



Senior Programs

New! FREE! Los Alamitos Senior Transportation Service!

(Non-Emergency Medical Appointments Only)

A no-cost Senior Non-Emergency Medical Transportation program. Rides provided to:

- Dialysis
- Health education
- X-rays
- Therapy
- Prescription pick-ups
- and more!
- Dentistry
- Lab tests

Must be 60 years of age or older. If interested in utilizing this service you must complete an application and return it via mail or email. Applications available through Abrazar or can be picked at the Los Alamitos Community Center, located at 10911 Oak Street. For additional information, or to register, please contact Abrazar at 714-891-9500.

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 for Older Adults:

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.

Tax Assistance: Provided free of charge to senior citizens and low-income families on Wednesday mornings in February & March. Call (562) 430-1073 for an 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.

Annual membership fee: \$7

Age: 50+

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

Location: Community Center, 10911 Oak Street

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: 9:00am-12noon.

Los Alamitos Senior Lunch & Bread Program

The Senior Lunch & Bread Program is offered Monday to Friday 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. Meals provided by Community SeniorServ.

Location: 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.

Contract classes and sports activities of interest to seniors:

- Portrait Workshop *pg 2*
- Needlecrafts *pg 2*
- Tai Chi Chih *pg 6*
- Yoga *pg 6*
- Pilates *pg 7*
- Yoga *pg 7*
- Dance Classes *pg 9*
- Easy Organizing *pg 10*
- Photography Classes *pg 10*
- Tennis *pg 15*
- Swim & Stay Fit
- Lap Swimming *pg 17*
- Masters Swimming *pg 17*
- Deep Water Aerobics *pg 17*



Bunco

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

Fee: \$5 includes game entry

Location:

Community Center
10911 Oak Street

Day: Wednesday

Dates: 1/18, 2/15, 3/21

Time: 12:30pm

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.

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

Physical Fitness for Seniors

Use exercise to maintain and increase fitness. Enroll anytime in class!

Inst: 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.

Inst: 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.

Inst: 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.

Inst: 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.

Inst: 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.

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

Health Screenings & Lectures

Location:
 Community Center
 10911 Oak Street

Time: 10:00am

**Please call or sign up at the front desk for this particular lecture.*



Lecture/Screening	Provided by	Date
Blood Pressure	Apple Care	January 5
Fall Prevention Seminar	A Place for Mom	January 12
Message Therapy	CareMore	January 19
Blood Pressure	Apple Care	February 2
Cupid Cupcake Decorating	CareMore	February 9
Glucose Screening	Apple Care	February 16
Blood Pressure	Apple Care	March 1
Doc Talk	CareMore	March 8



FREE! Balance & Fitness for Older Adults

Sponsored in partnership with AppleCare

This class is designed for older adults identified as low-to-moderate risk for falls. Class activities will target specific balance problems in a challenging, but safe training environment. **No class month of Dec ember and first week of January.**

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

#2414-10 Tuesday Ongoing 9:30-11:00am

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

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