

# OCTOBER, NOVEMBER, DECEMBER 2010

## Events and Activities\*

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

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 Tuesday  
 10:00 a.m. Parkinson's Support 2nd Mon.  
 10:30 a.m. Entertainment  
 11:00 a.m. Arthritis Exercise Class\*\*  
 (Except 2nd Monday)  
 Noon Community SeniorServ Lunch  
 1:00 p.m. Balance and Mobility Class\*  
 (call to register (714) 628-  
 5900)  
 1:00 p.m. Bridge, Advanced

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. Brain Health class\*\* (call to  
 register (714) 628-5900)  
 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\*\*

8:00 a.m. TOPS Club  
 8:30 a.m. Physical Wellness\* (call to  
 register (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\*  
 (call to register (714) 628-  
 5900)\*  
 1:00 p.m. Bridge, Advanced

**Orange Senior Center Website**  
[www.orangeseniorcenter.org](http://www.orangeseniorcenter.org)

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. APHNS Nurse Marilyn, 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  
 1:00 p.m. Backgammon

8:00 a.m. Medicine Review & Diabetes  
 Screening, 1st Friday\*  
 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:**

**Nov. 25–26 for Thanksgiving**  
**Dec. 23–24 for Christmas**  
**Dec. 30–31 for New Year's**

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.

Note: Classes and room locations are subject to change without notice.

### OCTOBER

7..... Legal Aid, 9 a.m.\*  
 7, 21 ..... Brown Bag Food Distribution, 9 a.m.\*  
 11, 12..... AARP Safe Driving Refresher Class, 8:30 a.m.\*  
 11..... Parkinson's Support, 10 a.m.  
 12, 26..... HICAP (Insurance Counseling), 1 p.m.\*  
 12..... Participant Council Meeting, 1 p.m.  
 14..... Blood Pressure Clinic, 9 a.m.  
 19 ..... USDA Food Distribution, 9 a.m.  
 19..... Low-Vision Support, 9 a.m.  
 19..... Halloween Party  
 20..... SCAN/Monarch Health Care Van, 9 a.m. – 12 noon  
 21..... Medicare Info, St. Joseph Hospital, 1:30 p.m.  
 28..... Foot Screening, Dr. Mansdorf, 8 a.m.

### NOVEMBER

4..... Mammograms, 8:30 a.m.\* (Call YWCA (714) 871-4488)  
 4..... Legal Aid, 9 a.m.\*  
 4, 18 ..... Brown Bag Food Distribution, 9 a.m.\*  
 8, 9 ..... AARP Safe Driving Class, 8:30 a.m.\*  
 8..... Parkinson's Support, 10 a.m.  
 9..... Participant Council Meeting, 1 p.m.  
 9, 23..... HICAP (Insurance Counseling), 1 p.m.\*  
 11..... Blood Pressure Clinic, 9 a.m.  
 16..... Low-Vision Support, 9 a.m.  
 16..... USDA Food Distribution, 9 a.m.  
 19..... Thanksgiving Party  
 24..... Birthday Celebration  
 25, 26..... OSC Closed for Thanksgiving holidays

### DECEMBER

2..... Legal Aid, 9 a.m.\*  
 2,16 ..... Brown Bag Food Distribution, 9 a.m.\*  
 7, 21..... HICAP (Insurance Counseling), 1 p.m.\*  
 10..... OSC Holiday Concert & Dinner Dance, 5:30 p.m.  
 13..... Parkinson's Support, 10 a.m.  
 14..... Participant Council Meeting, 1 p.m.  
 17..... Winter Holiday Christmas Party  
 TBA ..... AARP Safe Driving Class, 8:30 a.m.\*  
 21..... USDA Food Distribution, 9 a.m.  
 21..... Low-Vision Support, 9 a.m.  
 23, 24..... OSC closed for Christmas holidays  
 30, 31..... OSC closed for New Year's holidays

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