

April, May, June 2009

Orange Senior Center Activities*

MONDAY

- 8:30 a.m. AARP Safe Driving Class, 2nd Monday and 2nd Tuesday*
- 9:15 a.m. Bingo
- 9:30 a.m. CTAP Phones, 2nd Tuesday
- 10:00 a.m. Parkinson's Support, 2nd Monday
- 10:30 a.m. 'Jammers' Dance Band
- 11:00 a.m. Arthritis Exercise Class* (Except 2nd Monday)
- 12:00 Noon Community SeniorServ Lunch
- 1:00 p.m. Balance and Mobility Class*
- 1:00 p.m. Bridge, Intermediate

TUESDAY

- 8:30 a.m. Haircuts, alternate Tuesdays*
- 9:00 a.m. USDA Food Distribution (3rd Tuesday each month)
- 9:00 a.m. Creative Writing Class
- 9:15 a.m. Bingo
- 9:30 a.m. Red Hat Society #64019 (1st Tuesday only*)
- 10:00 a.m. Mental Aerobics Class
- 10:30 a.m. Strength Training Class
- 12:00 Noon Community SeniorServ Lunch
- 1:00 p.m. HICAP Insurance Counseling*
- 1:00 p.m. Chess
- 1:00 p.m. Bridge, Introductory
- 1:30 p.m. Line Dancing Class

WEDNESDAY

- 8:00 a.m. TOPS Club
- 9:30 a.m. Stamp Club
- 10:30 a.m. Ham Radio Club
- 10:30 a.m. "Live and Learn"
- 11:00 a.m. Arthritis Exercise Class*
- 11:30 a.m. Tai Chi Chih Class
- 12:00 Noon Community SeniorServ Lunch
- 1:00 p.m. Balance and Mobility Class*
- 1:00 p.m. Bridge, Intermediate
- 1:00 p.m. Movin' On

THURSDAY

- 8:00 a.m. Foot Screening, Last Thurs. month*
- 8:30 a.m. Brown Bag Food, 1st & 3rd Thursday*
- 9:00 a.m. Mammograms, call YWCA 714-871-4488*
- 9:00 a.m. Blood Pressure Check, 3rd Thursday
- 9:15 a.m. PHCA Nurse, 1st Thursday.*
- 9:15 a.m. Bingo
- 9:15 a.m. Legal Aid, 1st Thursday*
- 9:30 a.m. Exercise Class with AI*
- 10:00 a.m. Bible Sharing Group
- 10:30 a.m. Strength Training Class
- 12:00 Noon Community SeniorServ Lunch
- 1:00 p.m. Alzheimer's Support Group
- 1:00 p.m. Scrabble
- 1:00 p.m. Crochet/Knitting Class
- 1:30 p.m. Ballroom Dancing Class

FRIDAY

- 8:00 a.m. Medicine Review & Diabetes Screening, 1st Friday*
- 9:00 a.m. Computer Workshop
- 9:15 a.m. Bingo
- 12:00 Noon Community SeniorServ Lunch

Open Monday – Friday 8:00 a.m. – 4:00 p.m. for senior programs

Closed weekends and major holidays


*Call (714) 538-9633 to sign up

Stop by the Orange Senior Center and pick up a copy of the monthly menus and list of events and entertainment in the Dining room!


Some class schedules and events may change; call for updates.

Orange Senior Center Website:
www.orangeseniorcenter.org
for more information

**Orange Senior Center
will be closed:**



**Monday, May 25
Memorial Day**



Special Events and Activities

APRIL

- 1.....Red Hat Society #64019 Meeting, 9:30 a.m.
- 1.....HICAP Insurance Counseling, 1:00 p.m.*
- 2.....PHCA Nurse Marilyn, 9:00 a.m.*
- 2.....Legal Aid, 9:00 a.m.*
- 2, 16.....Brown Bag Food Distribution, 9:00 a.m.*
- 2.....Alzheimer's Support Group, 1:00 p.m.
- 3, 10.....AARP Tax Preparation, 8:30 a.m.*
- 3.....Spring Brunch with entertainment, 10:30 a.m.
- 10.....Easter Party with entertainment, 10:30 a.m.
- 13, 14.....AARP Safe Driving Class, 8:30 a.m.*
- 13.....Parkinson's Support Group, 10:00 a.m.*
- 16.....Blood Pressures, 10:00 a.m.
- 17.....Mobile Community Clinic, 8:30 a.m.
- 21.....USDA Food Distribution, 9:00 a.m.
- 23.....Office on Aging Info Van, 9:30 a.m.
- 24....."Live without Aches & Pains," 9:30 a.m.
- 28....."Make Choices/Ease Worries, Save Money," 1:30 p.m.
- 29.....Bingo/CTAP info (Phones), 9:15 a.m.
- 29.....Massages, Caremore, 9:30 a.m.
- Haircuts, Sister Joan, Call for Dates*
- Foot Screening, Dr. Mansdorf, Call for Dates*
- Medication Management/Diabetes Screening, J. Lau, Call for dates*

MAY

- 5.....Red Hat Society #64019 Meeting, 9:30 a.m.
- 5.....HICAP Insurance Counseling, 1:00 p.m.*
- 5.....PHCA nurse, 9:00 a.m.
- 5.....Legal Aid, 9:00 a.m.*
- 5, 21.....Brown Bag Food Distribution, 9:00 a.m.*
- 5.....Alzheimer's Support, 1:00 p.m.
- 8.....Mother's Day Party with entertainment, 10:30 a.m.
- 11, 12.....AARP Safe Driving Class, 8:30 a.m.*
- 11.....Parkinson's Support Group, 10:00 a.m.*
- 12....."How to ride" OCTA & Metrolink, 10:30 a.m.
- 13.....Glaucoma Screening, CareMore, 10:00 a.m.
- 19.....USDA Food Distribution, 9:00 a.m.
- 21.....Blood Pressures, 9:00 a.m.
- 21....."Reverse Mortgages," 1:30 p.m.
- 25.....OSC closed, Memorial Day holiday
- 27.....TCL Birthday Party for May/June, 10:00 a.m.
- 28.....YWCA Mammograms, 8:30 a.m. Call 714-871-4488*
- Haircuts, Sister Joan, Call for Dates*
- Foot Screening, Dr. Mansdorf, Call for Dates*
- Medication Management/Diabetes Screening, J. Lau, Call for dates*

JUNE

- 2.....Red Hat Society, #64019, 9:30 a.m.
- 2.....HICAP Insurance Counseling, 1:00 p.m.*
- 4.....PHCA Nurse Marilyn, 9:00 a.m.*
- 4.....Legal Aid, 9:00 a.m.*
- 4.....Brown Bag Food Distribution, 9:00 a.m.*
- 4.....Alzheimer's Support Group, 1:00 p.m.
- 8.....California Telephone Access Program, 9:30 a.m.
- 8.....Parkinson's Support Group, 10:00 a.m.*
- 15.....Golf Tournament, Alta Vista Country Club, 12 noon*
- 16.....USDA Food Distribution, 9:00 a.m.
- 18.....Blood Pressures, 9:00 a.m.
- 19.....Mobile Community Clinic, 9:00 a.m.
- 19.....Father's Day Party with entertainment, 10:30 a.m.*
- Haircuts, Sister Joan, Call for Dates*
- Foot Screening, Dr. Mansdorf, Call for Dates*
- Medication Management/Diabetes Screening, J. Lau, Call for dates*

* Call to register or for updates to schedule: (714) 538-9633