



JANUARY

THE CHRONICLE

A MONTHLY PUBLICATION OF THE COSTA MESA SENIOR CENTER ■ VOLUME XXIV NO. XII

**NEW YEAR'S
GALA**

2017

SATURDAY, JANUARY 14

3-6 P.M. | \$15



DISCO PARTY

TUESDAY, FEBRUARY 14

5-7 P.M. | \$10

See page 3 for details.

CLOSURE DATES | NEW YEAR'S DAY, JAN. 2 | MLK DAY, JAN. 16



Join us as we
CELEBRATE THE

Did you know the Senior Center is open to anyone age 50 and older? An array of programs and services are offered to meet various interests. Visit the center for:

- Customized fitness programs and classes
- Art Displays
- Community Day Trips/Travel
- Gardening Classes and local visits to Community Garden
- Health Education & Wellness
- Current Events Discussion Groups
- Special Events
- ... and many more!

Call or visit the Senior Center to find out information about how you can become involved and receive our information monthly to keep up to speed about all of the programs.

NEW YEAR
& **NEW MEMBERS!**

Costa Mesa
Senior Center
695 W. 19th Street
Costa Mesa, CA 92627
(714) 327-7550



COSTA MESA SENIOR CENTER

KNOWLEDGE & HEALTH FAIR EXPO

Wednesday, March 15, 2017

10 a.m.-1 p.m.

Don't miss the Knowledge & Health Fair Expo!

Visit with more than 30 vendors on:

- Health & Wellness
- Housing
- Health Screenings

Come see all of the unique resources available to seniors.



YOUR HEALTH IS A PRIORITY

(714) 327-7550

COSTA MESA SENIOR CENTER

695 W. 19TH STREET
COSTA MESA, CA 92627

Are You Connected?

For the most up to date Chronicle information, please visit our webpage at www.costamesaca.gov/seniorcenter

Wi-Fi is now available! To login, use password: **!@cmsc99**

Get Involved—What's Your Interest?

Interested in joining a walking group, weight support group, or Wii Bowling league? We are compiling an interest list to continue fun and innovative programming at the center. Please contact Alizabeth Awrey at (714) 327-7542 if interested.

Sunroom and Billiards Table

Enjoy a cup of coffee, card game with friends, or conversation in our beautiful sunroom. Or if you prefer, practice your stance and shot in a game of pool.

Emergency File of Life

Don't let an accident catch you unprepared! The Costa Mesa Senior Center has partnered with the Fire Department and will issue a "File of Life" to seniors who sign up and request one at the front desk. The File of Life is for you to have in a visible location in case of an emergency, so that your family, friends, or first responders will have immediate access to important information about your health. While you can't always avoid an accident, you can take steps to be as prepared as possible.

Senior Softball

Age: Men 54+ | Women 45+

Come and meet new friends while playing softball. Practices are open to the public. Batting practices are at TeWinkle Park softball field each Monday and Saturday from 9-11:30 a.m. Please contact John Wright for more details at (949) 646-3516.



Gallery Display

Visit the staircase to view the rotating art gallery featuring local artists. Currently on display is photography by Kerry Frank.

Membership Card

DON'T WAIT GET YOUR MEMBERSHIP CARD!

All patrons visiting the center will eventually be asked to check in and out using a membership card. Members may not be allowed to participate in an activity if members do not check in at the front desk upon entering the facility. To prepare for this transition, we will issue membership cards starting **Tuesday, January 17**. Please visit the front desk during the hours listed below to get your membership card!

Mon., Wed., Fri. 8:30-11 a.m.
Tues., Thurs. 1-2:30 p.m.

New Year's Gala

Saturday, January 14 | 3-6 p.m. | \$15

Come and join our grand affair to celebrate the New Year! Put on your ritz, glitz, and glam and bring in the New Year roaring '20s style. Dress to the nines or as a silent screen star, come as a flapper, or come as you are. Event includes dinner, dessert, and entertainment. *Registration/cancellation deadline is Friday, January 6.* Register at the front desk.

Super Bowl LI Pool Party!

Come and join us for a pre and Post Super Bowl celebration! Each year, we eagerly watch throughout the football season in anticipation to see if our team will be a contender for the title. Even if you're not an avid football fan or have a team in the race, don't miss an opportunity to win prizes – you may find you like the sport more than you think! We encourage you to come out and enjoy the fun and festivities. You never know what you may be able stake your claim on!

DATE	TIME	THEME
Mon., 1/30	11 a.m. - 12:30 p.m.	Pick Squares
Tues., 1/31	11 a.m. - 12:30 p.m. 12:30 - 1 p.m.	Pick Squares Number Pick
Mon., 2/6	2-3 p.m.	Post Party

Valentine's Disco Party

Tuesday, February 14 | 5-7 p.m. * | \$10

Put on your boogie shoes and hustle on down to the Senior Center to celebrate Valentine's Day disco style. Wear your disco threads and bring your dancing feet! Dinner, dessert, and entertainment will be provided. *Registration/cancellation deadline is Tuesday, February 7.* Register at the front desk.

**Time amended from previous issue.*

Knowledge and Health Fair Expo

Wednesday, March 15 | 10 a.m. - 1 p.m. | FREE

Don't miss the Knowledge & Health Fair Expo. Visit with more than 30 vendors that will share information about health & wellness, housing, and provide health screenings. Come see all of the unique resources available to seniors.

—SAVE THE DATE—

St. Patrick's Day Luncheon

Friday, March 17 | 11 a.m. - 1 p.m. | FREE

Membership Drive

Saturday, April 8 | 3-6 p.m. | FREE

Community Classes

Discover Fairview Park In The Classroom

FREE | 1 DAY | ALL AGES | MIN 5/MAX 100 | CMSC

Want to learn more about Fairview Park during the winter? In this classroom setting you can join the members of the Institute of Conservation, Research and Education (ICRE) in an educational and nature-based workshop. The lesson objectives will focus on the aspects of seasonal changes that happen in the winter in regards to nature and human interrelationships, plants & wildlife, ecological relationships, human impact, and more. Sign-up now and develop a greater understanding of what the winter season means for the natural world in which you live, work, and play. The workshop welcomes all generations: youth, adults, seniors, gardeners, nature-lovers, and the general public. Register online or at the front desk.

8988 2/1 W 9-11 a.m.

Winter–Fairview Environmental Workshop

FREE | 4 WKS | ALL AGES | MIN 5/MAX 60 | Fairview Park

Are you a nature-lover? Join the members of the Institute of Conservation, Research and Education (ICRE) in an educational and nature-based workshop located at Fairview Park, for four (4) consecutive Saturdays. The workshop will focus on the aspects of nature and human interrelationships through history, plant & wildlife identification, ecological relationships, human impact, positive environmental behaviors, and more. Sign-up now and develop a great appreciation for the natural world in which you live, work, and play. The workshop welcomes all generations: youth, adults, seniors, gardeners, nature-lovers, and the general public. Register online or at the front desk.

8999 2/11-3/4 Sa 9-11 a.m.

Gardening

The Costa Mesa Senior Center has started a gardening program at the Hamilton Community Garden. If you are interested in being a part of this program, come with us on our trips! Contact Enyelber Franco, Recreation Specialist at (714) 327-7543 for more detailed information.

It is recommended that you bring/wear the following items: Water, sunscreen, closed-toed shoes, and comfortable clothing.

Community Garden Trips

Tuesdays* | 10:30 - 11:30 a.m. | *No Trip: 1/3

Transportation will be provided from the center to the garden. Register at the front desk.

Costa Mesa Police Department Tour

Friday, January 20 | FREE

Departure time from Senior Center: 12:45 p.m.

Patrons will have the chance to tour the Costa Mesa Police Department Station. Come, see and hear from Costa Mesa's very own police officers! Transportation will be provided from the Senior Center to the Police Station. Space is limited for the first 12 patrons, so be sure to sign up early. Register at the front desk.

Mesa Water District Tour

Thursday, February 9 | FREE

Departure time from Senior Center: 8:45 a.m.

Join the tour of the Mesa Water District, where you will get to learn about the treatment process and the Mesa Water District's water-wise garden. Transportation will be provided from the Senior Center to Mesa Water District. Space is limited for the first 12 patrons, so be sure to sign up early. Register at the front desk.

**Departure and arrival times are approximate. Please meet in the Senior Center lobby.*

For more information regarding tours, please call (714) 327-7547.



A message from the Senior Advisory Committee

Next meeting will be held at the Senior Center on Monday, January 9 at 12:30 p.m.

Have you visited the Senior Center's Community Garden? Contact Enyelber Franco at (714) 327-7543 for information. Trips to the garden are scheduled throughout the month. Don't miss the opportunity to meet new people.

Mission: "To facilitate communication between the senior center membership body and the City of Costa Mesa Recreation Department staff in order to fulfill the needs and aspirations of both."

Vision: "To see our senior center staff and Senior Advisory Committee work as a single unit to create a vibrant, healthful, and interesting place for the seniors of Costa Mesa to improve and enjoy their life."