

## Nutrition and Gardening

Did you know the Senior Center has its own community garden? The Costa Mesa Senior Center has started a gardening program at the Hamilton Community Garden. We have also started a seedling program at the center during November and December to transplant future veggies at the start of the new year. 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

**Tuesday, December 6 | 10:30 - 11:30 a.m.**

**Tuesday, December 20 | 10:30 - 11:30 a.m.**

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

## Community Trip

### Costa Mesa Fire Department Tour

**Friday, December 9 | 1 p.m. | FREE**

Patrons will have the chance to tour one of Costa Mesa's fire stations. Come, see and hear from Costa Mesa's very own first responders, learn how the fire station operates, and gain a new perspective of what it is like to be a Costa Mesa Fire Fighter. Space is limited for the first 12 patrons, so be sure to sign up early! Register at the front desk.

## Holiday Workshops

Join us in merry making and holiday cheer as we prepare for the pending celebrations! There will be two featured workshops, completely free of cost, for our patrons interested in crafting for this festive season!

### Photo Booth Prop Making

*Presented by: Charlene Ashendorf and CMSC*

**Thursday, December 8 | 10:00 - 11:30 a.m.**

Come and help us create photo booth props for the breakfast with Santa! All the materials and supplies will be provided! Register at the front desk.

### Ornament Decorating

*Presented by: Joy Faigen and CMSC*

**Thursday, December 22 | 10:00 - 11:30 a.m.**

The merry making continues before we go on break for the holidays! Join us as we decorate ornaments that you get to take home for your pleasure! All materials and supplies will be provided! Register at the front desk.



## 12 Days of Giveaways

**Thurs., Dec. 8 - Fri., Dec. 23 | 11-11:20 a.m. | FREE**

Join us for 12 Days of Giveaways at the Senior Center! Want to participate? Arrive in the sunroom between 11 and 11:20 a.m. each giveaway day to receive your ticket. Once you have your ticket, the giveaway will commence! Giveaway days are limited to the first 25 people.

DAY	DATE	THEME
1	Thursday, 12/8	Festive Home
2	Friday, 12/9	Rest and Relaxation
3	Monday, 12/12	It's Ornamental
4	Tuesday, 12/13	Wrap it Up
5	Wednesday, 12/14	Good Cooking
6	Thursday, 12/15	Garden Me Green
7	Friday, 12/16	Indulge Me
8	Monday, 12/19	Monday Morning Pick-Me-Up
9	Tuesday, 12/20	Feed Me
10	Wednesday, 12/21	Warm Hands, Warm Hearts
11	Thursday, 12/22	Sweet Scents
12	Friday, 12/23	Pot Me, Planted

## Health & Wellness

### Mental Health/Alzheimer's

*Presented by: Advanced Research Center*

**Wednesday, December 7 | 9 - 10 a.m. | FREE**

The Advanced Research Center provides comprehensive clinical research services. Join Dr. Yu, a doctor of psychology, for a conversation about Alzheimer's disease. Following the discussion, for those interested, there will be a voluntary questionnaire regarding mental wellness. Coffee will be provided by ARC. Register at the front desk.

### Arthritis

*Presented by: Healthcare Partners*

**Monday, December 19 | 1 - 2 p.m. | FREE**

Over 50 million adults have been diagnosed with arthritis. Come learn the facts about arthritis and how those living with it can identify and manage the common symptoms and pain. Register at the front desk.

## AARP Driver's Safety Course

*Presented by: AARP*

**Thursday, December 1 & 8 | 9 a.m.-1 p.m.**

**\$15 AARP Members | \$20 Non-Members**

The AARP Smart Driver course is the largest classroom and online driver safety course, and is designed especially for drivers age 50 and older. You may be eligible to receive an insurance discount upon completion of the course. Consult your insurance agent for details. AARP membership is not required to take the course and there are no tests to pass. Must attend both classes to receive certificate. Register at the front desk.

## Fall Prevention and Balance Awareness

*Presented by: Providence Hearing and Speech Center*

**Thursday, December 15 | 1 - 2 p.m. | FREE**

The Orange County Fall Prevention and Balance Center, a part of the Providence Speech and Hearing Center family of services, will be presenting comprehensive information about fall prevention and balance awareness, how to prepare for daily activity, and improving balance through exercise. Register at the front desk.

## Square Dancing Workshop

*Presented by: Square Dance Instructor Karla Westphal*

**Tuesday, January 3 | 1:30 - 3 p.m. | FREE**

Have you ever wanted to learn how to square dance but weren't quite sure how or where to start? Sign up for this FREE, one day Square Dancing workshop with Square Dance Instructor Karla Westphal! Square Dancing is a great way to keep both mind and body active, while making new friends. Couples are welcome, but no partner is needed! All you need to enjoy this fun activity is a pair of comfortable shoes, the ability to participate in moderate physical activity, and either the ability to tell your left from your right OR the ability to laugh at yourself when you can't! Register at the front desk.

## Cataracts, Causes, Symptoms and Treatment

*Presented by: Dr. Eran Duzman, Hoag*

**Thursday, January 12 | 1 - 2 p.m. | FREE**

The risk of cataracts increases with age. Come and learn what cataracts is, the causes, symptoms, and treatment options! Join us for this presentation on eye health! Register at the front desk.

## Healthy Brain Aging

*Presented by: Teryn Clarke, M.D., Hoag*

**Wednesday, January 25 | 1 - 2 p.m. | FREE**

Dr. Clarke is a board-certified Neurologist, with special interest in memory loss and dementias, such as Alzheimer's disease. With a background in private practice neurology, she has extensive professional and personal experience maintaining and maximizing memory abilities. Register at the front desk.



## CalFresh Enrollment

CalFresh is a nutrition assistance program sponsored by the USDA that helps people purchase healthy foods. The program issues monthly electronic benefits that can be used at most grocery stores.

If you receive Social Security Retirement Income (SS), Social Security Disability Insurance (SSDI), or State Disability Insurance (SDI), you may be eligible. If you have any questions about the program or eligibility requirements, contact Shelby Lanza at (949) 208-3175 or visit [www.FeedOC.org/gethelp](http://www.FeedOC.org/gethelp).

The Costa Mesa Senior Center will also be hosting an application day, by appointment, for anyone interested in the program on **Wednesday, December 14**. Contact Enyelber Franco at (714) 327 7550 to make your appointment. Appointment times will be from 9:00-12:30 p.m.

## Health Screenings!

### Adult Public Health Nursing Services

The Senior Outreach and Prevention Program (SHOPP) has changed!

The Orange County Health Care Agency will still provide seniors with the opportunity to meet with a nurse, but the program is changing. If you would like to meet with a Public Health Nurse, please contact SHOPP at (714) 972-3700. SHOPP will send a nurse to the home of adults with health related needs. Individuals who would like a nurse to visit them should call the SHOPP number and ask for the Public Health Nurse Officer of the Day (SHOPP OD).

### Free Hearing Screenings

Register at the front desk.

**Friday, December 2 | 9:30 - 10:30 a.m.**

*Provided by Clear Choice Hearing*



### Blood Pressure Clinic

*No appointment necessary.* Nurses are available to take your blood pressure reading on a walk-in basis every Tuesday from 9-10:30 a.m. in the upstairs provider's office.