

ONGOING ACTIVITIES

MONDAYS	
10:30-11:30 a.m.	Chair Exercise
1-3 p.m.	Bridge Social
1-4 p.m.	Quilting
6-7 p.m.	*Jazzercise
TUESDAYS	
8:25-9:20 a.m.	*Jazzercise
8:30-10:15 a.m.	Pickleball (at DRC)
9-10:30 a.m.	Blood Pressure
9:30-11 a.m.	Card Making
9:30-10:15 a.m.	*Jazzercise Lite
10 a.m.-2 p.m.	Bridge Contract
10:45 a.m.-12 p.m.	*Yoga
1-3 p.m.	Knitting
1:30-3:30 p.m.	Watercolor
5:30-7 p.m.	Current Events
6-7 p.m.	*Jazzercise
WEDNESDAYS	
9-10 a.m.	Line Dancing
10 a.m.-2 p.m.	Bridge Contract
10:30-11:30 a.m.	Chair Exercise
12:30-1:30 p.m.	Hawaiian Dance
1-2:30 p.m.	Autobiography Group
1-4 p.m.	Mexican Train
1-3 p.m.	Senior Round Table
1:30-4 p.m.	Table Tennis
2-4 p.m.	Chess Club
6-7 p.m.	*Jazzercise
THURSDAYS	
8:25-9:20 a.m.	*Jazzercise
8:30-10:15 a.m.	Pickleball (at DRC)
9:30-10:15 a.m.	*Jazzercise Lite
10:45 a.m.-12 p.m.	*Yoga
10:30 a.m.-2:00 p.m.	Bingo
1-2 p.m.	MELT
6-7 p.m.	*Jazzercise
FRIDAYS	
8:30-9:30 a.m.	*Jazzercise
10 a.m.-2 p.m.	Bridge Contract
10 a.m.-11:30 a.m.	Play Reading
1-3 p.m.	Acrylic Painting

JANUARY SPECIAL ACTIVITIES (Please Note: All classes are subject to change without prior written notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAPPY NEW YEAR CENTER CLOSED	3 1:30 p.m. +Square Dancing Workshop	4 9 a.m.-12 p.m.*Essential Computer Skills 2-5 p.m. *Intro to Windows 10	5 9:30 a.m.-12 p.m. ^HICAP 10:30-11:30 a.m. +Fall Prevention	6
9 9:15-10:15 a.m. Fitness for Life 12:30 p.m. Senior Advisory Committee 12:45 p.m. Movie: Jungle Book 1:30-4 p.m. Table Tennis	10 9 a.m. Senior Commission Meeting 10:30 -11:30 a.m. +Community Garden 1-3 p.m. Transition Support Group	11 9 a.m.-12 p.m.*Essential Computer Skills 2-5 p.m. *Special Apps and Programs for Seniors	12 10-11 a.m. Senior Grocery Program 1-2 p.m. +Cataracts: Causes, Symptoms, and Treatment 2-3 p.m. Fitness for Life 5-6:30 p.m. ^Legal Counseling	13 10-11 a.m. Creative Writing 10 a.m. -12 p.m. ^Hearing Screening 1-3 p.m. Poker
16 MLK JR. DAY CENTER CLOSED	17 9:15-10:15 a.m. Fitness for Life 10:30 -11:30 a.m. +Community Garden 1-3 p.m. Veterans Support Group 1-2 p.m. +History Lady	18 9 a.m.-12 p.m.*Essential Computer Skills 2-5 p.m. *All About Google **Valley View Casino	19 9:30 a.m.-12 p.m. ^HICAP 11:30 a.m.-1:30 p.m. Volunteer Conference 2-3 p.m. Fitness for Life	20 10-11:30 a.m. Bunco 12:45 p.m. +Police Department Tour
23 9:15-10:15 a.m. Fitness for Life 10-11:30 a.m. ^Legal Consultations 12:45 p.m. Movie: Legend of Tarzan 1-2 p.m. +Dementia: Risk Factors, Signs, Symptoms, and Prevention 1:30-4 p.m. Table Tennis	24 10:30 -11:30 a.m. +Community Garden 1-3 p.m. Transition Support Group	25 9 a.m.-12 p.m. * Intro to Windows 10 1-2 p.m. +Healthy Brain Aging 2-5 p.m. *Fun with Craigslist	26 10-11 a.m. Senior Grocery Program 2-3 p.m. Fitness for Life 5-6:30 p.m. ^Legal Counseling	27 10-11 a.m. Creative Writing 1-3 p.m. Poker
30 9:15-10:15 a.m. Fitness for Life 9 a.m.-12 p.m. * Photos By Google 10-11:30 a.m. ^Legal Consultations 2-5 p.m. *All About Google	31 10:30 -11:30 a.m. +Community Garden 10:30-12 p.m. Adapted Seated Fitness 1-2 p.m. Adapted Fitness	CALENDAR KEY *Fee based class. Please pre-register before attending the class. ^By appointment only. Please register at the front desk. **Special Event/Trips/Community Day Trip - See front desk for details. +Presentations/Seminars - Please register at front desk.		

Veterans

SUPPORT GROUP

Charu Mody, Community Outreach Worker, LCSW
 Tuesday, January 17 | 1-3 p.m.

Visit a group whose goal is to provide Veterans and their families with a safe, non-threatening environment in which to share stories, vent, or simply find people who better understand their stories. Meet fellow Veterans who can understand and provide emotional support.

COSTA MESA SENIOR CENTER

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!

MONDAY, WEDNESDAY, FRIDAY 8:30 -11 A.M. | TUESDAY AND THURSDAY 1-2:30 P.M.