now sign up for any trip listed in this newsletter at anytime.

You may register for these trips by coming into the Trip Office between 8:30 a.m. and 4:00 p.m. When you come into the Trip Office to pay for the trips, you may register yourself & one other member. Have available the membership cards. On any casino trips, if you have a "Reward Card", please have them available.

**PAYMENTS:** When you come into the office to sign up for a trip we now request payments in full. You may sign up for yourself and one other member but please bring in the membership card. On casino trips bring your reward or players card if you have any. Sorry no phone orders.

**EMERGENCY INFORMATION:** We request that you keep your emergency information updated in our files.

### CANCELLATION FEE:

We request 2 weeks notice in order to receive any refund. For any one-day trip, the cancellation charge is \$1.00 per person. For overnight trips, the cancellation charge is \$3.00 per person. Seats may not be resold or refilled privately. You must cancel through the Trip Office ONLY. We will try our best to fill your seat.

**DEPARTURE TIMES:** Please be at the Center one half hour before departure time. The bus will leave promptly as scheduled. All members who are registered to go are responsible for their own transportation to the center. If you miss the Bus for any reason, the Center or Bus Company cannot be held responsible. Please bring a picture ID to all the casino trips.

**PLEASE TAKE NOTE FOR YOUR SAFETY:** For your safety, you must remain seated while the Bus is in motion. Comfort stops will be made on long trips. The Bus will leave on time. If you miss the Bus, it will be your responsibility to complete the trip.

If you need assistance, you must take someone with you. Our volunteer Host Escorts are not allowed to assist passengers physically or cognitively during the trips.

**SPECIAL NOTICE:** Person who are not Seniors are allowed to sign up for any non-gambling trip, but you must be with our Senior Member.

# What's Cookin'



## Bon Appetit

Lunch is served in our "dining room" Monday through Friday at 11:30 a.m. Sign up at the Nutrition Desk starting at 9:00 a.m. on the day you wish to have lunch with us. For more information, call (818) 885-5144.

### Menu for March / April

3 / 1	BBQ Beef	4 / 1	Salmon Patty
3 / 2	Chicken Piccata		
3 / 3	Salisbury Steak	4 / 4	Pepper Steak
3 / 4	Bean, Cheese Burrito	4 / 5	BBQ Chicken
		4 / 6	Stuffed Pepper
3 / 7	Hawaiian Chicken	4 / 7	Turkey Meatloaf
3 / 8	Beef Lasagna	4 / 8	Tuna Salad
3 / 9	Turkey Bean Chili		
3 / 10	Sweet & Sour Chicken	4 / 11	Turkey Tetrizzini
3 / 11	Herb Baked Fish	4 / 12	BBQ Beef
		4 / 13	Chicken Piccata
3 / 14	Veal Parmesan	4 / 14	Salisbury Steak
3 / 15	Ranch Marinated Chicken	4 / 15	Fish Taco
3 / 16	Beef Stroganoff		
3 / 17	Chile Relleno Casserole	4 / 18	Hawaiian Chicken
3 / 18	Lemon Herb Fish	4 / 19	Beef Lasagna
		4 / 20	Turkey Bean Chili
3 / 21	Beef & Broccoli	4 / 21	Sweet & Sour Chicken
3 / 22	Roast Turkey	4 / 22	Herb Baked Fish
3 / 23	Spaghetti with Meatballs		
3 / 24	Curried Chicken	4 / 25	Veal Parmesan
3 / 25	Lemon Garlic Fish	4 / 26	Ranch Marinated Chicken
		4 / 27	Beef Stroganoff
3 / 28	(closed - holiday)	4 / 28	Chile Relleno Casserole
3 / 29	Pork Chop with Gravy	4 / 29	Chicken Jambalaya
3 / 30	Turkey Enchilada		
3 / 31	Swedish Meatballs		

The menu is subject to change without notice.  
Check at the Nutrition Desk or call (818) 885-5144.

## Afternoon at the Movies (Seating is Limited)

See movies in the Annex Building, Community Room, free of charge. 2nd and 4th Wednesdays. Activity conducted by Jack Lasnik. Starts promptly at 12:30 p.m.



Wednesday, March 9, 2011 – "Catch Me if You Can"

Wednesday, March 23, 2011 – "Father of the Bride"

Wednesday, April 13, 2011 – "Chicago"

Wednesday, April 27, 2011 – "She's the Man"

**Please note:** the movie starts promptly at 12:30 p.m. and there will be no admittance to the movie after that time.

## Free Tax Preparation

Sponsored by AARP and the IRS

Will be available at the Wilkinson Senior Center.

Call (818) 756-7741 for appointment.

NOTE: you do not have to file if:

- You are married, over 65 (both spouses) and your income is less than \$20,901.
- You are married, over 65 (one spouse) and your income is less than \$19,801.
- You are married, under 65 (both spouses) and your income is less than \$18,701.
- You are single, over 65 and your income is less than \$10,701.
- You are single, under 65 and your income is less than \$9,351. (income does not include Social Security)

We will be happy to review your tax status with you if you are unsure of your requirement to file.



## Legal Services

Attorneys are available for a free initial consultation. Every 1st, 2nd, 3rd and 4th Thursday 1:00 p.m. to 3:00 p.m. in the Annex Building. Call the center at (818) 756-7741 to make an appointment.



## Discussion Group World Issues

Every Tuesday at 1:00 p.m. in the Annex Building.



## TOPS – CA 139

Will be conducting their meetings on Thursdays, 1:00 p.m. – 2:30 p.m. in Room 7. Anyone who is interested in "Taking Off Pounds Sensibly" are welcome to attend this meeting.



— *In Memoriam* —

Frank Kaatz  
Maria Westland  
Elenor Tortorki

## Supportive Services for Seniors and Caregivers



The City of Los Angeles Department of Aging provides supportive services to seniors and their family caregivers. For more information about resources available to caregivers, please contact the department at (800) 510-2020.

## Core Training through Zumba



Lose inches and experience weight loss through Zumba. Come and have fun learning Zumba and firm up the body. Wednesdays 9:00 a.m. – 10:00 a.m. and Fridays 1:00 p.m. – 2:00 p.m. in Room MP 1 & 2 (next to stage).

## Wii for Fun



Thursdays,  
2:00 p.m. - 4:00 p.m.  
Annex Building - Community Room

## Reduce Your Auto Insurance – Mature Driving Class



Drivers age 55 and older may qualify for a discount on their auto insurance by completing this state-approved Mature Driver Training Course. The course will cover today's driving problems, rules and regulations, general driving in California, and the effects of the aging process on driving. You MUST ATTEND both sessions of the course to qualify. Please register by calling Sy Rifkin at (818) 704-1990. Space is limited, so we urge you to call early to reserve your place. The fee, payable to the instructor, is \$15, and must be paid before the first class. Check with your insurance company to make sure that they are participating and that you are eligible for the discount. You may qualify for the 4-hour class; bring a copy of an old certificate - or talk to Sy.

The schedule includes both 6 hour classes (Tues. & Wed. sessions) which will be held in the lunch room and the 4 hour classes (Tues.) which will be held in the Annex.

Please check your schedules to make sure that the classes do not interfere with anything you have scheduled.

### Mature Driving Class Schedule for 2011

March 15 & 16	3 hours	1:00 p.m. - 4:15 p.m.	MP 3 (lunchroom)
April 19	4 hours	8:30 a.m. - 12:45 p.m.	Annex Building (Room 7)
May 17 & 18	3 hours	1:00 p.m. - 4:15 p.m.	MP 3 (lunchroom)
June 14	4 hours	8:30 a.m. - 12:45 p.m.	Annex Building (Room 7)
July 19	4 hours	8:30 a.m. - 12:45 p.m.	Annex Building (Room 7)
August 16	4 hours	8:30 a.m. - 12:45 p.m.	Annex Building (Room 7)
September 13	4 hours	8:30 a.m. - 12:45 p.m.	Annex Building (Room 7)
October 18 & 19	3 hours	1:00 p.m. - 4:15 p.m.	MP 3 (lunchroom)
November 15	4 hours	8:30 a.m. - 12:45 p.m.	Annex Building (Room 7)
December 13	4 hours	8:30 a.m. - 12:45 p.m.	Annex Building (Room 7)

DAY / TIME	CLASS/ACTIVITY	INSTRUCTOR	ROOM
<b>WEDNESDAY (continued)</b>			
10:00 a.m. – 11:30 a.m.	Intermediate Spanish (1st, 2nd, & 4th Wednesday)	Michael Marasa	Room 7
11:00 a.m. – 12:00 p.m.	Inter./Adv. Ballroom Dance	Raoul	MP 1 & 2
11:30 a.m.	Lunch		MP 3
12:30 p.m.	Afternoon at the Movies Mar. 19 & 23, Apr. 13 & 27	Jack Lasnik	Community Room Annex Building
1:00 p.m. – 2:30 p.m.	Body Dynamics/Physical Fitness	Penny Biroc	MP 1 & 2
1:00 p.m. – 4:15 p.m.	Mature Driving Mar. 15 & 16	Sy Rifkin & Leo Lunine	Annex Building Room 7
2:30 p.m. – 4:30 p.m.	Ping Pong	Staff/volunteers	MP 1 & 2
<b>THURSDAY</b>			
9:00 a.m. – 11:00 a.m.	Coupon Exchange (1st, 3rd, & 4th Thursday)	Kyoko McKelvey	Room 6
9:00 a.m. – 11:00 a.m.	Beginning Italian	Michael Marasa	Room 7
9:30 a.m. – 11:30 a.m.	Bingo		MP 1, 2, 3
9:30 a.m. – 11:30 a.m.	Games & Crafts		Annex Building
11:30 a.m.	Lunch		MP 3
1:00 p.m. – 3:00 p.m.	Ballroom Dancing/ Wilkinson Swing Band		MP 1, 2, 3
1:00 p.m. – 3:00 p.m.	Lawyer's Visit	Brian Sheppard & Howard Schnee	Lobby
1:00 p.m. – 2:30 p.m.	TOPS Meeting		Room 7
2:00 p.m. – 4:00 p.m.	Wii for Fun		Community Room Annex Building
<b>FRIDAY</b>			
9:00 a.m. – 11:30 a.m.	Conversational Spanish	Michael Marasa	Room 6
9:15 a.m. – 10:30 a.m.	Yoga	Jeannette Shelburne	MP 1 & 2
10:00 a.m.	Braille Institute Low Vision Evaluations (appt. required)		Annex Bldg. Room 7
10:00 a.m. – 4:00 p.m.	Podiatrist Apr. 22	Dr. Eric Wee By appointment	Community Room Annex Building
10:30 a.m. – 4:00 p.m.	Oil Painting	Rita Yosha	Room 7
10:30 a.m. – 12:00 p.m.	Beginning and Intermediate Tai Chi	Dede Nardini	MP 1 & 2
11:00 a.m. – 3:00 p.m.	Podiatrist Mar. 18	Dr. Eric Wee By appointment	Community Room Annex Building
11:30 a.m. – 1:00 p.m.	Beg./Int./Adv. Conversational Spanish	Wilhelmina von Hodissen	Room 6
11:30 a.m.	Lunch		MP 3
12:30 p.m. – 4:00 p.m.	Bridge		MP 1
1:00 p.m. – 2:00 p.m.	Zumba	Raoul	MP 1 & 2
1:00 p.m. – 2:30 p.m.	Jewelry & Beading Class	Wilhelmina von Hodissen	Room 6

The pool hall is open Monday through Friday from 8:30 a.m. to 4:15 p.m. All players are welcome! Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangement. – Schedule is subject to change without notice.

DAY / TIME	CLASS/ACTIVITY	INSTRUCTOR	ROOM
<b>MONDAY</b>			
9:00 a.m. – 11:30 a.m.	Knitting & Crocheting		Room 7
9:00 a.m. – 10:00 a.m.	Line Dancing	Ron Black	MP 1
9:00 a.m. – 10:30 a.m.	Blood Pressure Check Mar. 7, & Apr. 4	Nilda Rosales, LVN	Room A
10:00 a.m. – 11:00 a.m.	Senior Growth & Support Group	Isobel Oxx	Community Room Annex Building
10:30 a.m. – 11:30 a.m.	Tai Chi (practice)		MP 2
11:30 a.m.	Lunch		MP 3
1:00 p.m. – 2:30 p.m.	Quilting	Dorothea Ulyate	Annex Building
1:00 p.m. – 2:15 p.m.	Body Dynamics/Physical Fitness	Laudison Lopes	MP 1 & 2
1:30 p.m. – 2:30 p.m.	Beginning Ballroom Dance	Raoul	MP 3
2:30 p.m. – 3:30 p.m.	Intermediate Ballroom Dance	Raoul	MP 3
2:30 p.m. – 3:30 p.m.	Yoga	Anna Veszelszky	MP 1 & 2
<b>TUESDAY</b>			
8:15 a.m. – 12:45 p.m.	Mature Driving Apr. 19, June 14	Sy Rifkin & Leo Lunine	Annex Building Room 7
9:30 a.m. – 11:30 a.m.	Bingo		MP 1, 2, 3
9:30 a.m. – 11:30 a.m.	Games & Crafts		Annex Building
11:30 a.m.	Lunch		MP 3
12:30 p.m. – 1:30 p.m.	Hawaiian Dancing	Glenn Pfahl	Room 7
12:30 p.m. – 2:00 p.m.	Chorus Singing	Ann Anderson/ Lura Hungerford	MP 1
1:00 p.m. – 3:00 p.m.	World Issues	Jack Lasnik	Community Room Annex Building
1:00 p.m. – 4:15 p.m.	Mature Driving Mar. 15 & 16	Sy Rifkin & Leo Lunine	Annex Building Room 7
<b>WEDNESDAY</b>			
8:30 a.m. – 11:15 a.m.	Art Fundamentals	Helen Jukoff	Annex Building Room 7
9:00 a.m. – 10:00 a.m.	Beginning Spanish (1st, 2nd, & 4th Wednesday)	Michael Marasa	Room 7
9:00 a.m. – 10:00 a.m.	Zumba	Raoul	MP 1 & 2
10:00 a.m. – 11:00 a.m.	Intermediate Ballroom Dance	Raoul	MP 1 & 2

**Attention all participants,**

Due to the current budget crisis, we are asking all participants and patrons to donate \$2 when you attend a class, an increase from the \$1 per class previously requested. This money goes toward our grant requirement to collect 'program income'. The donations will allow us to continue providing services to seniors who are unable to care for themselves and are homebound. We still welcome all donations and contributions at the Robert M. Wilkinson Senior Center so please continue to contribute at least \$1 if you cannot contribute more.

Thank you, Robert M. Wilkinson Management

## Educational Seminars, Workshops, & Screenings



### Providence Saint Joseph Medical Center

Free Workshops – Providence Holy Cross sponsors a program of educational and informative lectures at the Wilkinson Senior Center. For information and to suggest topics, call (818) 847-3845.

### Peer Counseling, 1/2 hour sessions – Free

#### **The Counselor is In**

Providence Health Services is offering FREE COUNSELING SERVICES. Please make an appointment to be seen by a counselor. If you are depressed or anxious, grieving the loss of a loved one, have family conflict or financial issues, call Social Services for an appointment (818) 885-5220.

### Partners in Care Foundation

#### **Free Screening and Workshops**

Workshops on Disease Prevention and Health Education will be given throughout the year. Some of the services offered include: brown bag consultations with pharmacists and pharmacology students, as well as vision, hearing and other health screenings. Located in the Main Building lunch room.

### The Braille Institute – Braille Mobile Unit

#### **Low Vision Evaluations – March & April dates to be announced**

The Braille Institute will have a Mobile Unit at the Wilkinson Center to do low vision evaluations. They can only see five (5) people on a given day. For an appointment, YOU must call The Braille Institute at (323) 663-1111, ext. 1242. First come, first serve. YOU must call for an appointment. Annex Building, Room 7. Please call the Annex building during the hours of 8:00 a.m. and 12:00 noon for further assistance (818) 885-5220.

### Wilkinson's Senior Growth & Support Group

We support and assist senior men and women with problems, large or small. The support group is comprised of peers who understand and have the same problems. The group is facilitated by Isobel Oxx, trained senior counselor, who is dedicated to helping you. The goal of the group is to help you feel better when you leave our meetings than when you came in. Come join us. We meet at Wilkinson Center on Mondays (no meetings on holidays) from 10:00 a.m. to 11:00 a.m. Call (818) 885-5220 for more information.

### Wilkinson's Caregiver Support Group

Caregiver Support Group meets at the social services building at the Annex building on these dates: Fri., March 4 & 11, 9 am –10 am; Mon., March 21, 1 pm –2 pm; Fri., April 1 & 8, 9 am –10 am; Mon., April 18 & 25, 1 pm –2 pm. For more information please call (818) 775-0429.

# Health Services



## FOOT TREATMENT — Visiting Podiatrist

We are very fortunate to have Dr. Eric Wee, D.P.M. of Focused Foot Care visiting our center. Remember, Medicare can only be billed once every 60 days for podiatry services. *Medicare will not pay if you belong to a "locked in" HMO.* Please check with your HMO. Appointments are required. They can be made in Room 1 in the Annex Building, or call (818) 885-5220. Dr. Wee will be in Annex Building, Room 7.

Friday, March 18 .....11:00 a.m. – 3:00 p.m.

Friday, April 22.....10:00 a.m. – 4:00 p.m.

## BLOOD PRESSURE CHECK — Visiting Public Health Nurse

Have your blood pressure checked by the Public Health Nurse on the scheduled 1st Mondays in Room A. No appointment is necessary.

Monday, March 7.....9:00 a.m. – 10:30 a.m.

Monday, April 4.....9:00 a.m. – 10:30 a.m.

## HEARING SCREENING

Friday, March 4 .....10:00 a.m. – 12:30 p.m.

Annex Building, Room 7.

# Directory of Social Services



Do you need help or have questions about services that are available to you? The Social Services office provides a wide range of services to seniors in our community, including:

**Appointments for Health Screenings** – Podiatry.

**Case Management** – Assistance for the frail elderly so they may continue to live independently in their own home.

**Escort** – Transport and provide assistance for grocery shopping for those individuals who are unable to perform this task alone. Available on a limited basis to assist the frail elderly.

**Information and Referral** – Information about various programs and services and assistance in completing forms.

**Peer Counseling and Volunteer Services** – Referrals to Providence Senior Peer Counseling for counseling and volunteer services for the homebound.

**Reassurance Call** – Weekly calls to the homebound.

All of these services can be accessed by calling (818) 885-5220 or stopping by Room 1 in the Annex Building.

# Transportation Department



## Leave the Driving to Us

The center has several transportation programs for seniors. All participants must reside in our service area, which is north of Roscoe Blvd., west of Sepulveda Blvd. and within the Los Angeles city limits.



Our Proposition A Transportation Department offers door-to-door service for the frail elderly and persons with disabilities. We must have a doctor's verification that you need special assistance in order to receive door-to-door transportation. Wheelchair accessible vehicles are available. There is a fee of 50 cents each way. If the trip is more than seven miles each way, an additional 50 cents is required for each mile. Hours of operation are Monday through Friday from 8:00 a.m. to 4:15 p.m. Call (818) 756-9304 to make an appointment.

Our Escort Program offers one-to-one assistance for grocery shopping for those individuals who are unable to perform this task alone. We are unable to accommodate individuals who need wheelchair assistance. Contribution is \$3.00. Call (818) 885-5220, between 12:30 p.m. to 4:30 p.m. to make an appointment.



## City of Los Angeles Announcements

Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements.

Achieving gender equity through a continuous commitment to girls and women in sports.

Good Sportsmanship is Everyone's Responsibility. Be a Good Sport.

The Department of Recreation and Parks is proud to be part of the Mayor's Million Trees Initiative.

**LOS ANGELES PARKS FOUNDATION:** Become a Friend of the Parks today and join the Los Angeles Parks Foundation in supporting our city parks! To find out more about the Friend of the Parks, Adopt-A-Park, or Donate-A-Bench programs, please give us a call or visit our website. Los Angeles Parks Foundation, 11973 San Vicente Blvd., Suite 200, Los Angeles, CA 90049, (310) 472-1990, [www.laparksfoundation.org](http://www.laparksfoundation.org)

The City of Los Angeles Department of Aging provides supportive services to seniors and their family caregivers. For more information about resources available to caregivers, please contact the department at (800) 510-2020.

