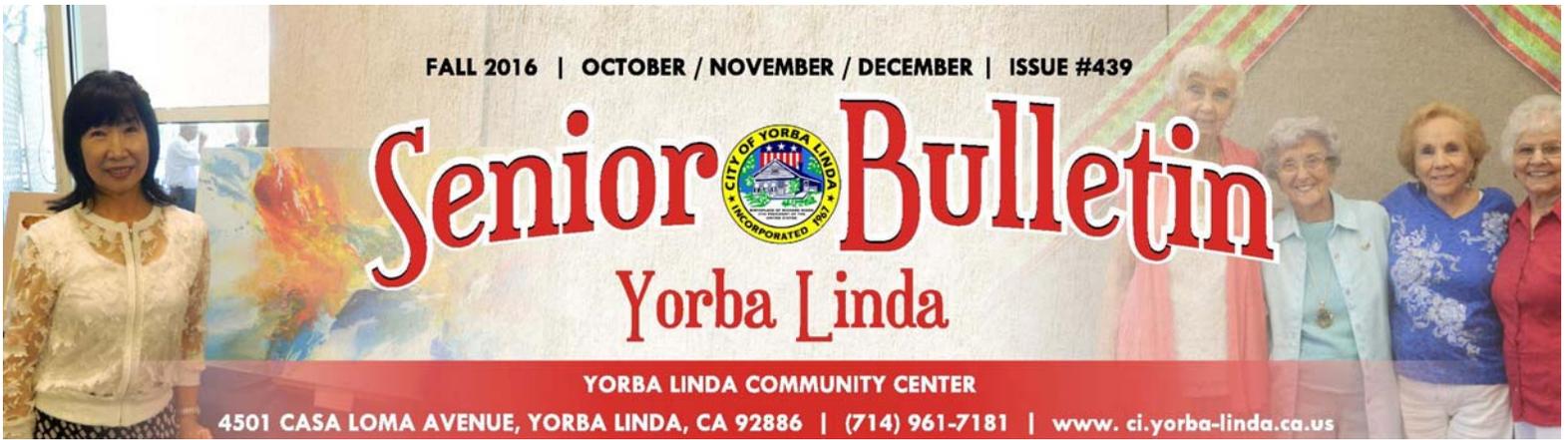


Senior Bulletin

Yorba Linda



YORBA LINDA COMMUNITY CENTER

4501 CASA LOMA AVENUE, YORBA LINDA, CA 92886 | (714) 961-7181 | www.ci.yorba-linda.ca.us



50+ Exhibitors!

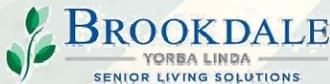


Saturday, October 22, 2016
9:00 a.m.-12:00 p.m.

Yorba Linda Community Center

Don't miss the City of Yorba Linda's biggest senior event of the year! Exhibitors and screenings are still being added! Event highlights include:

- Flu vaccine clinic
- Medication take-back presented by the Orange County Sheriff's Department-Safely dispose of your unused medications! Please remove all medications from their original packaging and place in a plastic bag. No sharps, please.
- Interactive demonstrations led by City of Yorba Recreation class instructors.
- Informative lectures from local agencies.
- Healthy cooking demonstrations and healthy snack bar.
- A variety of free medical screenings including blood pressure, balance testing, spinal alignment, podiatry, heart rhythm strip, and carbon monoxide level screening.



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CELEBRATE HEALTH ALL FALL LONG!



With the Wellness Expo in October, the Parks and Recreation Department is celebrating Health throughout the whole quarter! Look for this symbol throughout this issue of the *Senior Bulletin* to find activities and content related to this topic.



Weekly Schedule of Events

Welcome!

All regularly scheduled senior programs are listed on these pages. Any scheduled program cancellations, facility closures, and other exceptions to the schedule are included as well. Additional information about the programs listed here, as well as special events and other activities, can be found throughout this issue of the *Senior Bulletin*. For the most current schedule information, please contact the Yorba Linda Community Center at (714) 961-7181 or stop by the front counter.

Reading the Schedule

The following abbreviations/symbols are used throughout the schedule:

- YL** Programs presented by the City of Yorba Linda Parks & Recreation Department
- SC** Programs presented by the Yorba Linda Senior Citizens Club
- OAP** Programs presented by the Older Adults Program, a division of the NOC Community College District
- *** Programs which require pre-registration at the Community Center front counter; see pages 8-10 for session dates
- \$** Programs which have a fee to participate

Monday *The Community Center will be closed Mondays, 12/26 & 1/2*

9:00-11:00a	Health & Wellness with Josh <i>No class will be held 9/26 & 10/3.</i>	OAP	
9:00-11:00a	Beginning Bridge Class	SC	\$
9:00-11:00a	Watercolor Painting Class	OAP	
11:30a	SeniorServ Lunch	YL	
12:00-4:00p	Party Bridge	SC	\$
12:00-2:00p	Staying Mentally Sharp <i>Refer to class schedule on page 9.</i>	OAP	
1:00-2:30p	Hatha Yoga with Mikki* <i>Refer to class schedule on page 10.</i>	YL	\$

Tuesday *The Community Center will be closed Tuesday, 12/27*

8:00a-12:00p	Duplicate Bridge	SC	\$
8:00-9:00a	Longevity Stick Exercise: Session I <i>Class will be held outside 9/27 & 10/4.</i>	YL	
9:15-10:15a	Longevity Stick Exercise: Session II <i>Class will be held outside 9/27 & 10/4.</i>	YL	
9:15-10:15a	Stand Tall* <i>Refer to class schedule on page 11.</i>	YL	\$
10:30a-12:30p	Maintain Your Health with Dan (Tai Chi) <i>Class will not be held 9/27 & 10/4.</i>	OAP	
11:00a-12:00p	Chair Yoga* <i>Refer to class schedule on page 10.</i>	YL	\$
11:30a	SeniorServ Lunch <i>No SeniorServ lunch held Tuesdays, 10/11, 11/8, and 12/13.</i>	YL	
12:00-3:00p	Canasta	SC	
12:00-3:30p	Pinochle	SC	
12:15-4:00p	Hand & Foot (Card Game)	SC	
12:30-2:30p	Senior Chorus	OAP	
1:30-2:30p	Zumba Gold* <i>Refer to class schedule on page 11.</i>	YL	\$

Older Adult Program (OAP) Holiday Break

No Older Adult Program classes will be held December 5-January 6. Regular schedule will resume Monday, 1/9. Don't miss your workout! See page 11 for information about **December Fitness DVDs!**

Wednesday

8:00-9:00a	Horseshoes at Hurless Barton Park	YL	
8:00a	Senior Striders Walking Group	YL	
8:15a-12:00p	Duplicate Bridge	SC	\$
9:00-11:00a	Oil Painting Class	OAP	
9:00-11:00a	Health & Wellness with Cathy (Exercise with resistance bands)	OAP	
11:15a	SeniorServ Lunch	YL	
12:00-4:00p	Duplicate Bridge	SC	\$
12:00-3:00p	BINGO	SC	\$
	<i>No meeting will be held 9/28 & 10/5</i>		
12:00-2:00p	Staying Mentally Sharp	OAP	
	<i>Refer to class schedule on page 9.</i>		
12:20-1:00p	Beginner Line Dance Class	YL	\$
	<i>No class will be held 11/23.</i>		
12:30-4:00p	Ping Pong	YL	
1:00-2:30p	Advanced Line Dance Class	YL	\$
	<i>No class will be held 11/23.</i>		
2:00-3:30p	Healthy Balance with Dan (Balance Exercise)	OAP	

Thursday *The Community Center will be closed Thursday, 11/24*

8:00-9:00a	Longevity Stick: Session I	YL	
	<i>Class will meet outside 9/29 & 10/6.</i>		
8:30-11:15a	Intermediate Bridge Class/Practice	SC	
9:15-10:15a	Longevity Stick Exercise: Session II	YL	
	<i>Class will meet outside 9/29 & 10/6.</i>		
10:30a-12:30p	Maintain Your Health with Dan (Tai Chi)	OAP	
	<i>No class will be held 9/29 & 10/6.</i>		
10:30-11:50a	Introduction to Computers & Internet Usage*	YL	\$
	<i>Refer to class schedule on page 9.</i>		
11:30a	SeniorServ Lunch	YL	
11:30a-2:00p	Cribbage	SC	
12:00-3:30p	Mahjong	SC	
12:00-3:30p	Hand & Foot (Card Game)	SC	
12:00-3:30p	Partnership Party Bridge	SC	\$
1:00-3:00p	Knitting, Crochet, & Needlecraft	OAP	
2:00-4:00p	Starting a Home-Based Business	OAP	

Friday *The Community Center will be closed Fridays, 11/11, 11/25, & 12/23 and at 3:00pm 12/30.*

8:00a-4:00p	Ping Pong	YL	
	<i>No meeting will be held on 11/4.</i>		
9:00-11:00a	Senior Quilting	OAP	
	<i>No class will be held 9/30.</i>		
9:30-11:30a	Health and Wellness with Janine	OAP	
	<i>No class will be held 9/30 & 10/7.</i>		
11:30a	SeniorServ Lunch	YL	
	<i>No lunch will be held 9/30 & 12/30.</i>		
12:00-4:00p	Duplicate Bridge	SC	\$
12:30-3:00p	Bunco	SC	
	<i>No meeting will be held 11/4.</i>		

Center Highlights



Improvements Coming to the Community Center!

Beginning **Monday, September 26** through an anticipated completion date of **Friday, October 7**, the Community Center will undergo an installation of new operable partitions in the Imperial Room. During the renovation, the Community Center will remain open, but the Imperial Room will not be available as an entrance or for programs. A complete list of cancelled and relocated programs is available at the Community Center front counter. Program cancellation dates are also listed throughout this issue of the Senior Bulletin.



You are invited to the
*Senior Lunch
Program
Holiday Boutique*
Free Admission! Drawings!

Senior Lunch Program Holiday Boutique

Wednesday, November 9, 9:00 a.m.-2:00 p.m.
Imperial Room

Sip on a warm cup of apple cider and enjoy a cookie while you get a head start on your holiday shopping! Over twenty vendors will be in attendance selling a variety of jewelry, scarves, aprons, holiday goods, and other handcrafted items. **The event is free for shoppers and free gift wrapping will be provided for items purchased at the event.** For more information, please call (714) 961-7181.



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PRESENTATION
HONORING
SENIOR
VETERANS



SENIOR VETERANS DAY RECEPTION

Thursday, November 10
10:00-11:00 a.m. ★ Imperial Room

If you are a veteran and would like a photo of your military service to be included in the presentation, please bring a copy to Valerie Passarella by Friday, November 4. All photos will be returned. You may also send photos by email to vpassarella@yorba-linda.org.

SENIOR LUNCH
SERVED AT
11:30 A.M.



AMERICANA
KARAOKE
BEGINS AT
12:30 P.M.



FREE!





“GET INFORMED” PRESENTATIONS

Be a life-long learner with the Senior Center’s “Get Informed” series of lectures. Enjoy presentations on a variety of topics including health, finance, and consumer information. Reservations are not required, but are encouraged so presenters can bring sufficient materials. To make a reservation, please call (714) 961-7181 or stop by the Community Center front counter. *The City of Yorba Linda does not endorse or recommend any business or agency making presentations.*

Elder Abuse Fraud Prevention

Presented by Ted Burnett, Office of the District Attorney
Wednesday, October 5, 12:00-1:00 p.m.
Club Room

Heart Disease



Presented by Dr. Prakash Gandhi, Buena Park Heart Therapy
Friday, October 7, 12:00-1:00 p.m.
Club Room

2016 Election Pros and Cons Forum

Presented by the North Orange County League of Women Voters
Monday, October 10, 10:00-11:30 a.m.
Activity Room A

Protecting Your Home With a Trust

Presented by Ken Stewart, Keller Williams Realty
Wednesday, October 12, 12:00-1:00 p.m.
Club Room

Medicare 101

Presented by Sue Zanayed, Applied General Agency
Wednesday, November 2, 12:00-1:00 p.m.
Club Room

Diabetes & Healthy Eating Alternatives

Presented by AppleCare Medical Group
Wednesday, November 9, 12:00-1:00 p.m.
Club Room



The Healthy Eye & the Future of Technology for Seniors



Presented by Dr. Patric Yoshigana,
Marshall B. Ketchum University
Wednesday, November 16, 12:00-1:00 p.m.
Club Room

Vitamins, Minerals and Supplements

Presented by Bill Liu, Pharmacist,
County of Orange Health Care Agency
Friday, December 2, 12:00-1:00 p.m.
Club Room



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www.dialmedhomecare.com

Medicare Annual Open Enrollment Clinic

Presented by Council on Aging Orange County
Monday, November 14, 10:00-11:30 a.m., Club Room

The Medicare annual open enrollment period for the upcoming year will run October 15 through December 7. The Yorba Linda Community Center and Orange County Council on Aging HICAP (Health Insurance Counseling Advocacy Program) are offering free one-on-one counseling to assist seniors in choosing the best prescription drug and Medicare plans to fit their needs. To make an appointment, please call the Community Center at (714) 961-7181 or stop by the front counter. Please allow 45 minutes for your appointment and bring your Medicare card, all other insurance cards, and all your prescription bottles in a brown bag. **For more information about the open enrollment clinic, visit the HICAP table in the Community Center lobby on Wednesday, October 19 from 10:00 a.m. to 2:00 p.m.**



One-on-One Medication Review with the Pharmacist

Presented by the County of Orange Health Care Agency-Older Adult Services
Wednesday, December 14, 10:00-12:30 p.m., Activity Room B



If you are taking prescription medicines, over-the-counter medicines, vitamins, and or/dietary supplements, come and meet one-on-one with the pharmacist from the County of Orange Health Care Agency-Older Adult Services, who will review all your medications and supplements, to assess your regimen for appropriateness, answer any questions you may have, and identify potential side effects and drug-drug interactions. Remember to bring all your medications and dietary supplements with you. To make an appointments, please call (714) 961-7181 or stop by the Community Center front desk. **For more information on the topic, you may also attend the Vitamins, Minerals, and Supplements lecture scheduled for December 2. See page 4 for details.**



Senior Striders Walking Group

Wednesdays, 8:00 a.m.

Experience the health benefits of walking while enjoying the beautiful trails of Yorba Linda and surrounding communities. The Senior Striders meet on a weekly basis to enjoy a 3-4 mile walk. The group currently alternates between meeting at the Community Center and Yorba Regional Park, as well as one new offsite location each month. Stop by the front counter to pick up the current schedule, or contact Valerie Passarella to be added to the distribution list at (714) 961-7185 or vpassarella@yorba-linda.org. In the event of rain, walks will be cancelled.



Palacio

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Technology Assistance

Members of the Valencia High School CR3W Club are busy this fall with testing and college applications! Technology Assistance will return in January 2017.



Senior Dances

Dances are held every other month on Sunday afternoons from 1:30 to 4:30 p.m. at the Yorba Linda Community Center. Tickets are \$5.00 at the door. Light refreshments will be served. Doors will open at 1:00 p.m. and refreshments begin at 1:30 p.m.



Monster Mash Halloween Bash

Sunday, October 9
Music by The Jim Gilman Band

HALLOWEEN COSTUME CONTEST!



Holiday Hoedown

Sunday, December 18
Music by Country Plus

GET IN THE HOLIDAY SPIRIT!



Monday Movie Matinees

2nd & 4th Mondays, 12:30 p.m., Imperial Room

Enjoy the big-screen movie experience for FREE! Come to the Senior Lunch Program at 11:30 a.m. and stay for the movie! Or just show up for the movie after lunch! Light refreshments will be served.



October 10

Now You See Me (2013)

Crime/Mystery/Thriller (PG-13) 1 hr, 55 min
Starring: Jesse Eisenberg & Woody Harrelson



November 28

Hail, Caesar! (2016)

Comedy/Mystery (PG-13) 1 hr, 46 min
Starring: George Clooney & Josh Brolin



October 24

Now You See Me 2 (2016)

Drama (PG) 2 hrs, 9 min
Starring: Jesse Eisenberg & Woody Harrelson



December 12

Love the Coopers (2015)

Comedy/Holiday (PG-13) 1 hr, 47 min
Starring: Steve Martin & Diane Keaton



November 14

Zootopia (2016)

Animation/Adventure (PG) 1 hr, 48 min
Starring: Ginnifer Goodwin & Jason Bateman

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Medicare has neither reviewed nor endorsed this information. By calling this number you will be directed to a licensed insurance agent.

Senior Center Classes

The City of Yorba Linda offers a variety of classes for adults ages 50 and older. Classes offer unique opportunities for older adults to meet new people, master new skills, and stay mentally and physically fit. Course dates, fees, and registration procedures vary; please refer to the course descriptions for more information. For contract classes (marked with an asterisk *), there is a \$3.00 non-resident fee per class. For more information about any course or registration procedures, please call the Community Center at (714) 961-7181.

CREATIVE ARTS

Knitting, Crochet, & Needlecraft

Learn to craft beautiful knitted and crocheted items. Students create a wide variety of one-of-a-kind items, including decorations for the home, accessories, and clothing for babies, children, and adults. *FREE, register in class with instructor.*

Instructor: Rosalin Carlson (Older Adults Program)

Thursdays, 1:00-3:00 p.m., Ongoing

No class will be held 11/24, 12/8, 12/15, 12/22, 12/29, & 1/5.

Oil Painting

Learn the basics of oil and acrylic painting. Students will have the chance to work at their own pace to create their own masterpieces and to exhibit their artwork at an art show each fall. *Free, register in class with instructor.*

Instructor: Marta Bacon (Older Adults Program)

Wednesdays, 9:00-11:00 a.m., Ongoing

No class will be held 12/7, 12/14, 12/21, 12/28, & 1/4.

Quilting

A lecture-style class for first-time quilters and seasoned stitchers! *Free, register in class with instructor.*

Instructor: Larene Smith (Older Adults Program)

Fridays, 9:00-11:00 a.m., Ongoing

No class will be held 9/30, 11/11, 11/25, 12/9, 12/16, 12/23, 12/30, & 1/6.

Senior Chorus

Join this group of singers of all experience levels! The group practices at the Center weekly and performs at local venues throughout the year. *Free, register in class with instructor.*

Instructor: Mark Hamilton (Older Adults Program)

Tuesdays, 12:30-2:30 p.m., Ongoing

No class will be held 12/6, 12/13, 12/20, 12/27, & 1/3.

Watercolor Painting

This class offers an individualized approach to learning painting and artistic expression at your own pace and within your interest and style. Students will learn techniques in drawing, brush strokes, color mixing, and application. *Free, register in class with instructor.*

Instructor: Eileen Clary (Older Adults Program)

Mondays, 9:00-11:00 a.m., Ongoing

No class will be held 12/5, 12/12, 12/19, 12/26, & 1/2.



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EDUCATIONAL



Introduction to Computers & Internet Usage for Seniors*

Never touched a computer? Maybe you did, but you felt confused? It's never too late to learn! Explore the basic skills to enrich your knowledge and understanding of the basic terminology. Our hands-on practice can accelerate the process of students' mastery of computer learning, and make learning easy and fun! Students will explore the online world, set up a free email account, surf the internet, and learn how to use search engines. *Register at the front counter or online.*

- A \$10.00 material fee is payable to the instructor at the first class
- Laptop will be provided in class

Instructor: AGI Academy
Thursdays, 10:45-11:55 a.m.
\$107 (6 meetings)
#8708 9/22-10/27
#8709 11/3-12/15
No class will be held 11/24.

Mature Driving*

Lecture-style classes designed for licensed drivers age 55 and older who wish to qualify for a reduced insurance premium or students who wish to brush up on traffic laws and safety techniques in preparation for the driver's license renewal exam. A certificate of completion will be awarded as evidence of attendance. Classes are held over a two-day period; participants must attend both days to receive the certificate of completion. Students who are taking the test to prepare for their license renewal are encouraged to pick up a copy of the California Driver's Handbook to bring to class. The handbook is available for pick-up at any DMV location or the Yorba Linda Public Library. *Free, register at the front counter or call (714) 961-7181.*

Instructor: Ray Clifton (OAP)
Wednesday & Thursday, 1:00-5:00 p.m.
October 19 & 20



Starting a Home-Based Business

Do you make crafts, paint, create jewelry, or have another project that you love working on? Join us once a week to learn about Home-based business elements, which will include marketing, finance, self-management skills, available resources, and the Small Business Administration. There is no obligation to start a business, but students will receive plenty of information about how to operate should you decide to launch your own business! *Free, register in class with instructor.*

Instructor: Lauren Lange-Goldstein (OAP)
Thursdays, 2:00-4:00 p.m.

September 15-December 1

(Students may join after start date, pending availability)

No class will be held 11/24.

NEW! Staying Mentally Sharp

Join us for this exciting new class where students will use fun, computer-based **Brain HQ** exercises that are specially designed by Posit Science. Along with lecture and discussion, students in this class will sharpen their senses, resulting in a noticeable impact on memory, thinking, and focus! Exercising the brain is a key to healthy and successful aging. The Brain HQ program is one of the best ways to improve your brain health—the results include benefits in attention, memory, brain speed, people skills, and navigation! *Free, register in class with instructor.*

Instructor: Lynda Gunderson (OAP)
Mondays & Wednesdays, 12:00-2:00 p.m.

Session I: September 12-October 19

Session II: October 24-November 30

(Students may join after start date, pending availability)





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FITNESS



Chair Yoga*



Chair yoga is the answer for people with limited mobility, limited strength, or mild disabilities. In this gentle therapeutic practice the chair will provide support in standing and sitting postures. We will decompress the spine, increase range of motion while lubricating our major joints, and release tension in the neck and shoulders. Make this class a part of your weekly schedule to help you slow down the aging process and prevent future injuries.

- Students will need to bring a yoga mat and two beach towels to class.

Instructor: Noelle Sumaya, RYT-500, YTRx—500C

Tuesdays, 11:00 a.m.-12:00 p.m.

\$71 (8 meetings)

#8718 8/30-10/18

#8719 10/25-12/13

\$127 (16 meetings)

#8720 8/30-12/13

Hatha Yoga with Mikki*



This Iyengar-style Hatha Yoga class emphasizes alignment, awareness, and deep breathing in order to develop strength, flexibility, mental focus, and physical balance, and helps bring calmness to the nervous system. Yoga props are used for individual modification to facilitate a therapeutic practice. All students must be barefoot. All levels welcome. Students will need to bring a yoga mat and three solid, firm blankets. Two yoga blocks are recommended. Register at the front counter or online.

Instructor: Mikki Michele

Mondays, 1:00-2:30 p.m.

\$57 (8 meetings)

#8707 8/29-10/24

#8717 10/31-12/19

Health & Wellness



Get in shape with this low-impact aerobics class. You will increase cardiovascular endurance, tone muscles, and increase flexibility. The Monday and Friday classes consist of primarily standing exercises and the Wednesday class includes mostly chair exercises using resistance bands. Free, register in class with instructor.

Instructor: Josh Linen (OAP)

Mondays, 9:00-11:00 a.m., Ongoing

Instructor: Cathy Underwood (OAP)

Wednesdays, 9:00-11:00 a.m., Ongoing

Instructor: Janine Wotring (OAP)

Fridays, 9:30-11:30 a.m., Ongoing

No class will be held Mondays, 9/26, 10/3, 12/5, 12/12, 12/19, 12/26, and 1/2, Wednesdays, 12/7, 12/14, 12/21, 12/28, and 1/4, and Fridays, 9/30, 10/7, 12/9, 12/16, 12/23, 12/30, and 1/6.

Healthy Balance with Dan



Balance is a control system that enables us to maintain our vertical position in space. When a person says "I lost my balance" what is actually being described is a breakdown in interaction among various components of the balance system. The tangible sense of "balance" that we experience is a synergy that results from the combination of balance system components. A basic understanding of the balance control system can help us lower the risk of falling. This class will address factors involved with falling, how balance works, and techniques to keep you safe and mobile. For more information, please visit www.DanLayne.com. Free, register in class with instructor.

Instructor: Dan Layne (Older Adults Program)

Wednesdays, 2:00-3:30 p.m., Ongoing

No class will be held 11/9, 12/7, 12/14, 12/21, 12/28, and 1/4.

Line Dancing—Beginner & Advanced

Come join the fun! You will learn basic line dance steps and routines set to music! Class fee is payable at the front counter prior to each class meeting.

Instructor: Laurene Schulze, Wednesdays

Beginner: \$2/class, 12:20-1:00 p.m., Ongoing

Advanced: \$4/class, 1:00-2:30 p.m., Ongoing

No class will be held 11/23.

Longevity Stick Exercise



The Longevity Stick regimen incorporates a series of twelve movements designed to improve balance, flexibility, strength, mental focus capacity, and vitality. This class is perfect for all fitness levels. A stick will be provided for first-time students and instructors can provide information about how to obtain their own stick if they decide to continue. Free, no registration needed.

Instructor: Mary Hori & Volunteers

Tuesdays & Thursdays

Session I: 8:00-9:00 a.m., Ongoing

Session II: 9:15-10:15 a.m., Ongoing

Class will be held outside Tuesdays, 9/27 & 10/4 and Thursdays, 9/29 & 10/6. No class will be held Thursday, 11/24.

Maintain Your Health with Dan

Experience the physical and emotional benefits of Tai Chi. All levels of experience are welcome. *Free, register in class with instructor.*

Instructor: Dan Layne (Older Adult Program)

Tuesdays & Thursdays, 10:30 a.m.-12:30 p.m., Ongoing
No class will be held Tuesdays, 9/27, 10/4, 12/6, 12/13, 12/20, 12/27, & 1/3 and Thursdays, 9/29, 10/6, 11/24, 12/8, 12/15, 12/22, 12/29, & 1/5.

Stand Tall*

“Just go out and exercise to build strong bones!” is a phrase often heard from trainers and exercise specialists. However, evidence shows that some exercise can be dangerous to your bones and may even cause a fracture. Discover that the components of spine strength involve more than bone density. You will benefit from the most recent research and receive a specific exercise routine you can implement immediately. *Register at the front counter or online.*

- Please bring a yoga mat and two beach towels to class.
- Students will be on the floor.

Instructor: Claire Stowell, MPT

Tuesdays, 9:15-10:15 a.m.

#8711 9/13-10/4
#8712 10/11-11/1
#8713 11/8-12/6

\$82 (12 weeks)

#8714 9/13-12/6

No class will be held 11/22.

Zumba Gold*

The easy-to-follow program that lets you move to the beat at your own speed! It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold classes provide modified, low-impact moves! Instructor Teri Westergren is a certified member of the Aerobics and Fitness Association of America and has been teaching Zumba Gold since 2011. Come join the dance party! *Register at the front counter or online.*

Tuesdays, 1:30-2:30 p.m.

Instructor: Terri Westergren

\$52 (5 weeks)

#8715 8/30-9/27
#8716 10/4-11/1
#9027 11/8-12/6



NEW! December Fitness DVDs

Stay fit during the holidays and try out some new fitness routines! We will be sampling a variety of fitness DVDs to replace Joshua and Janine's Health and Wellness classes during the Older Adult Program holiday break! The DVDs will be shown on the big screen in the Yorba Room so everyone can enjoy!

**Mondays and Fridays,
9:00-10:00 a.m.**

Mondays, 12/5, 12/12,
and 12/19

Fridays, 12/9 & 12/16



Aimely Villa
Board & Care
Yorba Linda

What We Offer:

- 24-hour daily supervision
- Hospice certified
- Transportation to appointments
- In-home podiatry
- In-home x-ray and lab services
- Bathing, bathroom assistance, dressing, grooming, personal hygiene, and incontinence care
- Organized daily activities
- Laundry service and housekeeping
- Full dining services
- Medication management and oxygen administration

4712 School Street
Yorba Linda, CA 92886
(714) 553-9977
aimelyvilla@gmail.com
Lic # 306004739



Be the first to receive each issue of the *Senior Bulletin!*

Subscribe to the email distribution list by calling the Community Center at (714) 961-7181 or stop by the front counter. The *Senior Bulletin* is also available on the City of Yorba Linda's website, www.ci.yorba-linda.ca.us.

Senior Lunch Program

Presented by SeniorServ and the City of Yorba Linda

Lunch is served Monday, Tuesday, Thursday, and Friday at 11:30 a.m. and Wednesdays at 11:15 a.m. There is a \$3.00 suggested donation for seniors 60 years and older and a \$5.00 fee for guests 59 and younger. Pick up a monthly lunch menu at the Yorba Linda Community Center or follow the menu link on the City of Yorba Linda website.

Monthly Birthday Lunches



Reservations are required for birthday lunches. Tickets are a \$3.00 donation and can be purchased in the lunch room. **Please purchase your ticket early as they sell out quickly.**

Make sure to notify staff if it is your birthday month so you can be recognized with a special balloon!

**Haunted Halloween



October Birthday Lunch

Friday, October 28, 10:45 a.m.

Entertainment by: **MIDNITE SPECIAL**

Tickets go on sale Friday, October 7 @ 9:00 a.m.

**THANKSGIVING



November Birthday Lunch

Friday, November 18, 10:45 a.m.

Entertainment: **Tribal Dance by Ben Hale**

Tickets go on sale Friday, November 4 @ 9:00 a.m.

**Happy Holiday

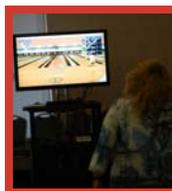


December Birthday Lunch

Friday, December 16, 10:30 a.m.

Entertainment by: **Jaxx & Jacobson**

Tickets go on sale Friday, December 2 @ 9:00a.m.



Wii Bowling

1st Thursday of the month &
3rd Tuesday of the month

12:30-2:00 p.m., Imperial Room

Socialize and enjoy the fun of bowling without leaving the Community Center! Spectators, cheerleaders, and new players are always welcome! Light refreshments will be served. **October 6 & 18, November 3 & 15, and December 1 & 20.**



Karaoke, Dancing, & Dessert

2nd Thursday of the month,
12:30-2:00 p.m., Imperial Room

Sing your favorite songs and dance the afternoon away, or just sit back and enjoy the music! Light refreshments will be served. **October 13, November 10 and December 8.**

Thank you to our Community Partners

For their support of the Senior Lunch Program and special events held during the past quarter.

Aetna/AGA

Medicare Options
Orange County

John Taylor

(714) 390-5014

(714) 777-3208

DialMED

HomeCare

Home Care Services
Fullerton

(714) 869-0300

Applied General Agency

Medicare Options
Orange County
Sue Zanayed

(714) 904-8191

Support Your Local Lunch Room



Enjoy coffee, tea, and cocoa in the Senior Lunch Room 9:00 a.m. to noon Monday through Friday. For 50 cents, you will enjoy a hot beverage, a complimentary bakery item, and the company of others.

* **Special Thank You to Anna &** *
* **Ram Reddy, Keiko Hannus, Eileen** *
* **Oldenburg, and Micky LaCasa for** *
* **their individual contributions!** *

Human Services Programs

The Yorba Linda Community Center offers a variety of Human Service programs, as well as referrals to local services. To reserve a space in any of the programs below, or to inquire about a service, please call the Community Center at (714) 961-7181.

Senior Grocery Program

1st & 3rd Thursday of the month*, 8:30-9:30 a.m.

In partnership with Second Harvest Food Bank of Orange County, the Yorba Linda Parks and Recreation Department offers the Senior Grocery Program, a twice-a-month “pop-up market” where senior attendees can select from various grocery items, including fresh produce, dairy, deli meats, eggs, and canned goods! No registration is required and there are no income requirements. **Thursdays, October 20, November 3 & 17, and December 8* & 22.**

**If the 1st of the months falls on a Thursday, the program will be held the following week. No meeting will be held on October 20.*

Tips for Success at the Senior Grocery Program:

- Heavy or bulky items may be distributed; 3-4 reusable grocery bags are recommended per person. A personal cart is also recommended.
- Attendees will receive a number in the order they arrive. This will be the order food is distributed. Doors open and numbers are distributed beginning at 7:30 a.m. Distribution begins at 8:30 a.m.
- Refrigerated/perishable items will be distributed. Plan to head straight home to drop off your refrigerated items.
- Distributed items are at, or close to, their “sell by” date. Items should be checked carefully for freshness before consuming.



Senior Health Outreach & Prevention Program (SHOPP)

SHOPP is a County of Orange, Health Care Agency community outreach and home visitation program for low income, uninsured, underinsured or underserved adults over the age of 45. Services provided include health screenings, behavioral health assessment, intervention, case management, and education. For more information about SHOPP, please call (714) 972-3700. **SHOPP has replaced the preventative health program provided by Nurse Lori. Thank you to Nurse Lori for her many years of service to the community!**

HICAP (Health Insurance Advocacy Program)

The Orange County Council on Aging’s Health Insurance Advocacy Program (HICAP) offers unbiased individualized counseling, community outreach, and public education about Medicare and other related health insurance topics. HICAP counselors are state-registered staff and volunteers, trained to answer your health insurance questions free of charge. **Appointments are available Mondays, October 3 & 17, November 7 & 21, and December 5 & 19. Have a Medicare question but don’t have time to make an appointment? Call the local HICAP Hotline at (714) 560-0424.**



“Heart Healthy”

3rd Tuesday of the month, 10:30-11:30 a.m.
Presented by Placentia-Linda Hospital



Placentia-Linda Hospital is excited to bring you a monthly heart-healthy education program, which will include free blood pressure monitoring, wallet blood pressure and medication cards, and education on keeping your heart healthy for your best quality of life. Each meeting will be an informal setting formatted as a “meet and greet” with Judith Kerns, RN, MSN, and doctoral candidate. Judith will perform blood pressure checks at each meeting and allow participants to ask any heart health questions. For more information, please call the Community Center at (714) 961-7181. **Tuesdays, October 18, November 15, and December 20.**

Helpful Phone Numbers

- AARP
(866) 448-3615
- Council on Aging—Orange County
(714) 479-0107
- Eldercare Locator
(800) 677-1116
- HICAP
(714) 560-0424
- Meals on Wheels
(Serving Yorba Linda, Placentia, & Anaheim Hills)
(714) 524-5056
- OC Caregiver Resource Center
(714) 578-8670
- OC Office on Aging
(800) 510-2020
- OC Social Services
(714) 575-2400
- OCTA Access
(877) 628-2232
- Older Adults Program
(714) 808-4909
- SHOPP (Senior Health Outreach & Prevention Program)
(714) 972-3700
- Social Security Administration
(800) 772-1213
- St. Jude Transportation
(714) 446-5473
- Yorba Linda Senior Travel
(714) 961-7187
- Yorba Linda TRAILS
(714) 528-7433

TRAILS

Taking Retired Adults into Local Services

Tuesdays, Wednesdays, Thursdays, & Fridays
8:00 a.m.- 4:00 p.m.



The City of Yorba Linda, in partnership with the Orange County Transportation Authority, provides a low-cost, door-to-door, wheelchair-accessible transportation program for

seniors age 60 and older. Transportation is provided within Yorba Linda as well as a one-mile radius outside city limits. Transportation is available Tuesdays, Wednesdays, Thursdays, and Fridays from 8:00 a.m. to 4:00 p.m. Contact the Yorba Linda Community Center at (714) 961-7181 to enroll.



Eligibility Requirements

- Seniors 60 and older who are residents of Yorba Linda are eligible to use TRAILS.
- Non-residents may also utilize the service, provided they are dropped off and picked up at the Yorba Linda Community Center to be taken to local services within service parameters.

Registration Information

- All riders must be pre-registered through the Yorba Linda Community Center.
- Registration forms can be obtained at the Community Center or online at www.ci.yorba-linda.ca.us. You may also call (714) 961-7181 to have a form mailed to your home.
- Registration forms may be submitted in person at the Yorba Linda Community Center or by mail.

**Registered TRAILS Riders, please call
(714) 528-RIDE (7433)**



Financial Corner

By Jack Patrona, Senior Club Treasurer

Issue II: *Selecting a Financial Advisor*

There are many factors to consider when selecting a financial advisor. Here are some key ones:

1. Make sure your advisor is in good financial standing with applicable industry regulators. Google "broker check" and "advisor check" to find websites with this information. You should find qualifications and employment history, plus any disclosures regarding fines.
2. Google the person and company name using key words such as **complaints, reviews, discipline, fine, conviction, reprimand**, etc. You may find items unrelated to their financial business, such as domestic violence, personal bankruptcy, DUIs, or other felonies.
3. Ask your more discriminating friends about their experiences with financial advisors. The best advisors do little advertising and obtain most of their business through "word of mouth."
4. Be careful about what's called "affinity marketing." This is when a company or advisor takes advantage of our natural trust in folks who appear to be members of our own religion, culture, or social circles. We lower our guard and do not do all the investigating we should before getting involved. You are all familiar with the most egregious example of this: Bernie Madoff. However, don't forget that it usually happens on a much less grandiose scale right in our own neighborhoods.

You need to do at least as much research on the person you are considering for financial guidance as you would when buying a car or choosing a place to retire. More would be better.

Do not skip any of the above steps. Do not go directly to step 3. Pay attention to what your friends say, **but verify**.

Karen
PONCE

"Your best interest is my top priority"



(949) 354-1880

karen@karenponcehomes.com

CalBRE #01458043



karenponcehomes.com

Yorba Linda Senior Club

P.O. Box 485
Yorba Linda, CA 92885
(714) 961-7187

www.YorbaLindaSeniorCitizensClub.org

Your 2016 Senior Club Executive Board

President	Wally Stairs	(714) 469-5994
Vice-President	Norie Atherton	(714) 743-1075
Secretary	John Foley	(714) 287-8547
Treasurer	Jack Patrona	(714) 970-2511
Ex-Officio President	Ken Head	(714) 528-3636

Senior Club Monthly General Meeting & Luncheon

Join the Senior Club for a monthly meeting and luncheon on the 2nd Tuesday of each month. Tickets are \$8.00 for Club members and \$9.00 for non-members. Price includes entertainment and a catered lunch. Purchase your ticket in advance at the Community Center front counter by 3:00 p.m. on the Friday prior to the luncheon. Doors open at 11:00 a.m., announcements begin at 11:50 a.m. and lunch begins at noon.



October Luncheon

Tuesday, October 11

Menu: Bratwurst with sauerkraut served on a bun with orange-glazed baby carrots, green salad, and dessert.

Catering provided by Keno's

Entertainment provided by Two for the Show



November Luncheon

Tuesday, November 8

Menu: Turkey with mashed potatoes and gravy, cranberry sauce, vegetables, green salad, and dessert.

Catering provided by Keno's

Entertainment provided by Philip Parke



December Luncheon

Tuesday, December 13

Menu: Baked ham with raisin sauce served with yams, vegetables, green salad, buttered rolls, and dessert.

Catering provided by Keno's

Entertainment provided by Yorba Linda Senior Choir

2017 Senior Club Membership

Don't forget to renew your Senior Club membership for the new year! Membership renewals for 2017 will begin at the Wellness Expo on Saturday, October 22. Visit the Senior Club booth to renew your membership!

PRESIDENT'S MESSAGE

Hello to all,

Well, our summer had some great events and programs. It looks as though our fall calendar will be very busy, also.

The Senior Wellness Expo on October 22 is a good time to get your flu shot and renew your Yorba Linda Senior Club membership at the same time. Remember, our entry age is fifty years young and you can get all the discounts for seniors as you will have your membership card.

The calendar is getting pretty full! A trip to Julian, the Haunted LA Tour, daylight's savings time ends, Election Day, Veterans Day, a Laughlin three-day trip, Thanksgiving, Riverside Mission Inn, the winter program at the La Mirada Playhouse, the first day of Winter, and Christmas Day.

We are looking for some help as our Historian/Dances Chairwoman needed to retire due to health problems. Please contact me at (714) 469-5994 or Ken Head at (714) 528-3636 if you are interested in taking on one or both of these roles.

As you may remember the Chairwoman of our travel group retired the end of July. We have not been able to find someone new to join our travel group. It would be best if you have some experience in group travel and computer skills. If you are interested, please call our travel office at (714) 961-7187.

Happy trails to you,

Wally Stairs

Senior Club Activities

Bingo is played every Wednesday. Doors open at 10:00 a.m. and games start at noon. Cost is \$1.00 per card plus \$0.25 for non-members. Power Ball cost is \$1.00. Special cash prizes for Power Ball and raffle are awarded to Senior Club members only.

Bridge is played on various days and times; please check the calendar for details. Cost is \$2.00 plus \$0.25 for non-members. Please note that \$1.00 of the fees is used for a yearly luncheon.

For additional activities presented by the Senior Club, see pages 2-3 and look for "SC."

Senior Club Travel Information

Phone Number (714) 961-7187 (Monday-Wednesday, 9:00 a.m.-3:00 p.m., Closed Thursday & Friday)

Travel volunteers take lunch at approximately noon. Please call ahead if you are coming around lunch time.

- All new trips will go on sale the 1st of each month, **IF** the 1st of the month falls on a Monday, Tuesday, or Wednesday.
- **IF** the 1st falls on a Thursday or Friday, the trips will go on sale the following Monday.
- No phone calls regarding registration on these trips will be accepted before 1:00 p.m.

<u>Day</u>	<u>Date</u>	<u>Trip</u>	<u>Price</u>	<u>On Sale</u>
Thursday	October 13	Julian Apples & Mining	\$51.00	Now
Thursday	October 27	Tucker Tour - Haunted Los Angeles	\$75.00	Now
Tues.-Thurs.	Nov. 15-17	Laughlin - Riverside	\$125 dbl/\$150 sngl	Now
Sunday	November 27	A Christmas Carol at South Coast Repertory	TBA	October 3
Thursday	December 1	Holiday Lights at the Mission Inn	TBA	November 1
Thursday	December 15	The Young Americans' Magic of Christmas at the La Mirada Playhouse	TBA	November 1

Reservations:

1. Reservations are on a "first come, first served" basis. Only Senior Club members may purchase tickets on the first day a trip goes on sale. There is a limit of four (4) tickets per event for each member on the first day.
2. The receipt you receive when paying for your ticket will have your seat number in the right hand corner. Be sure to complete the emergency information, including cell phone number, and bring it with you on the trip.
3. Make reservations early. The Club reserves the right to cancel any trip that falls below minimum operation number.
4. Any person making a reservation should be in good physical health, not requiring any unusual help from the driver or escort. A limited number of wheelchair spaces are available, based on a first-come, first-served basis.
5. All the reservations must be paid within the week or will be cancelled.

Cancellation:

1. Ticketed Events: When tickets to an event are involved, and you are unable to make the trip, there will be no refund unless the tickets can be resold.
2. Day Trips: Cancellations must be made 24 hours prior to departure. Your receipt must be returned within 10 days to receive a refund.
3. Long Trips: On cancellations of a long trip, **only recoverable funds will be returned.** There will be a \$100 deposit per person required on trips more than three (3) days. The Yorba Linda Senior Club acts solely as an agent in arranging sightseeing trips, hotels, transportation, and other services and does not assume any responsibility for injury, loss, accident, damage, or delay due to any act or default of any company or person.

Yorba Linda Senior Club Contact Information

Bakery Donations

Tony Fillipello 692-2239

Bingo

Betty Hirsch 524-9154
Ruth Vaillancourt 524-0949
Elaine Todd 970-7073

Bridge Director/Duplicate Bridge

Dianne Hancock 345-2707

Bridge Lessons (Mondays)

Sheri Kirby 496-7577

Bridge Lessons (Thursdays)

Carol Hellebrand 693-0970

Bridge-Party

Mary Ann Clay (Mon) (562)690-8153
Roy Jones (Thurs) (714) 282-3221

Property Audits

Dennis Wells 529-4673

Bunco

Jolene Johnson 306-1276

Canasta

Barbara Patterson 310-4655

Community Outreach

Ken & Irene Head 528-3636

Cribbage

Jackie Bunch 283-4900

Dances

Mariko Querin 528-8811

Decorations

Sue Stairs 524-6709

Entertainment

Norie Atherton 743-1075

Hand & Foot

Simone Bauer (Tues) 289-9188
Jean Monte (Thurs) 281-1337

Health Concerns

Bill Fratzke 401-2687

Historian

Mariko Querin 528-8811

Mahjong (Chinese)

Dorian Hunter 738-3906

Membership

Pat Hausman 528-4248

Monthly Luncheon

John Foley 779-1472
Mary Lou Hockensmith 693-1841
Gini Wolf (515) 729-1946

Pinochle

Joanne Discher 996-1970

Procedures & Bylaws

Paul White 970-6997
Carl Brick 529-4673

Supplies

Joanne Discher 996-1970
Carl Brick 529-4673

Travel

Billie Smith 961-7187

Webmaster

Kathy Patrona 970-2511

PLEASE PRINT

Yorba Linda Senior Citizens Club
Membership Application 2017

MUST BE 50 YEARS OR OLDER

Date: _____

Name (s): _____

Address: _____ City: _____ Zip: _____

Phone: _____ Email: _____

Amount Enclosed (\$10.00 each) _____ Make checks payable to Y.L. Senior Citizen's Club

Emergency Contact # _____ Name & Relationship: _____