



**FEBRUARY**

# THE CHRONICLE

A MONTHLY PUBLICATION OF THE COSTA MESA SENIOR CENTER • VOLUME XXVI NO. II



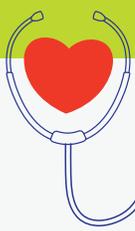
**DISCO  
PARTY**

**TUESDAY, FEBRUARY 14**

5-7 P.M. | \$10 | See page 3 for details.



**WEDNESDAY, MARCH 15, 2017 | 10 A.M.-1 P.M.**



SEE PAGE 13 FOR DETAILS.

**KNOWLEDGE & HEALTH FAIR EXPO**



**(714) 327-7550**

**COSTA MESA SENIOR CENTER**  
695 W. 19TH STREET  
COSTA MESA, CA 92627

**CLOSURE DATE: MONDAY, FEBRUARY 20 IN OBSERVANCE OF PRESIDENT'S DAY**

# St. Patrick's Day Luncheon

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Lots o' luck will come your way if you join us in celebrating St. Patrick's Day! This one of a kind event includes entertainment, lunch, and fun for everyone! Registration/cancellation deadline is **Friday, March 10.**

**17** **MARCH**  
**FRIDAY**  
11A.M.-1P.M.

## **SUGGESTED SENIORSERV DONATION**

60 and older | \$3 per person

Under age 60 | \$5 per person





**THE YVETTE GAZETTE**

Albert Einstein once said: "We can't solve problems by using the same thinking we used to create them."

With the winter season wrapping up in the next few weeks and the spring time rolling in, this is the perfect time to begin "solving" problems by thinking about them differently.

My main message has always been to try something new – join a new program, meet a new person, create a new goal. While there's plenty of opportunity to do it within the Senior Center, our team has taken Mr. Einstein's words of wisdom to heart.

What does this mean for you?

It means that we are looking at how we did things last year, and searching for new opportunities to provide the same type of enjoyment by adding some innovation to what's already been done. It means we're looking for new ways to get our members out in the community and see Costa Mesa in a new light. It means taking advantage of the rain this winter brought us and enjoying the greenery that resulted from all of the umbrella use. Walking, hiking, and the great outdoors are things to look forward to in the upcoming weeks, some of which will include members of our staff providing that guidance and extra boost to get you enjoying nature's beauty.

February is a big month at the center, as we begin to transition to the new membership cards. I've heard the feedback and have seen the long lines as members patiently wait to see how the soft transition happens. I want to reiterate the importance of the cards and how they're helping us better track attendance at the center and, more importantly, make sure we have safety parameters in place in the event of emergency. While emergency preparation isn't always fun to think about, thinking of Einstein's words – how this could make a huge difference despite having to make several changes - makes it worth every minute of planning. We ask for your patience and understanding during this transition, and know that the benefits will outweigh some of the nuances of the implementation process.

Speaking of being prepared, the 3rd annual Knowledge & Health Fair Expo is around the corner. This event, which will feature several sources of information and referral, will take place Wednesday, March 15. Health, wellness, and safety are always a priority at the center, so we hope you'll be able to participate in this popular program.

Yvette Aguilar  
Program Administrator

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**COSTA MESA SENIOR CENTER**

695 W. 19th Street, Costa Mesa, CA 92627  
 P.O. Box 1200, Costa Mesa, CA 92628-1200  
 (714) 327-7550

Monday-Friday, 8 a.m. - 4 p.m.  
 Email: cmseniorcenter@costamesaca.gov  
 Website: costamesaca.gov/seniorcenter

**—CITY COUNCIL—**

Mayor Katrina Foley  
 Mayor Pro-tem Sandra Genis  
 Councilmember Jim Righeimer  
 Councilmember Allan Mansoor  
 Councilmember John Stephens

**SENIOR COMMISSION**

**—MEETING DATES—**

No meeting

**—RECREATION MANAGER—**

Justin Martin

**SENIOR CENTER PROGRAM**

**—ADMINISTRATOR—**

Yvette E. Aguilar

**—COMMUNITY SENIOR SERV—**

Lourdes Torres, Nutrition Site Manager

**—TRAVEL BOARD CHAIR—**

Marjorie White

**COMMUNITY OUTREACH**

**—WORKER/SOCIAL SERVICES—**

Charu Mody, LCSW

**—ATTENTION—**

As a safety precaution, everyone who enters the facility is being asked to sign in at the front desk. You will be asked to scan in using the new membership cards. If you do not have a card, please see the front desk. Thank you for your cooperation to assist staff in safety planning. We look forward to our new scanning system, soon.

**DISCLAIMER:** The City of Costa Mesa does not assume responsibility for errors, omissions or misinformation, nor do we recommend, endorse or guarantee products, professional services, or personal opinions expressed.

In keeping with the mission of providing a variety of programs and services for the enjoyment of all seniors using the Costa Mesa Senior Center, please be aware that classes and services may be added or cancelled and schedules rearranged without prior notice.

## Are You Connected?

For the most up to date Chronicle information, please visit our webpage at [www.costamesaca.gov/seniorcenter](http://www.costamesaca.gov/seniorcenter)

Wi-Fi is now available! To login, use password: **!@cm5c99**

### Get Involved—What's Your Interest?

Interested in joining a walking group, weight support group, or Wii Bowling league? We are compiling an interest list to continue fun and innovative programming at the center. Please contact Alizabeth Awrey at (714) 327-7542 if interested.

### Sunroom and Billiards Table

Enjoy a cup of coffee, card game with friends, or conversation in our beautiful sunroom. Or if you prefer, practice your stance and shot in a game of pool.

### Emergency File of Life

Don't let an accident catch you unprepared! The Costa Mesa Senior Center has partnered with the Fire Department and will issue a "File of Life" to seniors who sign up and request one at the front desk. The File of Life is for you to have in a visible location in case of an emergency, so that your family, friends, or first responders will have immediate access to important information about your health. While you can't always avoid an accident, you can take steps to be as prepared as possible.

### Senior Softball

**Age: Men 54+ | Women 45+**

Come and meet new friends while playing softball. Practices are open to the public. Batting practices are at TeWinkle Park softball field each Monday and Saturday from 9-11:30 a.m. Please contact John Wright for more details at (949) 646-3516.



### Kerry Frank Photography

Kerry Frank began taking photographs in 1980, with an Olympus film camera. He enjoyed capturing candid shots of family and landscape photos but he eventually stopped taking photos. When the digital format became popular, he purchased a point and shoot digital camera and his love of photography was re-born. He steadily acquired better equipment and began attending photography classes to improve his skills. He enjoys capturing nature at her best, during sunrise and sunset. His plans for the future are to continue his photographic education and improve his printing skills in both color and black and white. Every print on display at the senior center is produced using an Epson printer! Visit the staircase to view Kerry Frank's display.

### Super Bowl LI Pool Party!

Come and join us for a post Super Bowl celebration! Each year, we eagerly watch throughout the football season in anticipation to see if our team will be a contender for the title. Even if you're not an avid football fan or have a team in the race, don't miss an opportunity to win prizes – you may find you like the sport more than you think! We encourage you to come out and enjoy the fun and festivities. You never know what you may be able stake your claim on! Register at the front desk.

DATE	TIME	THEME
Mon., 2/6	11:30 a.m.*	Post Party

### Valentine's Disco Party

**Tuesday, February 14 | 5-7 p.m. \* | \$10**

Put on your boogie shoes and hustle on down to the Senior Center to celebrate Valentine's Day disco style. Wear your disco threads and bring your dancing feet! Dinner, dessert, and entertainment will be provided. *Registration/cancellation deadline is Tuesday, February 7.* Register at the front desk.

*\*Time amended from previous issue.*

### Membership Social

**Saturday, April 8 | 12-3 p.m. \* | FREE**

Join us for a special open house for seniors and get to know our Costa Mesa Senior Center. This special event is an invitation for new members and current members to learn about the various activities at the center and get a chance to meet new people. A game of "Family Feud", icebreakers, and food will be available to encourage engagement and make a new friend. *Registration/cancellation deadline is Friday, March 31.* Register at the front desk.

*Interested in being a "Family Feud" contestant at the Membership Social? Teams of three or more are needed. For more information, or to register to be a contestant, please call Alizabeth Awrey by Friday, March 24 at (714) 327-7542.*

*\*Time amended from previous issue.*

### Community Run

Interested in getting involved in the Community Run on Saturday, April 22? We are looking to have a group of adults, ages 50 and older to represent the Costa Mesa Senior Center. Register at the front desk by Monday, April 3. Your entry fee will only be \$5 as long as you commit to representing the Senior Center.

### Membership Renewal

As stated in the January issue of the Chronicle the senior center is now accepting applications for the 2017 Costa Mesa Senior Center Membership! In order to continue to receive your newsletter and participate in activities you will need to turn in the membership renewal form. Don't wait and get it in today!

## Community Classes

### Discover Fairview Park In The Classroom

FREE | 1 DAY | ALL AGES | MIN 5/MAX 100 | CMSC

Want to learn more about Fairview Park during the winter? In this classroom setting you can join the members of the Institute of Conservation, Research and Education (ICRE) in an educational and nature-based workshop. The lesson objectives will focus on the aspects of seasonal changes that happen in the winter in regards to nature and human interrelationships, plants & wildlife, ecological relationships, human impact, and more. The workshop welcomes all generations: youth, adults, seniors, gardeners, nature-lovers, and the general public. Register online or at the front desk.

8998 2/1 W 9-11 a.m.

## Gardening

The Costa Mesa Senior Center has started a gardening program at the Hamilton Community Garden. If you are interested in being a part of this program, come with us on our trips! Contact Enyelber Franco, Recreation Specialist at (714) 327-7543 for more detailed information.

It is recommended that you bring/wear the following items: Water, sunscreen, closed-toed shoes, and comfortable clothing.

### Community Garden Trips

Tuesdays\* | 10:30 - 11:30 a.m.

Transportation will be provided from the center to the garden. Register at the front desk. \*Trips may be canceled due to weather condition.



**A message from the Senior Advisory Committee**

**Have you turned in your 2017 Membership Renewal Form? Don't miss out on receiving the monthly issue of the *Chronicle* — turn in your form today!**

**Next meeting will be held at the Senior Center on Monday, February 6 at 12:30 p.m.**

**Mission:** "To facilitate communication between the senior center membership body and the City of Costa Mesa Recreation Department staff in order to fulfill the needs and aspirations of both."

**Vision:** "To see our senior center staff and Senior Advisory Committee work as a single unit to create a vibrant, healthful, and interesting place for the seniors of Costa Mesa to improve and enjoy their life."

### Valentine Cards For Veterans

Wednesday, February 8 | 9-10:30 a.m.

Join Senior Center volunteers in making Valentine cards for Camp Pendleton Veterans. Supplies will be provided. Register at the front desk.

### Valentine Sweets: Cookie Social

Provided by: AGA Medicare Options

Wednesday, February 15 | 1-2 p.m.

Gather with AGA Medicare Options after lunch to enjoy valentine cookies! Space is limited so register at the front desk early.

## Community Trips

### Mesa Water District Tour

Thursday, February 9, 2017

8:45 a.m. | Free

Register at the Front Desk

Join the tour of the Mesa Water District, where you will get to learn about the treatment process and the Mesa Water Districts water-wise garden. Space is limited, so be sure to sign up early!

### New | Vanguard Musical Theatre Into The Woods

Thursday, April 13, 2017 | \$15

Transportation provided

(Costa Mesa residents only)

Pick-up time from home: 6-7 p.m.\*

Drop off: 10 - 11 p.m.\*

Limited number of tickets available

Registration/cancellation deadline:

Thursday, March 30

*Into the Woods* is a musical based on the book by James Lapine with music and lyrics by Stephen Sondheim. The musical intertwines the plots of several Brothers Grimm and Charles Perrault fairy tales, exploring the consequences of the characters' wishes and quests. The main characters are taken from "Little Red Riding Hood", "Jack and the Beanstalk", "Rapunzel", and "Cinderella", as well as several others. Register at the front desk.

\*Pick-up time from home will be assigned by Monday, April 10. Driver will notify you by telephone what your pick-up time will be.

For information regarding community trips, please call Briana Delfin at (714) 327-7547.

## 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](http://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**

# Center Classes

## Arts & Crafts

### ACRYLIC PAINTING | FREE

An enriched painting environment for all levels of artists to develop their acrylic painting skills. Must supply own material.

**Fridays | 1-3 p.m.**

### KNITTING GROUP | FREE

Come learn the art of knitting. Experienced? Then come knit with this group of enthusiastic people.

**Tuesdays | 1-3 p.m.**

### WATERCOLOR | FREE

Join this fun, social watercolor group for beginning and intermediate artists. Must supply own material.

**Tuesdays | 1:30-3:30 p.m.**

### QUILTING | FREE

A great place for experienced quilters and beginners alike. Come share your expertise or learn from some of the greats!

**Mondays | 1-4 p.m. | No Class: 2/20**

### CARD MAKING WITH JOY | FREE

Join us and create cards using new and recycled supplies. These repurposed cards will be sold at the Senior Center. Supplies provided.

**Tuesdays | 9:30-11 a.m.**

## Dance

### HAWAIIAN DANCE | FREE

Exercise while learning the beautiful and graceful dance of the islands.

**Mondays & Wednesdays | 12:30-1:30 p.m.**

### —ATTENTION—

As a safety precaution, everyone who enters the facility is being asked to sign in at the front desk. You will be asked to scan in using the new membership cards. If you do not have a card, please see the front desk. Thank you for your cooperation to assist staff in safety planning. We look forward to our new scanning system, soon.

### LINE DANCING FOR BEGINNERS | FREE

Are you a fan of the electric slide? So are we! Join this beginners course that will review basic steps to introduce you to line dancing. The course will focus on teaching novice learners. If you're interested in advancing and are able to share your talents, speak with the instructor to collaborate efforts. This is strictly a basic beginners course, but you're guaranteed to have fun!

**Wednesdays | 9-10 a.m.**

**Instructor Zona Jordan**

## Fun & Games

### BRIDGE: CONTRACT AND SOCIAL | FREE

Looking for a game of bridge? Join us for a competitive game or a friendly game.

**Contract: Tues./Wed./Fri. | 10 a.m. -2 p.m.**

**Social: Mondays | 1-3 p.m. | No Class: 2/20**

### BINGO | .25¢ per card

Prizes range from a variety of items. Each card is .25¢, 6 card maximum. You may bring your own cards, but must still pay to play.

**Thursdays | 10:30 a.m. -2 p.m.**

### TABLE TENNIS | FREE

Come join this energetic group and have fun!

**Wednesdays | 1:30-4 p.m.**

**2nd and 4th Monday | 1:30-4 p.m. | No Class: 2/20**

### BUNCO | FREE

With a roll of the dice we are off! Come learn how to play Bunco, make new friends, and win prizes while having fun!

**Friday, February 17 | 10-11:30 a.m.**

### MEXICAN TRAIN | FREE

This is a fun-packed game played with dominoes. No cards to shuffle. Come and learn how to play!

**Wednesdays | 1-4 p.m.**

### POKER BASICS | FREE

Join us for a few hands of Texas Hold'em, Omaha, Pineapple, 7 Card Stud and 7 Card Hi-Lo Stud.

**2nd, 4th and 5th Fridays | 1-3 p.m.**



**CHESS**

Chess gives everyone an opportunity to play friendly games against their peers in a low-stress environment. All levels are welcome to come, as help is given to those who need it.

**Wednesdays | 2-4 p.m.**

**Exercise & Fitness**

**MELT FOR BETTER BALANCE | FREE**

The MELT method is a type of exercise that helps with balance and mobility, and may alleviate some pain from chronic illness. Register at the front desk.

**February 2, 9, 16, 23 | 1-2 p.m.**

**CHAIR EXERCISE | FREE**

This class is designed to help those with arthritis, but is also beneficial for those interested in improving mobility. **Limited space available due to room capacity. First come first serve. Please see front desk before attending class.**

**Mondays/Wednesdays | 10:30-11:30 a.m.**



**DROP-IN PICKLEBALL\* | FREE**

**Location** DRC , 1860 Anaheim Ave, Costa Mesa

The fastest growing sport in the country, pickleball is a racquet sport that combines elements of tennis, badminton, and ping pong. This program is a great way to exercise and meet new friends.

**Jan.-Mar. T & Th 8:30-10:15 a.m.**

**Personal Enrichment**

**CURRENT EVENTS GROUP**

Are you looking for a group that discusses local and foreign affairs, and newsworthy topics? Then visit us on Tuesday evenings to participate in a facilitated, organized, friendly, open discussion. This group will encourage you to think critically about matters that affect each and every one of us. Participants should bring an article to share and contribute for possible discussion.

**NEW DAY & TIME | Thursdays | 4-5:30 p.m.**

**AUTOBIOGRAPHY WRITING GROUP**

Do you have a story to tell? There's a treasure in your memories and fun in writing them down. Come join us in a casual guided autobiography class, meet new people and share in the storytelling!

**Wednesdays | 1-2:30 p.m. | No Class: 12/28**

**PLAY READING | FREE**

Come in and join our play readers...you might be cast in a role while socializing with this fun group!

**Fridays | 10-11:30 a.m.**

**CREATIVE WRITING | FREE**

Open to non-writers and serious writers alike! Everyone is welcome to help write a fictionalized, fun story about the Senior Center, while learning the art of creative writing. If you like, you may bring in a short sample of your writing to read aloud. Critiques are optional.

**Instructor: Sharon Margolis**

**2nd and 4th Fridays | 10-11 a.m.**

**WELCOME TO THE COSTA MESA —SENIOR CENTER—**



**Safety First! Guide**

Pick up your information pamphlet at the front desk, to find out what your role would be if a disaster happened during your visit to the Costa Mesa Senior Center. Be prepared.

—TUESDAY NIGHT—



Presented by the Costa Mesa High School Boosters

Visit the Costa Mesa Senior Center Tuesday evenings to play some bingo! Doors open at 5 p.m., with warm-ups beginning at 6 p.m. Don't miss this opportunity to meet local community members and mingle, all while having the chance to win big!

## Contract Classes



### ZUMBA GOLD® | \$105/12 WKS.

All levels welcome to join this easy-to-follow, low impact dance workout to zesty Latin and international music. Improve balance, strength, and mobility. Bring a towel, water, and wear comfortable flat-soled shoes.

**Instructor: CS Dance Factory**

**8933 1/10-3/28 T 9-10 a.m.**

### YOGA CLASS | \$57/4 WKS.

This class is geared for seniors or those looking for a slow paced class and is a friendly supportive way to increase strength, flexibility, and stamina. Bring a mat, blanket, and belt.

**Instructor: Elizabeth Markley**

**8945 1/31-2/21 T 10:45 a.m.-12 p.m.**

**8946 2/2-2/23 Th 10:45 a.m.-12 p.m.**



### JAZZERCISE LITE | \$38/4 WKS.

Jazzercise Lite incorporates all of the fun and conditioning components of regular Jazzercise. This exercise program targets the needs of active older adults.

**Instructor: Dawna Banse**

**8966 2/2-2/28 T/Th 9:30-10:45 a.m.**

### JAZZERCISE UNLIMITED | \$55/1 MONTH

Lift your spirits and strengthen your heart, muscles, and core. You'll get a healthy dose of cardio, strength, and stretch moves and finish up feeling energized.

**Instructor: Dawna Banse | No Class: 2/20**

#### CLASSES

**8971 2/1-2/28**

#### CLASS SCHEDULE

**M/W/Th 6-7 p.m.**

**T 6-6:30 p.m.**

**T/Th 8:25-9:20 a.m.**

**F/Sa 8:30-9:30 a.m.**



## HIDDEN ROSE CONTEST

Find all (4) four hidden roses in the February issue of the Chronicle and see the front desk for a raffle ticket. *The rose on page 9 is excluded from the contest.* Submit your entry by Wednesday, February 22. (2) two raffle winners will be contacted by phone on **Thursday, February 23**. One entry per person.

Sorry... Sometimes excellent classes get cancelled if everyone waits until the last minute to sign-up. Please sign-up at least one week prior to avoid disappointment.

**ADAPTED SEATED FITNESS | FREE**

This seated group exercise class helps to improve strength, flexibility, range of motion, postural control, and coordination. All exercises are performed from a chair. This class is offered by Coastline Community College's Special Programs Department. Eligibility requirements: medical condition verification and completion of enrollment forms. Please pick up your registration packet at the front desk. Space is limited. Please register early.

**Instructor: Judy Aprile**

1/31-5/23 | T | **NEW TIME 10:30 - 11:45 a.m.**

**ADAPTED FITNESS | FREE (FULL)**

This class includes seated, standing, and walking activities. Exercises will help maintain or improve muscular strength, flexibility and range of motion, postural control, balance, and breathing. This class is offered by Coastline Community College's Special Programs Department. Eligibility requirements: medical condition verification and completion of enrollment forms. Please pick up your registration packet at the front desk. Space is limited. Please register early.

**Instructor: Judy Aprile**

1/31-5/23 | T | **NEW TIME 1-2:15 p.m.**

**GENERAL POLICIES**

1. Class cancellations need to be in writing and submitted before the second class meets, with the exception of workshops (classes that are 3 weeks or less) which must be made 24 hours prior to start of class. A \$5 refund fee and \$3 (transfer) fee will be charged per class. Specific program refund policy may vary.
2. If class is cancelled by the department, participant will be notified and a full refund will be processed. Please allow 3-4 weeks for refunds.
3. A service charge will be required on all returned checks.
4. Registration will not be taken at class.
5. All classes/programs are subject to cancellation or change, without prior notice.
6. For special events at the Senior Center, no refunds or cancellations after the registration deadline.

**We accept** cash – exact change only, checks – made payable to “City of Costa Mesa”, and credit cards.

# Computer Classes

**INTRODUCTION TO WINDOWS 10 | \$38/1 DAY**

Join this lecture style class to learn about the start screen, desktop, tiles, charms, and sidebars and how to navigate through them. Explore the new, easier to use Windows 10 apps. Handouts included. Some computer experience is necessary.

**Instructor: Joel Lander**

**8983 2/8 W 2 -5 p.m.**

**8984 3/1 W 9 a.m.- 12 p.m.**

**NEW | SPECIAL APPS AND PROGRAMS FOR SENIORS | \$38/1 DAY**

This is a class that will introduce you to smart phone/tablet apps and computer programs that are useful for seniors. Learn about Facebook, YouTube, Skype, Uber, Pandora, Luminosity and more. There will be introductory instructions on how to find, obtain and use these free applications. Handouts included.

**Instructor: Joel Lander**

**9009 2/8 W 9 a.m.-12 p.m.**

**9011 3/6 W 9 a.m.- 12 p.m.**

**ORGANIZE YOUR COMPUTER | \$66/2 WEEKS**

This class teaches students to understand and properly use the Windows filing system to find and download programs to clean and improve your computer's performance. Organize and gain control of your computer. Moderate computer skills required. This class is NOT for beginners. Handouts included.

**Instructor: Joel Lander**

**8977 2/15-2/22 W 2-5 p.m.**

**NEW | PHOTOS BY GOOGLE | \$38/1 DAY**

This single, 3-hour class teaches you to explore the new Google Photo application. Learn the manual and automatic photo enhancement features plus the backup features from your phones, tablets, or computers. Find out about unlimited free storage of your photos. Handouts included.

**Instructor: Joel Lander**

**9001 2/15 W 9 a.m.-12 p.m.**

**ALL ABOUT GOOGLE | \$38/1 DAY**

In this single, 3-hour class you will explore many outstanding free Google programs. A discussion of the Google search engine, G-mail, Google maps, photos, calendar and more. Hands-on practice and a chance to ask questions and get answers. Handouts included. **Instructor: Joel Lander**

**8989 2/22 W 9 a.m.-12 p.m.**

Travel Desk Hours | (714) 327-7546  
Monday, Wednesday & Friday | 10 a.m.-1 p.m.  
Tuesday & Thursday | 12-3 p.m.

## Day Trips | Trudie Mann



**New | And The Oscar goes to...**  
Wednesday, June 7, 2017 | 9 a.m.-5:30 p.m. | \$78  
Registration/Cancellation Deadline: Monday,  
May 8, 2017

Enjoy a tour of the Dolby theater, home of the Academy awards. Next slap on some leather for lunch at the Hard Rock Café. After a rockin' lunch, Enjoy a tour of the fantastic, Egyptian Theater! **Registration begins Monday, February 13, 2017.**



**Frank Lloyd Wright's Hollyhock House & the Self Realization Fellowship Temple**

Thursday, April 6 | 9 a.m. - 5:30 p.m.\* | \$56  
Registration/Cancellation Deadline: Monday,  
March 6, 2017\*\*

Enjoy a self-guided tour of Frank Lloyd Wright's newly renovated Hollyhock house! Wright himself referred to it as California Romanza, using a musical term meaning "freedom to make one's own form". A wonderful Italian lunch plus dessert will be provided at Maggiano's at the Grove. After lunch it is off to the Self-Realization Fellowship Temple for a complete guided tour. Learn about the history of the oldest self-realization temple in Hollywood. Find peace and relaxation with unique meditation techniques taught by our guide.

## Casino Trips | Anna Biggs



**Aquarius Hotel and Casino**  
Departs at 8 a.m., Monday, February 20 \*  
Returns Wednesday, February 22 at 6 p.m.\*  
\$135 p/p double, \$180 p/p single  
Registration/Cancellation Deadline: Friday,  
February 3, 2017\*\*

Stay at the beautiful Aquarius Hotel and Casino in Laughlin, Nevada. Package includes a Special Laughlin funbook! Receive three, 2 for 1 meal coupons at local casino's along with 2 for 1 drinks, appetizers, a boat cruise and much more!



**Pala Casino**  
Tuesday, March 21 | 8:30 a.m.-5:30 p.m.\* | \$21  
Registration/Cancellation Deadline: Tuesday,  
February 21, 2017\*\*

Join us at Pala Casino, a Las Vegas style casino with over 2,000 slot machines, 87 table games, and restaurants. \$5 in slot play included!



**Pechanga**  
Wednesday, April 19 | 8:30 a.m.-5 p.m.\* | \$36  
Registration/Cancellation Deadline: Monday,  
March 20, 2017\*\*

Enjoy a fun-filled day in Temecula at the beautiful Pechanga Indian Casino. Trip Includes \$20 in slot play, bingo, and drivers gratuity!



**Four Queens Hotel and Casino**  
Departs at 8 a.m., Tuesday, May 16 \*  
Returns Thursday, May 18 at 6 p.m.\*  
\$135 p/p double, \$175 p/p single  
Registration/Cancellation Deadline: Monday,  
April 17, 2017\*\*

Enjoy 3 days and 2 nights in Las Vegas at the beautiful Four Queens Hotel and Casino! Includes a special fun book, baggage handling, and a deluxe motor coach!



**New | Fantasy Springs Indian Casino**  
Tuesday, June 27 | 8:00 a.m.-5:00 p.m. | \$38  
Registration/Cancellation Deadline: Monday,  
May 22, 2017\*\*

Enjoy a full day of gambling and bingo at the beautiful Fantasy Springs Casino. Each group will receive \$25 in slot play upon arrival! **Registration begins Monday, February 13, 2017.**

## Long Trips

**NEW | New Orleans & the Deep South**  
August 27 – September 3, 2017 (8 days)  
Price: \$1949 p/p double \$2549 p/p single |  
Airfare not included in price.

Join us on a cultural journey and delight in famed southern hospitality. Cajun cuisine, antebellum mansions, the bayou and the magic of the French Quarter make this an experience to last a lifetime. Spend your down time exploring must see locations and discover the tradition of true New Orleans cuisine. Over the course of the trip you will be staying at 3 different luxurious hotels. **Registration begins Monday, February 13, 2017.**

### ACTIVITY LEVEL



**Level 1:** At a very leisurely pace, this trip involves minimal physical activity, such as climbing some stairs, boarding a bus, and minimal walking



**Level 2:** This trip involves average physical activity such as walking and standing for the majority/or portion of the trip.



**Level 3:** This trip includes moderate physical activity that requires walking, standing, and boarding on and off the bus more than two (2) times.

\*Pick up and return times are approximate.

\*\*Please contact the travel office after the deadline for trip availability after the deadline.



## Transportation – Where Is Your Destination?

The Costa Mesa Senior Center offers two transportation services for seniors, ages 60 and over, who are Costa Mesa residents. Below is a description of each service, as well as the reservation process for new riders. (NOTE: The reservation for each program is different.) *All riders must register prior to scheduling a ride.*

### Senior Mobility Program (SMP) Transportation

The Senior Mobility Program (SMP) is provided through a partnership with the Orange County Transportation Authority (OCTA) and paid for by Project U, 1% of Measure M2 funds.

SMP transportation is available Monday-Friday. The transportation is available from home to the Costa Mesa Senior Center (695 W. 19th Street) for various programs that take place at the center, including nutrition. Shopping and other errands are also accommodated, time and space permitting. Please only leave messages with City staff.

#### To schedule a pick-up:

- Please call (714) 327-7520 between the hours of 7:30-7:50 a.m. on the same day service is needed to request your ride.
- Provide your address for pick-up and drop-off. Passengers must know their address or be able to locate address upon request.
- Pick-up times begin at 8 a.m., and specific request times may not be available.

Both the SMP and MTP are available at no cost to seniors who meet the eligibility requirements as noted above.

### Medical Transportation Program (MTP)\*\*

The Medical Transportation Program (MTP) program is provided through a partnership and grant with Hoag Hospital. This program allows seniors transportation from their home to various medical facilities in Costa Mesa, as well as some that are outside of the City.

The MTP is designed to provide rides to and from medical appointments. Reservations for this service must be made one (1) to two (2) weeks in advance.

To schedule a ride, please call (714) 327-7521. Leave a detailed message, including:

1. Name
2. Contact number
3. Date/Time of appointment
4. Location of medical appointment

The driver for this service will provide you with a return call to confirm your pick-up. Rides for this service are limited to the following medical locations:

- Fountain Valley Medical Center
- Hoag Health Center
- Hoag Memorial Hospital
- Kaiser Permanente
- Newport Medical Center
- Health Care Partners (please call for specific locations)

**\*Transportation is FREE - sorry, no tips accepted.**

**\*\*Medical Transportation is provided based on availability.**

## PHONE NUMBERS

**For reservations please call:**  
**Senior Mobility Program (SMP)**  
**(714) 327-7520**

**Medical Transportation Program**  
**(MTP) (714) 327-7521**

**For other questions, please call:**  
**Transportation Hotline**  
**(Non-Reservation) (714) 327-7579**

Please call the Transportation non-reservation hotline if you have any concerns about the transportation program. Please leave your name, telephone number, and the nature of your call. Your call will be returned within 3 business days.

Have you registered for the transportation program? Contact Enyelber Franco at (714) 327-7543 for more information.

**Quote of the Month** |

“All you need is love. But a little chocolate now and then doesn’t hurt.” - Charles Schulz

**SENIORSERV LUNCH MEALS**

**Monday-Friday, approximately served at 11:30 a.m.**  
**Reservations 10:30-11:30 a.m.**

Please join us for a nutritionally balanced meal with friends. Suggested donation of \$3 to those 60 years and older. Guests under 60 may enjoy a meal for \$5. The volunteer lunch receptionist can take your reservation daily between 10-11:30 a.m. in the sunroom.

**February Birthdays** – Come celebrate and sing Happy Birthday with your SeniorServ friends on Friday, February 24.

**HOME DELIVERED MEALS**

**Monday-Friday**

We provide three nutritionally balanced meals daily to seniors who are homebound and have difficulty preparing meals. Meals are delivered by caring volunteers from the community. Please contact a case worker at (714) 823-3294 to ask about the program.

**VOLUNTEERS**

To help sustain and expand these two meal programs, we are constantly looking for new volunteers who are willing and able to help serve and/or deliver meals to seniors. If you are interested in volunteering for either of these programs, please contact the Costa Mesa Nutrition Site Manager, Lourdes Torres, at (714) 327-7548.

**KNOWLEDGE AND HEALTH FAIR EXPO**

**Wednesday, March 15 | 10 a.m.-1 p.m. | Free**

Don’t miss the Knowledge & Health Fair Expo! Visit with more than 30 vendors that will share information about health & wellness, housing, and provide health screenings. Come see all of the unique resources available to seniors.

**Support Groups**

**TRANSITIONS SUPPORT GROUP**

**2nd & 4th Tuesday | 1-3 p.m.**

Are you going through life’s many changes? Grieving over the loss of a loved one? Lonely? Relationship problems? Medical issues or health problems? This is a support group for those who need to vent. You will learn healthy ways of coping with issues that come up in your daily life. A variety of encouraging and enjoyable approaches are used for expression.



**Veterans Support Group**

**Charu Mody, Community Outreach Worker, LCSW**

Visit a group whose goal is to provide Veteran’s and their families with a safe, non-threatening environment in which to share stories, vent, or simply find people who better understand their stories. Meet fellow Veterans who can understand and provide emotional support.

**1st & 3rd Tuesday | 1-3 p.m.**

**SENIOR ROUND TABLE**

**Wednesdays \*\* | 1-3 p.m.**

Make new friends, discuss current events and be a part of our Senior Center community.

\*\*Group meets on a regular basis; however, special meeting locations may take place. Please visit the group to find out more information about scheduled activities outside the normal meeting date and location. On dates when a majority of the group meets at a separate location or has another planned activity, participants wishing to meet at the Senior Center during normal hours may do so.

**ALZHEIMER’S CAREGIVER SUPPORT GROUP**

**Every 1st Friday | February 3 | 1-2:30 p.m.**

*Presented by: Alzheimer’s Orange County*

Caring for a loved one with Alzheimer’s or a related dementia can be a challenging and isolating experience, but it is not a journey that needs to be faced alone. The Costa Mesa Senior Center, in collaboration with Alzheimer’s Orange County, offers a free monthly support group for family members caring for a person with dementia. Connect with other caregivers to learn coping strategies to maintain your health and learn tips for optimally caring for your loved one. Register at the front desk.

*The opinions expressed during participant led group times are not necessarily the views of the City of Costa Mesa employees.*

## Senior Services Directory

Costa Mesa City Hall	(714) 754-5225
Department of Consumer Affairs	(800) 952-5210
Department of Insurance	(800) 927-4357
Elder Abuse Hotline	(877) 477-3646
Home Delivered Meals	(714) 823-3294
HICAP (Health Insurance Counseling and Advocacy Program)	(800) 824-0780
HUD Housing	(800) 225-5342
Legal Aid Society Hotline	(800) 834-5001
Medi-Cal	(714) 575-2400
Medicare	(800) 633-4227
OC Social Service Agency (Cash Aid)	(714) 435-5800
OC Social Service Agency (Medi-Cal and Food Stamps)	(714) 435-5800
OCTA- Access, Transportation	(714) 636-7433
Office on Aging (Information/ Assistance)	(800) 510-2020
Council on Aging Ombudsman	(714) 479-0107
Costa Mesa Police Department Dispatch	(714) 754-5252
Senior Legal Advocacy Program	(714) 571-5245
Social Security	(800) 772-1213
SOS Share Our Selves	(949) 270-2100

## Senior Center Phone Numbers

Senior Center Main Line	(714) 327-7550
Senior Center Fax	(714) 327-7554
Community Outreach Worker/ Social Worker	(714) 327-7545
Travel Office	(714) 327-7546
Nutrition	(714) 327-7548
Senior Mobility Program Transportation	(714) 327-7520
Medical Transportation	(714) 327-7521
Transportation Hotline (Voicemail Only)	(714) 327-7579

**BATTERY DISPOSAL** | You may drop your used common household batteries off at the front desk.



## Senior Grocery Program

**Thursday, February 9 & 23 | New Time 10-11 a.m.**

The City of Costa Mesa has partnered with Second Harvest Food Bank of Orange County to provide bags of groceries to low income seniors. There is no charge for this program. Please bring your reusable grocery bags!

 Please come to the front desk and pick up a number. When the Senior Grocery Program distribution is ready, numbers will be called out in order.

This program is changing to bring you fresher produce! Distribution times may change to ensure that we provide you with the freshest produce possible. Your cooperation is appreciated.

### TO QUALIFY:

- You must be over 60 years of age
- Reside in the City of Costa Mesa
- Income **must be below:** \$1,436 per month for **one person** | \$1,936 per month for **a couple**

## Information & Referral/Counseling

**Charu Mody, Community Outreach Worker, LCSW (714) 327-7545 | Monday - Wednesday | 10 a.m.-3 p.m.**

Times and dates are subject to change without prior notice. Appointments and walk-ins welcome!

A community outreach worker will make necessary referrals for seniors to maintain independence. Referrals include: reassurance calls, home delivered meals, and home care assistance. The community outreach worker is also available to provide supportive counseling and therapy to seniors in the process of adjusting to losses related to various issues of housing, employment, finances and relationships. Home visits may be scheduled with a county social worker.

## Health Insurance Counseling Advocacy Program (HICAP)

**Thursday, February 2 & 16 | 9:30 a.m.-12 p.m.**

Need help making sense of Medicare, HMOs, health insurance, long term care or billings? Counselors are available to help you! Contact front desk to make an appointment.

## Legal Counseling with an Attorney

**Thursday, February 9 & 23 | 5-6:30 p.m.**

An attorney will counsel and advise clients on legal matters. Contact front desk to make an appointment.

## Chat with Monarch

Presented by Monarch Healthcare

**Monday, February 13 | 10-11:30 a.m. | Sunroom**

**Monday, March 13 | 10-11:30 a.m. | Sunroom**

Join Monarch Healthcare to discuss Medicare coverage options, selecting doctors, community resources and more.

## SENIOR SERV SPOTLIGHT



**Carol Warga** is a true blue Southern California native. She was born and raised in Los Alamitos and attended California State University of Long Beach. She began volunteering for the “Meals on Wheels” Program back in 2007. Soon she became a driver, and now she currently oversees the program that helps homebound seniors receive meals daily. Carol has had the opportunity to change the lives of many seniors on a day-to-day basis. The program has become very successful, and many other centers have used her procedures as a template for their programs too. Her favorite part about the program is that it not only has a positive impact on the seniors, but also on the volunteers who come to help. She loves the amazing people she

works with, and enjoys making a difference in the lives of others. In her off time you can find her outside, enjoying all that nature has to offer. She is happiest when she is out by the campfire listening to the wildlife around her. Owls are her favorite. Along with camping she frequently enjoys hiking, reading, playing scrabble, and spending time with her two daughters and grand-doggy.



**Lourdes (Lulu) Torres** has lived in Costa Mesa all of her life and graduated from Costa Mesa High School. She began her college career at Humboldt State University where she studied Psychology and will be finishing up her Bachelor’s degree at California State University of Dominguez Hills. Lulu is also interested in studying Social Work as well as Child Development. Lulu has been working for SeniorServ Program as the Nutrition Site Manager for over a year. She started out as a volunteer for the “Meals on Wheels” Program, and then moved into a supervisory position. To her, this isn’t just a job because she is rewarded daily by seeing the seniors enjoy heartfelt meals and good conversations. In her

spare time, Lulu enjoys hiking, camping, reading, and spending quality time with her three sisters. Every Sunday, she enjoys brunch with her sisters where they laugh and share stories about their week. A fun fact about Lulu is that she loves to paint.

## SENIOR SPOTLIGHT



**Sylvia Stumph** was born and raised in Mexico City, Mexico. She moved to the United States when she was 11 years old. Her family first lived in Los Angeles before moving to Orange County. For over 40 years, Sylvia was in the hotel industry before she retired. She also was a caregiver for her mother. Sylvia has two wonderful daughters that live nearby, whom she sees often. Her spare time is filled with cooking, crafting and spending quality time with her family. She has been visiting the center for about 5 months now, and has made many friends. It makes her so happy that she had had the opportunity to meet so many caring and

generous people here at the center. Her new friends have given her the courage to believe in herself and to continue creating new avenues for adventure during retirement. You might catch Sylvia attending chair exercise, card making, or knitting the logo of her favorite baseball team, the Los Angeles Dodgers.

**Mission:** “Enriching lives and communities through health, wellness, volunteerism, and socialization.”

**Vision:** “The Costa Mesa Senior Center is dedicated to the improvement of the lives of older adults by creating a place that offers opportunity to become more educated about health and wellness, share skills and talents with peers, interact and develop communication with friends, family, and others, and be advocates for older adults.”

### STAY UP-TO-DATE & IN-THE-KNOW WITH CITY OF COSTA MESA BUSINESS

City Council Information | Commission & Committee Information | City News  
City & Community Calender | Community Events | City of Directory | CMTV

[www.costamesa.gov/cityhall](http://www.costamesa.gov/cityhall)



# MOVIE MONDAYS

## february 2017

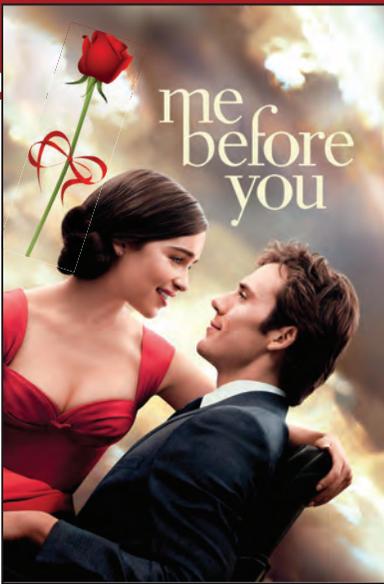


**Disclaimer:** Movies are subject to change without prior notice depending on availability.

POPCORN WILL BE PROVIDED

### MONDAY, FEBRUARY 13

Showtime: 12:45 p.m.  
110 minutes | Rated-PG-13



### ME BEFORE YOU

Planning to stay just six months, Lou Clark takes on the job of looking after rich but depressed Will Traynor, who's been left a quadriplegic by an accident. Despite Will's disillusionment, Lou is determined to show him that his life is worth living.



Showtime: 12:45 p.m.  
110 minutes | Rated PG-13

### MONDAY, FEBRUARY 27

### FLORENCE FOSTER JENKINS

Despite her horrid singing voice, New York City heiress Florence Foster Jenkins (Meryl Streep) is certain she can become an opera star. Her partner and manager, St Clair Bayfield (Hugh Grant), does all he can to shield Florence from the truth, but his task may prove impossible. Based on a true story.





# FEBRUARY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Vegetarian Day Baked Ziti Mixed Green Salad w/ Diced Beets Vinaigrette Dressing Whole Grain Bread Pineapple Chunks	<b>2</b> Tomato Florentine Soup w/Salt Free Crackers Open Face Roast Beef Sandwich Whole Grain Bread Broccoli Salad Fresh Fruit – Diced Cantaloupe	<b>3</b> Roast Pork w/Apricot Glaze Sweet Potatoes Spinach, Orange & Beet Salad Garnish w/Applesauce Sugar Free Cookie
<b>6</b> Pot Roast w/Brown Gravy Baked Potato with Light Sour Cream Seasoned Carrots Orange Juice Sugar Free Chocolate Chip Cookies	<b>7</b> Corn Soup w/Tortilla Strips Chicken Salad on Lettuce Leaf surrounded by Shredded Carrots Succotash Whole Grain Bread Nectarine	<b>8</b> Cream of Pumpkin Soup w/Salt Free Crackers Roast Turkey w/Gravy Green Beans Almondine Cranberry Sauce Orange-Pineapple Juice Sugar Free Vanilla Pudding	<b>9</b> Chili Con Carne w/Diced Onions & Shredded Cheese California Blend Vegetables Served w/Corn Muffin Orange Juice Pears & Peaches Medley	<b>10</b> <b>VEGETARIAN DAY</b> Broccoli Frittata Harvest Salad w/ Cranberries & Sliced Almonds Raspberry Dressing Whole Grain Bread Fresh Fruit - Melon
<b>13</b> Farmer Soup w/Salt Free Crackers Mrs. Friday's Fish Baked Potatoes Seasoned Spinach Ambrosia	<b>14</b> <b>HAPPY VALENTINE'S            DAY</b> Stuffed Cabbage Rolls Mashed potatoes Chef Cut Vegetables Parker House Roll & Margarine Red Velvet Cake Diet: Yogurt & Blueberries	<b>15</b> Swedish Meatballs w/ Egg Noodles Seasoned Broccoli Florets Whole Grain Bread Orange Juice Sugar Free Cookie	<b>16</b> Egg Drop Soup w/Salt Free Crackers Stir Fry Pork w/ Vegetables Quinoa Pilaf Orange-Pineapple Juice Sugar Free Pudding	<b>17</b> <b>PRESIDENT'S DAY            CELEBRATION</b> Beef Pot Roast & Mushroom Gravy Scalloped Potatoes Whole Baby Carrots Apple Pie & Ice Cream Diet: IW Sliced Apples
<b>20</b>  <b>CENTER CLOSED</b>	<b>21</b> <b>VEGETARIAN DAY</b> Vegetarian Lasagna California Salad Bread Stick Melon	<b>22</b> Tomato Plum Soup W/ Salt Free Crackers ½ Tuna Salad on Whole Grain Bread Broccoli Salad Sugar Free Butterscotch Pudding	<b>23</b> Pork Chili Verde Spanish Rice Pinto Beans Whole Wheat Tortilla Fresh Orange	<b>24</b> Butternut Squash Soup w/Salt Free Crackers Winter Chicken Salad with Citrus and Celery Whole Wheat Dinner Roll, Fruit Delight
<b>27</b> <b>VEGETARIAN DAY</b> Cottage Cheese and Fruit Plate Atop Fresh Spinach Whole Grain Bread Pineapple Chunks Pear Halves and Orange Slices	<b>28</b> Minestrone Soup W/Salt Free Crackers Metropolitan Cobb Salad (Grilled Chicken, Crumbled Feta Cheese, atop Chopped Salad with Tomatoes, Chopped Eggs), Dressing Whole Grain Bread Melon	 <b>SeniorSERV™</b> Securing Home, Health & Heart <b>Suggested Donation</b> \$5 fee for ages 60 & under   \$3 over 60		

All Meals comply with the Dietary Guidelines for Americans (DGA) 2010 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.

Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily. indicates sodium content over 1,000 mg.

\*Indicates a special event or Holiday and the menu MAY exceed 1,000 mg. Low Cholesterol, 0% transfat buttery spread served with bread and rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium

## ONGOING ACTIVITIES

MONDAYS	
10-11:40 a.m.	^Legal Consultations
1-3 p.m.	Bridge Social
1-4 p.m.	Quilting
6-7 p.m.	*Jazzercise
12:30-1:30 p.m.	Hawaiian Dance
TUESDAYS	
8:25-9:20 a.m.	*Jazzercise
8:30-10:15 a.m.	Pickleball (at DRC)
9-10:30 a.m.	Blood Pressure
9:30-11 a.m.	Card Making
9:30-10:15 a.m.	*Jazzercise Lite
10 a.m.-2 p.m.	Bridge Contract
10:45 a.m.-12 p.m.	*Yoga
1-3 p.m.	Knitting
1:30-3:30 p.m.	Watercolor
4-5:30 p.m.	Current Events
6-7 p.m.	*Jazzercise
WEDNESDAYS	
9-10 a.m.	Line Dancing
10 a.m.-2 p.m.	Bridge Contract
12:30-1:30 p.m.	Hawaiian Dance
1-2:30 p.m.	Autobiography Group
1-4 p.m.	Mexican Train
1-3 p.m.	Senior Round Table
1:30-4 p.m.	Table Tennis
2-4 p.m.	Chess Club
6-7 p.m.	*Jazzercise
THURSDAYS	
8:25-9:20 a.m.	*Jazzercise
8:30-10:15 a.m.	Pickleball (at DRC)
9:30-10:15 a.m.	*Jazzercise Lite
10:45 a.m.-12 p.m.	*Yoga
10:30 a.m.-2:00 p.m.	Bingo
1-2 p.m.	MELT
4-5:30 p.m.	Current Events
6-7 p.m.	*Jazzercise
FRIDAYS	
8:30-9:30 a.m.	*Jazzercise
10 a.m.-2 p.m.	Bridge Contract
10 a.m.-11:30 a.m.	Play Reading
1-3 p.m.	Acrylic Painting

## FEBRUARY SPECIAL ACTIVITIES (Please Note: All classes are subject to change without prior written notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b>	<b>2</b>	<b>3</b>
			9:30 a.m.-12 p.m. ^HICAP 10 a.m.-2 p.m. ^Tax Assistance 1-2 p.m. +Sinus Solutions 2-3 p.m. Fitness For Life	
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
9:15-10:15 a.m. Fitness for Life 12:30 p.m. Senior Advisory Committee 1:30-4 p.m. Table Tennis	10:30 -11:30 a.m. +Community Garden 1-3 p.m. Transition Support Group	9-10:30 a.m. Valentines for Veterans 9 a.m.-12 p.m. *Special Apps and Programs for Seniors 1-2 p.m. +Over the Counter Medication 2-5 p.m. *Intro to Windows 10	8:45 a.m. +Mesa Water District Tour 10-11 a.m. Senior Grocery Program 10 a.m.-2 p.m. ^Tax Assistance 2-3 p.m. Fitness for Life 5-6:30 p.m. ^Legal Counseling	10-11 a.m. Creative Writing 9:30-10:30 a.m. ^Hearing Screening 1-3 p.m. Poker
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
9:15-10:15 a.m. Fitness for Life 10-11:30 a.m. Chat with Monarch	10:30 -11:30 a.m. +Community Garden 1-3 p.m. Veterans Support Group 5-7 p.m. **Valentines Disco Party	9 a.m.-12 p.m. *Photos by Google 9:30-10:30 a.m. +Water Conservation 1-2 p.m. +Valentine Cookie Social 2-5 p.m. *Organize your Computer  **Valley View Casino	9:30 a.m.-12 p.m. ^HICAP 10 a.m.-2 p.m. ^Tax Assistance 11:30 a.m.-1:30 p.m. Volunteer Conference 2-3 p.m. Fitness for Life	10-11:30 a.m. Bunco
	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	9:15-10:15 a.m. Fitness for Life 10:30 -11:30 a.m. +Community Garden 1-3 p.m. Transition Support Group	9 a.m.-12 p.m. * All about Google 10 a.m.-12:30 p.m. ^Brown Bag Reviews 2-5 p.m. *Organize your Computer	10-11 a.m. Senior Grocery Program 10 a.m.-2 p.m. ^Tax Assistance 1-2 p.m. +Life Care Planning 2-3 p.m. Fitness for Life 5-6:30 p.m. ^Legal Counseling	10-11 a.m. Creative Writing 1-3 p.m. Poker
<b>27</b>	<b>28</b>	<b>CALENDAR KEY</b>		
9:15-10:15 a.m. Fitness for Life 9-10 a.m. +Talking with your Doctor 9 a.m.-12 p.m. * Photos By Google	10:30 -11:30 a.m. +Community Garden 10:30-12 p.m. Adapted Seated Fitness 1-2 p.m. Adapted Fitness 1-2 p.m. +Healthy Heart	*Fee based class. Please pre-register before attending the class. ^By appointment only. Please register at the front desk. **Special Event/Trips/Community Day Trip - See front desk for details. +Presentations/Seminars - Please register at front desk.		

### CALLING ALL COSTA MESA ARTISTS AND ARTS ORGANIZATIONS

The City of Costa Mesa's Cultural Art Committee is seeking arts organizations and professional artist applicants for its **DIRECTORY OF THE ARTS**.

The **COSTA MESA DIRECTORY OF THE ARTS** serves as a resource to highlight the City of Costa Mesa's ever growing population of local artists and arts organizations. Local artists must live and/or work in the City of Costa Mesa to be eligible. Submissions may include varying forms of visual arts, music, theater, literature, filmmaking, apparel design, teaching, gallery space, art supply, non-profit, etc. Any artist 18+, that fits into a professional category is invited to submit an application for consideration into this **FREE directory**.

For more information visit [www.costamesaca.gov/callforartists](http://www.costamesaca.gov/callforartists) or contact **ASHLEY OCASIO** at [ashley.ocasio@costamesaca.gov](mailto:ashley.ocasio@costamesaca.gov)



### THE ARTIST OUTREACH PROJECT

#### GRANT OPPORTUNITY FOR SENIOR ARTISTS

**SUBMISSION WINDOW NOW OPEN**

The **Artist Outreach Project** gives accomplished visual, performing, and literary artists the opportunity to share their passion and expertise with underserved members of our community.

**APPLICATIONS DUE MARCH 31, 2017**

Selected artists receive a grant of \$12,000 and a budget for materials to pursue a 12-month project of their own choosing. Artists determine the programming they wish to provide, identify the population they are interested in serving, and choose a local nonprofit to collaborate with. Artists contribute 6 hours each week to the population they choose to serve. Smaller grants will be considered for artists who wish to contribute less time. To be eligible, artists must be 55 or older. Please visit [picerfoundation.org](http://picerfoundation.org) or call 949-267-1517 for detailed eligibility requirements and application information.

**LEARN MORE AT: [picerfoundation.org](http://picerfoundation.org)**

THE PIECERNE FAMILY FOUNDATION