

**COSTA MESA SENIOR CENTER  
PROGRAMS & SERVICES REPORT  
FOR THE TIME PERIOD COVERING JULY 2007 TO JUNE 2008**

The Mission of the Corporation is to maximize the quality of life among the older adult population (50 years and older) of Costa Mesa and surrounding communities through provision of programs and services that will:

1. promote dignity and self-esteem
2. foster independence and self-determination
3. facilitate social interaction and involvement in community life
4. dispel stereotypical and negative myths about aging

The goal for all programs and services offered by the Costa Mesa Senior Center is to improve or maintain a person's wellness in 6 key areas:

1. Physical
2. Social
3. Intellectual
4. Emotional
5. Spiritual
6. Vocational

**Health & Fitness Programs:**

**ADVANCED CHAIR AEROBICS**

**Average monthly participants: 45**

This course offers instruction and practice in techniques for developing and maintaining cardio-respiratory fitness from a chair. Emphasized are rhythmical upper body movements performed to music that are designed to elevate heart rate and improve aerobic power and joint range of motion. The course is designed for older adults with intermediate to advanced fitness skills and/or with weight-bearing problems.

**AEROBICS**

**Average monthly participants: 385**

Designed to fit the personal health and fitness needs of older adults

**BALANCE & MOBILITY**

**Average monthly participants: 30**

Designed to improve your ability to perform activities of daily living with greater ease and confidence and to reduce your overall risk for falls.

### **BALANCE MAINTENANCE**

**Average monthly participants: 30**

The activities are designed to reinforce balance techniques and maintain physical conditioning.

### **FUNCTIONAL SENIOR FITNESS**

**Average monthly participants: 40**

Designed to maintain the ability to successfully performed activities of daily living and to improve or enhance functional capacity in terms of strength, flexibility, and posture.

### **JAZZERCISE**

**Average monthly participants: 412**

The world's largest dance fitness program. You'll DANCE with music! And while you're enjoying yourself, your body will be getting into the best shape it's ever been!

### **LOW IMPACT AEROBICS**

**Average monthly participants: 113**

Designed to fit the personal health and fitness needs of older adults, but at a slower pace.

### **PACE (PEOPLE WITH ARTHRITIS CAN EXERCISE)**

**Average monthly participants: 95**

This class is designed to bring more movement to the individual with arthritis, but it is also beneficial for anyone interested in relief from stiffness while improving mobility. The class will focus on restoring or maintaining joint range of motion and muscle strength in addition to improving posture endurance.

### **PILATES**

**Average monthly participants: 36**

The class is based on exercised and concepts developed by Joseph Pilates and will focus on exercises for improving body alignment, strength, coordination and breathing.

### **SIMPLY LITE**

**Average monthly participants: 148**

This musically active class incorporates simple resistance exercises with walking patterns. This class is fun and easy and especially popular with those new to exercise.

### **STRETCH CLASS**

**Average monthly participants: 48**

Gentle yet effective stretch techniques. Wear comfortable clothing. Everyone welcome.

### **TAI CHI**

**Average monthly participants: 128**

Tai Chi Ch'uan is an ancient Chinese exercise that provides both mental and physical health benefits. Improve balance, lower high blood pressure, increase vitality with tai chi.

### **TAI CHI FAN**

**Average monthly participants: 29**

A combination of Tai Chi Chuan movement with special fan techniques to create a graceful, circular form. Helps improve your flexibility, strength, balance and agility.

### **YOGA CLASS**

**Average monthly participants: 120**

Professional instructor teaches Hatha Yoga. This is a friendly and warm group. Wear comfortable clothing and bring two blankets and join in being healthy and happy.

### **Human Services Programs:**

#### **BENTO LUNCH PROGRAM**

**Average monthly participants: 140**

#### **BLOOD PRESSURE CLINIC**

**Average monthly participants: 152**

Nurses are available to take your blood pressure reading.

#### **BROWN BAG GROCERY PROGRAM**

**Average monthly participants: 288**

Every 2<sup>nd</sup> and 4<sup>th</sup> Friday of each month, 2 bags of grocery items are given out to those who qualify.

#### **CASE MANAGEMENT**

**Average monthly participants: 82**

The Social Service Department will make necessary referrals for frail and homebound seniors to maintain independence. Referrals include: reassurance calls, friendly visits, home delivered meals and home care assistance.

## **COUNSELING**

### **Average monthly participants: 61**

Social worker 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 are also scheduled to evaluate needs of homebound seniors.

## **FINANCIAL COUNSELING**

### **Average monthly participants: 2**

Need some advise on your financial future. Speak with a licensed financial consultant for FREE.

## **HEALTH INSURANCE COUNSELING ADVOCACY PROGRAM**

### **Average monthly participants: 15**

**(HICAP)** Need help making sense of Medicare, HMOs, health insurance, long term care, or billings? Counselors are available to help you make sense of it all. Call for an appointment.

## **HEALTH SCREENING**

### **Average monthly participants: 42**

The preventative Health Care for the Aging Program offers basic health screenings for those over the age of 60 including: health history, blood pressure, height/weight, vision screening, hemoglobin and blood sugar testing, hearing testing, nutritional counseling, medication counseling and breast self-examination.

## **HOME DELIVERED MEALS**

### **Average monthly meals served: 6180      Yearly: 74,160**

Nutritionally balanced meals are delivered to seniors who are homebound and have difficulty preparing nutritious meals.

## **LEGAL ASSISTANCE**

### **Average monthly participants: 18**

Legal counseling is provided by an attorney and paralegals.

## **LUNCH PROGRAM**

### **Average daily meals served: 35      Yearly: 9,100**

The dining program provides lunches Monday through Friday at 11:30 am to Noon.

### **MEDICAL EQUIPMENT LOAN PROGRAM**

**Average yearly participants: 22**

A short-term loan of canes, crutches, walkers, and wheelchairs for those in need.

### **SENIOR LUNCH BOX**

**Average monthly participants: 56**

Every 2<sup>nd</sup> and 4<sup>th</sup> Friday of each month, 2 bags of fresh fruits, vegetables, juices and soups are given out to those who qualify.

### **TAX ASSISTANCE**

**Average session of participants: 455**

Free tax preparation is available from February to April 15<sup>th</sup>.

### **TRANSPORTATION SERVICES**

**Average monthly participants: 770**

This service is free of charge to residents living in the City of Costa Mesa and van service will provide transportation for grocery shopping, hairdresser, movies, shopping, banking, or to come to the Center during the hours of operation (7:45 am – 4:45 pm).

### **TRANSPORTATION SERVICES (MEDICAL APPOINTMENTS)**

**Average monthly participants: 267**

This service is free of charge to residents living in the City of Costa Mesa and van service will provide transportation for medical related appointments to Fountain Valley Medical Center, Hoag Health Center, Hoag Memorial Hospital, Kaiser Permanente, Newport Medical Center, and Talbert Medical Center between the hours of 8:00 am – 5:00 pm.

### **VOLUNTEER PROGRAM**

**Average monthly volunteer hours: 1300**

Designed to keep seniors active in the community and help support the daily operations of the senior center.

### **Personal Enrichment Programs:**

#### **BALLROOM DANCE CLASS**

**Average monthly participants: 100**

Professional dance instructor, teaches dances such as the fox trot, cha-cha, waltz and more.

## **BEGINNING WATERCOLOR**

**Average monthly participants: 54**

This course presents basic methods of applying watercolor in washes, color mixing, and brush technique. The spontaneity of transparent watercolor will be stressed and explored.

## **BEGINNING UKULELE**

**Average monthly participants: 24**

Come learn basics of the ukulele and learn to play the sounds of the islands.

## **COMPUTER LECTURES**

**Average monthly participants: 43**

OCIPUG © conducts moderated Special Interest Groups (SIGs) meetings start at 7:00 pm on each of the first *four* Tuesdays of each month when the center is open. These meetings last two to three hours and generally have a question and answer portion.

### **DAY**

1<sup>st</sup> Tues.

2<sup>nd</sup> Tues.

3<sup>rd</sup> Tues.

4<sup>th</sup> Tues.

### **SIG**

The Internet & Networking

Hardware (Items in the computer)

Windows Operation System

Digital Cameras, Scanning & Printing

## **CONVERSATIONAL SPANISH**

**Average monthly participants: 12**

Ongoing group meets as an informal conversation class. Class improves Spanish conversational skills.

## **COOKING FOR 1 AND 2**

**Average monthly participants: 48**

Enjoy preparing mouth-watering, easy-to-prepare dishes from around the world. Recipes and lectures emphasize hearty, healthful meal ideas that reflect the latest information on nutrition, heart-healthy eating and weight-loss support.

## **CROCHET**

**Average monthly participants: 12**

Socialize with your fellow crochet friends and learn to make new patterns.

## **DIGITAL PHOTO EDITING**

**Average monthly participants: 18**

Make your photos really stand out. Cropping and editing photos. Stitch photos together to create panoramas. Special effects and colorizing photos.

## **ENGLISH AS A SECOND LANGUAGE**

**Average monthly participants: 24**

If you do not speak English or want to learn, come learn English as a second language.

## **E-MAIL/INTERNET**

**Average monthly participants: 28**

Sending & receiving E-Mail with and without attachments. Formatting messages using basic word processing techniques. Setting up and using your Address Book. Organizing your mail box and filtering incoming mail, including junk mail (SPAM)

## **EXPLORING WINDOWS XP**

**Average monthly participants: 28**

Modify your desktop to make it reflect your personality. Learn basic Windows procedures.  
Prepare your START menus and task bar for the way you want to work

## **GERONTOLOGY**

**Average monthly participants: 36**

Topical course covering current issues of concern to those in the aging community.

## **HAWAIIAN DANCE (HULA)**

**Average monthly participants: 203**

Come exercise while learning the beautiful and graceful dance of the Hawaiian Islands.

## **HAWAIIAN SINGING**

**Average monthly participants: 89**

Aloha! Come learn to sing in the ancient sounds of the Hawaiian Islands.

## **INTRODUCTION TO COMPUTERS (WINDOWS XP)**

**Average monthly participants: 28**

Learn about Windows XP procedures and useful hints. Create Word Processing, Database & Spreadsheet documents. Explore the World Wide Web & E-mail.

## **ISLAND CRAFTS**

**Average monthly participants: 28**

Come learn the ways of the island by making authentic crafts using pandanus leaves.

### **KNITTING GROUP**

**Average monthly participants: 32**

Volunteer instructor will assist anyone with difficult patterns or just brushing up on rust knitting skills.

### **LIFE HISTORY WRITING**

**Average monthly participants: 49**

You will write your own life story, explore the personal history of your parents, grandparents, and other ancestors, learn about gerontology and put together a family tree. Suggested topics to write about are presented in class to assist you.

### **MICROSOFT WORD**

**Average monthly participants: 20**

Tips and techniques to using Word, editing, character formatting & paragraph layout. Learning tabs and tables, headers and footers and spell-checking. Using the Task Wizard to create multiple personalized letters.

### **PAINTING**

**Average session participants: 10**

This class is designed for the beginning and intermediate painter to learn the techniques for creating beautiful paintings.

### **PLAY READING**

**Average monthly participants: 48**

Sit around a table and play read with us. Shaw to Simon, "Country Wife" to "Cat on a Hot Tin Roof." Everyone gets a part and a chance to participate, or if you just want to sit in and listen. When we complete the reading, we analyze the quality, depth, and humor of the play while sharing a pleasant social experience.

### **POKER BASICS**

**Average monthly participants: 44**

An introduction to poker for new players and players who want to brush up on their strategy. Learn the basics of Texas Hold'em, 7 card stud, and 7 card Hi-Lo split.

### **PRINTSHOP**

**Average monthly participants: 11**

Learn to create impressive print projects. Greeting cards, custom calendars, fliers, postcards, etc. Scan your own pictures into projects.

## **REGIONAL GEOGRAPHY (ARMCHAIR TRAVEL)**

**Average monthly participants: 48**

We will explore the South Pacific, with visits to Hawaii, Tahiti, Fiji, Australia and New Zealand. You will see some beautiful signs and learn many interesting things about each region.

## **SCRAPBOOK MAKING**

**Average monthly participants: 81**

Learn to preserve photos and journals to be enjoyed by friends and family for generations. Make your album come to life by using many craft techniques and colorful enhancers. Gather your photos and bring them to class, we'll show you how to get started!

## **SIGN LANGUAGE**

**Average monthly participants: 12**

Enhance your knowledge and learn the basics of sign language. Everyone is welcome.

## **SPANISH TOPICS**

**Average monthly participants: 85**

A conversational course using the vocabulary and grammar learned in elementary Spanish courses.

## **UKULELE**

**Average monthly participants: 48**

Come learn the sounds of the islands by playing the ukulele.

## **Support Groups:**

### **-AA MEN'S SUPPORT GROUP**

**Average monthly participants: 176**

Provide support to men battling the addiction to alcohol in a friendly and supportive environment.

### **BRAILE INSTITUTE**

**Average session participants: 18**

Those experiencing eye sight loss are taught how to cope and learn about available resources.

### **CAREGIVER SUPPORT GROUP (ALZHEIMER'S & PARKINSON'S)**

**Average session participants: 8**

Often caregivers need a safe place to regain strength and share problem-solving techniques.

### **DIABETES DISCUSSION GROUP**

**Average session participants: 26**

The Diabetes Discussion Group, facilitated by Cheryl Lowes, R.N., P.H.N., provides support for diabetics and their caregivers. It focuses on topics such as dietary concerns, the complications of diabetes such as neuropathy, diabetics eye problems and the emotional barriers involved with having diabetes. Preventive techniques to avoid such complications are discussed.

### **NEUROPATHY SUPPORT GROUP**

**Average session participants: 22**

Provide education, share information and experiences for those who suffer from the disease.

### **TAKE CONTROL SUPPORT GROUP**

**Average session participants: 6**

Chronic illnesses have no cure and frequently force people to live with lifestyle limitations. Examples are emphysema, lung disease, diabetes, heart conditions, arthritis and stroke.

### **TRANSITIONS SUPPORT GROUP**

**Average session participants: 13**

Are you going through life's many changes. Grieving over a loved one? Loneliness? Relationship problems? Medical issues and health problems? There 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 to express ourselves.

### **SENIOR SUPPORT GROUP**

**Average monthly participants: 112**

*We don't grieve, we achieve!* We have many activities such as potlucks, boat trips, etc. Come join in the fun. Let us help you become yourself again.

### **Fun & Recreational Programs:**

#### **BALLROOM DANCING**

**Average monthly participants: 153**

The Costa Mesa Ballroom Dance features live music with a Trio and refreshments.

**BEGINNING PINOCHLE**

**Average monthly participants: 20**

Come learn to play the exciting game of Pinochle. No partner necessary and everyone is welcome.

**BINGO**

**Average monthly participants: 258**

Remember the exciting game of BINGO, come play with us and win prizes.

**BRIDGE, CONTRACT**

**Average monthly participants: 144**

Play the exciting and stimulating game of bridge. No partner necessary, everyone welcome.

**BRIDGE, DUPLICATE**

**Average monthly participants: 40**

Come play the classic game of bridge. Please bring a partner.

**BRIDGE, SOCIAL**

**Average monthly participants: 83**

Come learn the exciting game of bridge and learn to trump, slam bid, and how to defend and set contracts. No partner needed.

**LINE DANCING**

**Average monthly participants: 123**

Designed to fit the personal health and fitness needs of older adults, but at a slower pace.

**MOVIE MATINEE**

**Average session participants: 24**

Beat the heat and get out and watch a movie in our air conditioned room. Come see your favorite movie and enjoy a bag of popcorn.

**PINOCHLE**

**Average monthly participants: 64**

Volunteer coordinator hosts Pinochle. Everyone welcome, no partner necessary.

**SPECIAL EVENTS**

**Average monthly participants: 312                      Yearly: 4,200**

Monthly themed special events (Luau, Country Hoe Down, Dinner Theater, Breakfast with Santa...).

**TABLE TENNIS**

**Average monthly participants: 24**

Come and compete with this lively group. It's all in fun!

**TRAVEL TRIPS**

**Average monthly participants: 161**

Monthly excursion trips are planned to local casinos, theaters, museums, and extended trips to exotic locations.

**Social Groups:**

**ANGUS GOLF GROUP**

**Average monthly participants: 6**

Come socialize and play golf with a bunch of friends. All skill levels are welcome.

**RED HATTERS**

**Average monthly participants: 8**

Come meet new friends at our local chapter of the "Red Hatters", weekly meetings for fun and excitement.

**MONTHLY AVERAGE ATTENDANCE INFORMATION:**

July: 3900  
August: 2800  
September: 2700  
October: 3500  
November: 3000  
December: 2400  
January: 2900  
February: 3600  
March: 3800  
April: 4100  
May: 4100  
June: 3800

**SENIOR CENTER OPERATION INFORMATION:**

Hours of general operation:

Monday – Friday 8:45 am – 5:00 pm  
Saturday 8:00 am – 12:00 pm

Hours of programs operation:

Monday, Wednesday, Thursday, Friday 8:45 am – 9:00 pm  
Tuesday 8:45 am – 10:30 pm  
Saturday 8:00 am – 12:00 pm

**RENTAL RATES:**

<b><u>Room</u></b>	<b><u>Hourly Rate</u></b>	<b><u>Non-Profit Rate</u></b>
Multi-Purpose Room (Full)	\$100.00/hour	
Multi-Purpose (Stage)	\$75.00/hour	\$50.00/hour
Multi-Purpose (Tiled)	\$50.00/hour	\$25.00/hour
Meeting Room	\$50.00/hour	\$25.00/hour
Classroom 1	\$50.00/hour	\$25.00/hour
Classroom 2	\$50.00/hour	\$25.00/hour
Classrooms 1 & 2	\$100.00/hour	\$50.00/hour
Arts & Crafts Room	\$50.00/hour	\$25.00/hour
Kitchen	\$100/hour	\$50.00/hour

**FLAT RENTAL RATES:**

Multi-Purpose Room (Full) (6 hours)	Saturday Evenings \$1,650
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**MAJOR ACCOMPLISHMENTS (July 1, 2007 – June 30, 2008):**

- Increased Corporation Board membership with three new members
- Renegotiated Senior Lunch Program contract
- Increased transportation services through auxiliary grant through Hoag Foundation, adding additional hours of service on weekdays
- Fire in Fall created programming challenges which , in large part, were able to continue through partnership with City
- Third year of successful Fall Prevention grant programming
- Held monthly special event programs
- Implemented Senior Advisory Committee (SAC) per Strategic Plan