

# JANUARY, FEBRUARY, MARCH 2012

## Events and Activities\*

### MONDAY

- 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 Mon.
- 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

### TUESDAY

- 9:00 a.m. USDA Food Distribution 3rd Tues.
- 9:00 a.m. Low-Vision Support Group 3rd Tues.
- 9:15 a.m. Bingo
- 9:30 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\*\*

### WEDNESDAY

- 8:00 a.m. TOPS Club
- 8:30 a.m. Physical Wellness\*, call 714-628-5900
- 9:00 a.m. Stamp Club
- 9:15 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

### THURSDAY

- 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
- 11:30 a.m. Yoga for Parkinson's\*\*
- Noon Community SeniorServ Lunch
- 1:00 p.m. Scrabble
- 1:00 p.m. Backgammon

### FRIDAY

- 8:30 a.m. Income Tax Preparation Feb 3 – April 13\*
- 9:00 a.m. Computer Workshop
- 9:15 a.m. Bingo
- 10:30 a.m. Fitness Fun, 3 week class\*
- 10:30 a.m. Entertainment
- Noon Community SeniorServ Lunch

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](http://www.orangeseniorcenter.org)  
 See this issue of *Pealings* in full color  
 and review monthly lunch menus.

**Orange Senior Center  
 will be closed for the  
 following Holidays:**  
**Monday, Jan. 2 — New Year's Day**  
**and**  
**Monday, Feb. 20 — Presidents' Day**

### JANUARY

- 2..... Holiday, OSC closed.
- 5..... Legal Aid\*, 9:15 a.m.\*
- 5, 12, 19..... SCAN Insurance & Medicare Info. 9 a.m.
- 5, 19 ..... Brown Bag Food\*, 9 a.m.
- 6..... "Parkinson's In Balance" class begins\*\*, 11:30 a.m.
- 9..... CTAP Phones\*, 9:30 a.m.
- 9..... Parkinson's Support, 10 a.m.
- 10..... Participant Council Meeting, 1 p.m.
- 11..... CalOptima ADRC Presentation, 11 a.m.
- 12..... Blood Pressure Clinic, 9 a.m.
- 12..... Secure Horizons, 10 a.m.
- 13, 20, 27 ..... "Fitness Fun," 3 week class, 10:30 a.m.\*
- 16..... Martin Luther King Day, OSC open
- 17..... USDA Food Distribution, 9 a.m.
- 17..... Low-Vision Support, 9 a.m.
- 17..... HICAP, 1 p.m.
- 23, 24..... AARP Safe Driving Class\*\*, 8:30 a.m.
- 26..... Foot Screening\*, Dr. Mansdorf, 8 a.m.
- 26..... Nurse Marilyn\*, 9 a.m.
- 31..... OneOC Volunteer Awards, 10:30 a.m.

### FEBRUARY

- 2..... Legal Aid\*, 9 a.m.
- 2, 16 ..... Brown Bag Food\*, 9 a.m.
- 3, 10, 17, 24..... Income Tax Preparation, AARP\*, 8:30 a.m.
- 9..... Blood Pressure Clinic, 9 a.m.
- 9, 23..... SCAN, 9 a.m.
- 9..... Secure Horizons, 10 a.m.
- 13..... CTAP Phones, 9:30 a.m.
- 14..... Parkinson's Support, 10 a.m.
- 13..... Valentines Party, 10:30 a.m.
- 14..... Participant Council Meeting, 1 p.m.
- 21..... Low-Vision Support, 9 a.m.
- 21..... USDA Food Distribution, 9 a.m.
- 23..... Nurse Marilyn & Pharmacist Bill Liu, 9 a.m.
- 23..... Foot Screening\* 8 a.m.

### MARCH

- 1..... Legal Aid\*, 9 a.m.
- 2, 9, 16, 23, 30..... Income Tax Preparation, AARP\*, 8:30 a.m.
- 8, 22 ..... Brown Bag Food\*, 9 a.m.\*
- 8..... Blood Pressure Clinic, 9 a.m.
- 12, 13..... AARP Safe Driving class,\*\* 8:30 a.m.
- 12..... CTAP Phones, 9:30 a.m.
- 12..... Parkinson's Support, 10 a.m.
- 13..... Participant Council Meeting, 1 p.m.
- 16..... St. Patrick's Party, 10:30 a.m.
- 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.