

Legal Consultations

Mondays | 10-11:40 a.m.

FREE legal consultations with a qualified attorney will now be offered during the day! Each separate legal counseling session will be in 20 minute increments. The following are a few areas that are covered: Elder Law, Landlord/Tenant Law, Legal Documents, Consumer Law, Civil Law, Family Law, and Employment Law. Make your appointment at the front desk.



Tech Talk

Presented by: Costa Mesa Senior Center

Have a cell phone, but don't know how to text, take a picture or send an email? If that sounds like you, make an appointment to get answers to your questions! Call the front desk at (714) 327-7550 for appointment dates and times.

AARP | Tax Prep Classes

Presented by: AARP

Thursdays, February 2- April 13 | 10 a.m.-2 p.m.

FREE | Appointment Required

In partnership with AARP, the Senior Center will be offering FREE volunteer income tax assistance for adults with moderate incomes. Appointments will be scheduled between 10a.m. and 2 p.m. each Thursday beginning in February. Register for an appointment at the front desk.

Below is a list detailing some information that you may need the day of your appointment:

- Social Security number for yourself and dependents.
- Wage and earning statement(s) form(s): W-2, W-2G, 1099-R, 1099-Misc.
- Interest and dividend statements from banks (Forms 1099).
- Proof of charitable contributions.
- If you are a homeowner: provide total amount of mortgage interest paid from Form 1098, and total amount of property taxes paid.
- A copy of last year's federal and state returns if available.
- Proof of bank account routing numbers and account numbers for Direct Deposit, i.e. blank check.
- To file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign the required forms.
- Proof of medical insurance for 2016.

Health & Wellness

Sinus Solutions

Presented by: Hoag

Thursday, February 2 | 1 - 2 p.m. | FREE

Are chronic sinus symptoms affecting your quality of life? Join us for an informative discussion about the innovative treatment options available, and discover if sinus surgery might be right for you. Register at the front desk.

What You Should Know About Over the Counter Medication

Presented by: Bill Liu Pharm D CGP

Wednesday, February 8 | 12 - 1 p.m. | FREE

This presentation will cover topics such as how to be safer when choosing your OTC medications, how to improve safety when taking them, and how to read the detailed "Drug Facts" over-the-counter medicine label. Register at the front desk.

Water Conservation

Presented by: Justin B. Finch, Mesa Water District

Wednesday, February 15 | 9:30-10:30 a.m.

Be Water-Wise! More than 60 percent of home water use is outdoors, making it even more important to use water wisely in the yard. Justin B. Finch, MPP, Mesa Water's Resource Efficiency Specialist, will discuss tips for wise water use, including smart sprinkler timers, garden design and maintenance, turf removal methods and more!

Heart Healthy

Presented by: Healthcare Partners

Tuesday, February 28 | 1-2p.m. | FREE

The heart is a key component to a Healthy Life. Join Healthcare Partners to learn about risk factors, symptoms, signs, and preventative measures you and your loved one's can take. Register at the front desk.

Brown Bag Medication Reviews

Presented by: Bill Liu Pharm D CGP

Wednesday, February 22 | 10 a.m. - 12:30 p.m.

FREE

Make an appointment to meet with pharmacist Dr. Bill Liu to assess your medication regimen and determine any potential side effects of drug interactions. Register at the front desk. Appointments are required.

Talking with Your Doctor

Presented by: AGA Medicare Options

Monday, February 27 | 9 - 10 a.m. | FREE

Learn the importance of always being prepared for your next doctor's visit and learn tips to improve communication between you and your doctor to understand your current state of health. Register at the front desk.

Life Care Planning

Presented by: Mona El-Kurd, LCSW with Hoag CARES Program/Palliative Services
Thursday, February 23 | 1-2 p.m.

Medicine is not just about technological interventions, but also about caring for the whole person and their family. Join us and learn how you can explore what is important to you, what you value most and how to plan for the future.

St. Patrick's Social

Presented by: AGA
Wednesday, March 1 | 1-2 p.m.

Join AGA Medicare Options for a time of desserts and a social hour in honor of St. Patrick's Day. Space is limited, register at the front desk.

Osteoporosis

Presented by: Hoag Orthopedic Institute Team
Tuesday, March 7 | 1-2 p.m.

In the United States today, more than 50 million people either already have osteoporosis or are at high risk due to low bone mass.

This presentation will outline the following:

- Learn facts about osteoporosis
- Review dietary sources for bone health
- Discuss common osteoporosis medication treatment options
- List some exercises for making bones and muscles stronger
- Identify positions and movements to avoid with osteoporosis

Blood Pressure Clinic

No appointment necessary. Nurses are available to take your blood pressure reading on a walk-in basis every Tuesday from 9-10:30 a.m. in the upstairs provider's office.

NEW | Fitness for Life

Mondays | 1/9 - 2/27 | 9:15-10:15 a.m.**

Thursdays | 1/12 - 3/2 | 2-3 p.m.

****No Class: 1/16 (Make-Up Class Tuesday, 1/17)**

****No Class: 2/20 (Make-Up Class on Tuesday, 2/21)**

Thanks to Greenfields Outdoor Fitness' generous donation of workout equipment, we now have the opportunity to expand our fitness program at the center! This course is designed to provide you with the guidance and knowledge to workout at any time. Learn anaerobic and aerobic exercises that will enhance your physical fitness. This special designed circuit training program is to be taken at your own pace. **Classes are offered twice weekly. The second class is a repeat class, to ensure that you have the opportunity to make up a class, or simply get some extra instruction.**

It is recommended that you bring a towel, yoga mat, water bottle, and gloves.



CalFresh Enrollment

CalFresh is a nutrition assistance program sponsored by the USDA that helps people purchase healthy foods. The program issues monthly electronic benefits that can be used at most grocery stores.

If you receive Social Security Retirement Income (SS), Social Security Disability Insurance (SSDI), or State Disability Insurance (SDI), you may be eligible. If you have any questions about the program or eligibility requirements, contact Shelby Lanza at **(949) 208-3175** or visit www.FeedOC.org/gethelp.

Health Screenings

Adult Public Health Nursing Services

The Senior Outreach and Prevention Program (SHOPP) has changed!

The Orange County Health Care Agency will still provide seniors with the opportunity to meet with a nurse, but the program is changing. If you would like to meet with a Public Health Nurse, please contact SHOPP at (714) 972-3700. SHOPP will send a nurse to the home of adults with health related needs. Individuals who would like a nurse to visit them should call the SHOPP number and ask for the Public Health Nurse Officer of the Day (SHOPP OD).

Free Hearing Screenings

Register at the front desk.

Friday, February 10 | 9:30 - 10:30 a.m.

Provided by Clear Choice Hearing Aids



TOPIC/DEMONSTRATION

- WK 4 Large Muscle Group Exercises**
- WK 5 Light Full Body Exercise**
- WK 6 Circuit Training**
- WK 7 Circuit Training**
- WK 8 Circuit Training**