Volunteer Opportunities ▪ Computer Lab ▪ Fitness Center ▪ Keen Center For Senior Resources ▪ Rose Garden Café

Support Groups ▪ Special Events ▪ Assistance

Irvine Senior Services

Providing services to seniors citywide with two dedicated locations at:

Lakeview Senior Center
20 Lake Road
(949) 724-6900

Rancho Senior Center
3 Ethel Coplen Way
(949) 724-6800

Lifestyles

Communities

Cultures

For more information please visit www.irvineseniors.org, or pick-up the Irvine Newsletter at either center.

Dances ▪ Friday Movies ▪ Bingo ▪ Lectures

Enrichment Groups ▪ Clubs & Organizations ▪ Sports & Fitness Classes ▪ Medical Seminars ▪ 50+ Gold Card Savings

Irvine Senior Travelers

Office Hours at Lakeview Senior Center
949-653-2199

Mondays 2:30 pm – 5:00 pm
Thursdays 10:00 am – 12:30 pm

Rose Parade Float Viewing in Pasadena **January 2, 2008**
Cost: $49 per person. Call Madelyn Dale – 714-731-0433

Winter Travel Show **January 12, 2008**
Cost: FREE. 10am-12am. Call Travel Club – 949-653-2199

Santa Anita Race Track **February 7, 2008**
Cost: $63 per person. Call Madelyn Dale – 714-731-0433

Palm Springs Follies **February 20, 2008**
Cost: $77 per person. Call Linda Lako – 949-725-9896

Blossom Trail Tour **February 27-29, 2008**
Cost: $399-$499 per person. Call Linda Lako – 949-725-9896

Mexican Baja Cruise **March 10-14, 2008**
Cost: $426-$466 per person. Call Madelyn Dale – 714-731-0433

Lakeview Senior Center Information

Irvine Senior Services offers BINGO every Tuesday at the Lakeview Senior Center. Doors open at 12:30p.m. and games are from 1:00 p.m. to 3:00 p.m. Buy-in is $6 for 10 games, with a $1 bonus game for up to $100, and a Powerball jackpot for as much as $250. Lakeview Senior Center is located at 20 Lake Road, Irvine, CA. Come join in the fun! For more information, call **(949) 724-6900.**

The Keen Center for Senior Resources is your one-stop shop for up-to-date resources and information about services for seniors. Are you looking for information about housing, transportation, health insurance, alternative living, social security, in-home care, health issues, home repair, support groups, legal aid, safety, Medi-cal and more?

Located at Lakeview Senior Center
(949) 724-6926
Monday-Thursday, 9am-3pm & Friday, 9am-12pm

COMPUTERS

Senior Center Computer Lab

Whether you're a beginner or advanced computer user, the Senior Center Computer Lab, located at Lakeview Senior Center, offers classes to satisfy all skill levels in a hands-on environment taught by trained instructors. Gold Card Members $5 discount. **Computer Lab Membership:** Open lab time is available to Computer Lab Members only. Annual Membership fees: $15 Irvine residents; $22 Non-resident. Lab hours are Mon-Fri, 8am - 6:30pm, but will vary due to class schedules, computer maintenance and volunteer coverage. (Members must read and sign a copy of Computer Lab Rules & Regulations)

Digital Camera Basics Plus

Learn how to use your digital camera. This two-meeting workshop is great for beginners. First class focuses on taking great digital images, with a detailed review of digital camera basics that covers terms, camera features and how to navigate menus. The second class focuses on using the computer to work on your images. Topics such as printing, editing, emailing, and photo projects are covered. Bring your camera & manual. Space is limited! Inst: Finley-Bajak

#56124	**W**	**9:30am-11:30am**	**Jan 23-30**	**LSC**	**$60**

HEALTH & WELLNESS

Fitness Center For Seniors

Provides older adults with a safe and comfortable workout environment including cardiovascular and strength-training equipment, supervised workouts and equipment orientation sessions. Enrollment requirements include a completed medical release form and attending an orientation. Memberships must be purchased at the Rancho Senior Center. More info, 949-724-6800. Fees: Gold Card Members: $55/year; Non Gold Card Members: $80/year; Under 50 years: $100/year.

Fitness Center Hours:	**Tuesday, Thursday, Friday**	**8am-4:30pm**
	Monday, Wednesday	**8am-7pm**
	Saturday	**9am-1pm**
	Sunday	**9am-12pm**

Longevity Stick

FREE

Raise your spirits! Learn a series of 12 movements designed to improve balance, flexibility, strength, mental focus and breathing capacity. All movements are simple and are done standing. Participant must purchase longevity stick (approx. $5). More info. 949-724-6900.

Tuesdays	**9am-10am**	**Ongoing**	**LSC**

Pickleball at Lakeview Senior Center

FREE

This mini-tennis game is played by two or four people on a badminton sized court using wood paddle racquets, and a plastic poly baseball with holes. Enjoy this game for people of all ages. More info, John Czorny 949-559-1585

Wednesdays	**10:30am-12pm**	**Ongoing**	**LSC**

Volunteers Irvine Senior Services needs you! Volunteers are the heart of our senior programs, assisting in every aspect of senior programs and services. There truly is something for everyone. Volunteer orientation meetings are held monthly, on the 3rd Wednesday at Lakeview Senior Center. Orientations are from 10 am-11:00 am and 5 pm-6:00 pm. For more information, contact Ellen Jones, volunteer coordinator at (949) 724-6904.

MORE CHOICES!

AARP Drive Safety Program

The mature driver will learn preventative measures to reduce accidents, save on auto insurance, and maintain mobility & independence. Sponsored by AARP. Meets the 1st & 2nd Friday of the month. Register at Rancho Senior Center with a check made payable to AARP. More info 949-724-6800.

F	**8am-12pm**	**Jan 4-11**	**RSC**	**$10**
F	**8am-12pm**	**Feb 1-8**	**RSC**	**$10**
F	**8am-12pm**	**Mar 7-14**	**RSC**	**$10**

Saturday Night Dances at LSC

Are you hooked on 'Dancing with the Stars'? Is dancing your passion? Then the Lakeview Senior Center is the place to 'Whirl the Night Away'. Dance to live ballroom-style music by "Frank Ray and the Smoothies." Socialize and enjoy refreshments provided by the National Charity League. Dances are held the first Saturday of each month from 7:30-10:30pm. Tickets available at the door: $7 per person. Gold Card Members $6. More info. 949-724-6900.

#53226	**Sa**	**5:30pm-10:30pm**	**Jan 5**	**LSC**	**$7**
#53227	**Sa**	**5:30pm-10:30pm**	**Feb 2**	**LSC**	**$7**
#53228	**Sa**	**5:30pm-10:30pm**	**Mar 1**	**LSC**	**$7**

Tea Dance

FREE

The 12-man Irvine Senior Band attracts over 80 listeners and dancers each week for dancing, socializing, and a good time. The band plays a variety of music from the 40's and 50's.

Every Thursday	**2pm-4pm**	**Ongoing**	**LSC**

Walking Club

FREE

Join your friends and neighbors for a walk around beautiful Woodbridge Lake. Walk at your own pace. Group meets three times a week.

Mondays, Wednesdays, Fridays	**8am-9am**	**Ongoing**	**LSC**