



# Senior Programming Overview



# Our Schedule at a Glance

These are classes that are offered to seniors throughout the year.

## Monday

10:00 - 11:50 AM  
Health and Wellness

12:00 PM  
Senior Lunch

## Tuesday

9:30 - 10:30 AM  
Tai Chi

8:30 - 10:20 AM  
Health and Wellness

12:00 PM  
Senior Lunch

1:00 - 2:00 PM  
Table Tennis

## Wednesday

10:30 - 11:50 AM  
Bingo

12:00 PM  
Senior Lunch

12:45 - PM  
Senior Movie

## Thursday

9:00 - 10:50 AM  
Health and Wellness

10:00 - 11:00 AM  
T.O.P.S.  
(Taking Off Pounds Sensibly)

10:30 - 11:50 AM  
Bingo

12:00 PM  
Senior Lunch

## Friday

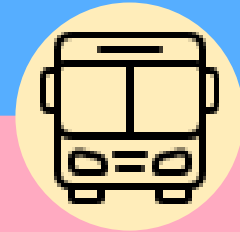
9:30 - 10:30 AM  
Tai Chi

12:00 PM  
Senior Lunch

12:30 - 2:20 PM  
Painting With Israel

# Resources and Services

**These are free services offered to seniors.**



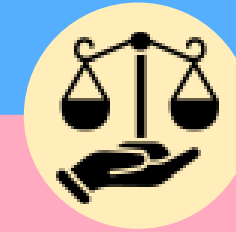
## **La Habra “Ride With Pride” Shuttle Service**

Senior Shuttle Service for Activities at the community center and the MOWOC Senior Lunch Program.



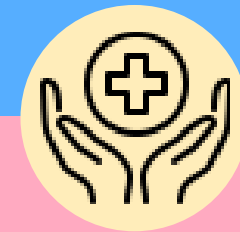
## **La Habra Car Service**

Senior Car Service for Grocery shopping in La Habra or medical appointments in Orange County, PIH Whittier, and the VA Hospital in Long Beach.



## **Legal Aid**

Meet with a Paralegal for free consultation on legal matters.



## **HICAP**

For those who have questions about Medicare, HICAP (Health Insurance Counseling and Advisory Program) provides free, unbiased, individualized counseling on Medicare and related health insurance topics.



## **AARP Tax Services**

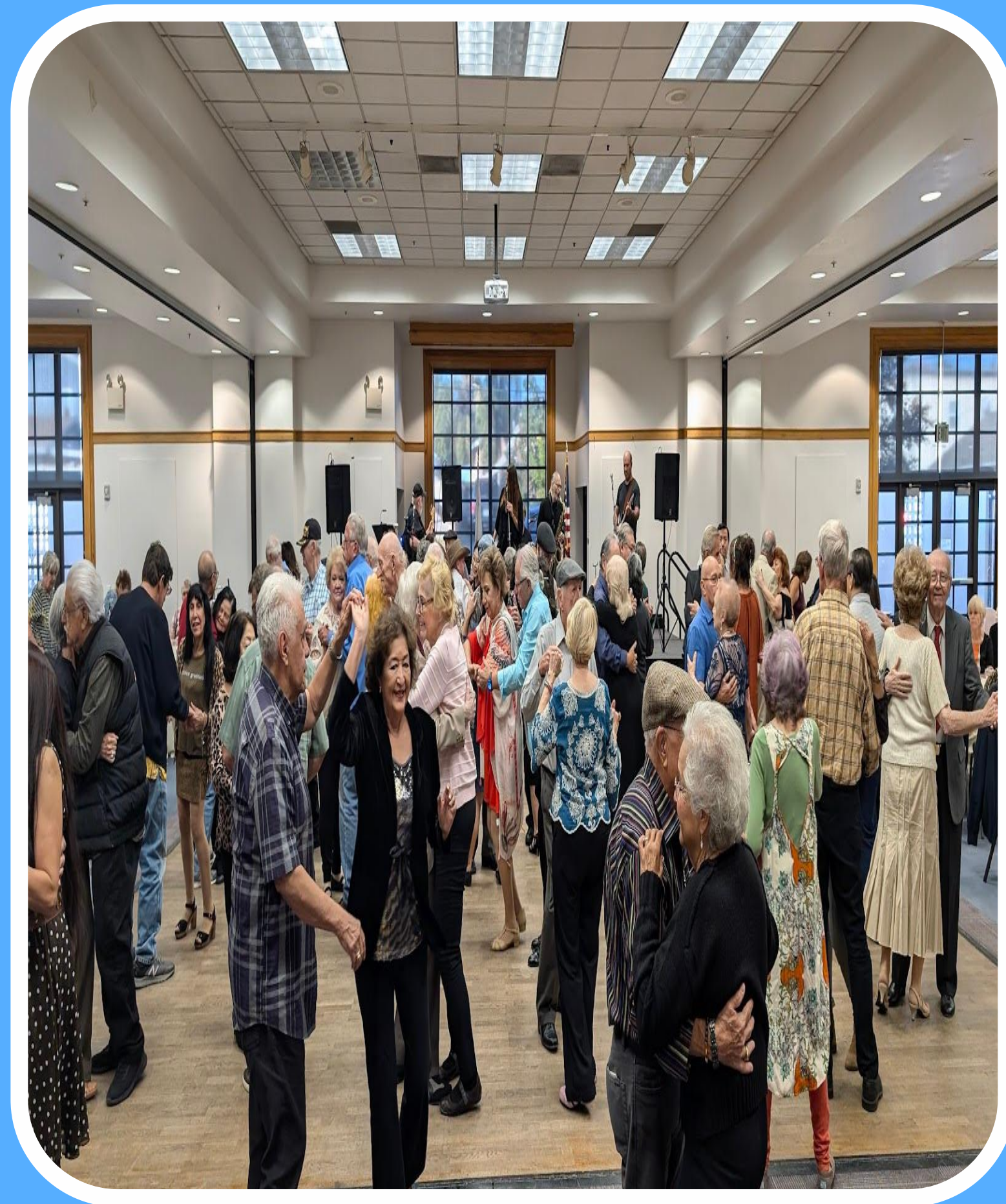
AARP will be provided free tax services from February 7th through April 11th on Friday mornings by appointment only.

# Monthly Senior Dances

Once a month we host a senior dance that includes:

- Dinner & Dessert
- Live Music & Dancing
- Photobooth & Raffles

Sponsored by the La Habra Host  
Lion's Club



# Health Lectures & Screenings



## Health Lectures

- **Heart Disease & Stroke Prevention**
- **Polypharmacy**
- **Overcoming Sleepless Nights**
- **Neurodegenerative Diseases**
- **Diabetes**
- **Strategies to Prevent Malnutrition**
- **Heart and Stroke Prevention**
- **And more!**

## Health Screenings

- **Pulmonary Lung Function Screening**
- **Blood Pressure Screening**
- **Dermascan**
- **Grip Strength**
- **Carotid Artery**
- **Bone Density**

# Partnership with VCC the Gary Center and the La Habra Collaborative



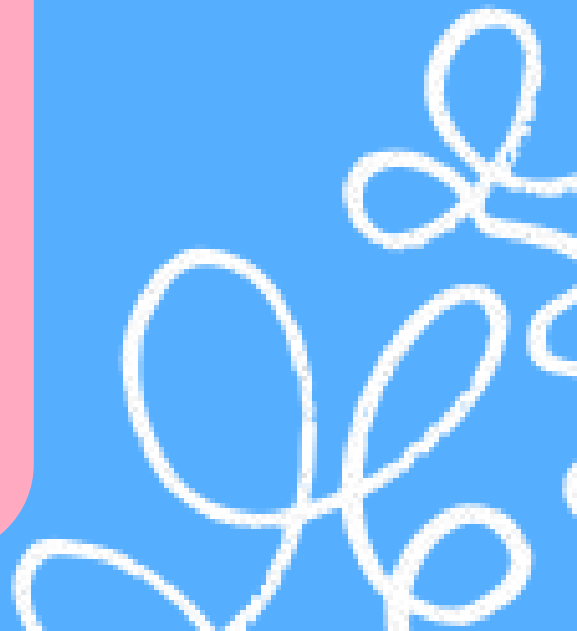
## VCC Mobile Wellness Unit

**At the Community Center every Tuesday  
from 9am - 3:30pm to provide services such  
as:**

- Routine medical Care
- Care for chronic conditions
- Pediatric care
- Breast / Cervical Cancer Screenings

## VCC Mobile Market

**At the Community Center twice a  
month. This service provides seniors  
with free groceries and household  
items.**



# New This Year

## The Golden Times Senior Newsletter

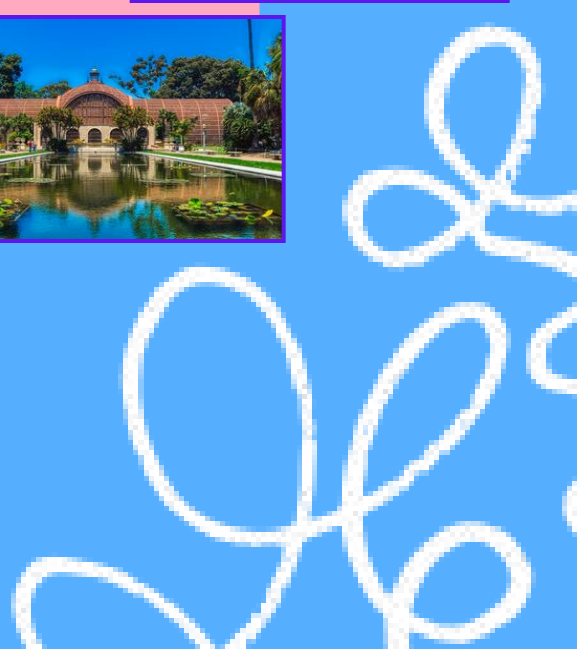
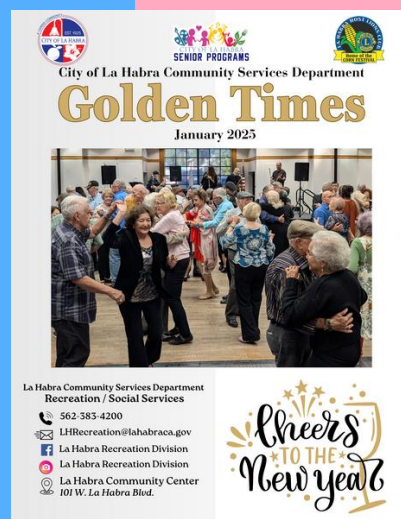
Monthly Newsletter for seniors.

Includes all senior resources, classes, activities and programming.

## Trips & Tours

Trips & Tours are back! Trips have included:

- Pechanga Casino (February 12th)
- Solvang (March 12th)
- San Diego (April 26th)





# Other Upcoming Events

**Senior Advocacy  
Committee**  
Quarterly

**PastaFest**  
August 9th

**Senior Health Week**  
November 3rd -  
7th

**Senior Health And  
Wellness Fair**  
November 7th





# For Questions and Suggestions

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