

Robert M. Wilkinson MPC Classes and Activities (818)756-7741
8956 Vanalden Ave., Northridge, CA 91324
Hours of Operation: Monday-Friday 8:00am-4:00pm
 (Class schedule subject to change without notice)

| DAY/TIME | CLASS/ACTIVITY | INSTRUCTOR | ROOM |
|--|--|----------------------------|-----------------------|
| MONDAY | | | |
| 9:00am - 11:30am | Knitting and Crocheting | Knit on your own | Room 7 |
| 9:00am – 10:00am | Line Dancing* | Helen Walker | MP 1&2 |
| 10:00am – 11:00am | Senior Support Group | Susan | Annex Building Room 7 |
| 10:30am – 11:30am | Tai Chi | Nick | MP 1&2 |
| 11:30am | Lunch | (818) 885-5144 | MP 3 |
| 12:00pm – 1:00pm | Arthritis Exercise | Laleh | MP 1&2 |
| 12:00pm -3:00pm | Wilkinson Authors Group* | Lynne Miller | Annex Building Room 7 |
| 1:00 pm – 3:00 pm | French | Judy | Room 6 |
| 1:00pm – 3:30pm | Mahjong | Play on your own | MP 3 |
| 2:00pm – 3:30pm | Body Dynamics | Barbara | MP 1&2 |
| TUESDAY | | | |
| 9:30am – 11:30am | Bingo | | MP 1, 2, 3 |
| 11:30am | Lunch | (818) 885-5144 | MP 3 |
| 12:30pm – 2:00pm | Goldenaires Chorus | Ann Anderson | MP 1 |
| 1:00pm – 3:00pm | World Issues | Ron Goodman | Annex Building Room 7 |
| 2:30pm – 3:30pm | Arthritis Exercise | Laleh | MP 1&2 |
| WEDNESDAY | | | |
| 8:30am – 11:15am | Art Fundamentals* | Helen Jukoff | MP 3 |
| 9:00am – 10:00am | Ballroom without partner* | Raoul | MP 1&2 |
| 9:30am – 11:00am | Spanish | Donald | Room 6 |
| 10:00am – 11:00am | Ballroom Dance* Intermediate | Raoul | MP 1&2 |
| 11:00am – 12:00pm | Ballroom Dance* Intermediate/Advanced | Raoul | MP 1&2 |
| 11:30am | Lunch | (818) 885-5144 | MP 3 |
| 12:30pm – 2:30p.m. | Colored Pencil Drawing | Color on your own | Room 7 |
| 1:00pm – 3:00pm | Body Dynamics | Barbara | MP 1&2 |
| THURSDAY | | | |
| 9:00am – 11:00am | Italian | Marilyn | Room 7 |
| 9:30am – 11:30am | Bingo | | MP 1,2,3 |
| 11:30am | Lunch | (818) 885-5144 | MP 3 |
| 1:00pm – 2:30pm | TOPS Meeting | | Room 6 |
| 1:00pm – 2:30pm | Ballroom Dancing | Allen Weiss, Band Director | MP 1,2,3 |
| FRIDAY | | | |
| 8:00am – 3:30pm BY APPT.(818)885-5220 | AARP Mature Driving | Fred Gray | Annex Building Room 7 |
| 9:00am – 10:30am | Yoga* | Jeanette Shelburne | MP 1&2 |
| 10:30am – 11:30am | Zumba Gold | Reina | MP 1&2 |
| 11:00am – 2:00pm | Advanced Watercolor | Paint on your own | Room 7 |
| 11:30am | Lunch | (818) 885-5144 | MP 3 |
| 1:00pm – 2:00pm | Ballroom without Partner* | Raoul | MP 1&2 |
| 2:00pm –3:30pm | Ballroom Dance* | Raoul | MP 1&2 |

The billiard room is open Monday through Friday from 8:00a.m. until 3:30p.m.
 Billiard room closes at 3:00p.m. on Tuesdays for cleaning
 Donation \$1 per day.

We are asking all participants and patrons to please donate \$2 when you attend a class/activity.
 *Additional fee may apply. Please speak with instructor.
 Lunch is a suggested donation of \$1.75 for those age 60 plus. Non-senior lunch is a fee of \$8.19
 Persons with disabilities are welcome to participate in all activities.
 Reasonable accommodations will be made with prior arrangement.
 Donations will allow us to enhance the services provided to the seniors of the Northwest San Fernando Valley.
 Thank you.

Please call the Trip Office at 818)701-1001 for information regarding center trips.