

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**