

# COSTA MESA SENIOR CENTER

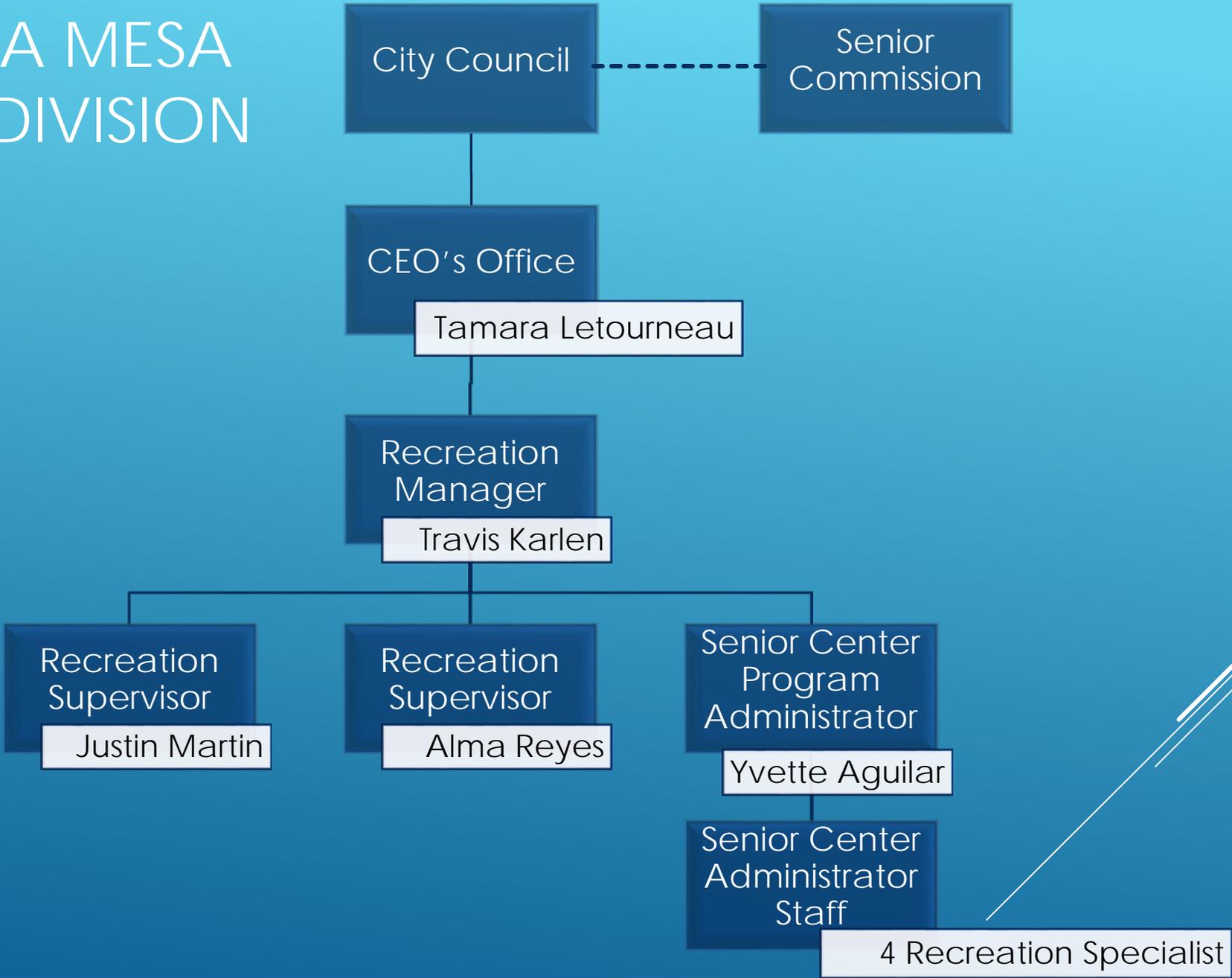
“Enriching lives through health, wellness,  
volunteerism and socialization.”



# ADMINISTRATIVE STAFF

- ▶ Program Administrator
    - ▶ Yvette Aguilar
  - ▶ Recreation Specialists
    - ▶ Chris Crowley – Building Maintenance, Transportation, and Nutrition Program
    - ▶ Letty Hernandez – Contract Classes, Chronicle, Schedule, Special Events
    - ▶ Ryan Kearns –Volunteers, Support Staff, Daily Center Operations, Front Counter Supervision
    - ▶ Mariana Pena – Finance, Office Operations, Office Administration, Travel
  - ▶ Social Worker
    - ▶ Charu Mody, LCSW – Social Services
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# CITY OF COSTA MESA RECREATION DIVISION



# TRANSPORTATION

- ▶ Medical Transportation
  - ▶ Transportation to and from home to doctor appointments across Costa Mesa (reservations made up to two weeks in advance)
- ▶ General Transportation
  - ▶ Center Transportation – Transportation to and from the Costa Mesa Senior Center
  - ▶ Shopping and Errands – Transportation for shopping trips as time permits (reservations made the morning of from 7:30-8 am)



# VOLUNTEER OPPORTUNITIES

45 ACTIVE VOLUNTEERS SERVING MORE THAN 550 HOURS MONTHLY

- ▶ Class Instructors
- ▶ Group Leaders
- ▶ Reception
- ▶ Greeters
- ▶ Travel Desk
- ▶ Special Event Support
- ▶ Office Support



# SOCIAL SERVICES & ASSISTANCE

- ▶ Social Worker – Charu Mody, LCSW

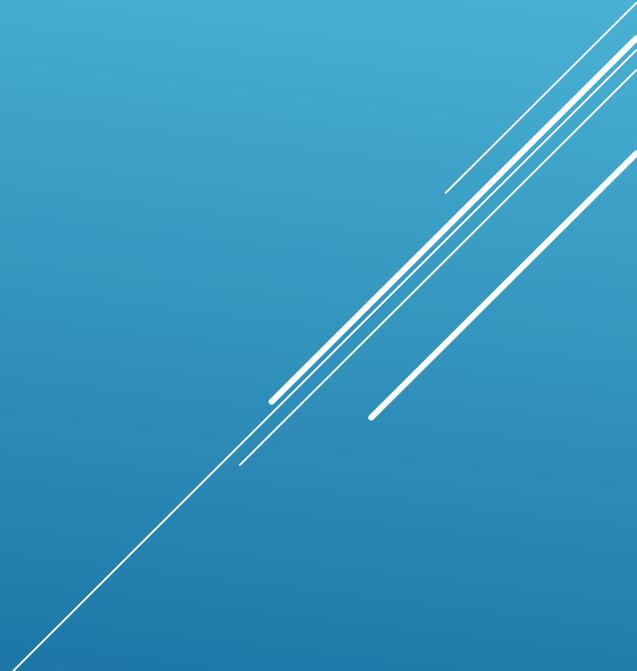
- ▶ On site Monday-Wednesday  
(appointments available 10 am-2 pm)
- ▶ Transitions Support Group
- ▶ Case Management
- ▶ Counseling

- ▶ Other Services

- ▶ Financial Assistance
- ▶ Legal Assistance
- ▶ Health Insurance Advocacy



# HEALTH SERVICES

- ▶ Blood Pressure Clinic
    - ▶ Every Tuesday 9 am
  - ▶ Public Health Nurse Sandy Asche; MS, RN, PHN
    - ▶ Provides health screenings and preventative health care services for seniors
    - ▶ Appointments available the 2<sup>nd</sup> and 4<sup>th</sup> Fridays of the month from 8 am–1pm
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# SPECIAL EVENTS

- ▶ Breakfast with Santa
- ▶ Independence Day Celebration
- ▶ Ice Cream Socials
- ▶ Health Fair & Expo
- ▶ Seminars
- ▶ Free Income Tax Preparation (AARP)



# CONTRACT CLASSES

- ▶ Contract Classes
  - ▶ Dance Workshops
  - ▶ Line Dancing Aerobics
  - ▶ Jazzercise Lite
  - ▶ Zumba
  - ▶ Yoga
  - ▶ Tai Chi
  - ▶ Qigong
  - ▶ Ballroom Dance



# GROUP AND OTHER ACTIVITIES

OFFERED AT NO COST

## ▶ Group Activities

- ▶ Arts & Crafts
- ▶ Fun & Games
- ▶ Exercise & Fitness
- ▶ Personal Enrichment
- ▶ Bingo
- ▶ Longevity Stick
- ▶ Dance

## ▶ Other Activities

- ▶ Billiard Table
- ▶ Library
- ▶ Games
- ▶ Puzzles
- ▶ Movie Mondays



# TRAVEL CLUB

THE TRAVEL OFFICE IS RUN BY VOLUNTEERS THAT PLAN AND ORGANIZE CENTER TRIPS.

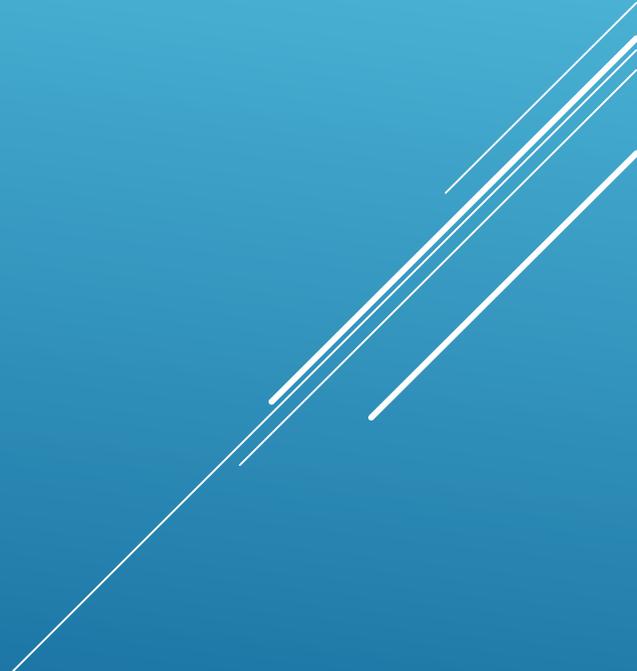
- ▶ Seniors socialize and have fun by attending many trips through our senior travel club
- ▶ Past Trips
  - ▶ Pompeii Exhibit
  - ▶ Viejas Indian Casino
  - ▶ Desert Casino & Windmills Tour
  - ▶ Laughlin Aquarius Hotel
- ▶ Future Trips
  - ▶ Pala Indian Casino
  - ▶ San Manuel Indian Casino
  - ▶ Las Vegas Four Queens
  - ▶ Getty Villa Museum
  - ▶ Nethercutt Collection Docent Tour



# NUTRITION

- ▶ Senior Serv
  - ▶ Center Lunch Served at 11:30 am Monday-Friday
    - ▶ Suggested donations of \$3.00 for guests 60 and over
    - ▶ Fee of \$5.00 for guests under 60 years of age
  - ▶ Home Delivered Meals
    - ▶ Provides 3 meals Monday-Friday, delivered to Costa Mesa's homebound seniors
    - ▶ Second Harvest Food Bank (Brown Bag Program)
      - ▶ Groceries provided to low income seniors at no cost twice monthly

# SENIOR CENTER IMPROVEMENTS

- ▶ New Paint
  - ▶ New Carpet
  - ▶ Senior Friendly Furniture
  - ▶ New ADA Friendly Front Counter
  - ▶ ADA Front Door
  - ▶ Automatic Paper Towel Dispensers
  - ▶ Hand Sanitizer Stations
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