



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



Valentine's

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



THE YVETTE GAZETTE

Happy New Year!

Welcome back to all of our wonderful patrons. I hope you all enjoyed time with family and friends, and that Santa brought you everything you wanted.

The Costa Mesa Senior Center staff are ready for 2017. Before we get on to what's in store, however, I wanted to share appreciation and thanks to the Costa Mesa City Employees Association (CMCEA), Costa Mesa Chamber of Commerce and Kimley-Horn and Associates, Inc., for all of their generous gift card donations to the Breakfast with Santa event. Another big thank you to our Costa Mesa Police and Fire personnel, who donated their time and energy to make the event so great! We were so pleased and happy to end the year on such a positive note because it got us off to a great start for the new year.

That all being said, I hope you're all well rested and ready for our New Year's Gala on Saturday, January 14. Exactly one month later, get your boogie shoes on for our Valentine's Disco Party on Tuesday, February 14. We've always strived to shake things up from time to time and this is no different. Make sure you register for our upcoming events and start off meeting new friends.

Also this month, our garden program kicks into high gear! All of that TLC for the garden will start to pay dividends – get in touch with our staff for information about the upcoming garden schedule.

We're happy to have you back and hope you're as excited about the new year as we are. Don't be shy – tell us what you would like to see moving forward and help us keep things interesting!

Yvette Aguilar
Program Administrator

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DISCLAIMER: The City of Costa Mesa does not assume responsibility for errors, omissions or misinformation, nor do we recommend, endorse or guarantee products, professional services, or personal opinions expressed.

In keeping with the mission of providing a variety of programs and services for the enjoyment of all seniors using the Costa Mesa Senior Center, please be aware that classes and services may be added or cancelled and schedules rearranged without prior notice.

COSTA MESA SENIOR CENTER

695 W. 19th Street, Costa Mesa, CA 92627
 P.O. Box 1200, Costa Mesa, CA 92628-1200
 (714) 327-7550

Monday-Friday, 8 a.m. - 4 p.m.
 Email: cmseniorcenter@costamesaca.gov
 Website: costamesaca.gov/seniorcenter

—CITY COUNCIL—

- Mayor Katrina Foley
- Mayor Pro-tem Sandra Genis
- Councilmember Jim Righeimer
- Councilmember Allan Mansoor
- Councilmember John Stephens

—SENIOR COMMISSION—

- Kirk Bauermeister,
- Sue Healey, John McGlenn,
- Gary Parkin, Ann Perry, Lee Ramos

SENIOR COMMISSION

—MEETING DATES—

Tuesday, January 10 at 9 a.m.

SENIOR ADVISORY

—COMMITTEE MEETING—

Monday, January 9 at 12:30 pm

—RECREATION MANAGER—

Justin Martin

SENIOR CENTER PROGRAM

—ADMINISTRATOR—

Yvette E. Aguilar

—COMMUNITY SENIOR SERV—

Lourdes Torres, Nutrition Site Manager

—TRAVEL BOARD CHAIR—

Marjorie White

COMMUNITY OUTREACH

—WORKER/SOCIAL SERVICES—

Charu Mody, LCSW

—ATTENTION—

As a safety precaution, everyone who enters the facility is being asked to sign in at the front desk. You will be asked to provide your first and last name, and city of residency. Thank you for your cooperation to assist staff in safety planning. We look forward to our new scanning system, soon





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



CITY OF COSTA MESA

P.O. BOX 1200, 77 FAIR DRIVE, CALIFORNIA 92628-1200
PHONE NUMBER !! FAX NUMBER

PARKS AND COMMUNITY SERVICE DEPARTMENT | SENIOR CENTER

January 1, 2017

Dear Costa Mesa Resident,

On behalf of the Costa Mesa Senior Center, I would like to wish you a Happy Holiday season! I want to thank you in advance for taking the time to allow the Costa Mesa Senior Center into your home in the form of our monthly publication, *The Chronicle*.

The City of Costa Mesa Senior Center is excited to have the opportunity to share the wealth of programs and services that are available to adults age 50+ that live in and around the great City of Costa Mesa. We truly hope that you will find value in this newsletter, if not for yourself, then for a friend or loved one.

The Senior Center boasts an energetic and invigorating environment that has something for every senior. City staff have worked tirelessly to ensure that there is something for all walks of life, including, but not limited to: Social Services, Transportation, Fitness, Meal Programs, Recreational Classes, Trips, Special Interest Groups, and Special Events.

Our mission, "Enriching the lives and communities through health, wellness, volunteerism, and socialization," transcends across multiple age-groups and allows us the opportunity to garner feedback from community members to ensure that we provide services that will meet the needs of many. We have been extremely fortunate to be able to bring forth many creative programs in 2016, and are looking forward to reaching more members throughout the community. In fact, our goal for 2017 is to reach as many residents, age 50 and older, as possible!

It took both time and patience to get the Senior Center to where it is today. Ask any of our current members and you'll find that we are a thriving, creative, and flourishing facility, and can only remain so through member engagement and participation.

On behalf of the City of Costa Mesa, I personally invite you to be part of something special here at your Senior Center. Currently membership is free of charge, so stop by the center to sign-up and get your monthly newsletter so you or your loved one can stay apprised of what's happening. Don't be afraid to reach out and become an active member in this community.

Welcome to the New Year and to the Costa Mesa Senior Center. We look forward to seeing you, soon.

Sincerely,

Yvette E. Aguilar
Senior Center Program Administrator



Senior Center
January-December 2017
Membership Renewal Form

Membership Card photos will only be taken in person. Please visit the Senior Center front desk to acquire your card. Print and complete the following form and sign upon completion.

Completed forms may be dropped off or mailed to:

Costa Mesa Senior Center
695 W. 19th Street, Costa Mesa, CA 92627

Name of person(s) in HOUSEHOLD registering for membership:

(1) Mr. Mrs. Ms. Other: _____

Last Name: _____ *First Name:* _____

Age: Under 62 62+ *Sex:* Male Female

Please select ONE: Hispanic/Latino Yes No

Please select ONE: White African American/Black Pacific Islander
 Asian Native American Other

By signing below, you acknowledge the following statement:

"I certify that the above information is true and correct and that documentation of this information will be provided, if requested."

Signature: _____ *Date:* _____

Name of person(s) in HOUSEHOLD registering for membership:

(2) Mr. Mrs. Ms. Other: _____

Last Name: _____ *First Name:* _____

Age: Under 62 62+ *Sex:* Male Female

Please select ONE: Hispanic/Latino Yes No

Please select ONE: White African American/Black Pacific Islander
 Asian Native American Other

By signing below, you acknowledge the following statement:

"I certify that the above information is true and correct and that documentation of this information will be provided, if requested."

Signature: _____ *Date:* _____

****PLEASE SEE REVERSE SIDE OF APPLICATION ****

Address: _____

City: _____ **Zip:** _____

Home Phone Number: () _____ - _____

Cell Phone Number: () _____ - _____

Main Contact E-mail: _____

What is the best time to reach you? _____

How would you like to receive your newsletter? (Please select ONE)

- U.S. Mail
- Save the stamp! I can pick-up my copy at the Costa Mesa Senior Center.
- Save the earth! You can email it to me at:
_____@_____.com
- Save your time. I can view the newsletter online at:
www.costamesaca.gov/seniorcenter

If you would like to update your information or be removed from our membership list at any time, call or email the Costa Mesa Senior Center at cmseniorcenter@costamesaca.gov or (714) 327-7550.

Thank you for taking the time to complete this form!

For office use only:

Membership Card Issued:

Household Person (1)

Household Person (2)

Date: _____

Date: _____

Staff Initials: _____

Staff Initials: _____

Notes: _____

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."



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.

History Lady

Presented by: Memorial Medical Group

Tuesday, January 17 | 1 - 2 p.m. | FREE

Join Jeanette Alesso Way, "The History Lady," at the Senior Center as she illuminates the past using fascinating antiques, objects, and facts that spark memories. Register at the front desk.

Legal Consultations

Mondays, beginning January 23 | 10-11:30 a.m.

FREE legal consultations with a qualified attorney will now be offered during the day! Each separate legal counseling session will be in 20 minute increments. The following are a few areas that are covered: Elder Law, Landlord/Tenant Law, Legal Documents, Consumer Law, Civil Law, Family Law, and Employment Law. Make your appointment at the front desk.

Tech Talk

Presented by: Costa Mesa Senior Center

Have a cell phone, but don't know how to text, take a picture or send an email? If that sounds like you, make an appointment to get answers to your questions! Call the front desk at (714) 327-7550 for appointment dates and times.

Health & Wellness

Fall Prevention

Presented by: Monarch Healthcare

Thursday, January 5 | 10:30am-11:30 a.m. | FREE

Fall injuries can have a severe impact on your physical well-being and independence but they can be preventable. Come and learn ways to keep yourself safe and prevent falls. 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. Register at the front desk.

Dementia: Risk Factors, Signs, Symptoms, and Prevention

Presented by: Healthcare Partners

Monday, January 23 | 1 - 2 p.m. | FREE

Dementia can have a severe impact on an individual's daily life. Join Healthcare Partners to learn about risk factors, symptoms, signs, and preventative measures you and your loved one's can take. 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.

Sinus Solutions

Presented by: Hoag

Monday, February 2 | 1 - 2 p.m. | FREE

Are chronic sinus symptoms affecting your quality of life? Join us for an informative discussion about the innovative treatment options available, and discover if sinus surgery might be right for you. Register at the front desk.

Free Clinical Breast Exams and Mammogram Screenings

Location: Melinda Hoag Smith Center for Health Living, 307 Placentia Ave., Newport Beach, 92658

Saturday, January 28 | 9 a.m. - 12 p.m. | FREE

To qualify for FREE Breast Health Screening Services you must:

- be 40 years old, or older
- have low income
- have no or limited insurance
- not receive these services through Medi-cal or another government-sponsored program live in California
- have not had a mammogram in the past 12 months

For more information and to sign up to receive a mammogram call the YWCA of North Orange County at (714) 871-4488.

NEW | Fitness for Life

Mondays | 1/9 - 2/27 | 9:15-10:15 a.m.**

Thursdays | 1/12 - 3/2 | 2-3 p.m.

****No Class: 1/16 (Make-Up Class Tuesday, 1/17 and 2/20 (Make-Up Class on Tuesday, 2/21)**

Thanks to Greenfields Outdoor Fitness's generous donation of workout equipment, we now have the opportunity to expand our fitness program at the center! This course is designed to provide you with the guidance and knowledge to workout at any time. Learn anaerobic and aerobic exercises that will enhance your physical fitness. This special designed circuit training program is to be taken at your own pace. **Classes are offered twice weekly. The second class is a repeat class, to ensure that you have the opportunity to make up a class, or simply get some extra instruction.**

It is recommended that you bring a towel, yoga mat, water bottle, and gloves.

WEEK TOPIC/DEMONSTRATION

- 1 Introduction to Equipment and Demonstration
- 2 Types of Training and Flexibility
- 3 Technique, Posture, Balance and Core
- 4 Large Muscle Group Exercises
- 5 Light Full Body Exercise
- 6 Circuit Training
- 7 Circuit Training
- 8 Circuit Training



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.

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, January 13 | 10 a.m. - 12 p.m.

Provided by Providence Speech and Hearing Center.



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.

EMERGENCY CARD

Are you visiting the center?
Don't forget to stop by and fill out your emergency card.
Ask the front desk for more information.

Center Classes

Arts & Crafts

ACRYLIC PAINTING | FREE

An enriched painting environment for all levels of artists to develop their acrylic painting skills. Must supply own material.

Fridays | 1-3 p.m.

KNITTING GROUP | FREE

Come learn the art of knitting. Experienced? Then come knit with this group of enthusiastic people.

Tuesdays | 1-3 p.m.

WATERCOLOR | FREE

Join this fun, social watercolor group for beginning and intermediate artists. Must supply own material.

Tuesdays | 1:30-3:30 p.m.



QUILTING | FREE

A great place for experienced quilters and beginners alike. Come share your expertise or learn from some of the greats!

Mondays | 1-4 p.m. | No Class: 1/16

CARD MAKING WITH JOY | FREE

Join us and create cards using new and recycled supplies. These repurposed cards will be sold at the Senior Center. Supplies provided.

Tuesdays | 9:30-11 a.m.

Dance

HAWAIIAN DANCE | FREE

Exercise while learning the beautiful and graceful dance of the islands.

Wednesdays | 12:30-1:30 p.m.

LINE DANCING FOR BEGINNERS | FREE

Are you a fan of the electric slide? So are we! Join this beginners course that will review basic steps to introduce you to line dancing. The course will focus on teaching novice learners. If you're interested in advancing and are able to share your talents, speak with the instructor to collaborate efforts. This is strictly a basic beginners course, but you're guaranteed to have fun!

Wednesdays | 9-10 a.m.

Instructor Zona Jordan

Fun & Games

BRIDGE: CONTRACT AND SOCIAL | FREE

Looking for a game of bridge? Join us for a competitive game or a friendly game.

Contract: Tues./Wed./Fri. | 10 a.m. -2 p.m.

Social: Mondays | 1-3 p.m. | No Class: 1/16

BINGO | .25¢ per card

Prizes range from a variety of items. Each card is .25¢, 6 card maximum. You may bring your own cards, but must still pay to play.

Thursdays | 10:30 a.m. -2 p.m.

TABLE TENNIS | FREE

Come join this energetic group and have fun!

Wednesdays | 1:30-4 p.m.

2nd and 4th Monday | 1:30-4 p.m.

BUNCO | FREE

With a roll of the dice we are off! Come learn how to play Bunco, make new friends, and win prizes while having fun!

Friday, January 20

MEXICAN TRAIN | FREE

This is a fun-packed game played with dominoes. No cards to shuffle. Come and learn how to play!

Wednesdays | 1-4 p.m.

POKER BASICS | FREE

Join us for a few hands of Texas Hold'em, Omaha, Pineapple, 7 Card Stud and 7 Card Hi-Lo Stud.

2nd, 4th and 5th Fridays | 1-3 p.m.



CHESS

Chess gives everyone an opportunity to play friendly games of chess against their peers in a low-stress environment. All levels are welcome to come, as help is given to those who need it.

Wednesdays | 2-4 p.m.

Exercise & Fitness

MELT FOR BETTER BALANCE | FREE

The MELT method is a type of exercise that helps with balance and mobility, and may alleviate some pain from chronic illness. Register at the front desk.

January 5, 12, 19, 26 | 1-2 p.m.

CHAIR EXERCISE | FREE

This class is designed to help those with arthritis, but is also beneficial for those interested in improving mobility.

Limited space available due to room capacity. First come first serve. Please see front desk before attending class.

Mondays/Wednesdays | 10:30-11:30 a.m.

CLASS CANCELLED UNTIL FURTHER NOTICE



DROP-IN PICKLEBALL* | FREE

Location DRC , 1860 Anaheim Ave, Costa Mesa

The fastest growing sport in the country, pickleball is a racquet sport that combines elements of tennis, badminton, and ping pong. This program is a great way to exercise and meet new friends.

Jan.-Mar. T & Th 8:30-10:15 a.m.

Personal Enrichment

CURRENT EVENTS GROUP

Are you looking for a group that discusses local and foreign affairs, and newsworthy topics? Then visit us on Tuesday evenings to participate in a facilitated, organized, friendly, open discussion. This group will encourage you to think critically about matters that affect each and every one of us. Participants should bring an article to share and contribute for possible discussion.

Tuesdays | 5:30-7 p.m.

AUTOBIOGRAPHY WRITING GROUP

Do you have a story to tell? There's a treasure in your memories and fun in writing them down. Come join us in a casual guided autobiography class, meet new people and share in the storytelling!

Wednesdays | 1-2:30 p.m. | No Class: 12/28

PLAY READING | FREE

Come in and join our play readers...you might be cast in a role while socializing with this fun group!

Fridays | 10-11:30 a.m.

CREATIVE WRITING | FREE

Open to non-writers and serious writers alike! Everyone is welcome to help write a fictionalized, fun story about the Senior Center, while learning the art of creative writing. If you like, you may bring in a short sample of your writing to read aloud. Critiques are optional.

Instructor: Sharon Margolis

2nd and 4th Fridays | 10-11 a.m.

**WELCOME TO THE COSTA MESA
—SENIOR CENTER—**



Safety First! Guide

Pick up your information pamphlet at the front desk, to find out what your role would be if a disaster happened during your visit to the Costa Mesa Senior Center. Be prepared.

—TUESDAY NIGHT—



Presented by the Costa Mesa High School Boosters

Visit the Costa Mesa Senior Center Tuesday evenings to play some bingo! Doors open at 5 p.m., with warm-ups beginning at 6 p.m. Don't miss this opportunity to meet local community members and mingle, all while having the chance to win big!

Contract Classes

ZUMBA GOLD® | \$105/12 WKS.

All levels welcome to join this easy-to-follow, low impact dance workout to zesty Latin and international music. Improve balance, strength, and mobility. Bring a towel, water, and wear comfortable flat-soled shoes.

Instructor: CS Dance Factory

8933 1/10-3/28 T 9-10 a.m.

8935 1/12-3/30 Th 9-10 a.m.



YOGA CLASS | \$57/4 WKS.

This class is geared for seniors or those looking for a slow paced class and is a friendly supportive way to increase strength, flexibility, and stamina. Bring a mat, blanket, and belt.

Instructor: Elizabeth Markley

8939 1/3-1/24 T 10:45 a.m.-12 p.m.

8944 1/5-1/26 Th 10:45 a.m.-12 p.m.

Sorry... Sometimes excellent classes get cancelled if everyone waits until the last minute to sign-up. Please sign-up at least one week prior to avoid disappointment.

JAZZERCISE LITE | \$38/4 WKS.

Jazzercise Lite incorporates all of the fun and conditioning components of regular Jazzercise. This exercise program targets the needs of active older adults.

Instructor: Dawna Banse

8965 1/3-1/31 T/Th 9:30-10:45 a.m.

JAZZERCISE UNLIMITED | \$55/1 MONTH

Lift your spirits and strengthen your heart, muscles, and core. You'll get a healthy dose of cardio, strength, and stretch moves and finish up feeling energized.

Instructor: Dawna Banse | No Class: 1/16

CLASSES

8970 1/3-1/31

CLASS SCHEDULE

M/W/Th 6-7 p.m.

T 6-6:30 p.m.

T/Th 8:25-9:20 a.m.

F/Sa 8:30-9:30 a.m.

INTRODUCTION TO SQUARE DANCING | \$40/5 WKS

This class will introduce you to the basics of square dancing. Square dancing is a way to keep both mind and body active in a fun social setting.

Instructor: Karla Westphal

8941 1/10-2/7 T 1:15 - 3:15 p.m.



HIDDEN CHAMPAGNE BOTTLE CONTEST

Find all (4) four hidden champagne bottles in the January issue of the Chronicle and see the front desk for a raffle ticket. *The champagne bottle on page 9 is excluded from the contest.* Submit your entry by Wednesday, January 18. (2) two raffle winners will be contacted by phone on **Thursday, January 19**. One entry per person.



ADAPTED SEATED FITNESS | FREE

This seated group exercise class helps to improve strength, flexibility, range of motion, postural control, and coordination. All exercises are performed from a chair. This class is offered by Coastline Community College's Special Programs Department. Eligibility requirements: medical condition verification and completion of enrollment forms. Please pick up your registration packet at the front desk. Space is limited. Please register early.

Instructor: Judy Aprile

1/31-5/23 | T | **NEW TIME 10:30 - 11:45 a.m.**

ADAPTED FITNESS | FREE (FULL)

This class includes seated, standing, and walking activities. Exercises will help maintain or improve muscular strength, flexibility and range of motion, postural control, balance, and breathing. This class is offered by Coastline Community College's Special Programs Department. Eligibility requirements: medical condition verification and completion of enrollment forms. Please pick up your registration packet at the front desk. Space is limited. Please register early.

Instructor: Judy Aprile

1/31-5/23 | T | **NEW TIME 1-2:15 p.m.**

GENERAL POLICIES

1. Class cancellations need to be in writing and submitted before the second class meets, with the exception of workshops (classes that are 3 weeks or less) which must be made 24 hours prior to start of class. A \$5 refund fee and \$3 (transfer) fee will be charged per class. Specific program refund policy may vary.
2. If class is cancelled by the department, participant will be notified and a full refund will be processed. Please allow 3-4 weeks for refunds.
3. A service charge will be required on all returned checks.
4. Registration will not be taken at class.
5. All classes/programs are subject to cancellation or change, without prior notice.
6. For special events at the Senior Center, no refunds or cancellations after the registration deadline.

We accept cash – exact change only, checks – made payable to “City of Costa Mesa”, and credit cards.

Computer Classes



INTRODUCTION TO WINDOWS 10 | \$38/1 DAY

Join this lecture style class to learn about the start screen, desktop, tiles, charms, and sidebars and how to navigate through them. Explore the new, easier to use Windows 10 apps. Handouts included. Some computer experience is necessary.

Instructor: Joel Lander

8981 1/4 W 2-5 p.m.

ALL ABOUT GOOGLE | \$38/1 DAY

In this single, 3-hour class you will explore many outstanding free Google programs. A discussion of the Google search engine, G-mail, Google maps, photos, calendar and more. Hands-on practice and a chance to ask questions and get answers. Handouts included. **Instructor: Joel Lander**

8987 1/18 W 2-5 p.m.

8988 1/30 M 2-5 P.M.

NEW | SPECIAL APPS AND PROGRAMS FOR SENIORS | \$38/1 DAY

This is a class that will introduce you to smart phone/tablet apps and computer programs that are useful for seniors. Learn about Facebook, YouTube, Skype, Uber, Pandora, Luminosity and more. There will be introductory instructions on how to find, obtain and use these free applications. Handouts included.

Instructor: Joel Lander

8978 1/11 W 2-5 p.m.

9009 2/8 W 2-5 p.m.



GREETING CARDS

AVAILABLE FOR PURCHASE

Purchase a greeting card for a family member or friend. All cards have been repurposed and designed by our senior center card making class. **\$0.50 each.**

Travel Desk Hours | (714) 327-7546
Monday, Wednesday & Friday | 10 a.m.-1 p.m.
Tuesday & Thursday | 12-3 p.m.
**Pick up and return times are approximate.*
****Please contact the travel office after the deadline**
for trip availability after the deadline.

Day Trips | Trudie Mann



 **Alley Cats Live! In Pasadena**
Thursday, February 16 | 10 a.m.-5:30 p.m.* \$86
Registration/Cancellation Deadline: Fri., Jan. 13**

Hear classic Broadway favorites performed by The Alley Cats, America's Premier Doo Wop group, at Almanson Court in Pasadena. A delicious lunch with wine will be provided!

 **Frank Lloyd Wright's Hollyhock House & the Self Realization Fellowship Temple**

Thursday, April 6 | 9 a.m. – 5:30 p.m.* | \$56
Registration/Cancellation Deadline: Mon., Mar. 6**

Enjoy a self-guided tour of Frank Lloyd Wright's newly renovated Hollyhock house! Wright himself referred to it as California Romanza, using a musical term meaning "freedom to make one's own form". A wonderful Italian lunch plus dessert will be provided at Maggiano's at the Grove. After lunch it is off to the Self-Realization Fellowship Temple for a complete guided tour. Learn about the history of the oldest self-realization temple in Hollywood. Find peace and relaxation with unique meditation techniques taught by our guide.

**ACTIVITY LEVEL

 **Level 1:** At a very leisurely pace, this trip involves minimal physical activity, such as climbing some stairs, boarding a bus, and minimal walking

 **Level 2:** This trip involves average physical activity such as walking and standing for the majority of the trip.

 **Level 3:** This trip includes moderate physical activity that requires walking, standing, and boarding on and off the bus more than two (2) times.

Casino Trips | Anna Biggs



 **Valley View Casino**
Wednesday, January 18 | 8 a.m.-5 p.m.* | \$36
Registration/Cancellation Deadline: Mon. Dec. 19**

Enjoy a delightful day spent in a true Las Vegas style Casino! \$25 in slot play upon arrival.

 **Aquarius Hotel and Casino**
Departs at 8 a.m., Monday, February 20 *
Returns Wednesday, February 22 at 6 p.m.*
\$135 p/p double, \$180 p/p single
Registration/Cancellation Deadline: Fri., Jan. 20**

Stay at the beautiful Aquarius Hotel and Casino in Laughlin, Nevada. Package includes a Special Laughlin funbook! Receive three, 2 for 1 meal coupons at local casino's along with 2 for 1 drinks, appetizers, a boat cruise and much more!

 **Pala Casino**
Tuesday, March 21 | 8:30 a.m.-5:30 p.m.* | \$21
Registration/Cancellation Deadline: Tues., Feb. 21**

Join us at Pala Casino, a Las Vegas style casino with over 2,000 slot machines, 87 table games, and restaurants. \$5 in slot play included!

 **Pechanga**
Wednesday, April 19 | 8:30 a.m.-5 p.m.* | \$36
Registration/Cancellation Deadline: Mon., Mar. 20**

Enjoy a fun-filled day in Temecula at the beautiful Pechanga Indian Casino. Trip Includes \$20 in slot play, bingo, and drivers gratuity!

 **NEW | Four Queens Hotel and Casino**

Departs at 8 a.m., Tuesday, May 16 *
Returns Thursday, May 18 at 6 p.m.*
\$135 p/p double, \$175 p/p single
Registration/Cancellation Deadline: Mon., Apr. 17**

Enjoy 3 days and 2 nights in Las Vegas at the beautiful Four Queens Hotel and Casino! Includes a special fun book, baggage handling, and a deluxe motor coach!
Registration Begins Monday, January 9, 2017



Transportation – Where Is Your Destination?

The Costa Mesa Senior Center offers two transportation services for seniors, ages 60 and over, who are Costa Mesa residents. Below is a description of each service, as well as the reservation process for new riders. (NOTE: The reservation for each program is different.) *All riders must register prior to scheduling a ride.*

Senior Mobility Program (SMP) Transportation

The Senior Mobility Program (SMP) is provided through a partnership with the Orange County Transportation Authority (OCTA) and paid for by Project U, 1% of Measure M2 funds.

SMP transportation is available Monday-Friday. The transportation is available from home to the Costa Mesa Senior Center (695 W. 19th Street) for various programs that take place at the center, including nutrition. Shopping and other errands are also accommodated, time and space permitting. Please only leave messages with City staff.

To schedule a pick-up:

- Please call (714) 327-7520 between the hours of 7:30-7:50 a.m. on the same day service is needed to request your ride.
- Provide your address for pick-up and drop-off. Passengers must know their address or be able to locate address upon request.
- Pick-up times begin at 8 a.m., and specific request times may not be available.

Both the SMP and MTP are available at no cost to seniors who meet the eligibility requirements as noted above.

Medical Transportation Program (MTP)**

The Medical Transportation Program (MTP) program is provided through a partnership and grant with Hoag Hospital. This program allows seniors transportation from their home to various medical facilities in Costa Mesa, as well as some that are outside of the City.

The MTP is designed to provide rides to and from medical appointments. Reservations for this service must be made one (1) to two (2) weeks in advance.

To schedule a ride, please call (714) 327-7521. Leave a detailed message, including:

1. Name
2. Contact number
3. Date/Time of appointment
4. Location of medical appointment

The driver for this service will provide you with a return call to confirm your pick-up. Rides for this service are limited to the following medical locations:

- Fountain Valley Medical Center
- Hoag Health Center
- Hoag Memorial Hospital
- Kaiser Permanente
- Newport Medical Center
- Health Care Partners (please call for specific locations)

***Transportation is FREE - sorry, no tips accepted.**

****Medical Transportation is provided based on availability.**

PHONE NUMBERS

For reservations please call:
Senior Mobility Program (SMP)
(714) 327-7520

Medical Transportation Program
(MTP) (714) 327-7521

For other questions, please call:
Transportation Hotline
(Non-Reservation) (714) 327-7579

Please call the Transportation non-reservation hotline if you have any concerns about the transportation program. Please leave your name, telephone number, and the nature of your call. Your call will be returned within 3 business days.

Have you registered for the transportation program? Contact Enyelber Franco at (714) 327-7543 for more information.

Quote of the Month |

“Keep your face always toward the sunshine - and shadows will fall behind you.” -Walt Whitman

SENIORSERV LUNCH MEALS

Monday-Friday, approximately served at 11:30 a.m.
Reservations 10:30-11:30 a.m.

Please join us for a nutritionally balanced meal with friends. Suggested donation of \$3 to those 60 years and older. Guests under 60 may enjoy a meal for \$5. The volunteer lunch receptionist can take your reservation daily between 10-11:30 a.m. in the sunroom.

January Birthdays – Come celebrate and sing Happy Birthday with your SeniorServ friends on Friday, January 27.

HOME DELIVERED MEALS

Monday-Friday

We provide three nutritionally balanced meals daily to seniors who are homebound and have difficulty preparing meals. Meals are delivered by caring volunteers from the community. Please contact a case worker at (714) 823-3294 to ask about the program.

VOLUNTEERS

To help sustain and expand these two meal programs, we are constantly looking for new volunteers who are willing and able to help serve and/or deliver meals to seniors. If you are interested in volunteering for either of these programs, please contact the Costa Mesa Nutrition Site Manager, Lourdes Torres, at (714) 327-7548.

SUPPORT GROUPS

TRANSITIONS SUPPORT GROUP

2nd & 4th Tuesday | 1-3 p.m.

Are you going through life’s many changes? Grieving over the loss of a loved one? Lonely? Relationship problems? Medical issues or health problems? This is a support group for those who need to vent. You will learn healthy ways of coping with issues that come up in your daily life. A variety of encouraging and enjoyable approaches are used for expression.



www.costamesaca.gov/seniorcenter



Veterans Support Group

Charu Mody, Community Outreach Worker, LCSW

Visit a group whose goal is to provide Veteran’s 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.

Tuesday, January 17 | 1-3 p.m.

SENIOR ROUND TABLE

Wednesdays ** | 1-3 p.m.

Make new friends, discuss current events and be a part of our Senior Center community.

**Group meets on a regular basis; however, special meeting locations may take place. Please visit the group to find out more information about scheduled activities outside the normal meeting date and location. On dates when a majority of the group meets at a separate location or has another planned activity, participants wishing to meet at the Senior Center during normal hours may do so.

ALZHEIMER'S CAREGIVER SUPPORT GROUP

Every 1st Friday | January 6 | 1-2:30 p.m.

Presented by: Alzheimer's Orange County

Caring for a loved one with Alzheimer's or a related dementia can be a challenging and isolating experience, but it is not a journey that needs to be faced alone. The Costa Mesa Senior Center, in collaboration with Alzheimer’s Orange County, offers a free monthly support group for family members caring for a person with dementia. Connect with other caregivers to learn coping strategies to maintain your health and learn tips for optimally caring for your loved one. Register at the front desk.

The opinions expressed during participant led group times are not necessarily the views of the City of Costa Mesa employees.

Senior Services Directory

| | |
|--|----------------|
| Costa Mesa City Hall | (714) 754-5225 |
| Department of Consumer Affairs | (800) 952-5210 |
| Department of Insurance | (800) 927-4357 |
| Elder Abuse Hotline | (877) 477-3646 |
| Home Delivered Meals | (714) 823-3294 |
| HICAP (Health Insurance Counseling and Advocacy Program) | (800) 824-0780 |
| HUD Housing | (800) 225-5342 |
| Legal Aid Society Hotline | (800) 834-5001 |
| Medi-Cal | (714) 575-2400 |
| Medicare | (800) 633-4227 |
| OC Social Service Agency (Cash Aid) | (714) 435-5800 |
| OC Social Service Agency (Medi-Cal and Food Stamps) | (714) 435-5800 |
| OCTA- Access, Transportation | (714) 636-7433 |
| Office on Aging (Information/ Assistance) | (800) 510-2020 |
| Council on Aging Ombudsman | (714) 479-0107 |
| Costa Mesa Police Department Dispatch | (714) 754-5252 |
| Senior Legal Advocacy Program | (714) 571-5245 |
| Social Security | (800) 772-1213 |
| SOS Share Our Selves | (949) 270-2100 |

Senior Center Phone Numbers

| | |
|--|----------------|
| Senior Center Main Line | (714) 327-7550 |
| Senior Center Fax | (714) 327-7554 |
| Community Outreach Worker/ Social Worker | (714) 327-7545 |
| Travel Office | (714) 327-7546 |
| Nutrition | (714) 327-7548 |
| Senior Mobility Program Transportation | (714) 327-7520 |
| Medical Transportation | (714) 327-7521 |
| Transportation Hotline (Voicemail Only) | (714) 327-7579 |

BATTERY DISPOSAL | You may drop your used common household batteries off at the front desk.



Senior Grocery Program

Thursday, January 12 & 26 | New Time 10-11 a.m.
 The City of Costa Mesa has partnered with Second Harvest Food Bank of Orange County to provide bags of groceries to low income seniors. There is no charge for this program. Please bring your reusable grocery bags!

 **Please come to the front desk and pick up a number.** When the Senior Grocery Program distribution is ready, numbers will be called out in order.

This program is changing to bring you fresher produce! Distribution times may change to ensure that we provide you with the freshest produce possible. Your cooperation is appreciated.

TO QUALIFY:

- You must be over 60 years of age
- Reside in the City of Costa Mesa
- Income **must be below:** \$1,436 per month for **one person** | \$1,936 per month for **a couple**

Information & Referral/Counseling

Charu Mody, Community Outreach Worker, LCSW (714) 327-7545 | Monday - Wednesday | 10 a.m.-3 p.m.

Times and dates are subject to change without prior notice. *The Community Outreach Worker will not be available January 3-4.* Appointments and walk-ins welcome!

A community outreach worker will make necessary referrals for seniors to maintain independence. Referrals include: reassurance calls, home delivered meals, and home care assistance. The community outreach worker is also available to provide supportive counseling and therapy to seniors in the process of adjusting to losses related to various issues of housing, employment, finances and relationships. Home visits may be scheduled with a county social worker.

Health Insurance Counseling Advocacy Program (HICAP)

Thursday, January 5 & 19 | 9:30 a.m.-12:30 p.m.
 Need help making sense of Medicare, HMOs, health insurance, long term care or billings? Counselors are available to help you! Contact front desk to make an appointment.

Legal Counseling with an Attorney

Thursday, January 12 & 26 | 5-6:30 p.m.
 An attorney will counsel and advise clients on legal matters. Contact front desk to make an appointment.

Chat with Monarch

Presented by Monarch Healthcare
Monday, January 9 | 10-11:30 a.m. | Sunroom
Monday, February 13 | 10-11:30 a.m. | Sunroom
 Join Monarch Healthcare to discuss Medicare coverage options, selecting doctors, community resources and more.

STAFF SPOTLIGHT



Cristina Sanchez was born in Michoacán, Mexico. She has been happily married for more than 34 years and has three children. In her spare time, she enjoys walks on the beach with her husband, and she loves to watch old movies like “How the Grinch Stole Christmas” and “My Cousin Vinny.” She also spends her time sewing, painting, drawing, and likes to do any craft you can do by hand. Her friends and family would describe her as being very friendly and talkative. She loves to strike up a conversation with everyone. She is an active participant at her church where she is the Quinceañera Coordinator and likes to keep her culture’s traditions alive.

Cristina previously worked for the City of Costa Mesa at City Hall from 1989 until 2005. She couldn’t resist coming back to one of her favorite places to work and is now one of the friendly faces you see assisting at the front counter.



Elaine Kirby was born and raised in La Puente, California. She has had the opportunity to live all over Southern California. Her four children are spread out across Southern California, too. Before she was a driver for the City of Costa Mesa’s Senior Center, she was a medical transportation and Airborne Express Auto Parts driver. She has also worked for the City of Redondo Beach helping out on day trips for seniors. Elaine has been driving for the Costa Mesa Senior Center for more than 10 years. One of her favorite things about driving for seniors is being able to listen to all of their stories, and knowing that she is able to help them every day.

During her down time she can be found watching the “Walking Dead” series as well as “Animal Planet.” She is an animal lover at heart and has one dog and two cats that welcome her home after a productive day of driving.



Carol Ruiz was born and raised in of Costa Mesa. She is one of 13 children and the seventh in the line of six girls and seven boys. Even though her family is big, she is able to keep in touch with each and every one of them, even though it is difficult to get everyone in the same place at the same time. Carol has a big family herself, and has raised five boys who are her pride and joy. Each is very independent and she loves spending time with them, especially watching her youngest son play football. On the weekends you can find Carol riding her bike and enjoying the scenery. Carol also enjoys making a variety of blankets and sewing in general.

She was previously a school bus driver for 15 years for Irvine Unified School District before becoming the Medical Transportation Program driver for the Costa Mesa Senior Center in 2009. Her favorite thing about driving is being able to build relationships with her passengers, and learning more about them every day. Being able to help her passengers get to and from their doctor appointments makes her feel like she, too, is taking part in keeping them healthy.

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.

Mission: “Enriching lives and communities through health, wellness, volunteerism, and socialization.”

Vision: “The Costa Mesa Senior Center is dedicated to the improvement of the lives of older adults by creating a place that offers opportunity to become more educated about health and wellness, share skills and talents with peers, interact and develop communication with friends, family, and others, and be advocates for older adults.”

HAPPY
NEW
YEAR

MOVIE MONDAYS

January 2017

Disclaimer: Movies are subject to change without prior notice depending on availability.



POPCORN WILL
BE PROVIDED

MONDAY, JANUARY 11

Showtime: 12:45 p.m.
105 minutes | Rated-PG



Showtime: 12:45 p.m.
110 minutes | Rated PG-13

MONDAY, JANUARY 23

THE JUNGLE BOOK

Inspired by the animated Disney classic, this live-action adaptation of Rudyard Kipling's beloved novel follows young Mowgli as he navigates a jungle full of wonder and peril with his animal allies Bagheera the panther and Baloo the bear.

THE LEGEND OF TARZAN

Fully readapted to London society after his long sojourn in the jungle, Lord Greystoke returns to Africa as a trade emissary. But little does he know that he's being used to advance the schemes of villainous Captain Leon Rom.





JANUARY LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| <p>2</p>  <p>HAPPY NEW YEAR CENTER CLOSED</p> | <p>3</p> <p>WELCOME 2017 Stuffed Cabbage Roll Mashed Potatoes 3 Way Salad with Dressing Parker House Roll Peach & Pear Fruit Mix Combo</p> | <p>4</p> <p>Swedish Meatballs w/Egg Noodles Seasoned Broccoli Florets Whole Grain Bread Orange Juice Sugar Free Cookie</p> | <p>5</p> <p>Egg Drop Soup w/Salt Free Crackers Stir Fry Pork w/Vegetables Quinoa Pilaf Orange-Pineapple Juice Sugar Free Pudding</p> | <p>6</p> <p>VEGETARIAN DAY Entrée Salad Mixed Vegetables w/ Diced Beets, Cucumbers, Feta Cheese, Corn and Black Beans Whole Wheat Dinner Roll Melon</p> |
| <p>9</p>  <p>Holly Farm Chicken Coleslaw Carrot & Raisin Salad Low Fat Yogurt topped w/Blueberries</p> | <p>10</p> <p>Pork Chili Verde Spanish Rice Pinto Beans Whole Wheat Tortilla Fresh Orange</p> | <p>11</p> <p>Tomato Plum Soup w/Salt Free Crackers ½ Tuna Salad on Whole Grain Bread Broccoli Salad Sugar Free Butterscotch Pudding</p> | <p>12</p> <p>VEGETARIAN DAY Vegetarian Lasagna California Salad Breadsticks Melon</p> | <p>13</p> <p>Butternut Squash Soup w/Salt Free Crackers Winter Chicken Salad w/Citrus and Celery Whole Wheat Dinner Roll Fruit Delight</p> |
| <p>16</p>  <p>MARTIN LUTHER KING JR. DAY CENTER CLOSED</p> | <p>17</p> <p>VEGETARIAN DAY Cottage Cheese & Fruit on top Fresh Spinach Whole Grain Bread Pineapple Chunks Pear Halves & Orange Slices Assorted Cookie</p> | <p>18</p> <p>Minestrone Soup w/Salt Free Crackers Metropolitan Cobb Salad (Chicken, Crumbled Feta Cheese on top Chopped Salad w/Tomatoes, Diced Eggs), Dressing Whole Grain Bread Melon</p> | <p>19</p> <p>Brunswick Stew Spinach Salad w/ Cranberries & Sliced Almonds w/Dressing Whole Wheat Dinner Roll Cake Diet: Tropical Fruit</p> | <p>20</p> <p>Potato Crusted Pollack Bowtie Pasta w/Cherry Tomatoes w/Lemon Dressing Whole Grain Bread Orange Juice Diet: Banana Pudding</p> |
| <p>23</p> <p>Entrée Salad Chopped Vegetables & Couscous Salad w/Sliced Beef & Dressing Mini Blueberry Muffin Reduced Sugar Apple Crisp</p> | <p>24</p> <p>Beef Stroganoff over Egg Noodles Seasoned Baby Carrots Whole Grain Bread Orange Juice Sugar Free Cookie</p> | <p>25</p> <p>Turkey Taco Bowl w/Shredded Carrots, Chopped Tomatoes, Light Sour Cream, Red Cabbage, Salsa Whole Wheat Tortilla Chips Cantaloupe</p> | <p>26</p> <p>Vegetable Soup w/Salt Free Crackers Stuffed Salmon Boat w/ Newburg Sauce Seasoned Brussels Sprouts Fruited Gelatin w/ Mandarin Oranges</p> | <p>27</p> <p>Cream of Celery Soup w/ Salt Free Crackers Grilled Chicken Sandwich w/Lettuce & Tomato Whole Wheat Bun Winter Vegetables Salad Fresh Fruit</p> |
| <p>30</p> <p>Tortilla Soup w/Tortilla Strips Taco Salad (Ground Beef, Tomatoes, Cheese, Corn, Black Beans, Bell Peppers) Flour Tortilla Sugar Free Custard</p> | <p>31</p> <p>Sweet & Sour Chicken Brown Rice Oriental Vegetable Blend Mandarin Oranges</p> |  <p>SeniorSERV™ Securing Home, Health & Heart Suggested Donation \$5 fee for ages 60 & under \$3 over 60</p> | | |

All Meals comply with the Dietary Guidelines for Americans (DGA) 2010 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.

Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily.  indicates sodium content over 1,000 mg.

*Indicates a special event or Holiday and the menu MAY exceed 1,000 mg. Low Cholesterol, 0% transfat buttery spread served with bread and rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium

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.