

JULY, AUGUST, SEPTEMBER 2010

Special Events and Activities*

MONDAY

- 8:30 a.m. Laughter Yoga Class
- 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 Monday
- 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)
- Noon Community SeniorServ Lunch
- 1:00 p.m. Balance and Mobility Class* (call for summer schedule)*
- 1:00 p.m. Bridge, Intermediate

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
- 9:30 a.m. Mental Aerobics Class (call for summer schedule)*
- 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, 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*) (call for summer schedule)*
- 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**
- Noon Community SeniorServ Lunch
- 1:00 p.m. Balance and Mobility Class*
- 1:00 p.m. Bridge, Intermediate

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. Bingo
- 9:15 a.m. Legal Aid, 1st Thursday*
- 9:15 a.m. PHCA Nurse, 4th Thursday*
- 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

FRIDAY

- 8:00 a.m. Medicine Review & Diabetes Screening, 1st Friday*
- 9:00 a.m. Computer Workshop
- 9:15 a.m. Bingo
- 10:00 a.m. 'Think' Tank Class
- 10:30 a.m. Entertainment
- Noon Community SeniorServ Lunch

**Orange Senior Center
will be closed:**

**Monday, July 5
Monday, Sept. 6**

Open Monday – Friday, 8 a.m. – 4 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.

Classes and room locations are subject to change without notice.

JULY

- 1..... Legal Aid, 9 a.m.*
- 2..... Blood Pressure, CareMore, 9:30 a.m.
- 2..... "Fourth of July" Party, 10:30 a.m.
- 5..... **Orange Senior Center closed**
- 6..... Rancho Santiago Summer Classes begin*
- 6, 20..... HICAP (Insurance Counseling), 1 p.m.*
- 8..... Blood Pressure Clinic, 9 a.m.
- 8, 22 Brown Bag Food Distribution, 9 a.m.*
- 12..... Parkinson's Support, 10 a.m.
- 13..... AARP Safe Driving Refresher Class, 8:30 a.m.*
- 13..... Participant Council Meeting, 1 p.m.
- 19..... Cholesterol Screening, CareMore, 9 a.m.
- 20 USDA Food Distribution, 9 a.m.
- 20..... Low-Vision Support, 9 a.m.
- 22..... Birthday Party for July & August birthdays*
- 27..... Managing Diabetes (in Spanish), Dr. Sanchez, 10 a.m.
- 28..... Balance & Massage for Seniors, 11:30 a.m.

AUGUST

- 3..... Movie Day, 10:30 a.m.
- 3, 17..... HICAP (Insurance Counseling), 1 p.m.*
- 5..... Legal Aid, 9 a.m.*
- 5, 19 Brown Bag Food Distribution, 9 a.m.*
- 9, 10 AARP Safe Driving Class, 8:30 a.m.*
- 9..... Parkinson's Support, 10 a.m.
- 10..... Participant Council Meeting, 1 p.m.
- 12..... Blood Pressure Clinic, 9 a.m.
- 12..... Hawaiian Luau Party
- 13..... SCAC Meeting, 9 a.m.
- 17..... USDA Food Distribution, 9 a.m.
- 17..... Low-Vision Support, 9 a.m.
- 23..... Blood Pressure, CareMore, 9:30 a.m.
- 26..... Wellness Van, 9 a.m.
- 30 Rancho Santiago Fall Classes begin*

SEPTEMBER

- 2..... Glucose Screening by CareMore, 8:30 a.m.
- 2,16 Brown Bag Food Distribution, 9 a.m.*
- 3..... Legal Aid, 9 a.m.*
- 6..... **Orange Senior Center closed**
- 13..... Parkinson's Support, 10 a.m.
- 14..... Participant Council Meeting, 1 p.m.
- 13, 14 AARP Safe Driving Class, 8:30 a.m.*
- 19..... Poker Run Fund Raiser event @ Orange Senior Center
- 21..... USDA Food Distribution, 9 a.m.
- 21..... Low-Vision Support, 9 a.m.
- 23..... September & October Birthday Party*
- 24..... Western Days Party
- 25..... Sizzlin' Seniors Resource Fair 9 a.m.

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