

Activities for Seniors

LA HABRA SHUTTLE “RIDE WITH PRIDE”

- Available to seniors 60 years and older and persons with disabilities who are residents of the City of La Habra.
- Operates Monday through Friday, 7:30 am to 4:30 pm, excluding major holidays.
- Cost of service is 50 cents per one-way trip for all passengers.
- Transports participants throughout the City of La Habra, plus service to St. Jude Medical Center, Whittier Hospital Medical Center, and adjacent doctors' offices, as well as to doctors' offices adjacent to the former Brea Community Hospital.
- Reservations for transportation must be made at least **one week** in advance.

For more information or to register to use this service, please visit the La Habra Community Center or call 562-383-4200 for an application.

Services

COMMUNITY SENIORSERV “CSS” DINING PROGRAM

A hot lunch is served Monday through Friday at noon at the La Habra Community Center. Stay and enjoy cards, bingo, entertainment programs and a social atmosphere. Suggested \$3 donation for lunch for seniors 60 and over; \$5 charge for those under 60. Remember, the La Habra Shuttle will bring you to CSS lunch at the Community Center FREE if you join us on three or more days a week on a regular basis, if bus seating is available. And don't forget that there is live music in the lunch area from 10:00 am to 12:00 noon Tuesday, Thursday, and Friday, for dancing or listening. For questions or more information, call Jennifer Bush at **562-383-4222** or **562-383-4200**.

MEALS ON WHEELS

Meals on Wheels provides home delivered meals to those unable to prepare their own meals due to illness or disability. For more information please call **562-383-4221**.

LEGAL AID

Legal Aid is available the first Thursday of each month from 12:00 noon to 2:30 pm. This service is available for seniors 60 years of age and older who are residents of Orange County. An appointment is necessary. To make an appointment, please call **562-383-4200**. **If you do not meet these guidelines for service but wish to contact Legal Aid directly, please call 800-834-5001.**

HICAP

HICAP, which stands for Health Insurance Counseling and Advocacy Program, is the only state and federally mandated authority providing education, advocacy and individual counseling to Orange County residents regarding Medicare and related issues. Certified counselors will be available at the Community Center on the second Tuesday of each month from 9:30 am to 12:00 noon. An appointment is necessary, please call the La Habra Community Services Department at **562-383-4200** for dates and to make an appointment.

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To register online visit: <https://apm.activecommunities.com/cityoflahabra/home>

Games

CSS BINGO

CSS Bingo meets Monday through Friday from 12:30 to 2:00 pm. The cost of playing is 50 cents per card, with a maximum of four cards. Nine games is the usual number played. If you like bingo, come join the fun! All are welcome to participate.

BRIDGE

Bridge players meet on Friday from 12:00 noon to 3:00 pm at the Community Center. New players are welcome, but you must bring a partner to join the bridge group.

Activities

MOVIE DAY

Seniors are invited to enjoy a free movie, along with popcorn and other snacks. Movies are held on the 2nd and 4th Thursday of each month. Please pre-register if you plan to attend so that we can be sure to have enough refreshments for all.

WEDNESDAY AM VOLUNTEER STITCHERS

This group meets in the Oeste Room from 8:30 am to 11:30 am to make items for Children's Hospital and local convalescent hospitals. You may sew, knit or crochet items. If you wish to learn any of these skills, you are welcome to join them and learn.

HUFF 'N' PUFFS

The Huff 'n' Puffs dancers perform at local venues and the Community Center. They practice once a week and perform a variety of dance styles in costumes of their own design. If you are interested in joining this group, please contact the Community Center at **562-383-4200**.

Classes

YOUR REGULAR ATTENDANCE IS THE REGISTRATION FEE.

CREATIVE ARTS FOR OLDER ADULTS

Instructor: Catherine Pope

This class for older adults encourages art appreciation, self-expression, and creativity through a variety of art media. Projects are designed to expose older adult students to artistic design, and to give experience with different artistic methods, techniques, tools, and materials. This class is for all levels. Beginners are welcome!

Class meets Mondays, 12:30–2:20 pm

QUILTING FOR OLDER ADULTS

Instructor: Laurene Smith

This course offers the essentials of quilting for older adult students, which includes fabric selection, cutting and sewing methods, along with the history and vocabulary of the craft. Special techniques for older adults are covered, such as patchwork, applique, hand and machine methods, and finishing techniques.

Class meets Tuesdays, 6:00–7:50 pm

WE ARE CURRENTLY TAKING INTEREST LISTS FOR THE FOLLOWING TWO CLASSES. PLEASE LEAVE YOUR NAME AND NUMBER AT THE FRONT DESK, AND WE WILL NOTIFY YOU WHEN WE HAVE ENOUGH PARTICIPANTS TO BEGIN THE CLASS.

STAYING MENTALLY SHARP

Instructor: NOCCCD

In this exciting new class, students will use the fun, electronic-based Brain HQ exercises that are specifically designed by Posit Science. Along with lecture and discussion, it allows students to sharpen their senses, resulting in a noticeable impact on memory, thinking and focus!

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Complete Emergency Paramedic & Ambulance Coverage

For Just \$48 A Year



**911 SAVES
LIVES
FIREMED
SAVES MONEY**

Avoid unpaid pre-hospital emergency medical expenses associated with 911 transports and enroll all the members of your household for just \$48. Fill out this form and mail it, along with a check payable to "City of La Habra FireMed" to:

City of La Habra FireMed • 110 E. La Habra Blvd. • La Habra, CA 90631

(Please Print)

Last Name: _____

First Name: _____

Address: _____

La Habra, CA 90631

Home Phone: _____

Cell Phone: _____

(Your cancelled check is your receipt)

SENIOR TOPICS: FILM

Do you like movies and history? The history of movies will be discussed, and clips of famous films will be shown, including everything from westerns, musicals, comedies, early Hollywood, silent films, the studio system, Cinerama, drive-ins, film noir, and films of all eras, up to and including current years. Join us!

TAI CHI FOR OLDER ADULTS

Instructor: Nancy O'Brien

This low impact Tai Chi class will start with a Daoist form of Chi Gung (new energy work) called 8 Treasures. Benefits include a reduction of stress and physical discomforts. Come try this ancient form. All levels of experience are welcome!

Class meets Thursdays, 9:15–9:45 am

HEALTH & WELLNESS FOR OLDER ADULTS

All Health & Wellness classes cover various health-related topics of interest for older adults. Participate in fitness activities and learn the benefits of adopting behaviors associated with healthy and successful aging. Learn about the natural effects of the aging process, and the benefits of being proactive by practicing brain fitness, incorporating a healthy diet, managing chronic conditions, and engaging in routine physical activity as a means to living with optimum independence.

Participants will enjoy a thorough low-impact workout that includes a walking/cardiovascular warm-up, as well as sitting and standing exercises, work with resistance bands, balls, and other props. Students will increase their strength, flexibility, range of motion, stamina, balance and overall well-being.

Classes meet 10:00 am to 12:00 noon

Exercise Instructors Are:

Kathy Mastin Monday
Mary Kathryn Krie Tuesday, Thursday & Friday
Josh Linen Wednesday

MATURE DRIVER

Instructor: NOCCCD

The FREE Mature Driver class is for anyone 55 and over who would like to refresh their knowledge of California driving laws and practices. It is an eight-hour class (8:00 am to 4:30 pm), and participants who complete the class receive a certificate. Some insurance companies offer discounts to those who complete this class. Please note that the class does NOT include any actual driving. In order to take the class, participants **must preregister** by calling the La Habra Community Center at **562-383-4200**.

**Upcoming dates are May 11th, June 8th,
July 13th & August 10th.**

Senior Dance

FEATURING WEST COAST BIG BAND,
DANCING AND REFRESHMENTS

Sunday, July 21, 2019
2:00 to 4:00 p.m.
La Habra Community Center
101 W. La Habra Blvd.

TICKETS ARE \$5 FOR LA HABRA SENIOR CLUB MEMBERS AND \$7 FOR NON-MEMBERS

Register - Front Desk, Community Center
562-383-4200 or www.lahabraca.gov

Photo booth sponsored by: **CareMore HEALTH 25**

City of La Habra logo: EST. 1929 CITY OF LA HABRA

Parks Make Life Better!

La Habra Recreation Division social media handles: Facebook, Instagram, Twitter

La Habra Senior Club



Open to Ages 60+

Membership Includes:

- Discounted Senior Dance Tickets (\$2 Savings)
- Discounted Casino Trips (\$5 Savings)
- Select Trip Discounts (Varies)
- Monthly Raffle Opportunities
- Members Only Social Events
- Members Only Holiday Party

\$12 Annual Membership Fee

For more information about the La Habra Senior Club, please contact the Community Center at 562-383-4200.

FREE FINANCIAL LITERACY COURSE

It's Your Money!

LA HABRA COMMUNITY CENTER

Tuesdays, 2 to 3:30 pm

May 7 — Class 6:
*Equity Investing:
How to Use Stocks*

May 14 — Class 7:
*Fixed Income Investing:
How to Use Bonds*

May 21 — Class 8:
*Your Money & Your Mind, plus
Stock Market Contest results*

TO REGISTER FOR THIS SERIES OR A SINGLE CLASS, PLEASE VISIT THE LA HABRA COMMUNITY CENTER AT 101 W. LA HABRA BLVD. OR CALL 562-383-4200.



**FOR MORE INFORMATION PLEASE VISIT:
ITSYOURMONEYANDESTATE.ORG**