



Senior Programs



Medicare Assistance Counseling HICAP:

2nd Monday of each month. Program is designed to assist in filing claims and understanding and evaluating coverage. Call the Community Center for an appointment.

Information & Assistance Program:

The County of Orange Office on Aging offers free information on services for older adults. Call 1-800-510-2020.

Council on Aging of Orange County Programs and Services:

Call (714) 479-0107 or visit www.coaoc.org for information on:

- Advocates for Nursing Home Residents (Long-Term Care Ombudsman Services)
- Financial Abuse Prevention
- In-Home Care Management
- Friendly Visitors Program

Access: Transportation provided within O.C. for doctor visits, shopping, or whatever your needs may be. (\$2.70 each way, per zone). Call (877) 628-2232 to be certified to ride.

Legal Aid: Service is provided, without charge, to senior citizens over 60 and residents of Orange County. Program is held in the Community Center, the 2nd Thursday, monthly from 9:00-11:00am. Call for appointment.

Los Alamitos Senior Club:

The Senior Club provides opportunities to meet new friends, develop new interests and socialize with one's peers. Club activities include: crafts, bingo, cards, table games, luncheons, holiday parties, birthday celebrations, guest speakers, entertainment, charity projects, and volunteer opportunities. Guests are welcome to attend twice before becoming a member of Senior Club.

Senior Club Trips! (See page 20)

Senior Club is now offering trips! Contact Dolores Rice at (562) 496-2606 or Carol Fross/Verna Burns at (562) 596-1896 for more information and to sign up or sign up during Club meetings: 10:00am-12:30pm.

Annual membership fee: \$7

Age: 50+

Meetings: Every Thursday 10:00am-3:15pm

Location: Community Center, 10911 Oak Street

Los Alamitos Senior Lunch & Bread Program

The Senior Lunch & Bread Program is offered Monday to Friday at 11:15am to persons 60 years and above and their spouses of any age. Activities include billiards, bingo, card games, movies, support services and transportation. Donations are accepted. Reservations are required and must be made at least two days in advance. Call Site Manager Linda Klein at (562) 430-1073, ext. 526 or email: lklein@ci.los-alamitos.ca.us. Meals provided by Community SeniorServ.

Location: The Youth Center, 10909 Oak Street

Volunteers are needed to deliver meals to homebound seniors or to serve meals one day a week at the site.



Bunco

Bunco is a game of dice, luck, & prizes. Playing Bunco is great way to socialize and make new friends.

Location: Community Center, 10911 Oak Street

Fee: \$5 includes game entry

Day: Wednesday

Dates: 6/16, 7/21, 8/18

Time: 12:30pm

Contract classes and sports activities of interest to seniors:

- How to Sell on eBay *pg 11*
- How to Buy on eBay *pg 11*
- Portrait Workshop *pg 2*
- Line Dance *pg 7*
- Ballroom Dance *pg 7*
- Yoga *pg 5*
- Tai Chi Chih *pg 4*
- Pilates *pg 4*
- Over-30 Basketball & 11-on-11 Soccer League *pg 14*
- Needlecrafts *pg 2*
- Los Alamitos Masters Swimming *pg 17*
- Swim & Stay Fit Lap Swimming *pg 17*
- Deep Water Aerobics *pg 17*

Free Classes for Seniors offered at Katella Senior Living Community

Location: 3952 Katella Avenue

Students may enroll at any time.

To register, call (562) 596-2773

Instructors provided by
North Orange County Community College
District Older Adult Program

History of Comedy and Humor

This class offers an informative look at past and present forms of comedy and humor, as it relates to their life experiences and what makes them laugh.

Instructor: Nikki Linen **Day:** M **Time:** 1:00-2:30pm

Physical Fitness for Seniors

Use exercise to maintain and increase fitness.

Enroll anytime in class!

Instructor: Susan Rothery **Days:** T/Th **Time:** 9:30-11:30am

Creative Arts

This class encourages art appreciation, self expression, and creativity through a variety of art media.

Instructor: Karen Osinga **Day:** T **Time:** 1:00-3:00pm

Senior Topics

This course encourages students to share and compare life experiences, and learn about international, national and local events and issues from a current and historical viewpoint.

Instructor: Mary Gomes **Day:** T **Time:** 3:00-5:00pm

Music Arts

This course provides stimulating interaction through musical reminiscence, discussions, and listening to music from different time periods and genres.

Instructor: Paul Edwards **Day:** W **Time:** 10:00-12Noon

Books Come Alive

"Books Come Alive" is an intellectually and socially rewarding activity designed for older adults in which outstanding works of fiction/non-fiction are read and discussed.

Instructor: Donna Johnson **Day:** W **Time:** 2:30-4:30pm

Journey Back Into Time

This class offers students the opportunity to explore and share their personal histories, cultures and values among older adult students through group discussion.

Instructor: Peter Small **Day:** F **Time:** 9:30-11:30am



18+ yrs

FREE!

This class is reaching out to veterans of World War I, World War II, and the Korean, Vietnam, and Persian Gulf wars to preserve stories and record first person accounts for future generations. For more information and to register for the class, please call (562) 570-3227.

Location: El Dorado Park West Community Center
2800 Studebaker Road, Long Beach

Instructor: Elijah Levy, Ph.D.

Day: Tuesday **Time:** 9:00-11:00am



Balance & Fitness for Older Adults

Sponsored in partnership with AppleCare

This class is designed for older adults and will cover specific balance techniques and exercise and fitness activities in a safe training environment. Join anytime.

Location: Community Center 10911 Oak Street
To register, call (562) 430-1073.

Instructor: Molly Knox, North O.C. Community College District

Class	Day	Time	Dates
2414-30	Tuesday	9:30-11:00am	Ongoing



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