

# 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>*

# La Habra Senior Week

## A Celebration of Seniors and Caregivers

Enjoy  
a week  
of Free events  
for Adults  
Age 55+ and  
Caregivers

### November 3-8, 2019

### Mark your calendars!

Join us for free classes and other fun events. Here are just a few of the exciting things you can do that week. Visit our website, [iha4health.org](http://iha4health.org), for updates and more details.

*Senior Week is sponsored by Move More, Eat Healthy and the La Habra Collaborative.*

#### Sunday, November 3

##### **Blessing Day**

Visit your place of worship to receive a special blessing.

##### **Senior Prom**

Bring a friend and enjoy music, dancing, and light snacks. Sponsored by CareMore.

**2:00 pm – 4:00 pm**

La Habra Community Center

#### Monday, November 4

##### **Lunch with the Mayor, Police Chief, and Fire Chief**

Join us for lunch with the La Habra Mayor, Police Chief, and Fire Chief. You'll have a chance to ask questions as they visit each table.

**11:00 am – 12:30 pm**

La Habra Community Center

#### Tuesday, November 5

##### **Park-It Market, City of La Habra**

Join The Gary Center, Rise Church AND Our Lady of Guadalupe Church Community Outreach Trailer for a special distribution of items for Seniors.

**8:30 am – 10:00 am**

La Habra Community Center

#### Wednesday, November 6

##### **A Day at Hillcrest**

Learn about a variety of topics for senior and caregivers.

Sponsored by: VCC: The Gary Center

**10:00 am – 2:00 pm**

Wellness Center

341 S. Hillcrest, La Habra

#### Thursday, November 7

##### **Chef Pablo Healthy Cooking Class**

Sponsored by Regal Medical Group and Northgate Market.

**10:00 am - 11:00 am**

La Habra Community Center

##### **Movie Day**

Senior Movie Days are free and include refreshments and popcorn. Sign up at the La Habra Community Center front desk or call 562-383-4200.

**12:45 pm**

La Habra Community Center

#### Friday, November 8

##### **Health and Wellness Fair**

Receive your flu shot and other health screenings. Learn about programs and services for seniors and caregivers.

Sponsored by IHA

**9:00 am – 12:00 pm**

La Habra Community Center

**Call to Reserve Your Spot Today!**

**562-383-4200**

La Habra Community Center

101 W La Habra Blvd



**IHA**  
INSTITUTE for HEALTHCARE  
ADVANCEMENT



## 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.**

### 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**

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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" to:**

**City of La Habra FireMed • P.O. Box 785 • La Habra, CA 90633  
Phone: 562-383-4060 • Email: Firemed@lahabracal.gov**

*(Please Print)*

**Last Name:** \_\_\_\_\_

**First Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**La Habra, CA 90631**

**Home Phone:** \_\_\_\_\_

**Cell Phone:** \_\_\_\_\_

*(Your cancelled check is your receipt)*

# 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

Sept. 3: *Intro & Tax Update*

Sept. 10: *Estate Planning Basics*

Sept. 17: *Planning for Incapacity*

Sept. 24: *Living Trust & Beyond*

Oct. 1: *Charitable Income & Tax Planning Basics*

Oct. 8: *Estate Planning for IRAs & Retirement Plans*

Oct. 15: *The Role of a Trustee & Executor*

Oct. 22: *Case Study & Review*

**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**

## 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**

## HISTORY OF MOVIES

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!

**Class meets Wednesdays, 9:30–11:30 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  
Josh Linen ..... Tuesday & Wednesday  
Henrietta de Jong ..... Friday

## 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 September 21st,  
October 12th & November 9th.**



The flyer features a background of autumn leaves in shades of yellow, orange, and red. In the top left corner is the City of La Habra logo, which includes a stylized 'L' and 'H' and the text 'CITY OF LA HABRA'. The main title 'SENIOR DANCE' is written in large, bold, red letters with a white outline. Below the title, the text 'Live Entertainment, Dancing and Refreshments' is written in a blue, cursive font. The event details are listed in black text: 'Sunday, October 6, 2019', '2:00 to 4:00 p.m.', 'La Habra Community Center', and '101 W. La Habra Blvd.'. Ticket information is highlighted: 'TICKETS ARE \$5 FOR LA HABRA SENIOR CLUB MEMBERS AND \$7 FOR NON-MEMBERS'. Registration information follows: 'Register - Front Desk, Community Center', '562-383-4200 or www.lahabraca.gov'. At the bottom left is the 'Parks Make Life Better' logo. At the bottom right are social media icons for Facebook, Instagram, and Twitter, with the text 'La Habra Recreation Division', '@LaHabraRecreationDivision', and '@LaHabraRec' respectively.