

November

Senior Update



The Monthly Publication of the
Norman P. Murray Community & Senior Center

24932 Veterans Way, Mission Viejo, CA 92692
Phone: (949) 470-3062 Fax: (949) 855-6932

November 2016 Special Programs
City of Mission Viejo Community Character Quality:
Thankfulness

Volume 8 Issue 11 November 2016

Thursday, November 3 10:00 am
It's Your Money
This series offers objective education about your money; income investments; annuities; mutual funds; and long term care insurance. Registration Required.

Thursday, November 3 1:00 pm
Cholesterol Medications—Are they Safe?
It's believed that cholesterol lowering medications help to reduce the risk of coronary heart disease, cancer, diabetes and Alzheimer's disease. Dr. Blanca Bisune will discuss the controversy and provide current recommendations. Registration Required.

Thursday, November 10 1:00 pm
Common Cancers As We Age
Dr. John Cheng from Mission Hospital will provide an update on various common cancers, risks factors, prevention and current treatments. Registration Required.

Thursday, November 10 10:00 am
Post-Election Investment Roadmap
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. Registration required.

Thursdays, November 3-17 4:00 pm
Constitution 101
Retired history teacher Bob Hayes provides information on the Declaration of Independence, and the articles of the US Constitution. Registration is required.

Gift Basket Raffle **November 1-27**
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 and need not be present. Winners will be notified on Monday, November 28.



Flu Shot Clinic
Friday, November 4 10:00 am-2:00 pm
Free Flu shots for people age 18+ provided as the vaccine is available from O.C. Health Care Agency. Drive-through shots are available. Donations are appreciated



Personal Safety for Seniors
Thursday, November 17 10:00 am
Learn safety tips designed to help you stay safe while home or away. Topics will include protecting yourself from unscrupulous contractors, what to do when solicitors come calling, online safety, how and when to call law enforcement and more. Presented by Mission Viejo Police Services. Free. Registration Required.

Annual Thanksgiving Feast
Wednesday, November 23 11:30 am
Seniors can enjoy a festive celebration of a traditional turkey dinner with all the trimmings. A reservation is required by November 16. Suggested donation: \$4.50 / Seniors \$6.00 / Non-Seniors. Call 470-3063



Online, phone and walk-in registration is available for all City classes, programs and events identified by a course number. **No refunds or credits will be issued unless the City has canceled the program.**

Join the Bocce Group
Every Thursday 8:00 am at the Bocce courts

Keep Your Driver License
DMV Handbook review
2nd Thursday monthly
1:00 pm with reservation

Senior Classes
Senior Support Services
Informational brochures of classes and services offered here are available at the center and on the City website.

Go Paperless!
If you'd like to receive the "Senior Update" via email each month, email recreation@cityofmissionviejo.org with "Senior Update" in the subject line.

For copies mailed directly, obtain subscription forms on our website or at the Information Desk. A 12-month subscription is \$8. Copies are available at all City facilities and on the City website.

Visit our website at www.cityofmissionviejo.org

Mission Viejo Senior Citizens Activities Committee
Join committee members on the 4th Wednesday of each month at 10:00 am. You are welcome to attend and share your suggestions and concerns.

Excursions Currently Available
Register online at econnect.cityofmissionviejo.org or call 470-3062

Viejas Casino and Outlet Shopping
Tuesday, November 15 - Course #4437
Fee: \$15 (Deluxe transportation)
Departure: 8:30 am Return: 6:00 pm

Wait List Only

Lawrence Welk Theatre — Forever Plaid Tidings
Wednesday, December 7 - Course #4436
The legendary Plaids will spread yuletide joy with the greatest holiday hits of the ages.
Registration deadline November 10
Fee: \$98 (Transportation, Show, and Buffet Lunch)
Departure: 9:00 am Return: 5:00 pm



128th Tournament of Roses Parade
Monday, January 2 - Course #4438
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.
Fee: \$150 (Transportation, grandstand seat)
Departure: 5:45 am Return: 1:00 pm



Viejas Casino and Outlet Shopping
Tuesday, February 14 - Course #5010
Fee: \$15 (Deluxe transportation)
50 and over can enjoy all the discount benefits. Complimentary beer, wine and champagne offered at the buffet. Requirements: Must be 21, have Player VIP card. Includes deluxe transportation.
Departure: 8:30 am Return: 6:00 pm



Ronald Reagan Presidential Library & Museum
Monday, February 20 - Course # 4942
Fee: \$96 (Deluxe transportation & buffet lunch included)
Mingle with our Founding Fathers during the 24th Annual President's Day Celebration at the Ronald Reagan Presidential Library and Museum. Step aboard the spectacular Air Force One to get a first-hand look at how the president travels. This celebration includes fun for the whole family. Buffet lunch included.
Departure: 8:00 am Return: 5:00 pm



Senior Dial-A-Taxi
This senior mobility program provides discounted taxi rides to eligible residents 60 years and older. Call 470-3062 for an application and details.

City of Mission Viejo Recreation and Community Services Department

A variety of activities are available for older adults offering opportunities for sociability, service and volunteer involvement. Surrounded by beautiful Oso Viejo Park, this facility is also available for private rentals during evening and weekend hours. Consider the Norman P. Murray Community & Senior Center for your next event. Please visit to see the expanded facility and park enhancements.

For additional information regarding Senior Services, contact: Orange County Office on Aging at (800) 510-2020 or officeonaging.ocgov.com

November

Senior Program Hours • Monday - Friday • 8:00 am - 5:00 pm

Walk in the Park
Mondays - Wednesdays - Fridays

SPECIAL PROGRAMS (CONTINUED)

Saddleback Emeritus Classes

For information, call 582-4835

(Appearing in blue may require pre-registration, instructor approval, and fee.)

Other fee-based classes appear in red.

Monday, November 14 10:00 am

Hearing Loss Association

Dr. Mark Wegener, Director of Balance Rehabilitation, and physical therapist will speak on balance and fall prevention, the importance of "Core Strength" and postural awareness. Loops service is available. All are welcome.

Tuesday, November 15 1:00 pm

Cardiac Issues—Atrial Fibrillation

Atrial fibrillation (A Fib), the most common type of heart rhythm disorder, affects 1 in 10 people. Dr. Shyam Bhaskar discusses causes, symptoms, risks, and treatment options. Registration required.

Tuesday, November 15 1:00 pm

COPD

Chronic Obstructive Pulmonary Disease (COPD) is a progressive condition that encompasses several medical conditions. Dr. Tauseff Qureshi, Pulmonologist with Mission Heritage Medical Group will discuss the causes, treatments, and how to improve the quality of life of those diagnosed with the disease. Registration required.

November Special Lunches

- 11/8 Election
- 11/10 Veteran's Day
- 11/18 Birthday Celebration
- 11/23 Thanksgiving

HOT AND COLD LUNCHES

Served Mon. through Fri. at 11:45 am
(2-Day Advance Reservation Requested)

470-3063

Seniors - \$4.50 (suggested donation)
Under 60 years of age - \$6.00

SUPPORT SERVICES

Call for information:

- Caregivers..... 470-3062
- Case Management..... 470-8456
- Diabetes..... 470-3062
- Hearing Loss Association..... 855-6786
- Vision Impaired..... (714) 821-5000

Blood Pressure Check

Wednesdays

10:00 am - Noon

MONDAY



November 6

9:00 am Aerobic Exercise (Syc A) **1**
9:30 am Legal Assistance by appt (S)
9:30 am Intro to Creative Writing (Jun)
9:30 am Train Your Brain (Lav)
10:00 am Chair Exercise (Syc A)
10:00 am Get Fit where You Sit (Jac A)
12:30 Poker (R)
1 2:30 Bunco (Palo)
12:30 Social Bridge (Hib)

Medicare Q & A - 9:00 a.m.

Lunch Menu

Soup/Egg Salad S'wch • Ham Sandwich

8:00 am Ping Pong (Hib) **7**
8:00 am Fine Arts (Jac)
9:00 am Tai Chi (Adv) -10:30 am (Beg)(Syc)
9:30 am / 11:00 am Arthritis Exercise (Syc)
12:00 pm Digital Photography (Lav)
12:30 pm Bridge Duplicate (Syc B)
12:30 pm Wizard Card Game (Hib)
12:30 pm Stretch Class (Syc A)
12:45 pm Movie, "Café Society" (Jac A)
1:00 pm Mah Jong (Hib)
1:00 pm Adv Creative Writing (Jun)
1:30 pm French Club (R)
3:00 pm Laugh & Exercise for Your Health (R)
3:00 pm Adv Digital Photography (Lav)

Lunch Menu

Meatball Sandwich • Caesar Salad

8:00 am Ping Pong (Hib) **14**
8:00 am Fine Arts (Jac)
8:00 am AARP Driver's Safety (Lan)
9:00 am Tai Chi (Adv) -10:30 am (Beg)(Syc)
9:30 am / 11:00 am Arthritis Exercise (Syc)
10:00 am Hearing Loss (Jun)
12:00 pm Digital Photography (Lav)
12:30 pm Bridge Duplicate (Syc B)
12:30 pm Wizard Card Game (Hib)
12:30 pm Stretch Class (Syc A)
12:45 pm Movie, "Me Before You" (Jac A)
1:00 pm Mah Jong (Hib)
1:00 pm Adv Creative Writing (Jun)
1:30 pm French Club (R)
3:00 pm Adv Digital Photography (Lav)?

Lunch Menu

Glazed Chicken Breast • Seafood Salad Plate

8:00 am Ping Pong (Hib) **21**
8:00 am Fine Arts (Jac)
9:00 am Tai Chi (Adv) -10:30 am (Beg)(Syc)
9:30 am / 11:00 am Arthritis Exercise (Syc)
12:30 pm Bridge Duplicate (Syc B)
12:30 pm Wizard Card Game (Hib)
12:30 pm Stretch Class (Syc A)
12:45 pm Movie, "Hunt for the Wilderple" (Jac A)
1:00 pm Mah Jong (Hib)
1:00 pm Adv Creative Writing (Jun)
1:30 pm French Club (R)
3:00 pm Laugh & Exercise for Your Health (R)

Lunch Menu

Grilled Sausage/Egg Noodles • Tuna Salad Plate

8:00 am Ping Pong (Hib) **28**
8:00 am Fine Arts (Jac)
9:00 am Tai Chi (Adv) -10:30 am (Beg)(Syc)
9:30 am / 11:00 am Arthritis Exercise (Syc)
12:30 pm Bridge Duplicate (Syc B)
12:30 pm Wizard Card Game (Hib)
12:30 pm Stretch Class (Syc A)
12:45 pm Movie, "Miracles from Heaven" (Jac A)
1:00 pm Mah Jong (Hib)
1:00 pm Adv Creative Writing (Jun)
1:30 pm French Club (R)

Lunch Menu

Chicken Curry • Ham Salad Swch

TUESDAY

1:00 pm Quilting (Jun)
2:00 pm Film as Literature (Syc)
3:00 pm iPhone/iPad Class (Palo)
4:00 pm Microsoft Windows (Palo)
4:00 pm iPad Practice (Hib)

Medicare Q & A - 9:00 a.m.

Lunch Menu

Soup/Egg Salad S'wch • Ham Sandwich

9:00 am Aerobic Exercise (Syc A) **8**
9:30 am Intro to Creative Writing (Jun)
9:30 am Train Your Brain (Lav)
10:00 am Chair Exercise (Syc A)
12:30 pm Poker (R)
12:30 pm Bunco (Palo)
12:30 pm Social Bridge (Hib)
1:00 pm Quilting (Jun)
2:00 pm Film as Literature (Syc A)
3:00 pm iPhone/iPad Class (Palo)
4:00 pm Microsoft Windows (Palo)
4:00 pm iPad Practice (Hib)
7:00 pm Healing Journeys (Syc B)

Lunch Menu

Rosemary Chicken • Ham & Cheese S'wch

9:00 am Aerobic Exercise (Syc A) **15**
9:30 am Intro to Creative Writing (Jun)
9:30 am Train Your Brain (Lav)
10:00 am Chair Exercise (Syc A)
10:00 am Get Fit Where You Sit (Jac A)
12:30 pm Poker (R)
12:30 pm Bunco (Palo)
12:30 pm Social Bridge (Hib)
1:00 pm Quilting (Jun)
2:00 pm Film as Literature (Syc A)
3:00 pm iPhone/iPad Class (Palo)
4:00 pm Microsoft Windows (Palo)
4:00 pm iPad Practice (Hib)

Medicare Open Enrollment - 9:00 am
Cardiac Issues - 1:00 pm
COPD -1:00 pm
Fall Meditation Series -1:00 pm

Lunch Menu

Salisbury Steak • Caesar Salad

9:00 am Aerobic Exercise (Syc A) **22**
9:30 am Intro to Creative Writing (Jun)
9:30 am Train Your Brain (Hib)
10:00 am Chair Exercise (Syc A)
10:00 am Get Fit Where You Sit (Jac A)
12:30 pm Poker (R)
12:30 pm Bunco (Palo)
12:30 pm Social Bridge (Hib)
1:00 pm Quilting (Jun)
2:00 pm Film as Literature (Syc A)
4:00 pm iPad Practice (Hib)
7:00 pm Healing Journeys (Jac B)

Lunch Menu

Baked Fish • Turkey Sandwich

9:00 am Aerobic Exercise (Syc A) **29**
9:30 am Intro to Creative Writing (Jun)
9:30 am Train Your Brain (Hib)
10:00 am Chair Exercise (Syc A)
10:00 am Get Fit Where You Sit (Jac A)
12:30 pm Poker (R)
12:30 pm Bunco (Palo)
12:30 pm Social Bridge (Hib)
1:00 pm Quilting (Jun)
2:00 pm Film as Literature (Syc A)
4:00 pm iPad Practice (Hib)

Lunch Menu

Pineapple Glazed Ham • Turkey Sandwich

WEDNESDAY

8:00 am Ping Pong (Jac) **2**
9:00 am Crafty Ladies (Lav)
9:00 am Love of Music (Jun)
9:30 am 11:00 am Arthritis Exercise(Syc A)
9:30 am Intermediate Spanish (Hib)
12:30 pm Opera (Jun)
1:00 pm Bingo (Palo)
1:00 pm Voice & Rhythms (Hib)
4:30 pm ATX Silver (Jun)
7:00 pm Dreams & Images

Lunch Menu

Chicken Primavera • Seafood Salad Plate

8:00 am Ping Pong (Jac) **9**
8:30 am Veterans Counseling (S)
9:00 am Crafty Ladies (Lav)
9:00 am Love of Music (Jun)
9:30 am / 11:00 am Arthritis Exercise(Syc)
9:30 am Intermediate Spanish (Hib)
12:30 pm Opera (Jun)
1:00 pm Bingo (Palo)
1:00 pm Reiki (Lan)
1:00 pm Voice & Rhythms (Hib)
4:30 pm ATX Silver (Jun)
7:00 pm Dreams & Images (Palo)

Lunch Menu

Soup/roast Beef • Snoball Salad

8:00 am Ping Pong (Jac) **16**
9:00 am Line Dancing (Palo)
9:00 am Crafty Ladies (Lav)
9:00 am Love of Music (Jun)
9:00 am HICAP Counseling by Appt (S)
9:30 am / 11:00 am Arthritis Exercise(Syc)
9:30 am Intermediate Spanish (Hib)
12:30 pm Opera (Jun)
1:00 pm Bingo (Palo)
1:00 pm Voice & Rhythms (Hib)
4:30 pm ATX Silver (Jun)
7:00 pm Dreams & Images (Palo)

Lunch Menu

Spinach Cannelloni • Roast Beef & Cheese

8:00 am Ping Pong (Jac) **23**
9:00 am Line Dancing (Palo)
9:00 am Crafty Ladies (Lav)
9:00 am Love of Music (Jun)
9:30 am / 11:00 am Arthritis Exercise(Syc)
9:30 am Intermediate Spanish (Hib)
10:00 am Sr Citizens Activities Comm (Lan)
11:00 am Benefit Enrollment (S)
12:30 pm Opera (Jun)
1:00 pm Bingo (Syc A)
1:00 pm Voice & Rhythms (Hib)
4:30 pm ATX Silver (Jun)

Lunch Menu

Roast Turkey & Gravy • Tuna Salad Plate

8:00 am Ping Pong (Jac) **30**
9:00 am Line Dancing (Syc B)
9:00 am Crafty Ladies (Lav)
9:00 am Love of Music (Jun)
9:30 am /11:00 am Arthritis Exercise (Syc)
9:30 am Intermediate Spanish (Hib)
10:00 am Sr Citizens Activities Comm (Lan)
12:30 pm Opera (Jun)
1:00 pm Bingo (Palo)
1:00 pm Voice & Rhythms (Hib)
4:30 pm ATX Silver (Jun)

Lunch Menu

Chicken Fajita Bowl • Submarine Swch

THURSDAY

9:00 am Bocce Ball (VG) **3**
9:00 am Aerobic Exercise (Syc A)
10:00 am Chair Exercise (Syc A)
10:00 am Aloha Ukulele Strummers (Jun)
10:00 am It's Your \$ (Jac B)
12:30 pm Hand and Foot (Hib)
1:00 pm Billm Dance "Cha Cha" (Syc A)
1:00 pm Art History (Jun)
4:00 pm Constitution 101 (Jun)

Cholesterol Medication - 1:00 pm

Lunch Menu

Chicken Taco Salad • Harvest Veg Plate

9:00 am Bocce Ball (VG) **10**
9:00 am Aerobic Exercise (Syc A)
9:00 am Chair Exercise (Syc A)
10:00 am Aloha Ukulele Strummers (Jun)
12:30 pm Hand and Foot (Hib)
1:00 pm Billm Dance "Cha Cha" (Syc A)
1:00 pm Drivers License Review (Lav)
1:00 pm Art History (Jun)
4:00 pm Constitution 101 (Jun)

Post-Election Investment - 10:00 am

Common Cancer As We Age - 1:00 pm

Lunch Menu

Smothered Meatloaf • Tuna Salad Swch

9:00 am Bocce Ball (VG) **17**
9:00 am Aerobic Exercise (Syc A)
9:00 am Chair Exercise (Syc A)
10:00 am Aloha Ukulele Strummers (Jun)
10:00 am Commodities
12:30 pm Hand and Foot (Hib)
12:30 pm Diabetes Support (Lav)
1:00 pm Billm Dance "Cha Cha" (Syc A)
1:00 pm Art History (Jun)
2:00 pm Legal Assistance (Lav)
4:00 pm Constitution 101 (Jun) ?
6:00 pm Cell Phone Clinic (Syc A)

Personal Safety for Seniors
10:00 am

Lunch Menu

Soup/Salad • Chix Salad S'wich



**Saddleback Emeritus
Registration
November 29
9:00 am—2:00 pm**

FRIDAY

8:00 am Ping Pong (Hib) **4**
9:00 am Tai Chi (Adv.)-10:30 (Beg) (Syc)
9:00 am Current Issues in Gov (Lantana)
9:30 am Arthritis Exercise (Palo)
9:30 am Advanced Spanish (Jun)
12:30 pm Current Events (Lav)
12:30 pm Yoga (Syc B)
1:00 pm Bingo (Palo)

Flu Shot Clinic - 10:00 a.m.

Lunch Menu

Chili Cheese Dog • Meatloaf Sandwich

Veteran's Day **11**



Center Closed

8:00 am Ping Pong (Hib) **18**
9:00 am Tai Chi (Adv.)-10:30 (Beg) (Syc)
9:00 am Current Issues in Gov (Jac A)
9:30 am / 11:00 am Arthritis Exercise (Syc)
9:30 am Advanced Spanish (Jun)
11:00 am HICAP (S)
12:30 pm Current Events (Lav)
12:30 pm Yoga (Syc A)
1:00 pm Bingo (Palo)

Lunch Menu

BBQ Chicken • Snoball Salad

**24 & 25
Thanksgiving Holidays**

Center Closed

LEGEND

- Back Green.....BG
- Creekside Terrace.....C
- Creekside Overlook.....CO
- Hibiscus.....Hib A/B
- Jacaranda.....Jac A/B
- Juniper.....Jun
- Lantana.....Lan
- Lavender.....Lav
- Oso Lounge.....Oso
- Palo Verde.....Palo
- Rose.....R
- Sycamore.....Syc A/B
- Senior Services Office.....S
- Village Green.....VG

Have some fun and meet new friends!

Games available at the

Norman P. Murray Community and Senior Center



Card Games

- | | | | |
|--------------------|----------|----------|------|
| • Bridge Duplicate | Monday | 12:30 pm | \$7 |
| • Wizard | Monday | 12:30 pm | Free |
| • Poker | Tuesday | 12:30 pm | Free |
| • Social Bridge | Tuesday | 1:00 pm | Free |
| • Hand and Foot | Thursday | 12:30 pm | Free |

Mah Jong	Monday	1:00 pm	Free
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Bunco	Tuesday	12:30 pm	\$1
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Sponsored by Age Well Senior Services

Bingo	Wednesday & Friday	1:00 pm	\$3
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Sponsored by Age Well Senior Services

Ping Pong	Monday, Wednesday & Friday	Free
	8:00 am - Noon	



MISSION VIEJO

Call 470-3062 for more information

Additional November Classes and Events

Tuesday, November 1

9:00 am-11:00am

Medicare Q & A

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 is required)



Thursday, November 3

Tuesday, November 15

Medicare Open Enrollment

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 (Registration required)



9:00 am-3:00 pm

Thursday, November 17

10:00 am

Personal Safety for Seniors

Learn safety tips designed to help you stay safe while home or away. Topics will include protecting yourself from unscrupulous contractors, what to do when solicitors come calling, online safety, how and when to call law enforcement and more.

Register for this free program presented by Mission Viejo Police Services by calling 949-470-3062.

UNIQLO Wheelchair Doubles Masters

November 2-6

This year's field at the Masters is expected to be the strongest yet. Enjoy this FREE event at the Marguerite Tennis Pavilion. Refreshments are available for purchase at the Courtside Café.

www.wheelchairodblesmasters.com



Call 470-3062 to register.