

# Senior Wellness Program

## NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 10-11am Tai Chi (MPR)	5 10am-12pm Chinese Mahjong (MPR)	6	7 10:15am-12pm Movie "Shogun" #2 (CL)
11 10-11am Tai Chi (MPR)	12 10am-12pm Chinese Mahjong (MPR)	13	14 10:15am-12pm Movie "Shogun" #3 (CL)
18 10-11am Tai Chi (MPR)	19 10am-12pm Chinese Mahjong (MPR)	20	21
25 10-11am Tai Chi (MPR) 11:15am-12:15pm Home Fire Safety & Emergency Procedures (CR)	26 10am-12pm Chinese Mahjong (MPR)	27	28 Happy Thanksgiving!



### HOME FIRE SAFETY AND EMERGENCY PREPAREDNESS

Monday, November 25, 2024 11:15 AM-12:15 PM

Venice Japanese Community Center, 12448 Braddock Drive, Los Angeles

Join us as Captain Manny Zepeda (Fire Station 62) and his team discuss how to keep your home and you safe from fire and other natural disasters:

- How to reduce fire risks in your home;
- What to do in the event of a fire;
- How to prepare if you need to evacuate your home;
- What to do during an earthquake;
- Services and resources available through the LAFD and other agencies
  - What happens when you call 911?
- Co-Hosted by VHBTCares, the Caregiver Initiative of the Venice Hongwanji Buddhist Temple and the Venice Japanese Community Center Senior Wellness Program and is funded by the Keiro Grants Program;
- To sign up, contact the Temple at [vhbtlive@gmail.com](mailto:vhbtlive@gmail.com) or call 310-391-4351 or Gayle Hiram (VJCC) at (310)890-1732
- Admission is free. Light refreshments will be served.



### Holiday Arts and Crafts & Holiday Luncheon (limited seating)

Monday, Dec 2nd 11:15 am – 12:30pm  
Must RSVP for reservations. No walk – ins.

### Movie "Shogun" with Richard Chamberlain & Toshiro Mifune

A shipwrecked English navigator (Richard Chamberlain) joins a warlord (Toshiro Mifune) for power struggle in 17th – century Japan. Thursday, Nov 7th (part 2), Thursday, Nov 14th (part 3), Thursday, Dec 5th (part 4) and Thursday, Dec 12th (part 5 – final). Begins at 10:15am – 12:15pm. Please RSVP to 310.822.8885

All classes and activities are FREE to all VJCC members 60 years and older. Our number one priority is the safety of our participants. All classes and activities may still follow strict CDC protocols. e.g., face covering. Participants must be fully vaccinated and had taken first booster shot. Scheduled events can change without notice. Any questions or to RSVP please contact Gayle Hiram @ [gayle\\_hiram@yahoo.com](mailto:gayle_hiram@yahoo.com). or call the VJCC office at 310. 822.8885.

## DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 10-11am Tai Chi (MPR) 11:15am Arts & Crafts (CR)	3 10am-12pm Chinese Mahjong (MPR)	4	5 10:15am-12pm Movie "Shogun" #4 (CL)
9 10-11am Tai Chi (MPR)	10 10am-12pm Chinese Mahjong (MPR)	11	12 10:15am-12pm Movie "Shogun" #5 (CL)
16	17	18	19
23	24	25	26
<b>SWP CLOSED</b>			
<b>Merry Christmas!</b>			
30	31		

The Senior Wellness Program will be closed from Monday, Dec 16th and reopen on Monday, January 6, 2025  
Happy Holidays Everyone!