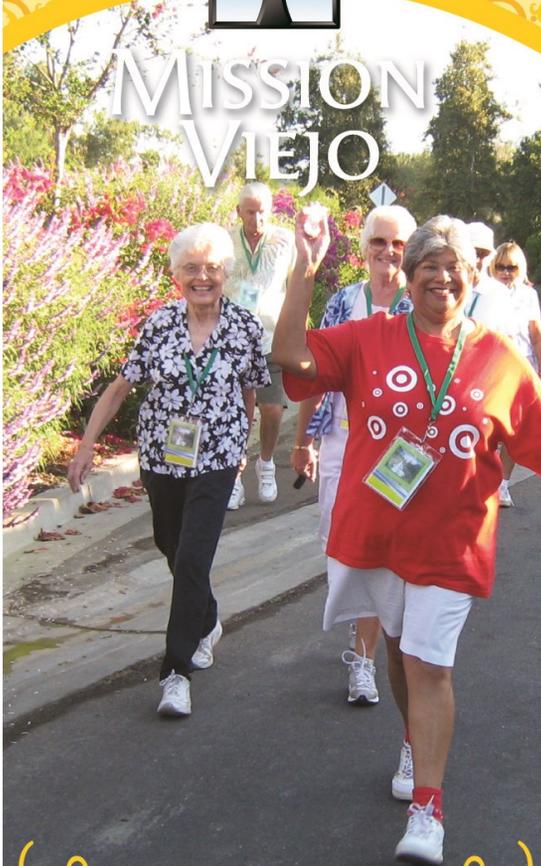


# Senior Activities for Social Connection



MISSION  
VIEJO



**Norman P. Murray**  
**Community and Senior Center**

24932 Veterans Way  
Mission Viejo, CA 92692  
(949)470-3062

[www.cityofmissionviejo.org](http://www.cityofmissionviejo.org)

## Regularly Scheduled Interest Groups

### Movie Time

**Monday / 12:45 pm**

A monthly listing of movies are available.

### Walking Groups

**Mon, Wed & Fri / 8:00am**

Join this social group for a great walking workout around the Village Green and Oso Creek Trail.

**Bridge Duplicate** (ACBL sanctioned)      **\$7**

**Monday / 12:30pm - 4:00pm**

A game for the serious bridge player. Bring your own partner or meet some new friends.

### Ping Pong

**Mon, Wed & Fri / 8:00am - Noon**

Join fellow players. Supplies are available.

### Wizard

**Monday / 12:30pm - 4:00pm**

Enjoy the challenge of this fast paced card game.

### Social Bridge

**Tuesday / 12:30pm - 4:00pm**

Join other friendly bridge players as they play in a relaxed and fun filled environment.

### Train Your Brain

**Tuesday / 9:30am—11:30am**

Games and activities that will stimulate your memory and thought processes.

### Mah Jong

**Monday / 1:00pm - 3:00pm**

A Chinese tile game that exercises the mind.

### Hand & Foot Cards

**Thursday / 12:30pm - 3:00pm**

Like Canasta, this card game can be learned quickly. Drop-in for fun and sociability.

### Bunco

**Tuesday / 12:30pm - 4:00pm**

**\$1** *Sponsored by Age Well Senior Services*

Throw the dice, ring the bells, meet new people, and win \$ at this easy game.

### Poker

**Tuesday / 12:30pm - 4:00pm**

Be on time for game start with this social group.

### Bingo

**Wed & Fri / 1:00pm - 3:00pm**

**\$3** *Sponsored by South County Senior Services*

Play for fun and cash prizes. Cost includes up to six (6) cards.

### Crafty Ladies

**Wednesday / 9:30am - 11:00am**

This group helps make items for infants, our veterans and military. The group also works on projects of their own and socialize in this fun environment. Drop-ins are welcome.

*(Yarn donations are always appreciated)*

\*Basic knitting and crochet instruction, available upon request.

### French Club

**Monday / 1:30 pm - 2:30 pm**

This club is for anyone who enjoys speaking French – whether you are a native speaker or just want to practice and develop the language.



# MISSION VIEJO

## General Information

A variety of activities are offered on a daily basis at the Norman P. Murray Center. Most activities are free, open to join at anytime to fit into your schedule. Don't be late for stated game start times.

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## Theme Parties

### Senior Lunch Theme Parties

*Sponsored by Age Well Senior Services, Inc.*

**Join us for lunch as we celebrate special holidays and events**

Watch the monthly calendar for theme parties and dates.

Call 470-3063

For advance reservations  
3 days prior

Drop in for space available.



### Senior Sundays

*Sponsored by local assisted living facilities*

**Join our well known Senior Sunday parties for entertainment, refreshments, Bingo and to win fabulous prizes!**

### Line Dance Parties

7:00pm-9:00pm

**Join boot scooters Friday evenings for line dancing and refreshments with instructor Mel Branham.**  
*(See monthly calendar for dates)*

**Cost: \$5 at the door**

### Evening Twilight Dinners

**Theme Twilight Dinners are planned with a catered dinner, and fabulous entertainment!**



Advance ticket reservations a must.

See **Mission Viejo Life** and **Senior Update** for all party announcements and dates.

## Educational Workshops and Presentations

**FREE**

**Join us for frequent special interest presentations offered by hospitals, local agencies, and community professionals who speak on current issues and informational topics.**

**Examples Include:**

- Medical Topics
- Insurance and Medicare
- Braille Institute Presentations
- Financial Planning
- DMV Senior Driver Workshops
- Support Groups
- Many more!

## Volunteer Opportunities

Please check at the Information Desk regarding current volunteer needs and interest application forms.