



MISSION VIEJO
Make Living Your Mission

Fall 2016

Life

*Marguerite
Tennis Pavilion*

Nov. 2-6

UNIQLO

Wheelchair

Doubles

Masters



Community Events, Recreation and Classes in Mission Viejo

FALL 2016

1-5

SPECIAL EVENTS, COMMUNITY EVENTS & EXCURSIONS

6-9

YOUTH CLASSES

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FITNESS & AQUATICS

ABOUT THE COVER



Featured on the cover is 2016 French Open and Wimbledon Doubles Champion Jordanne Whitley - #4 Paralympic wheelchair tennis player in the world.

See her and other world-champion athletes in action at the Marguerite Tennis Pavilion as they compete in this year's tournament November 2-6. For more information, visit page 1.

Photographer: Steve Wylie

REGISTRATION INFORMATION

EVENTS, EXCURSIONS & CLASSES

Walk-In

Norman P. Murray Community and Senior Center
24932 Veterans Way
470-3062

Online

econnect.cityofmissionviejo.org

Payment

Visa / MC, Cash or Check (payable to City of Mission Viejo)

Refund Policy

No refunds or credits will be issued unless the City cancels a City-sponsored activity. Refunds will be issued to the individuals listed on the City receipt confirmation form.

SPECIAL EVENTS

SATURDAY SEPT 17

8:00 am – Noon

Inner-Coastal Clean Up Day

Volunteers can help collect trash and debris both in and around Oso Creek as well as in the commercial center next to the creek.

10:00 am – 11:30 am

Home Composting Workshop

Learn how to turn your yard waste and food scraps into valuable organic fertilizer for your garden through composting and vermicomposting.

Oso Creek Trail (Potocki Center lower parking lot)
470-3010 / greenmv@cityofmissionviejo.org



FRIDAY OCT 14

9:30 am / Registration for Golf

11:00 am / Shotgun Start

6th Annual Tee It Up Fore Marines Golf Tournament

The City of Mission Viejo, Mission Viejo Community Foundation and Headquarters Battalion of the 1st Maine Division at Camp Pendleton partner for a fundraiser on the golf course at Camp Pendleton. For more information, visit page 17.

Presented by: 

470-3061 / recreation@cityofmissionviejo.org
www.teeitupforemarines.com

SATURDAY OCT 15

8:00 am / Rally at MVHS

9:00 am / Celebration Fair & Disaster Expo

28th Annual Walk Against Drugs

Kick off the Walk by attending the rally at MVHS stadium. Walk down La Paz Road through the Oso Creek Trail to the Fair and Disaster Preparedness Expo at the Village Green. Free vendor booths & activities, food, music, games and fun!

Norman P. Murray Community and Senior Center
FREE / www.cityofmissionviejo.org/policeservices



SATURDAY OCT 29

3:00 pm - 7:00 pm

Hometown Halloween

Celebrate this fall holiday in glowing style with themed carnival games, crafts, music, and much more from 3:00 pm - 6:00 pm. Then from 6:00 pm to 7:00 pm, it's fun or fright as you travel through our glowing haunted maze.

Norman P. Murray Community and Senior Center
FREE (Minimal charges for some activities) / 768-0981

NOV 2 - 6

10:00 am - 2:00 pm & 6:00 pm - 10:00 pm

UNIQLO Wheelchair Doubles Masters

The world's best wheelchair doubles tennis players will participate in the UNIQLO Wheelchair Doubles Masters. The event features the world's top eight men's pairs, top six women's pairs and top four quad pairs.

Marguerite Tennis Pavilion
859-4348 / www.itfwheelchairdoublesmasters.com



FRIDAY NOV 11

2:00 pm

Veterans Day Observance

On this special day, we honor and remember the men and women of the armed forces. Reception immediately follows.

The City is now seeking applications for its annual male and female Veterans of the Year. For more information, visit page 17.

Norman P. Murray Community and Senior Center
FREE / 470-3062

COMMUNITY EVENTS

FRIDAY SEPT 2

8:00 pm

Mission Armed Forces Football Game

Mission Viejo High School Football and the City will come together to pay homage to veterans, active military and Gold Star families during an annual tribute football game.

Mission Viejo High School (25025 Chrisanta Drive)
\$10 (Adults) / \$5 (Children) / 837-7722 (Mission Viejo High School)

THURSDAY SEPT 8

6:30 pm – 8:30 pm

Vision Plan Community Workshop No. 2

Participants will group around maps and plot ideas for enhancing, changing, and/or maintaining the Core area, considering mobility, natural features such as Oso Creek and topography, activity centers, and development.

City Hall - Saddleback Room
470-3053

SATURDAY SEPT 10

9:00 am – 11:00 am

Take A STAND!

Violence is an epidemic! Take a STAND and attend this special event focused on protecting the children and women in our community. You will learn how to "STAND Against Bullying" and then can take a women's self defense program while your kids take a beginning karate class.

Norman P. Murray Community and Senior Center
470-3062 / \$15 per family / Course #4543

SUNDAY SEPT 11

11:00 am

Patriot Day

The City will host a simple solemn ceremony to honor the men, women and children who lost their lives and the heroes that responded to the catastrophic events of 9/11.

City Hall – Kershaw Garden
FREE / 470-3061

SATURDAY SEPT 17

8:00 am – Noon

Drive-through Document Shred Event

Bring up to 10 file-size boxes of sensitive documents for immediate shredding. Documents must be free from notebooks, bindings, binder clips and paperclips. (Mission Viejo residents & businesses only)

Mission Viejo High School Parking Lot (25025 Chrisanta Drive)
FREE / 470-8433 / crimeprevention@cityofmissionviejo.org

SATURDAY SEPT 17 & OCT 1

Movies in the Park

Parks make life better by bringing families together, so please join us for this free movies in the park series. Movies begin at dusk. Drop off blankets and chairs early. Refreshments are available along with fun games and music. Sponsored by Steve Shloss, CFP, Castle Financial and Real Estate Group.

September 17

"Finding Nemo" (G)
Pavion Park (24051 Pavion)

October 1

"The Lego Movie" (PG)
Napoli Park (27682 Napoli Way)

FREE / 859-4348 / fitness@cityofmissionviejo.org

THURSDAY SEPT 22

4:00 pm – 7:30 pm

Mission Viejo Chamber: Business Expo

Exhibitor registration is available online. The event is open to the public and food samples will be available.

Norman P. Murray Community and Senior Center
470-8409 / www.missionviejochamber.com

WEDNESDAY OCT 19

6:30 pm – 8:30 pm

Low-Cost Pet Vaccination Clinic

The Mission Viejo Animal Services Center will host a public low-cost animal vaccination and microchip clinic for pet owners in Mission Viejo, Laguna Niguel and Aliso Viejo.

Animal Services Center
470-3045



FRIDAY OCT 21

6:30 pm

Astronomy Night

Enjoy a night viewing stars, planets and galaxies with the Orange County Astronomers. Simply bring your passion for the universe.

Norman P. Murray Community and Senior Center
FREE / 470-3062 (Reservations required) / Course #4705

Register: econnect.cityofmissionviejo.org

COMMUNITY EVENTS

LORD OF THE STRINGS

Saturday / 7:00 pm

Sept 24 / Hot Club Nashville

Oct 1 / Mike Chamberlain "Love Songs of WWII" (\$20)

Oct 29 / Ledward Kaapana

Dec 3 / Peppino D'Agostina & Richard Smith / "Fret Melter"

Lord of the Strings concerts present many Grammy Award-winning artists and first-calling studio musicians.

City Hall – Council Chamber

\$30 / 842-2227 / www.lordofthestringsconcerts.com

SUNDAY OCT 23

2:00 pm – 5:00 pm

Pumpkin Diving

Experience the fun of pumpkin diving! For more information, visit page 25.

Sierra Recreation and Fitness Center

\$5 / \$10 at the door

THURSDAY NOV 3

5:00 pm – 7:00 pm

Getting to know your City Officials!

An opportunity to meet your City Council, City officials and department heads in a casual outdoor atmosphere. Enjoy light refreshments from local restaurants and talk with Police Services, library representatives, recreation and community services, finance, I.T., community development, public services, public works and the city clerk.

Marguerite Tennis Pavilion

FREE / 470-3061

SATURDAY NOV 19

8:00 am – 5:00 pm

46th Annual Gifts & Goodies Boutique

This year's event showcases local crafters and artisans offering interesting and exciting handcrafted items for home decor, stocking stuffers or gift giving.

Norman P. Murray Community and Senior Center

FREE / 830-7066 / www.mvactivities.com

DEC 9 & 10

6:00 pm – 7:30 pm / 8:00 pm – 9:30 pm

The Holly Jolly Light Tour

This sells out fast so don't miss it! Enjoy a VIP reception and then tour the Home Lighting Contest displays aboard the warm and comfortable bus.

City Hall

\$10 per person (Tickets go on sale Nov 1) / 470-3062

CULTURAL ARTS

470-8440 / www.discovermissionviejo.com

SEPT 19 – OCT 29

Mission Viejo Photography Exhibit

Come see which photos win the awards this year. Up to 80 artists participating, displaying their beautiful work.

FREE / Mission Viejo Library Gallery

FRIDAY SEPT 9

7:00 pm

Walking Western Ireland

Avid hiker Jenny Rose will share her experiences of trekking across three of Ireland's peninsulas - Dingle Way, Ring of Kerry and Beara.

FREE / City Hall – Council Chamber

SATURDAY OCT 1

7:00 pm

Gilmore Rizzo & Francesca Amari

A Couple of Swells: Duets, Variety, and More!

Enjoy a sentimental journey remembering popular recordings, the incredible duos and the beloved genre of television we called "The Variety Show."

Norman P. Murray Community and Senior Center

\$10 / Course # 4465



SATURDAY OCT 15

7:00 pm / Art Show

8:00 pm / Concert

"Hauntings" featuring the Newgate Chamber Orchestra

Warm up your Halloween spirit by joining Newgate for a night of classic old horror films with live orchestral music. An art exhibit and reception immediately follow the concert.

Fairhaven Memorial Services (27856 Center Drive)

\$10 / \$15 at the door / Course #4710

COMMUNITY EVENTS

FILMS OF CHARACTER

The Community of Character Committee presents films to illustrate our community character qualities. A brief discussion follows each movie.

2:00 pm
FREE / 470-3062

SUNDAY SEPT 18

“The Last Gold”

The Last Gold is the USA Swimming-produced documentary spotlighting the 1976 women’s U.S. Olympic Team and the East German doping scandal. Not rated

Norman P. Murray Community and Senior Center

SUNDAY OCT 16

“Race”

Jesse Owens, the son of an Alabama sharecropper, shatters Nazi assertion of Aryan supremacy by winning four gold medals at the 1936 Berlin Olympics. Rated PG-13

City Hall – Council Chamber

SUNDAY NOV 20

“Pollyanna”

A spirited orphan’s positive attitude brightens the life of everyone she meets. Rated G

City Hall – Council Chamber

U.S. PASSPORT ACCEPTANCE SERVICE

Mission Viejo Library
470-8420 (Passport Information)
www.cityofmissionviejo.org/library/passports
Photos are available during all Passport Acceptance hours for \$10

Walk-In Service

Wednesday & Thursday / 4:00 pm – 8:00 pm

By Appointment

Tuesday & Friday / 9:00 am – 12:30 pm
Saturday / 9:00 am – 2:00 pm



COMMUNITY RESOURCE & HOTLINE GUIDE

New resource guide available to provide information and referrals to emergency shelters, food, mental health, veteran services and more. This free guide is available at all City facilities and online.

470-3061 / 470-3062

www.cityofmissionviejo.org/communityresource

BUSINESS WORKSHOPS

The City offers free and low-cost workshops. For additional business and economic development information, visit www.missionviejomeansbusiness.com. Please register in advance with one of the following partner agencies:

BOE: (888) 847-9652 / www.boe.ca.gov/sutax/sbf.htm

OCSBDC: (714) 564-5200 / www.ocsbdc.com

SCORE: (714) 550-7369 / www.score114.org

City Hall - Saddleback Room (unless otherwise indicated)
470-8409 / www.missionviejomeansbusiness.com

Wednesday Sept 14 / 1:30 pm – 4:30 pm

SCORE: The Power of the Inbox

\$35 online / \$45 at the door
(Reservation recommended)

Wednesday Sept 21 / 1:30 pm – 3:00 pm

BOE/IRS: Recordkeeping for Small Business & Self Employed Individuals

Free (Reservation recommended)

Tuesday Oct 4 / 9:00 am – 1:00 pm

OC SBDC: Marketing and Selling with Intention

Free (Reservation recommended)
Norman P. Murray Community and Senior Center

Wednesday Oct 5 / 1:30 pm – 3:00 pm

SCORE/IRS: Tax Tips for Entrepreneurs Starting and Operating a Business (Part 1)

Free (Reservation recommended)

Wednesday Oct 12 / 1:30 pm – 4:30 pm

SCORE: Retirement Planning for Small Business Owners

\$35 online / \$45 at the door
(Reservation recommended)

Friday Oct 14 / 10:30 am

TEDx Mission Viejo

The purpose of TEDx events is to share “ideas worth spreading” and the theme of TEDx Mission Viejo is “perception.”

\$95 VIP tickets (Reservations required) / www.tedxmissionviejo.com

Wednesday Nov 2 / 1:30 pm – 4:30 pm

SCORE: Demystifying the Commercial Leasing Process

\$35 online / \$45 at the door
(Reservation recommended)

Wednesday Nov 9 / 1:30 pm – 3:00 pm

SCORE/IRS: Tax Tips for Entrepreneurs Starting and Operating a Business (Part 2)

Free (Reservation recommended)

Register: econnect.cityofmissionviejo.org



@MissionViejoLife



#MissionViejoCA

ADDITIONAL INFORMATION www.cityofmissionviejo.org

COMMUNITY EXCURSIONS

GENERAL INFORMATION

470-3062

(Unless Noted) Check-in / Return at:
Norman P. Murray Community & Senior Center

All excursions are open to the general public and all ages unless specified.
No refunds or credits will be issued unless the City cancels the program.



Photo Credit: Merry-Go-Round Theatre Festival/Bjorn Bolinder 2015

SATURDAY SEPT 24

8:15 am / Departure **6:00 pm / Return**

Old Town Orange Ghost Walk via Metrolink

A guided leisurely stroll and true ghost stories from one of Orange County's most haunted places, Old Town Orange. Time on your own to explore Orange. Must be able to walk without assistance. Wear comfortable shoes. Lunch on your own. Metrolink ticket not included. Bring \$10 cash or credit card.

Departs from Irvine Transportation Center

\$30 / Course #4435



SATURDAY OCT 15

8:15 am / Departure **6:00 pm / Return**

New Broad Art Museum Los Angeles via Metrolink

Founded by billionaire philanthropists Eli and Edythe Broad, the new Broad Museum features an extensive contemporary art collection, including 2,000 pieces from the Broad's personal collection. Must be able to walk without assistance. Wear comfortable shoes. Lunch on your own. Group ticket entrance included. Metrolink ticket not included. Bring \$10 cash or credit card.

Departs from Irvine Transportation Center

\$30 / Course #4434

TUESDAY NOV 15

8:30 am / Departure **6:00 pm / Return**

Viejas Casino & Viejas Outlet Shopping

Now 50+ can enjoy all the discount benefits. Complimentary beer, wine and champagne offered at the buffet. Required: Must be 21, have Player VIP card. Includes deluxe transportation

\$15 / Course #4437

WEDNESDAY DEC 7

9:00 am / Departure **5:00 pm / Return**

Lawrence Welk Forever Plaid Tidings

The legendary Plaids come back to earth to spread yuletide joy with the greatest holiday hits of the ages. PLAID TIDINGS is a new show that offers of best of FOREVER PLAID tied up in a nifty package with a big Christmas bow on top. Show and buffet lunch included.

\$98 / Course #4436

Registration Deadline: October 23



MONDAY JAN 2, 2017

5:45 am / Departure **1:00 pm / Return**

128th Tournament of Roses Parade

The Rose Parade is a sensory event you won't want to miss! Enjoy reserved, upgraded grandstand seats for up-close viewing during the entire parade. Seats are in the 1350 block of Colorado Blvd. Bring food, beverages, blankets and cushions for comfort.

\$150 / Course #4438

YOUTH CLASSES

GENERAL INFORMATION

Mission Viejo Library
830-7100, extension 5107
www.cmvj.org

Library Hours

Monday - Thursday / 10:00 am – 9:00 pm
Friday / 1:00 pm – 5:00 pm
Saturday / 10:00 am – 5:00 pm
Sunday / Noon – 5:00 pm



BABY LAP-SIT EARLY LITERACY CLASS

Tuesday / 10:30 am & 11:30 am
Sept 6 - 27 & Nov 1 - 29

Songs, rhymes, music, and books for our youngest learners. Attendance is limited, so please arrive early.

Age 6 – 18 months (with parent or guardian)
FREE / Friends Storytime Room

PRESCHOOL EARLY LITERACY CLASS

Wednesday / 10:30 am & 1:30 pm
Sept 7 - 28 & Nov 2 - 30

Interactive stories, songs and other literary, dramatic and musical fun. Attendance is limited, so please arrive early.

Age 3 – 6 (with parent or guardian)
FREE / Friends Storytime Room

TODDLER EARLY LITERACY CLASS

Monday / 10:30 am & 11:30 am
Sept 12 - 26, Oct 31, Nov 7, 14 & 28

Thursday / 10:30 am & 11:30 am
Sept 8 - 29, Nov 3 - 17 & Dec 1

These special programs include stories, songs, puppets, fingerplays and body movement. Attendance is limited, so please arrive early.

Age 18 – 35 months (with parent or guardian)
FREE / Friends Storytime Room

ELEMENTARY AFTER-SCHOOL CLUB

Tuesday / 3:00 pm

Activities, crafts, and games. Attendance is limited, so please call to register!

Grades 1 – 5

FREE / Friends Storytime Room

PAJAMARAMA EARLY LITERACY CLASS

Monday / 7:00 pm

Sept 12 - 26, Oct 31 & Nov 7 - 28

Cozy up in your jammies and enjoy interactive fun with books, music, songs and puppets just before bedtime. Attendance is limited, so please arrive early.

Age 3 – 6 (with parent or guardian)
FREE / Friends Storytime Room

PUFF THE MAGIC DRAGON PRESENTED BY PUPPETS AND PLAYERS

Saturday / 2:00 pm

Sept 17

Bring blankets and lawn chairs to enjoy this puppetry presentation of a classic children's tale.

All ages
FREE / City Hall – Kershaw Garden

PAW READATHON WITH ROXY

Saturday / 2:00 pm – 2:30 pm

Sept 24, Oct 22, Nov 19 & Dec 17

Read aloud to Roxy, a beautiful and patient therapy dog. Bring your favorite book to read or grab one from the library. Sign up at the Youth Reference Desk.

Age 7 & up (with parent or guardian)
FREE / Wickiup Room

TABLET TIME FOR PRESCHOOLERS

Wednesday / 1:30 pm

Oct 5 - 26

Build literacy skills and have fun with your preschooler using eBooks, apps, and other digital media. Attendance is limited and registration is required.

Age 3 – 6 (with parent or guardian)
FREE / Friends Storytime Room



YOUTH CLASSES

HARVEST CRAFTS

Saturday / 2:00 pm

Oct 29

Celebrate fall with seasonal crafts and fun.

Age 4 & up (with parent or guardian)

FREE / City Hall - Saddleback Room

MAGIC SHOW

Saturday / 2:00 pm

Nov 12

Enjoy a dazzling magic act with live animals, a light show and levitations from audience participants.

Age 4 & up (with parent or guardian)

FREE / City Hall – Council Chamber

GENERAL INFORMATION

Norman P. Murray Community & Senior Center

470-3062 / www.cityofmissionviejo.org/recreation



SINGING PRE-GLEE

4:00 pm - 4:50 pm

Thursday / Sept 8 – 29 / Course #4612

Monday / Sept 12 – Oct 3 / Course #4613

Thursday / Oct 6 – 27 / Course #4614

Monday / Oct 3 – 24 / Course #4615

Learn music basics such as rhythm, notes, and dynamics through singing, dancing, and musical instruments. Each class will finish with a “mini-show.” Parents are welcome to watch the entire class.

Age 4 - 6

Glee Music Academy (25 Spectrum Pointe Drive, Suite 406, Lake Forest)
\$49

SINGING GLEE CLUB

5:00 pm - 5:50 pm

Thursday / Sept 8 – 29 / Course #4616

Monday / Sept 12 – Oct 3 / Course #4617

Thursday / Oct 6 – 27 / Course #4619

Monday / Oct 3 – 24 / Course #4618

Glee Club sings in 2-part harmony with piano accompaniment. By using popular music as our repertoire, we make the Glee experience educational without participants even realizing how much they are learning. The most exciting aspect is that we also use choreography to add simple dance moves to our singing.

Grade 2 - 8

Glee Music Academy (25 Spectrum Pointe Drive, Suite 406, Lake Forest)
\$49

PARENT'S NIGHT OUT

Friday / 5:00 pm - 9:00 pm

Sept 9 / Course #4603

Oct 14 / Course #4604

Drop your kids off and enjoy a night on the town! Kids participate in active games, fun arts/crafts, and enjoy pizza and a movie. Enjoy a well-deserved date night with your significant other.

Age 12 & under (Children must be potty trained)

\$25 per child

Montanoso Recreation and Fitness Center
859-4348 / fitness@cityofmissionviejo.org



KINDERGARTEN EXPRESS

Tuesday / 10:00 am – 11:30 am

Age 4 - 5

This 'N That About School

Sept 6 – 20 / Course #4572

With Mrs. K, children gain confidence before entering kindergarten by expressing creative ideas as they engage in activities that teach letter formation, reading and numbers.

\$50

This 'n That about the Holidays

Oct 4 & 11 / Course #4575

Nov 1 & 15 / Course #4576

With Mrs. K, children gain confidence before entering kindergarten by expressing creative ideas as they engage in activities that teach letter formation, reading and numbers. Each class will enjoy a little music, story and craft about Halloween and Thanksgiving.

\$35

Community Character Qualities of the Month:

SEPTEMBER *Responsibility* OCTOBER *Respect* NOVEMBER *Thankfulness*

HOMEWORK HELP (GRADES 2 - 6)

Wednesdays / 3:30 pm – 5:30 pm

Mission Viejo Library
830-7100, extension 5107
FREE / (Call for an appointment)

ART WITH MRS. KEADY

3:30 pm – 4:30 pm

Tuesday / Sept 27 - Oct 18 / Course #4559
Wednesday / Sept 28 - Oct 19 / Course #4560
Tuesday / Oct 25 - Nov 15 / Course #4561
Wednesday / Oct 26 - Nov 16 / Course #4562
Tuesday / Nov 29 - Dec 20 / Course #4563
Wednesday / Nov 30 - Dec 21 / Course #4564

These fun classes will teach students to appreciate the basic concept of art while creating masterpieces to be proud of. Art supplies are provided.

Age 6 – 12

\$60



AFTER-SCHOOL SEWING KIDS/TEENS

Wednesday / 3:30 pm – 6:00 pm

Sept 7 - 28 / Course #4301
Nov 2 - 23 / Course #4303

Learn sewing basics, fabric selection, how to follow a pattern and complete amazing projects in class. All fabrics, notions and sewing machines are supplied.

Age 8 & older

\$145 + \$35 lab fee payable to instructor

PKSA KARATE



September, October & November

PKSA Karate (25290 Marguerite Pkwy, Suite A, Mission Viejo)
\$89 + \$20 one-time lab fee payment to instructor

LITTLE NINJA KARATE

Tuesday & Thursday / 4:00 pm - 4:30 pm

This fun-filled class has high-energy drills carefully designed to develop important life skills. All lessons are based on positive recognition, skill, manners, sportsmanship and respectful treatment of others.

Age 3 – 5

Sept / Course #4523

Oct / Course #4524

Nov / Course #4525

LIFE SKILLS - KARATE FOR BEGINNERS

Monday & Wednesday / 4:30 pm - 5:00 pm

Creative lessons involve students in goal setting, perseverance, discipline and respect. Specialized activities, drills and games motivate and energize participants making class an experience they won't forget.

Age 6 - 14

Sept / Course #4526

Oct / Course #4527

Nov / Course #4528

OUTTA BOUNDS

Monday - Friday / 3:15 pm – 6:00 pm

Wednesday / 7:30 am – 9:30 am (Newhart late start)

August 15 – June 1

Program offers homework assistance and recreation to students from Newhart Middle School and La Paz Intermediate.

Thomas R. Potocki Center
877-OBE-CAMP (877-623-2267) / www.obevents.org

Register: econnect.cityofmissionviejo.org





KARATE

Beginners

Friday / 5:00 pm

Sept / Course #4588

Oct / Course #4589

Nov / Course #4590

Member \$25 / Non-Member \$30

Junior Advanced

Tuesday / 7:00 pm & Friday / 6:00 pm

Sept / Course #4591

Oct / Course #4593

Nov / Course #4592

Member \$40 / Non-Member \$45 / 2nd Family Member \$30

Build character through discipline and self-confidence. You will learn to defend against punches, holds and grabs. The class also focuses on having a positive attitude and manners.

Age 5 & older

Montanoso Recreation and Fitness Center

TEEN COMMITTEE

CHARACTER COMMITTEE

Youth Committee

1st & 3rd Wednesday / 5:30 pm – 7:30 pm

Join the Community of Character Committee and make a difference in our community by developing and participating in character-based programs for all ages. Activities and schedules vary.

Age 14 & older

Norman P. Murray Community and Senior Center

470-3062

COLLEGE PREP WITH COLLEGE WISE



Saturday / 10:00 am – 11:30 am

Norman P. Murray Community and Senior Center
470-3062 (Reservation required) / www.collegewise.com
FREE (Registration required)

HARVARD, BERKELEY, OR BUST: SECRETS OF ADMISSION TO THE MOST SELECTIVE COLLEGES

September 10

Learn the specific qualities the most selective colleges seek from their applicants, how students can develop and present those qualities, and share other tips to improve students' chances of admission.

FREE / Course #4522

PAYING FOR COLLEGE: FINANCIAL AID & SCHOLARSHIPS

October 1

Learn how to estimate your eligibility, what forms to fill out and when to file them. Get answers to common questions like, "Can applying for financial aid hurt a student's chances of admission?" Learn how to find scholarships and how to evaluate a student's potential eligibility.

FREE / Course #4521

SHERIFF EXPLORER (AGE 14-20)

Orange County Sheriff Explorer Post #449 is a group of young volunteers interested in law enforcement. They assist with diverse situations including traffic control, search and rescue, and special security assignments.

470-8433 (Mission Viejo Police Services) / www.ocsd.org

MIDDLE SCHOOL ENRICHMENT CLASSES

GENERAL INFORMATION

Middle School After School Enrichment Programs

Students must be entering grades 6th - 8th to participate
470-3062 / www.cityofmissionviejo.org/recreation
\$25 per course

POTOCKI MIDDLE SCHOOL AFTER-SCHOOL ENRICHMENT



BEGINNERS CERAMIC WORKSHOP

Wednesday / 3:45 pm – 5:30 pm

Sept 14 – Oct 12 / Course #4657

Oct 26 – Nov 30 (No class Nov 23) / Course #4658

This class brings fun instruction and hands-on creativity to students who want to create their own ceramics. All supplies included.



ADVANCED CERAMICS

Friday / 3:45 pm – 5:30 pm

Sept 16 – Oct 14 / Course #4659

Oct 28 – Dec 2 (No class Nov 25) / Course #4660

This class is designed to continue creative ceramic instruction for the students who have completed at least two sessions of the Beginners Ceramic Workshop. All supplies included.

NORMAN P. MURRAY MIDDLE SCHOOL AFTER-SCHOOL ENRICHMENT

BEGINNING GUITAR WITH RON GORMAN

Friday / 3:45 pm – 4:30 pm

Sept 9 - Oct 14 / Course #4638

Oct 21 - Dec 9 (No class Nov 11 & 25) / Course #4639

Learn easy chords, fun melodies and popular songs. Please bring an acoustic or electric guitar with a small amp to class. Class is repeatable.

BEGINNING GUITAR – PHASE II WITH RON GORMAN

Friday / 4:45 pm – 5:30 pm

Sept 9 - Oct 14 / Course #4641

Oct 21 - Dec 9 (No class Nov 11 & 25) / Course #4642

Introduction to barre chords, lead guitar and music theory. Bring an acoustic or electric guitar with a small amp to class. Class is repeatable.

CREATIVE MOVEMENT

Monday / 4:00 pm – 5:00 pm

Sept 12 - Oct 17 / Course #4623

Oct 24 - Dec 5 (No class Nov 21) / Course #4324

In this positive learning environment where self-expression is highly encouraged, students will enhance their creative thinking & social skills, gain confidence and develop their strength, while learning different movement phrases to music.

MATH HOMEWORK LAB

Tuesday / 4:00 pm – 5:15 pm

Sept 13 - Oct 18 / Course #4661

Oct 25 - Dec 6 (No class Nov 8 & 22) / Course #4662

Homework assistance and test preparation from a professional for all levels of middle school math. Bring math book and homework.

MODERN MARVELS – THE ART OF DESIGN IS FUN!

Wednesday / 4:00 pm – 5:30 pm

Sept 7 – Oct 12 / Course #4708

Oct 19 – Nov 30 (No class Nov 23) / Course #4709

Bring your imagination as we learn the principles of design. We will dream, design, build and create structures from around the world. Students learn about proportion, balance, scale, rhythm and more. It's architecture, engineering and fun by design!

Register: econnect.cityofmissionviejo.org



MIDDLE SCHOOL ENRICHMENT CLASSES

CARL HANKEY MIDDLE SCHOOL AFTER-SCHOOL ENRICHMENT



HOMEWORK ASSISTANCE LAB

Tuesday / 2:45 pm – 4:15 pm

Sept 12 - Oct 17 / Course #4629

Oct 25 - Dec 5 (No class Nov 21) / Course #4630

Join Ms. Beitz after school in the computer lab. Homework assistance will be provided for all subjects along with computer and printing access.

OPEN STUDIO WITH MRS. KEADY

Thursday / 2:45 pm – 4:15 pm

Sept 29 – Nov 3 / Course #4568

Nov 17 – Dec 22 (no class Nov 24) / Course #4569

Students will work independently at their own pace in a quiet environment. Art emphasis concentrates on shading, value and perspective using a variety of mediums.

LA PAZ MIDDLE SCHOOL AFTER-SCHOOL ENRICHMENT



BEGINNING GUITAR WITH RON GORMAN

Wednesday / 3:20 pm – 4:05 pm

Sept 7 - Oct 12 / Course #4715

Oct 19 - Nov 30 (No class Nov 23) / Course #4716

Learn easy chords, fun melodies and popular songs. Bring an acoustic or electric guitar with a small amp to class. Class is repeatable.

HIGH SCHOOL & MIDDLE SCHOOL TEEN SCENE

MIDDLE SCHOOL TEEN SCENE BACK-TO-SCHOOL

Friday / 7:00 pm - 9:00 pm

Sept 23

Middle School Teen Scene (MSTS) is kicking off the school year with an evening filled with fun activities. Come join us for dancing, life-size Jenga, ping pong, dodgeball, snacks and more!

Grades 6 – 8

Marguerite Tennis Pavilion

\$5 (Student ID required) / Course #4711



HIGH SCHOOL TEEN SCENE DODGEBALL NIGHTS

Friday / 7:00 pm - 9:00 pm

Sept 30

Need we say more? Grab your shoes and get ready to play in a 6 v 6 Dodgeball Tournament. Each team is guaranteed at least 4 games.

Grades 9 - 12

Montanoso Recreation and Fitness Center

\$5 (Student ID required) / Course #4712

HIGH SCHOOL TEEN SCENE MYSTERY NIGHT

Friday / 7:00 pm - 10:00 pm

Oct 28

It's a case of "Who Done It?" The Felipe Tennis Center has turned into the scene of a crime in a haunted story. Bring your friends and walk your way through the murder mystery of the year! No costumes allowed and props will be provided for those who want to be in character. A movie on the courts immediately follows.

Grades 9 – 12

Felipe Tennis Center

\$5 / \$10 at the door (Student ID required) / Course #4713

GENERAL INFORMATION

Thomas R. Potocki Conference Center

Potocki Art Programs

470-8440 / www.discovermissionviejo.com



BEGINNING GUITAR WITH RON GORMAN

Saturday / 1:30 pm - 2:30 pm

Oct 1 - Nov 5 / Course #4663

Friday / 6:00 pm - 7:00 pm

Sept 30 - Nov 4 / Course #4664

Enjoy learning to play easy chords, fun melodies, strum styles and many popular songs in a small and supportive group environment. Bring your own guitar and have fun!

Age 13 & up

\$95

QIGONG: WELLNESS FOR BODY AND MIND

Wednesday / 11:00 - Noon

Oct 5 - Oct 26 / Course #4665

Nov 2 - 30 (No class Nov 23) / Course #4666

Qigong, the source of Tai Chi, is a gentle exercise system to increase and maintain strength, flexibility and balance. Shorter routines provide effective stress relief too.

Ages 16 & up

\$30

GLASS FUSION ORNAMENTS

Saturday / 9:30 am - Noon

Oct 8 / Course #4667

Nov 12 / Course #4668

Learn basic techniques of cutting and layering colorful pieces of glass that are then fused in the instructor's studio kiln, creating ornaments of beautiful fused art.

Age 10 & up (12 & younger accompanied by enrolled parent)

\$40 + \$20 lab fee payable to instructor



ACTING FOR KIDS AND TEENS

Saturday / 2:30 pm – 3:30 pm

Sept / Course #4669

Oct / Course #4670

Nov / Course #4671

This group class will introduce new students to stage acting, while developing the skills of more advanced students. Our workshops will include improvisation, monologues and scenes

Ages 8 - 15

\$50 / per month



INKCHANTED CALLIGRAPHY

Saturday / 9:30 am – 11:30 am

Sept 10 - 24 / Course #4672

Thursday / 6:30 pm – 8:30 pm /

October 6 - 20 / Course #4673

Nov 3 - 17 / Course #4674

Learn the fundamental techniques of the beautiful art of calligraphy with nib and ink. This class will prepare you for future courses developing your own style.

Age 12 & up

\$150 + \$10 lab fee payable to instructor

Register: econnect.cityofmissionviejo.org



MIXED-MEDIA WITH JACKI LONG

Age 16 & up

CREATIVE MIXED-MEDIA JOURNALS

Friday / 10:00 am - 1:00 pm

Oct 7, 21 & 28 / Course #4647

Learn a variety of mixed-media techniques. Includes a bound journal and all art supplies. A fun, playful way to be creative and become inspired.

\$150 + \$15 one-time lab fee payable to instructor
(\$55 single class call 470-3062 to register)

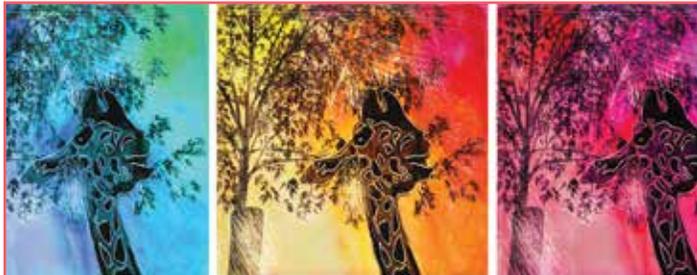
COLLAGE ON CANVAS

Saturday / 10:00 am - 1:00 pm

Oct 22 / Course #4649

Explore artistic collage on canvas, using acrylic paint & lots of mixed media. You'll create a take-home portrait or abstract for your wall. Supplies provided.

\$65 + \$10 lab fee payable to instructor



ARTISTIC PHOTO ALTERATION

Saturday / 10:00 am - 1:00 pm

Nov 5 / Course #4650

Bring your color photos to alter and explore artistic techniques, using mixed media. You'll take home a variety of uniquely changed photos. Supplies provided, except photos.

\$55 + \$15 lab fee payable to instructor

PHOTOGRAPHY WITH GEORGE KATZENBERGER

Age 14 & up

DIGITAL PHOTOGRAPHY 101

Tuesday / 7:00 pm - 9:00 pm

Sept 13 - Oct 18 / Course #4675

Learn digital photography - menus, resolution, ISO, shutter and more. This in-depth class includes shooting portraits, sports and night scenes. Bring your manual and camera charged-up for demos.

\$85

UNDERSTANDING YOUR CAMERA WORKSHOP

Saturday / 9:30 am - 2:30 pm (30 minute lunch break)

Sept 17 / Course #4676

Nov 5 / Course #4677

This hands-on workshop ends the confusion about your own camera's menus. Learn to shoot photographs and not snapshots. Includes focusing, flash, ISO and more. Bring charged camera and its manual.

\$50

IPHONE PHOTOGRAPHY

Saturday / 9:30 am - 12:30 pm

Sept 24 / Course #4678

Nov 12 / Course #4679

Learn everything you need to know to maximize your iPhone photos and videos. How to use focus, exposure, flash, HDR, panoramas, accessories and apps.

\$45

INTRO TO PHOTOSHOP ELEMENTS

Tuesday / 7:00 pm - 9:00 pm

Oct 25 - Nov 29 / Course #4680

Bring your laptop computer with Elements (or Photoshop) pre-installed & a mouse. This structured class introduces enhancing & retouching your photographs, while avoiding "gotchas."

\$85

HOW TO PHOTOGRAPH YOUR ARTWORK

Saturday / 9:30 am - 2:30 pm (30 minute lunch break)

Oct 29 / Course #4681

Learn to professionally photograph your 2D or 3D art to enter shows, create postcards and even posters. Bring your camera and manual (DSLR camera recommended). Includes demonstrations.

\$65

DIGITAL PHOTOGRAPHY 102

Monday / 7:00 pm - 9:00 pm

Nov 7 - 28 / Course #4682

Learn how to shoot awesome photographs using your own camera and the tools of composition, perspective, color and light. Storytelling and creating moods discussed. Critiques included.

Age 14 & up

\$60

POTOCKI ART CLASSES

GENERAL INFORMATION

Thomas R. Potocki Conference Center

Potocki Art Programs

470-8440 / www.discovermissionviejo.org

CERAMICS WITH VALERIE GUTIERREZ



POTTERY 2-DAY GROUP WORKSHOP

4:00 pm - 8:00 pm (Or by appointment / 470-8440)

Thursday / Sept 15 & 29 / Course #4683

Tuesday / Oct 11 & 25 / Course #4684

Thursday / Nov 3 & 17 / Course #4685

Sign up your group of 6-10 and have fun "getting muddy," as you create and glaze your own wheel-thrown and hand-built unique pieces of ceramic art.

All ages (9 & younger must be accompanied by enrolled adult)

\$30 + \$10 lab fee payable to instructor

POTTERY 3-DAY JOIN-A-GROUP WORKSHOP

Saturday / Noon - 4:00 pm

Oct 1, 8 & 15 / Course #4686

Join a group. The first two Saturdays you'll experience making art on the potter's wheel and slab-building with clay. The third Saturday you'll glaze your art pieces.

All Ages (9 & younger must be accompanied by enrolled adult)

\$50 + \$10 lab fee payable to instructor

POTTERY 2-DAY WORKSHOP FOR SCOUTS

By Appointment / 470-8440

Your Girl or Boy Scout troop will enjoy creating pottery together during this 2-day workshop. Everyone creates and takes home their own beautiful pottery.

All ages (Troop Leader supervision is required)

\$20 + \$10 lab fee payable to instructor

CERAMIC ORNAMENT WORKSHOP

Saturday / Noon - 2:30 pm

Nov 12 & 19 / Course #4687

Make artistic and fun holiday ornaments out of ceramic clay. Then come back and glaze them with bright shiny colors, just in time for the holidays.

Ages 5 & up / (9 & younger must be accompanied by enrolled adult)

\$25

FINE ARTS WITH RENEE KEADY



UNCORK YOUR PAINTING POTENTIAL

6:30 pm - 8:30 pm

Tuesday / Sept 27 / Course #4550

Monday / Oct 10 / Course #4551

Tuesday / Oct 18 / Course #4552

Monday / Nov 7 / Course #4553

Tuesday / Nov 15 / Course #4554

Thursday / Dec 1 / Course #4555

Wednesday / Dec 7 / Course #4556

Guided by a professional artist, this class will help you create a painting and take it home at the end of the night. It can be your own interpretation or one that closely resembles the inspiration piece. No experience necessary. Wine will be available for purchase.

Ages 21 & up

\$30 + \$10 lab fee payable to instructor

MANDALA ART

Wednesday / 9:00 am - 11:00 am

Sept 28 / Course #4544

Nov 9 / Course #4546

Nov 30 / Course #4548

Oct 26 / Course #4545

Nov 16 / Course #4547

Learn the art of the Mandala and create a series of concentric circles and patterns to create a balance of visual elements symbolizing unity and harmony.

All ages

\$15

Register: econnect.cityofmissionviejo.org



ADULT CLASSES

GENERAL INFORMATION

Thomas R. Potocki Conference Center

470-8440 / www.discovermissionviejo.org



MANDALA ART IN THE EVENING: WINE-DALAS!

Wednesday / 6:30 pm - 8:30 pm

Sept 28 / Course #4691

Oct 12 / Course #4692

Oct 19 / Course #4693

Nov 2 / Course #4694

Learn the art of the Mandala as we create a series of concentric circles and patterns to create a balance of visual elements symbolizing unity and harmony. Wine will be available for purchase.

Age 21 & up

\$20

DRAWING BIRDS WITH PASTELS

9:00 am – 11:00 am

Monday / Oct 10 / Course #4557

Wednesday / Oct 12 / Course #4558

Pastel drawings can resemble paintings. Join us and we'll create beautiful bird artwork and listen to soothing music. You will want to frame these!

All ages

\$40

ART EXPERIENCE BIRTHDAY PARTY

By Appointment Only / 470-8440

Forget the party favors! Each guest will take home a wonderful masterpiece. You provide the cake, drinks and serving items, and we will provide the fun!

Ages 5-7, 8-10, 11-14 & Adults

\$180 / 3 hours up to 8 guests (Each additional guest \$25)

GENERAL INFORMATION

Norman P. Murray Community & Senior Center

470-3062 / www.cityofmissionviejo.org/recreation

DROP-IN OPEN STUDIO WITH MARLENE GERLOFF

Wednesday / Noon - 2:30 pm

Sept 21 - Oct 5

Enjoy creating and improving your own watercolors, acrylics and water-based oils in the company of fellow artists. Instructor offers personalized critiques. Drop-in/pay per class.

Age 18 & up

\$5 per day payable to instructor

WONDERFUL WATERCOLOR CLASS WITH MARLENE GERLOFF

Wednesday / Noon - 2:30 pm

Oct 19 - Nov 30 (No class on Nov 23) / Course #4140

Enjoy learning to create successful watercolor paintings through training, demos and critiques. Learn about color theory, elements of art and technique. List of supplies needed for first class.

Age 18 & up

\$80

THE ART OF COPPERPLATE CALLIGRAPHY

6 - Week Series

Monday / 6:00 pm - 9:00 pm

Sept 12, 19 & Oct 3 - 24 / Course #4706

In this series of fun and informative classes, you learn the basics of Copperplate lettering, flourishing techniques, how to create your personal monogram, and "modern" variations. Materials and equipment provided for student to keep.

Age 18 & up

\$175 + \$52 lab fee payable to instructor

Seminar

Saturday / 10:00 am - 1:00 pm

Nov 5 / Course #4707

Using dip pens and ink, this seminar is an introduction to Copperplate, a beautiful and elegant style of hand-lettering that is very popular today.

Age 18 & up

\$45 + \$12 lab fee payable to instructor

ADULT CLASSES

GENERAL INFORMATION

Norman P. Murray Community & Senior Center
470-3062 / www.cityofmissionviejo.org/recreation

LEARN SPANISH THE NATURAL WAY

Tuesday / 6:00 pm - 7:00 pm

Sept 6 - Oct 25 / Course #4632

Nov 1 - Dec 20 / Course #4633

In this group class, students will learn to maintain a conversation in Spanish after completing the 30 syllabus book lessons. Spanish will be spoken in this fun, interactive class 95% of the time.

Portal Languages (28570 Marguerite Pkwy, #120, Mission Viejo)
\$160 + \$40 material fee payable to the instructor

FINE ARTS PAINTING WITH ANN KLEIN

Monday / 8:00 am - 11:00 am

Sept 12 - Oct 3 / Course #4597

Oct 10 - Oct 31 / Course #4598

Nov 7 - Nov 28 / Course #4599

Have you ever wanted to learn to work with oil, acrylic or watercolor? All techniques of fine art painting are taught and all levels are welcome.

Age 18 & older
\$25

BALLET BARRE STRETCH

Tuesday / 10:00 am - 11:00 am

Sept 27 - Nov 15 / Course #4634

Nov 22 - Jan 10 / Course #4635

You will be led through ballet stretches and core Pilates. Ballet stretches on barre with strengthening movements on barre, working flexibility, alignment and posture with strong legs and core. Please bring mat with you.

Age 13 & older
Roxanne's Dance Studio (27324 Camino Capistrano #207, Laguna Niguel)
\$100

INTRO TO BALLET

Tuesday / 11:00 am - Noon

Sept 27 - Nov 15 / Course #4636

Nov 22 - Jan 10 / Course #4637

If you have never tried ballet, this class is for you. Slow explanation and breakdown of ballet. Taught by a professional New York dancer. Come comfortable with ballet slippers.

Age 18 & older
Roxanne's Dance Studio (27324 Camino Capistrano #207, Laguna Niguel)
\$100

KARATE - ADULTS

Tuesday / 8:00 pm & Friday / 7:00 pm

Sept / Course #4594

Oct / Course #4595

Nov / Course #4596

Build character through discipline and self-confidence. You will be taught to defend against punches, holds and grabs.

Montanoso Recreation and Fitness Center
Member \$40 / Non-Member \$45



WOMEN'S SELF DEFENSE BY PKSA KARATE

Tuesday / 7:45 pm - 8:30 pm

Sept 6 - Oct 25 / Course #4577

Designed specifically for women and busy moms, topics include easy defense, verbal boundaries, emotions and adrenaline, defence stances and strikes and fitness for defense and health.

Age 16 & up
PKSA Karate (25290 Marguerite Pkwy, Suite A, Mission Viejo)
\$89

FASHION MADE SIMPLE

Tuesday / 10:00 am - Noon

Sept 13 / Course #4611

Join Nordstrom's personal stylist and consultant as she shares "The 10 Fashion Must-Haves" for every wardrobe. Come prepared to try on fun, inspiring accessories and wardrobe pieces to complete your personal fashion statement.
\$5

HOLIDAY RECIPE BOOK

Tuesday / 10:00 am - Noon

Oct 25 / Course #4704

What better way to celebrate family traditions than by capturing delicious recipes in a beautiful handmade recipe book created by you! Fun and easy to create. Instruction and materials included.

Registration required / \$10 lab fee payable to instructor (cash only)

Register: econnect.cityofmissionviejo.org

MARINES & SAILORS SUPPORT ACTIVITIES

TEE IT UP FORE MARINES GOLF TOURNAMENT

FRIDAY OCTOBER 14

\$800 / Foursome

\$800 / Foursome including Marine

\$200 / Per Person

Price includes green fees, range balls, cart box lunch, buffet dinner, and the honor of golfing with our Marines. There will be an armored vehicle with flak jackets and helmets for players in each foursome. Free group photo will be provided to each player at the end of play.

www.teeitupforemarines.com

470-3061 / recreation@cityofmissionviejo.org

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Thank you to our tournament sponsors:

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VETERANS OF THE YEAR AWARD

The City of Mission Viejo is seeking applications for its annual male and female Veterans of the Year. Application deadline is October 14. Veterans of the Year will be honored at the City's Veterans Day Observance.

Download the Application / www.cityofmissionviejo.org/veteranoftheyear
470-3062 / recreation@cityofmissionviejo.org

ADOPT-A-FAMILY GIFT-GIVING PROGRAM

You can make the holidays brighter for some families of the City's adopted Headquarters Battalion of the 1st Marine Division. This program helps to provide holiday gifts and cheer for a specific Marine family at Camp Pendleton. This a great way for individuals, schools, organizations, businesses and churches to give back to those who serve and protect our country.

470-3061 / recreation@cityofmissionviejo.org

*SUPPORT OUR MARINES

Your filled shoe box with any of the items listed below will comfort an individual Marine stateside and overseas. This is a great support opportunity for families, classrooms, scouts, service groups and churches.

- Beef/Turkey Jerky
- Canned Soup & Pasta Meals
- Chewing Gum & Candy
- Coffee & Creamer, Hot Chocolate
- Drink Mix (Crystal Light & Gatorade)
- Granola, Trail Mix, Nut, Chips, Pretzels
- Protein Bars & dried fruit
- Baby Wipes
- Eye Drops,
- Foot Powder
- Board Games (New)
- Disposable Razors
- Flypaper/Flytraps
- Hand & Foot Warmers
- Shoe & Stick-Room Deodorizers

*Please do not include hotel samples, disposable cameras, used household items, clothes, or ready-to-eat microwavable meals.

GENERAL INFORMATION

470-3061 / www.cityofmissionviejo.org/marines

If you would like to make a financial contribution to support our adopted troops, please make checks payable to "Mission Viejo Community Foundation."

Mail or hand-deliver checks to:

City of Mission Viejo

Recreation & Community Services Dept.

200 Civic Center, Mission Viejo, CA 92691

Please include your mailing address to receive written confirmation of your donation.

*Please drop these items off in specially identified boxes at City Hall, Library, Sierra Recreation & Fitness Center, Montanoso Recreation & Fitness Center, Marguerite Tennis Pavilion or Norman P. Murray Community & Senior Center

VETERAN AND MILITARY RESOURCE CENTER



The Resource Center features information from:

- Veterans Administration
- California Department of Veterans Affairs
- County of Orange
- City's Marine Adoption Committee
- Nonprofit Agencies

The resource center's goal is to provide educational resources for veterans and military families. Copies of the City's new Community Resource and Hotline Guide are also available.

Norman P. Murray Community and Senior Center

Norman P. Murray Community & Senior Center CLASSES/EVENTS

GENERAL INFORMATION

Norman P. Murray Community & Senior Center
470-3062 / www.cityofmissionviejo.org/recreation

Hours

Monday - Saturday / 8:00 am - 11:00 pm
Sunday / Noon - 8:00 pm



FALL MEDITATION LECTURE SERIES

Tuesday / 1:00 pm - 3:00 pm

Facilitated by Reiki Master teacher Tammy Descoteaux.

Sept 13

Growing from Grief through Meditation

Understand the anatomy of loss and master the art of grieving. Learn processing and coping skills through meditation.

Oct 11

Here Come the Holidays

Does just the thought of the holiday season stress you out? Tammy teaches you how to manage your holiday tension with simple meditation skills.

Nov 15

Meditating with the Healthy Attitude of Gratitude

Studies show thankfulness can increase our well-being. Learn tips associated with increased energy, optimism, and empathy.

Free (Registration required)

DMV

Thursday / 1:00 pm

Sept 15

Our DMV representative will be on hand to offer updates, safe driving tips, and more to help keep senior drivers safe and on the road.

Free (Registration required)

GRANDPARENTS DAY DINNER DANCE

Sunday / 4:00 pm - 7:00 pm

Sept 18

Celebrate Grandparent's Day with a special dinner and dance as we flash back to the 1970s! The fun includes activities by The Mad Platter, capturing fun photos at the photo booth, tie-dye crafts and paying homage to bell bottoms and tie-dyed fashions. Wear your best '70s outfit for a chance to win prizes!

\$10 Adults / \$5 children

Course #4606

DIABETES UPDATE

Thursday / 1:00 pm

Sept 8

Each year the American Diabetes Association reviews and updates the standard of medical care in diabetes. Dr. Judy Huynh will review what's new and help you seek a balance between the guidelines and your specific needs.

Free (Registration required)

IT'S YOUR MONEY

Thursday / 10:00 am - 11:30 am

Sept 8 - Nov 3 (No session on Sept 22)

This series offers objective education about your money including fixed income investments, annuities, mutual funds and long-term care insurance.

Free (Registration required)

CONSTITUTION 101

Thursday / 4:00 pm

Sept 8 - Nov 17

Instructor Bob Hayes will give a refresher on the "Founding Fathers" and "Framers" within the Declaration of Independence, 1787 Constitutional Convention and Articles of the US Constitution.

Free (Registration required)

OSTEOPOROSIS AND THE MEDICATIONS USED TO MANAGE IT

Tuesday / 10:00 am

Sept 13

Learn to detect, prevent and treat the disease. The discussion will also include the range of medications physicians can use to help manage the condition.

Free (Registration required)



Norman P. Murray Community & Senior Center CLASSES/EVENTS

INTRO DREAM INTERPRETATION WORKSHOP

Wednesday / 7:00 pm to 9:00 pm

Sept 28

Explore dreams and emotional connections to your life - past, present and future. Discover how your intuition enhances those connections for guidance in self discovery and decision making. Instructed by Joy Butler, Intuitive Arts Facilitator. Free (Registration required)

BRAIN ATTACK-STROKE

Thursday / 1:00 pm

Sept 29

Stroke is the #2 killer in the US, with nearly 795,000 people experiencing a new or recurrent stroke each year. Dr. Joey Gee will discuss how to recognize the signs of stroke, prevention and the latest technologies in treatments.

Free (Registration required)

CATCH YOURSELF FIRST - FALL PREVENTION TIPS

Thursday / 1:00 pm

Sept 29

The National Council on Aging recognizes September 22 as Falls Prevention Awareness Day. Spend time with Hal Nelson, a registered physical therapist, learning recommendations on how to reduce the possibility of falling.

Free (Registration required)

COMMON CANCERS AS WE AGE

Thursday / 1:00 pm

Oct 6

Cancer treatments have advanced to the point where many patients diagnosed with cancer can be cured or treated. Dr. John Cheng will provide an update on various common cancers, the risk factors, prevention and current treatments.

Free (Registration required)

TRAVEL TALK

Thursday / 6:00 pm

Oct 6

"River Cruising and Multigenerational Vacations." The hottest trends in travel are river cruising and multigenerational vacations. Cruise and Vacation Specialist from Expedia, Chris Meyer and Tami Clingan, will share what people love so much about river cruising and secrets to making your multigenerational trip spectacular.

Free (Registration required)

ELK'S DINNER DANCE

Sunday / 2:00 pm - 6:00 pm

Oct 9

Celebrate the fall season with dinner, a no-host bar, music, dancing, and prizes. Hosted by Mission Viejo Elk's Lodge #2444.

\$8 / Course #4609 (Tickets must be purchased by Oct 3)

TARGETING SENIORS-FINANCIAL SCAMS

Thursday / 10:00 am - 11:30 am

Oct 13

This presentation provides information on scams used to target seniors. A variety of current scams will be discussed including what scammers say to entice victims, red flags to beware of, and tips to avoid being scammed. Resources will also be provided to inform individuals on who and where to report.

Free (Registration required)

SENIOR SUNDAY

Sunday / 1:00 pm - 3:00 pm

Oct 16

Enjoy refreshments, entertainment and BINGO with great prizes! Sponsored by Atria del Sol.

\$3 / Course #4610

PARKINSON'S DISEASE UPDATE

Tuesday / 1:00 pm

Oct 18

Parkinson's Disease is the second leading neurodegenerative disorder affecting close to a million Americans. Dr. Joey Gee will discuss recent scientific findings, new medications and surgical options to help manage the disease, while improving quality of life.

Free (Registration required)



DIAL-A-TAXI



Funded by the OCTA and the Senior Mobility grant funds, the program provides sedan and/or wheelchair accessible vans 24 hours a day, 7 days a week to select locations within Mission Viejo and Laguna Hills city limits and to limited satellite destinations.

470-3062

www.cityofmissionviejo.org/recreation
60 & older (Residents only)

\$5 per one-way trip

Norman P. Murray Community & Senior Center CLASSES/EVENTS

COMMUNICATION & BOUNDARIES (2 PART SERIES)

Friday / 10:00 am - 11:30 am

Oct 21 & 28

This two-part series focuses on how we communicate including verbal and non-verbal questions and how to communicate more effectively in your everyday life. The series will also touch on how to set boundaries when communicating and managing conflict.

Free (Registration required)

SLEEP DISORDERS

Thursday / 10:00 am

Oct 27

Are you getting your ZZZZ's?? Join MemorialCare Medical group and learn about different sleep disorders and ways for you to get a good night sleep.

Free (Registration required)

GIFT BASKET RAFFLE

Oct 31 - Nov 27

Help us help others. Purchase tickets for a chance to win one of our beautiful baskets. All proceeds benefit our senior support services. The winners will be chosen at Santa's Arrival on Sunday, November 27. Donations of new, unused items for the baskets are greatly appreciated and can be brought to the information desk at Norman P. Murray by Friday, October 21.

MEDICARE Q & A

Tuesday / 9:00 am -11:00 am

Nov 1

Puzzled about Medicare? We have the answers! Join MemorialCare Medical group and Frank VanNostrand on the A, B, C, & D's of Medicare.

Free (Registration required)

MEDICARE OPEN ENROLLMENT

9:00 am - 4:00 pm

Nov 3 & Nov 15

The Council on Aging HICAP Program will provide one-on-one personal counseling by trained volunteers to assist seniors in choosing their health plan for the 2017 Medicare Open Enrollment.

Free (Appointment required)

CHOLESTEROL MEDICATIONS

Thursday / 1:00 pm

Nov 3

Cholesterol-lowering medications have been believed to help reduce the risk of coronary heart disease, cancer, diabetes and Alzheimer's disease. Dr. Blanca Bisuna will discuss the controversy and provide current recommendations.

Free (Registration required)

FLU-SHOT CLINIC

Friday / 10:00 am - 2:00 pm

Nov 4

Flu shots for people age 18+ provided as the vaccine is available from O.C. Health Care Agency. Drive-through shots for handicapped are provided.

Donations greatly appreciated

POST-ELECTION INVESTMENT ROADMAP

Thursday / 10:00 am

Nov 10

Timeless investment principles and traps to avoid in the new year. Stocks, bonds, ETFs, and mutual funds will be discussed. Presented by: Independent investment advisor, Scott Walker, CFP

Free (Registration required)

CARDIAC ISSUES ATRIAL FIBRILLATION

Tuesday / 10:00 am

Nov 15

Atrial fibrillation (A Fib), the most common type of heart rhythm disorder, affects one in 10 people. If not treated, complications can lead to serious conditions, such as heart failure and/or stroke. Learn about causes, symptoms, risks and treatment options.

Free (Registration required)

COPD

Tuesday / 1:00 pm

Nov 15

Chronic obstructive pulmonary disease (COPD) is a progressive ailment that encompasses several medical conditions. Dr. Tauseff Qureshi will discuss causes, treatments and how to improve the quality of life.

Free (Registration required)



CLASSES



HEALTHY HAPPY HULA

Thursday / 9:00 am - 10:00 am

Sept 8 - Oct 6 (No Class Sept 22) / Course #4620

Oct 13 - Nov 3 / Course #4621

A healthy and fun way to develop rhythm, grace and coordination while learning about the Polynesian culture. Instruction includes basic steps from the Hawaiian Islands long tradition of hula.

\$35

LINE DANCE

Wednesday

Beginners / 9:00 am – 10:00 am

Intermediate / 10:00 am – 11:00 am

Mel Branham, professional line-dance instructor, teaches beginners to serious "boot scooters" in all popular line dances.

Beginner Class / \$4

Intermediate Class / \$5

Both Sessions / \$5

PHOTOGRAPHY WITH ART RAMIREZ

Monday / \$10 per class

Oct 3 - Nov 14 / Intro to Digital Photography

Noon - 2:00 pm / Beginners

3:00 pm - 5:00 pm / Intermediate

Dec 5 - Jan 9 / Photoshop Elements

Noon - 2:00 pm / Beginners

3:00 pm - 5:00 pm / Intermediate

BALLROOM DANCE

Thursday / 1:00 pm – 2:00 pm

A featured dance (Waltz, Fox Trot, Cha Cha, Swing, Tango) is taught each month by Candis Davis. Call for the featured dance of the month.

\$5 per class

CHAIR YOGA WITH DARA

Tuesday / 10:00 am – 11:00

Sept 6 - Oct 4 / Course #4584

Oct 11 - Nov 1 / Course #4382

Nov 15 - Dec 13 / Course #4383

Seated in a chair, students will receive the health and fitness benefits of yoga, improve their flexibility and strength, and create a calm mind and peaceful spirit.

\$12 per class

\$50 (5 classes / per session)

IPAD & IPHONE CLASS

Tuesday / 3:00 pm – 4:00 pm

Sept 27 - Nov 15

Instructor Ed Schwartz will coach students on their iPad or iPhone device on such topics as important settings, navigating your device, using the internet, downloading apps, and more.

\$20 / Course #4607

MICROSOFT WINDOWS

Tuesday / 4:00 pm – 5:00 pm

Sept 27 - Nov 15

Instructor Ed Schwartz will coach students on their Windows computer on topics such as Windows 10 overview, using the start button, keyboard shortcuts, playing DVDs and more.

\$20 / Course #4608

HEALING JOURNEYS THROUGH MEDITATION

Tuesday / 7:00 pm - 8:30 pm

Sept 13 / Course #4570

Oct 11 / Course #4700

Nov 8 / Course #4702

Sept 27 / Course #4699

Oct 18 / Course #4701

Nov 22 / Course #4703

Experience various topics and types of meditations infused with healing energy. Sessions are educational, experiential and healing. Instructed by Reiki Master teacher Tammy Descoteaux.

\$5

DREAMS, IMAGES & INTUITION WORKSHOP

Wednesday / 7:00 pm to 9:00 pm

Oct 5 - Nov 16

Interpret your dreams for life solutions. Learn simple techniques for developing your intuition when making decisions about relationships, work, finances and more. All dreamers welcome! Instructed by Joy Butler, Intuitive Arts Facilitator.

\$125 (7 weeks) / Course #4571

GENERAL INFORMATION

859-4FIT (4348)
 tennis@cityofmissionviejo.org
 For membership fees, visit www.cityofmissionviejo.org/recreation

Marguerite Tennis Pavilion

27474-1 Casta Del Sol

Hours

Monday – Thursday 7:00 am – 9:00 pm
 Friday – Sunday 7:00 am – 7:00 pm

Felipe Tennis Center

27161 Nogal

Hours

Monday – Thursday 8:00 am – Noon & 3:00 pm – 9:00 pm
 Friday 8:00 am – Noon & 3:00 pm – 7:00 pm
 Saturday 8:00 am – 5:00 pm
 Sunday 8:00 am – Noon

MARGUERITE TENNIS PAVILION & FELIPE TENNIS CENTER

Marguerite Facility Amenities

- 8 Lighted Courts
- Pristine New Club House
- New Lighting System
- Enhanced Parking
- Large Outdoor Terrace Area for Entertaining and Match Observation
- Wi-Fi and State-of-the-Art Audio Visual Components

Felipe Facility Amenities

- 6 Lighted Courts
- 2 Lighted Sand Volleyball Courts
- Enhanced Parking
- Large Outdoor Area for Entertaining and Match Observation
- Wi-Fi

YOUTH & TEEN TENNIS CLINICS



PEE WEE TENNIS (AGE 4 - 6)

Saturday / 9:00 am – 9:30 am

Students will develop hand-eye coordination along with movement skills. Students grow comfortable with the age-appropriate equipment and learn the parts of the tennis court. Basic tennis fundamentals and shots are taught through tennis-like games.

JUNIOR DEVELOPMENT (AGE 7 - 12)

Monday, Wednesday & Friday / 4:00 pm – 5:00 pm

Saturday / 9:30 am – 10:30 am

For Junior Beginners. Program emphasis is on fundamentals of volleys, serving and conditioning.

JUNIOR DEVELOPMENT INTERMEDIATE (AGE 7 - 12)

Saturday / 10:30 am – 11:30 am

For Intermediate Juniors. Program emphasis is on stroke development, conditioning and strategy.

MATCH PREP

Wednesday & Friday / 5:00 pm – 6:30 pm

This is for juniors who have completed the Junior Development program and have been selected directly into the program by the instructors. Emphasis is on stroke development, match play drills, conditioning and strategy.

ADVANCED MATCH PREP

Tuesday & Thursday / 4:30 pm – 6:30 pm

This is for the Junior USTA tournament player. Class includes match play, strategy, fitness and video analysis. Players must be approved by Jason Harnett before entering.

JUNIOR SELECT (AGE 12 & UNDER)

Tuesday / 5:30 pm - 6:30 pm

This clinic prepares players for satellite-level tournaments. Players are required to know all basic strokes and be able to rally consistently.



ADVANCED TEEN (AGE 13 - 18)

Thursday / 6:30 pm – 7:30 pm

Players will learn advanced singles and double strategies. Players must be evaluated before registering.

OPEN READY!

Saturday / 11:30 pm – 1:00 pm

This clinic is for players wishing to improve their USTA ranking. Learn tools and tennis styles that have been proven to be successful. Players must be evaluated before registering.

JUNIOR MATCH PLAY (DROP-IN)

Sunday / 11:00 am - 1:00 pm

Join us for match play! Great for competitive junior players looking to improve their game and meet new friends. Get a chance to practice playing sets against players of similar ability, in a FUN and developmental environment. Players must be at entry tournament level or above and know how to play a match.

ADULT TENNIS

LIVE BALL! TENNIS CLINIC

Saturday / 10:00 am – 11:30 am

This clinic is for returning or beginning players. The emphasis is on learning doubles strategy.

ADULT BEGINNER CLINIC

Monday / 5:30 pm – 6:30 pm

Monday & Wednesday / 6:00 pm – 7:00 pm

Saturday / 8:00 am – 9:00 am

Participants will learn the basics of each stroke in an energetic and rewarding atmosphere with other players of the same ability.

ADULT INTERMEDIATE CLINIC

Tuesday / 6:30 pm – 8:00 pm

Join other tennis players for an evening of instruction, play and fun. Pre-registration is required. Suited for players 3.5 and up.

DOUBLES CLINIC

Wednesday / 6:30 pm – 7:30 pm

Join USTA-rated 4.0-level tennis players interested in learning strategy skills to improve their game.

BEGINNER DOUBLES EVENING LEAGUE

Monday / 6:30 pm

This league is for beginning doubles players looking for a fun, inviting and competitive environment. Program includes end-of-season banquet dinner and prizes. Suited for levels 2.0 – 3.0.

COED MIXED DOUBLES LEAGUE

Monday / 6:30 pm – 8:30 pm

Fun mixed-doubles league for Intermediate (3.5 to 4.0) and Advanced (4.0 to 4.5) players. Winners receive prizes at the end-of-the-league award banquet dinner.

EVENING DOUBLES LEAGUE

Tuesday & Wednesday / 6:30 pm – 8:30 pm

Individual match play results will be kept and used to determine the winners and finalists. Program includes end-of-season banquet dinner and prizes. Suited for levels 3.5 and up.

FLEX – MEN & WOMEN SINGLES LEAGUE

Individual match play results will be kept and used to determine the winners and finalists. Program includes end-of-season championship playoff with prizes and a party. Suited for levels 3.5 and up.

UNIQLO WHEELCHAIR DOUBLES MASTERS

NOV 2 - 6

10:00 am - 2:00 pm & 6:00 pm - 10:00 pm

The world's best wheelchair doubles tennis players will participate in the UNIQLO Wheelchair Doubles Masters. The event features the world's top eight men's pairs, top six women's pairs and top four quad pairs.

Marguerite Tennis Pavilion

859-4348 / www.itfwheelchairdoublesmasters.com

Thank you to our sponsors:

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FITNESS & AQUATICS

GENERAL INFORMATION

859-4FIT (4348)
www.cityofmissionviejo.org/recreation
fitness@cityofmissionviejo.org

Montanoso Recreation & Fitness Center

25800 Montanoso Drive

Sierra Recreation & Fitness Center

26887 Recodo Lane

Hours

Monday – Friday 5:30 am – 9:00 pm
 Saturday – Sunday 7:00 am – 7:00 pm

FREE WELLNESS PROGRAMS

The Recreation and Fitness Centers offer SilverSneakers® Fitness, Prime, and Silver & Fit wellness programs. Check with your healthcare provider or employer to see if you are eligible for one of these fantastic programs.



MONTANOSO RECREATION



Drop-In Classes

- Basic Yoga
- Indoor Mat Pilates
- Fitness Boot Camps
- Zumba
- R.I.P.P.E.D.
- Intermediate Yoga
- Jazzercise
- Core, Strength & Stretch

Facility Amenities

- Weight & Cardio Fitness Equipment
- Heated 25-Yard Pool*
* Recreation Swim starts at 10:30 am
- Splash Pad
- Fitness Studio (over 40 weekly classes)
- Locker Room & Shower Facilities
- 2 Lighted Tennis Courts
- Basketball Court
- Babysitting Options
- Heated Spa
- Personal Training
- ADA Pool/Spa Lifts
- Ball Machine Rental

Splash Pad Hours

10:30 am - dusk

SIERRA RECREATION



Drop-In Classes

- Aqua Motion
- Aquacise
- Aqua Boot Camp
- Aqua Fit
- Aqua Zumba
- Aqua Zumba Strength
- Cross Fusion
- Hydro Fit Cardio
- Outdoor Boot Camp
- Outdoor Mat Pilates

Facility Amenities

- Weight & Cardio Fitness Equipment
- Heated 25-Yard Pool*
* Recreation Swim starts at 10:30 am
- Locker Room & Shower Facilities
- 2 Lighted Tennis Courts
- Basketball Half Court
- Personal Training
- ADA Pool/Spa Lifts
- Picnic Pavilion
- Water Slide
- Heated Spa
- Children's Playground
- Ball Machine Rental

Water Slide Hours

Weekends Only (Sept 1 - Sept 25)
 CLOSED September 26 - June 2017 (open for special events and pool parties only)

Register: econnect.cityofmissionviejo.org



FITNESS & AQUATICS



TRX WITH JADON POLLARD

Monday & Wednesday / 5:30 pm – 6:30 pm

Tuesday & Thursday / 5:30 pm – 6:30 pm

Sept, Oct & Nov

TRX suspension training builds a strong core, strength, flexibility and endurance. This complete training system uses your body and works all three planes of motion.

Montanoso Recreation and Fitness Center

Members \$49 / Non-Members \$99

TRIATHLON SWIM TRAINING WITH DAVE MALONE

Monday & Wednesday / 6:00 pm – 7:00 pm

Triathlon training and swim instruction designed to challenge every skill level—beginner to ironman triathlete. Coach Dave customizes each training session to improve total swim skill and strength.

Sierra Recreation and Fitness Center

Members \$200 (12 Sessions) / Non-Members \$240 (12 Sessions)

SMALL GROUP SWIM LESSONS

4-weeks / 2 Days

The City has partnered with the Mission Viejo Nadadores to offer swim lessons. Lessons offer a 4-to-1 student-to-instructor ratio and are 30 minutes long.

Age 2 ½ – 12

380-2550 / swimschool@mvnswim.org

Member \$116 / Non-Member \$145



3-MONTH SEASONAL PASS

If you are looking for a great way to stay active and have fun, then purchase the City of Mission Viejo's non-refundable 3-month pass to its Recreation, Fitness and Tennis Centers. The pass automatically expires three months from the date you sign up. Proof of residency with a current utility bill is required. Single, couple and family passes are available. If you are over 55 or a veteran, you'll receive a 10% discount.

FAMILY EVENTS

PUMPKIN DIVING

Sunday / 2:00 pm - 5:00 pm

Oct 23 / Course #4714

Jump in and pick your pumpkin! Join us for this annual event as we transform the Sierra pool into a floating pumpkin patch. Once you pick your pumpkin you can decorate it at one of our decorating stations and play fun carnival games. Enter the pumpkin decorating contest for a chance to win a FREE one month membership! Bring a camera as you won't want to miss this unique pumpkin experience!

\$5 / \$10 at the door

Sierra Recreation and Fitness Center

PARENT'S NIGHT OUT

Friday / 5:00 pm - 9:00 pm

Sept 9 / Course #4603

Oct 14 / Course #4604

Drop your kids off and enjoy a night on the town! Kids participate in active games, fun arts/crafts, and enjoy pizza and a movie. Enjoy a well-deserved date night with your significant other.

Age 12 & under (Children must be potty trained)

\$25 per child

Montanoso Recreation and Fitness Center

SAVE THE DATE

SATURDAY JANUARY 28

1:00 pm - 4:00 pm

Polar Bear Plunge

Do you have what it takes to do the Polar Bear Plunge? Fun photo opportunities, snowball fights, snow cones, hot chocolate and more! Enter to win FREE guest passes and a 1-month family membership to the Recreation Centers.

Sierra Recreation and Fitness Center

859-4348, extension 3 / www.cityofmissionviejo.org/recreation



City of Mission Viejo
200 Civic Center
Mission Viejo, CA 92691

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200 Civic Center
470-3000
- 2 Mission Viejo Library**
100 Civic Center
830-7100 (General Information)
855-8068 (Renewals)
470-8420 (Passports)
- 3 Animal Services Center**
28095 Hillcrest
470-3045
- 4 Norman P. Murray Community & Senior Center**
24932 Veterans Way / Pacific Hills
470-3062 (General Information)
470-3063 (Senior Meals)
470-3035 (Rental Information)
- 5 Thomas R. Potocki Conference Center**
27301 La Paz Road
470-3061
- 6 Montanoso Recreation & Fitness Center**
25800 Montanoso Drive
859-4FIT (4348)
- 7 Sierra Recreation & Fitness Center**
26887 Recodo Lane
859-4FIT (4348)
- 8 Felipe Tennis Center**
27161 Nogal
859-4FIT (4348)
- 9 Marguerite Recreation Center Tennis Pavilion**
27474-1 Casta Del Sol
859-4FIT (4348)
- 10 Marguerite Recreation Center Mission Viejo Nadadores**
27474 Casta Del Sol
380-2552
- 11 Marguerite Recreation Center Mission Viejo Family YMCA**
27341 Trabuco Circle
859-9622

