

January, February, March 2010

Orange Senior Center Activities*

MONDAY

- 8:30 a.m. AARP Safe Driving Class*, (2nd Mon and 2nd Tues)*
- 9:15 a.m. Bingo
- 9:30 a.m. CTAP Phones, 2nd Tuesday
- 10:00 a.m. Parkinson's Support 2nd Mon.
- 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* (no class 1/18 & 2/15)
- 1:00 p.m. Bridge, Intermediate
- 3:00 p.m. Zumba Gold®** See schedule on page 16

TUESDAY

- 9:00 a.m. USDA Food Distribution (3rd Tuesday)
- 9:00 a.m. Low Vision Support Group (3rd Tuesday)
- 9:15 a.m. Bingo
- 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
- 1:00 p.m. Pinochle
- 1:30 p.m. Creative Writing Lab for Beginners**
- 1:30 p.m. Line Dancing Class**

WEDNESDAY

- 8:00 a.m. TOPS Club
- 8:30 a.m. Physical Fitness (call 714-628-5900)
- 9:00 a.m. Stamp Club
- 10:30 a.m. Ham Radio Club
- 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 Group
- 3:00 p.m. Zumba Gold®** See schedule on page 16

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

THURSDAY

- 8:00 a.m. Foot Screening, Last Thurs. month*
- 8:30 a.m. Mammograms, call YWCA 714-871-4488*
- 9:00 a.m. Brown Bag Food, 1st & 3rd Thursday*
- 9:00 a.m. Blood Pressure Check, 2nd Thursday
- 9:15 a.m. PHCA Nurse, 4th Thursday.*
- 9:15 a.m. Bingo
- 9:30 a.m. Legal Aid, 1st Thursday*
- 10:00 a.m. Exercise Class with AI**
- 10:30 a.m. Bible Sharing Group
- 10:30 a.m. Strength Training Class**
- 10:30 a.m. Entertainment
- 12:00 Noon Community SeniorServ Lunch
- 1:00 p.m. Scrabble
- 2:00 p.m. Alzheimer's Support Group, 3rd Thursday

FRIDAY

- 8:00 a.m. Medicine Review & Diabetes Screening, 1st Friday*
- 8:30 a.m. Income Tax Preparation* (Feb. 5 — April 9)
- 9:00 a.m. Computer Workshop
- 9:15 a.m. Bingo
- 10:30 a.m. Entertainment
- 12:00 Noon Community SeniorServ Lunch

**Orange Senior Center
Will be closed:**

**Friday, January 1
Monday, February 15**

For holiday observances

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

Closed weekends and major holidays

*Registration necessary for some programs, call (714) 538-9633 to sign up

**Materials Fee or Instructor Fee charged

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

Balance & Mobility, Physical Fitness, and Mental Aerobics begin week of Jan 11.

Special Events and Activities

JANUARY

- 1..... **OSC closed for New Year's holiday**
- 4..... Zumba Gold®, Monday and Wednesday, 4 weeks at 3:00 p.m.
- 5, 19..... HICAP Insurance Counseling, 1:00 p.m.
- 7..... Legal Aid, 9:00 a.m.
- 7, 21 Brown Bag Food Distribution, 9:00 a.m.*
- 11, 12..... AARP Safe Driving Class, 8:30 a.m.*
- 11..... California Telephone Access Program, 9:30 a.m.
- 11..... Parkinson's Support, 10:00 a.m.
- 12..... Participant Council Meeting, 1:00 p.m.
- 14..... Blood Pressures, 10:00 a.m.
- 18..... **MLK, Jr. Day, OSC open**
- 19 USDA Food Distribution, 9:00 a.m.
- 19..... Low Vision Support begins, 9:00 a.m.
- 21..... Alzheimer's Support Group, 2:00 p.m.
- 27 "Smart Meters & Saving on Utilities," 11:00 a.m.
- 28..... Birthday Party for January & February

FEBRUARY

- 1..... Zumba Gold®, Monday and Wednesday, 4 weeks at 3:00 p.m.
- 2, 19..... HICAP Insurance Counseling, 1:00 p.m.*
- 4..... Legal Aid, 9:00 a.m.*
- 4, 18 Brown Bag Food Distribution, 9:00 a.m.*
- 5..... Income Tax Preparation begins, 8:30 a.m.*
- 5..... UCI's Dr. Jain, "Stroke Prevention/Treatment," 1:30 p.m.
- 5..... "Investment Concerns," SOFA, 1:30 p.m.
- 8, 9..... AARP Safe Driving Class, 8:30 a.m.*
- 8..... California Telephone Access Program, 9:30 a.m.
- 8..... Parkinson's Support, 10:00 a.m.
- 8..... UCI's Dr. Khoury, "Exercise & Healthy Aging," 1:30 p.m.
- 9..... Participant Council Meeting, 1:00 p.m.
- 11..... Blood Pressures, 9:00 a.m.
- 12..... Valentine's Party, 10:30 a.m.
- 15..... **OSC closed for President's Day**
- 16..... USDA Food Distribution, 9:00 a.m.
- 18..... Alzheimer's Support, 2:00 p.m.

MARCH

- 2, 16..... HICAP Insurance Counseling, 1:00 p.m.*
- 4..... Mammograms, 8:30 a.m. (call 714-871-4488)
- 4..... Legal Aid, 9:00 a.m.*
- 4,18 Brown Bag Food Distribution, 9:00 a.m.*
- 8..... AARP Safe Driving Class, (4 hour class) 8:30 a.m.*
- 8..... California Telephone Access Program, 9:30 a.m.
- 8..... Parkinson's Support, 10:00 a.m.
- 9..... Participant Council Meeting, 1:00 p.m.
- 11..... Blood Pressures, 9:00 a.m.
- 16..... USDA Food Distribution, 9:00 a.m.
- 17..... St. Patrick's Day Party, 10:30 a.m.
- 18..... Alzheimer's Support Group, 2:00 p.m.
- 24..... March/April Birthday Party

* Call to register or for updates to schedule: (714) 538-9633 • Classes and room locations are subject to change without notice.