

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.

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. **No blood pressure on 12/20.**