

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

8:30 a.m. Gentle Yoga**
 8:30 a.m. AARP Safe Driving class**, call 714-538-9633
 9:15 a.m. Bingo
 9:30 a.m. CTAP Phones, 2nd Tues.
 10:00 a.m. Parkinson's Support 2nd Mon.
 10:30 a.m. Entertainment, "5 Star Band"
 Noon Community SeniorServ Lunch
 1:00 p.m. Balance and Mobility class*
 1:00 p.m. Bridge

9:00 a.m. USDA Food Distribution 3rd Tues.
 9:00 a.m. Low-Vision Support Group 3rd Tues.
 9:15 a.m. Bingo
 10:00 a.m. Brain Health class
 10:30 a.m. Strength Training class**
 Noon Community SeniorServ Lunch
 1:00 p.m. HICAP Insurance Counseling*
 1:00 p.m. Chess
 1:00 p.m. Bridge
 1:30 p.m. Creative Writing Lab**
 1:30 p.m. Line Dancing Class**

8:00 a.m. TOPS Club
 8:30 a.m. Physical Wellness*, call 714-628-5900
 9:00 a.m. Stamp Club
 10:15 a.m. Bingo
 10:30 a.m. Ham Radio Club
 11:00 a.m. Arthritis Exercise class**
 11:30 a.m. Tai Chi Chih class**
 Noon Community SeniorServ Lunch
 1:00 p.m. Balance and Mobility class*
 1:00 p.m. Bridge

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

9:00 a.m. Computer Workshop
 9:15 a.m. Bingo
 10:30 a.m. Entertainment
 Noon Community SeniorServ Lunch

**Orange Senior Center
will be closed:
Thursday and Friday, Nov. 24, 25
—Thanksgiving

Friday, Dec. 23 and Monday, Dec. 26,
—Christmas

Friday, Dec. 30
—New Years**

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

Closed weekends and major holidays.

*Registration necessary, call (714) 538-9633 to sign up.

**Materials fee or instructor fee charged.

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

**Orange Senior Center Website
www.orangeseniorcenter.org
See this issue of *Pealings* in full color
and review monthly lunch menus.**

OCTOBER

4..... Office on Aging Resources, 10:45 a.m.
 6..... Legal Aid*, 9 a.m.*
 6, 20 Brown Bag Food Distribution*, 9 a.m.
 9..... OSC Motorcycle Poker Run, 9 a.m.
 10..... Parkinson's Support, 10 a.m.
 11..... AARP Safe Driving Class**, 8:30 a.m.
 11..... Participant Council Meeting, 1 p.m.
 13..... Blood Pressure Clinic, 9 a.m.
 14..... Murch Insurance Group Info, 1:15 p.m.
 17..... Audiologist/Hearing Screen/CTAP Phones*, 9:30 a.m.
 18..... USDA Food Distribution, 9 a.m.
 18..... Low-Vision Support, 9 a.m.
 19..... Insurance & Medicare info, Monarch, 10:15 a.m.
 21..... "Medicare 101," St. Joseph Hosp. Affiliated Physicians, 1:00 p.m.
 27..... Foot Screening*, Dr. Mansdorf, 8 a.m.
 27..... Nurse Marilyn*, 9 a.m.
 28..... TLC Halloween Party, 10:30 a.m.

NOVEMBER

1..... Monarch Health Care Medicare Info., 9:30 a.m.
 3..... Legal Aid*, 9 a.m.
 3, 17 Brown Bag Food Distribution, 9 a.m.*
 4..... Flu Clinic & Senior Resource Fair, 8 a.m.
 7..... "Medicare Drug Plans—which is best for You?"* HICAP, 9 a.m.-1 p.m.
 8..... Participant Council Meeting, 1 p.m.
 10..... Blood Pressure Clinic, 9 a.m.
 11..... Veterans Day Observance, OSC open
 14, 15..... AARP Safe Driving Class**, 8:30 a.m.
 14..... CTAP Phones, 9:30 a.m.
 14..... Parkinson's Support, 10 a.m.
 15..... Low-Vision Support, 9 a.m.
 15..... USDA Food Distribution, 9 a.m.
 18..... TLC Thanksgiving Party

DECEMBER

1..... Legal Aid*, 9 a.m.
 6..... Monarch Health Care Insurance Info., 9 a.m.
 8, 21 Brown Bag Food Distribution, 9 a.m.*
 8..... Blood Pressure Clinic, 9 a.m.
 10..... Holiday Party, Save the Date
 12..... CTAP Phones, 9:30 a.m.
 12..... Parkinson's Support, 10 a.m.
 13..... Participant Council Meeting, 1 p.m.
 15..... Mammograms, call YWCA 714-871-4488*
 15..... TLC Christmas Party
 20..... USDA Food Distribution, 9 a.m.
 20..... Low Vision Support, 9 a.m.
 22..... Foot Screening*, 8 a.m.*

• No charge for health and legal services, but appointment is necessary.

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