



**MISSION VIEJO**  
*Make Living Your Mission*

Winter 2016

**Life**

**Art and life  
entwine at the  
Potocki Center**

**Community Events, Recreation and Classes in Mission Viejo**

# WINTER 2016

**1-5** SPECIAL EVENTS, COMMUNITY EVENTS, COMMUNITY SERVICES & EXCURSIONS

**6-8** YOUTH CLASSES

**9 -10** YOUTH, MIDDLE-SCHOOL & TEEN CLASSES

**10-11** POTOCKI ART CLASSES

**12** ADULT CLASSES

**13** MILITARY AND VETERAN SUPPORT

**14-17** SENIOR CLASSES & EVENTS

**18-19** TENNIS

**20-21** FITNESS & AQUATICS

## *Community Facilities*

### **City Hall**

200 Civic Center / 470-3061

### **Mission Viejo Library**

100 Civic Center / 830-7100

### **Animal Services Center**

28095 Hillcrest / 470-3045

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

24932 Veterans Way / 470-3062

### **Thomas R. Potocki Conference Center**

27301 La Paz Road / 470-3061

### **Montanoso Recreation and Fitness Center**

25800 Montanoso Drive / 859-4FIT (4348)

### **Sierra Recreation and Fitness Center**

26887 Recodo Lane / 859-4FIT (4348)

### **Felipe Tennis Center**

27161 Nogal / 859-4FIT (4348)

### **Marguerite Tennis Pavilion**

27474-1 Casta Del Sol / 859-4FIT (4348)

## REGISTRATION INFORMATION

### EVENTS, EXCURSIONS AND CLASSES

#### Registration

Early registration for all events, excursion and classes is highly encouraged. If attendance is low, it is subject to being cancelled.

#### Walk-In

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

#### Online

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



## SUNDAY NOV 27

**3:00 pm – 5:30 pm / Festival Celebration**

**3:00 pm – 6:00 pm / Entertainment**

**6:00 pm / Santa's Arrival**

### Santa's Arrival & Celebration

Enjoy "make and take" craft projects, games and holiday stories for children of all ages. As a special treat, we will have live reindeer for you to meet! There will be music and dance programs plus snacks for purchase. Santa will arrive atop a fire engine and will turn on the holiday lights with the help of the children.

## NOV 27 – DEC 21

### Letters to Santa

Santa promises to answer every letter deposited in the mailbox next to his workshop. Please clearly print your name and return address so Santa and his elves can respond to each letter.

## NOV 27 - DEC 4

**1:00 pm - 8:00 pm**

### Railroad Magic

A must-see display where the magic of the railroad comes to life as various train organizations leave the station and stop at City Hall for one week to share their collections.

## NOV 30 – DEC 21

**Wednesday / Saturday / Sunday**

**6:00 pm – 8:00 pm**

### Santa's Workshop

Children are invited to share their holiday wishes with Santa and Mrs. Claus at Santa's Workshop. FREE hot chocolate will be served. Bring your camera to capture the holiday magic.

Santa's Village at City Hall  
830-7066 / [www.mvactivities.com](http://www.mvactivities.com)  
FREE (All events)



## SATURDAY DEC 10

**11:00 am – 2:00 pm**

### Santa Paws

You and your pet can have your picture taken with Santa for a good cause. All proceeds will benefit the animals at the Mission Viejo Animal Services Center. Friendly and social pets are welcome.

Santa's Village at Civic Center Plaza  
470-3045 / [www.cmvas.org](http://www.cmvas.org)  
\$20

## DEC 2 & 3

### A Visit with Santa

Santa will visit your table while you enjoy a hot breakfast or dessert. Decorate a holiday cookie before joining Santa around the fireplace to listen to "The Night Before Christmas." Bring your camera as individual photos will not be available for purchase. Children must be accompanied by an adult. Attendance is limited so please register early!

#### December 2 / Dessert with Santa

Friday / 7:00 pm – 9:00 pm

#### December 3 / Breakfast with Santa

Saturday / 8:00 am – 9:30 am

#### December 3 / Brunch with Santa

Saturday / 10:00 am – 11:30 am

Norman P. Murray Community and Senior Center  
768-0981 / [www.communityservices.svUSD.org](http://www.communityservices.svUSD.org)

\$5 / Visit (12 years & younger)

\$7 / Visit (13 years & older)

Pre-registration is required and is limited to one session per participant.

## DEC 5 – 8

**6:30 pm – 8:30 pm**

### North Pole Calling

It's that time of year again for children to get that special call from Santa. Registration forms are required and available at local elementary schools, SVUSD Department of Recreation & Community Services or online after Oct 24.

Age 3 - 8

768-0981 / [www.communityservices.svUSD.org](http://www.communityservices.svUSD.org)  
FREE

# COMMUNITY EVENTS

## 44TH ANNUAL HOLIDAY HOME LIGHTING CONTEST



Winners will receive prizes in addition to the winner sign for their front yard and a photo. They will also be featured on the Holly Jolly Light Tour.

### Deadline December 2

Homes must be decorated and entries received by Friday, December 2

### Final Judging December 7

FREE / 830-7066 / [www.mvactivities.com](http://www.mvactivities.com) for entry forms

## DEC 3

Saturday / 7:00 pm

### Fret Melters featuring Peppino D'Agostino & Richard Smith

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](http://www.lordofthestringsconcerts.com)

## DEC 9 & 10

6:00 pm - 7:00 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 / 830-7066

## SATURDAY DEC 10

7:00 pm

### Newgate Chamber Orchestra Concert – New Beginnings

Join us for a night of new art, wine, and original music presented by local artists and musicians! Celebrate the New Year, togetherness and holiday spirit through the magic of music and art.

Norman P. Murray Community and Senior Center

470-8440 / [www.newgateorchestra.com](http://www.newgateorchestra.com)

\$15 / Course #4745

## SUNDAY DEC 11

4:00 pm

### Master Chorale of Saddleback Valley

The performance, which is the highlight of the year for the Master Chorale of Saddleback Valley, features classic holiday favorites that some folks haven't heard before.

Norman P. Murray Community and Senior Center

470-8440 / [www.discovermissionviejo.com](http://www.discovermissionviejo.com)

\$15 (\$12 Student/Senior) / Course #4167

## PARENT'S NIGHT OUT!

Friday / 5:00 pm - 9:00 pm

Dec 16 / Course #4761

Feb 10 / Course #4773

Get your holiday shopping done and leave the kids with us for a few hours! Shopping, date night, or just some time to yourself! We've got a fun night planned for your kids. Don't miss it!

Age 5 - 10 (Please advise of peanut allergies at time of registration)

Montanoso Recreation and Fitness Center

859-4348 / [www.cityofmissionviejo.org/recreation](http://www.cityofmissionviejo.org/recreation)

\$25 per child

## SATURDAY JAN 14

7:00 pm

### Sinatra & More with Louis Landon

Louis Landon is a Steinway artist. He will play and sing the songs that made Frank Sinatra famous as well as his own original compositions.

Norman P. Murray Community and Senior Center

\$15 / Course #4746



## FRIDAY JAN 20

4:00 pm - 11:00 pm

### Battle of the Bands

Let's rock and roll! Rock out to 10 bands battling to be dubbed the best Best in Mission Viejo! Bands must attend a Mission Viejo High School to participate.

Norman P. Murray and Community Center

\$5 / \$10 at the door for guests / \$25 per band

859-4348 / Course #4760

# 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 / City Hall - Council Chambers  
FREE / 470-3062

### SUNDAY DEC 18

#### “How the Grinch Stole Christmas”

On the outskirts of Whoville, there lives a green revenge-seeking Grinch who plans to ruin Christmas for every citizen in town. Rated PG

### SUNDAY JAN 15

#### “The Rosa Parks Story”

A seamstress recalls events leading to her act of peaceful defiance that prompted the 1955 bus boycott in Montgomery, Alabama. Not Rated

### SUNDAY FEB 19

#### “A More Perfect Union”

In the summer of 1787, 55 delegates from twelve states came to Philadelphia to unify the United States and write a new Constitution. Not Rated

## SATURDAY JAN 21

9:00 am - Noon

### Rose Pruning Clinic

Free hands-on lessons from master Rosarians in pruning climbers, hybrid tea, shrubs and Austins. Bring your gloves and clippers.

FREE / Library Rose Garden  
lindamwebber@gmail.com

## SATURDAY JAN 28

1:00 pm – 4:00 pm

### Polar Bear Plunge

Take an icy dip in the spa for a fun photo opportunity and experience the thrill of playing in 180 gallons of artificial snow! Enjoy carnival games, snowball fights, snow cones, hot chocolate, water slide and recreation swim. Enter to win FREE guest passes and a 1-month family membership to the Recreation Centers.

Sierra Recreation and Fitness Center  
859-4348 / [www.cityofmissionviejo.org/recreation](http://www.cityofmissionviejo.org/recreation)  
FREE (Minimal charge for activities and food)

## SUNDAY FEB 12

Sunday / Noon - 5:00 pm

### Adult & Pediatric CPR, First Aid & AED

The Recreation Centers are now offering valuable American Red Cross lifesaving classes for the community. Do not wait until an emergency happens. Be prepared with the skills necessary to help others in distress.

Age 12 & up

Montanoso Recreation and Fitness Center  
\$85 / 859-4348



## SATURDAY FEB 25

10:00 am - 1:00 pm

### Community Health Fair

Companies and organizations will showcase their healthy options and services to the public. Get inspired to get on a healthy track! Free health screenings, giveaways, over 50 vendors and kids activities galore.

Norman P. Murray Community and Senior Center  
FREE / 470-3062 / [www.cityofmissionviejo.org/healthfair](http://www.cityofmissionviejo.org/healthfair)



## TUESDAY FEB 28

6:30 pm - 8:00 pm

### Child Passenger Safety Class

You will learn how to select the right car seat, correctly secure your child, installation tips and will receive information about California Child and Passenger Safety Laws. While we are not allowed to install your car seat, you will gain the expertise on how to do so securely.

Norman P. Murray Community and Senior Center  
(714) 855-2300 / [www.aaa.com/childsafety](http://www.aaa.com/childsafety)  
FREE (Registration required)

# COMMUNITY SERVICES

## U.S. PASSPORT ACCEPTANCE SERVICE

Mission Viejo Library  
100 Civic Center  
470-8420 (Passport Information)  
[www.cityofmissionviejo.org/library/passports](http://www.cityofmissionviejo.org/library/passports) (Online appointment)  
Photos are available during all Passport Acceptance hours for \$10

### Walk-In Service

**Tuesday / 4:00 pm – 8:00 pm**  
**(Tuesday evening walk-in service Feb 7 - July 18)**  
**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**  
Online appointment scheduling  
[www.cityofmissionviejo.org/library/passports](http://www.cityofmissionviejo.org/library/passports)

## PASSPORT FEES

### Adults (16 & older) \$135

- \$110 payable to "U.S. Dept. of State" (Check or money order)
- \$25 to "Mission Viejo Library" (MasterCard, Visa or cash only)

### Children (15 & younger) \$105

- \$80 payable to "U.S. Dept. of State" (Check or money order)
- \$25 to "Mission Viejo Library" (MasterCard, Visa or cash only)



## 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](http://www.cityofmissionviejo.org/communityresource)

## HOME REHAB LOANS

Is your home in need of repairs? The City of Mission Viejo is offering 0% deferred loans up to \$25,000 for qualified low/moderate income homeowners. Exterior paint grants are also available to qualified low/moderate-income homeowners for homes in need of paint.

470-3026

## BUSINESS WORKSHOPS

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

OC SBDC: (714) 564-5200 / [www.ocsbdc.org/training](http://www.ocsbdc.org/training)  
SCORE: (714) 550-7369 / [www.score114.org](http://www.score114.org)  
SBA: (714) 560-7448 / [www.sba.gov](http://www.sba.gov)

City Hall (200 Civic Center)- Saddleback Room (unless otherwise indicated)  
470-8409 / [www.missionviejomeansbusiness.com](http://www.missionviejomeansbusiness.com)

**Wednesday Dec 7 / 1:30 pm – 3:00 pm**

### SCORE/IRS: How to Manage Payroll, How to Make Tax Deposits & File a Return to Report Your Payroll Taxes

Free (Reservation recommended)

**Tuesday Dec 7 / 2:30 pm – 5:00 pm**

### OC SBDC: Small Business Jump-Start

\$10 (Reservation recommended)  
Norman P. Murray Community and Senior Center

**Wednesday Dec 14 / Noon – 3:00 pm**

### SCORE: Keeping Your Business Data Secure: Don't End Up in the News or as a Statistic!

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

**Wednesday Jan 11 / 1:30 pm – 4:30 pm**

### SCORE: Making a Testimonial Video for Your Business Right from Your Smart Phone

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

**Wednesday Jan 12 / 6:00 pm – 8:30 pm**

### OC SBDC: The Art and Science of Creating a Successful Business Plan

\$25 (Reservation recommended)

**Wednesday Jan 25 / 9:00 am – 11:30 am**

### SBA: Developing an App for Your Business

Free (Reservation recommended)

**Wednesday Feb 8 / 1:30 pm – 4:30 pm**

### SCORE: SBA Loans – What You Should Know Before You Apply

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



# 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.



## TUESDAY FEB 14

**8:30 am / Departure** **6:00 pm / Return**  
**Viejas Casino & Outlet Shopping**

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

Includes deluxe transportation and lunch.

\$15 / Course #5010



## WEDNESDAY DEC 7

**9:00 am / Departure** **5:00 pm / Return**  
**Lawrence Welk Forever Plaid Tidings**

Get in the holiday spirit. The legendary Plaids are back to spread yuletide joy. This a brand new show tied up in a nifty package with a big Christmas bow on top. Show and buffet lunch included.

\$98 / Course #4436 (Registration deadline Nov 10)

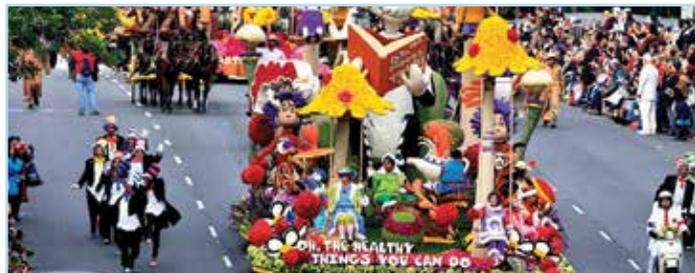


## MONDAY FEB 20

**8:00 am / Departure** **5:00 pm / Return**  
**Ronald Reagan Presidential Library and Museum**

Mingle with our Founding Fathers during the 24th Annual Presidents Day Celebration at the Ronald Reagan Presidential Library and Museum. Step aboard the spectacular Air Force One to get a firsthand look at how the president travels. This celebration includes fun for the whole family. Buffet lunch included.

\$96 / Course #4942



## MONDAY JAN 2

**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, blanket and cushions for comfort.

\$150 / Course #4438

## THURSDAY MARCH 9

**8:30 am / Departure** **4:00 pm / Return**  
**Descanso Gardens and the Norton Simon Museum**

Experience moments in the natural world and enjoy a refuge of stunning beauty at Descanso Gardens. Visit the Norton Simon Museum, known around the world as one of the most remarkable private art collections ever assembled. European art from the Renaissance to the 20th century and South and Southeast Asian art spanning 2,000 years. Box lunch included.

\$87 / Course#4943

# YOUTH CLASSES

## GENERAL INFORMATION

Mission Viejo Library  
100 Civic Center  
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

## PAW READATHON WITH ROXY

**Saturday / 2:00 pm – 2:30 pm**  
**Dec 17, Jan 28 & Feb 25**

Read aloud to Roxy, a beautiful trained 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)

Library / Wickiup Room  
FREE

## NOON YEAR'S EVE PARTY

**Saturday / 11:00 am – 12:30 pm**  
**Dec 31**

No need to stay up late! Ring in the New Year at the library with crafts, music, and fun for the whole family.

All Ages

FREE / Friends Storytime Room

## TODDLER EARLY LITERACY CLASS

**Monday / 10:30 am & 11:30 am**  
**Jan 9, 23 & 30**

**Thursday / 10:30 am & 11:30 am**  
**Dec 1, Jan 12 - Feb 2**

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

Age 18 – 35 months (with parent or guardian)

FREE / Friends Storytime Room

## CREATORS' CLUB

**Tuesday / 3:00 pm**  
**Jan 10 - Feb 28**

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

Grades 1 – 5

FREE / Friends Storytime Room

## PAJAMARAMA

**Monday / 7:00 pm**  
**Jan 9, 23 & 30**

Come in your PJs to enjoy interactive fun with books, music, songs and puppets just before bedtime. Attendance is limited so please come early.

Age 3 – 6 (with parent or guardian)

FREE / Friends Storytime Room

## BABY LAP-SIT

**Tuesday / 10:30 am & 11:30 am**  
**Jan 10 - 31**

Early literacy activities, including songs, rhymes, picture books, and music. Attendance is limited so please come early.

Age 6 – 18 months (with parent or guardian)

FREE / Friends Storytime Room

## PRESCHOOL EARLY LITERACY CLASS

**Wednesday / 10:30 am & 1:30 pm**  
**Jan 11 - Feb 1**

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

Age 3 – 6 (with parent or guardian)

FREE / Friends Storytime Room

## THE TORTOISE & THE HARE PUPPET SHOW

**Saturday / 2:00 pm**  
**Jan 21**

Presented by Swazzle, this hilarious, action-packed reimagining of the classic Aesop's Fable features beautifully handcrafted puppets and imaginative physical comedy.

Age 4 & up (with parent or guardian)

FREE / Saddleback Room

## VALENTINE'S DAY CRAFTS

**Saturday / 2:00 pm**  
**Feb 11**

Make Valentine cards and enjoy seasonal fun.

Age 4 & up (with parent or guardian)

FREE / Saddleback Room



# YOUTH CLASSES

## GENERAL INFORMATION

Norman P. Murray Community & Senior Center  
24932 Veterans Way  
470-3062 / [www.cityofmissionviejo.org/recreation](http://www.cityofmissionviejo.org/recreation)

## LITTLE NINJA - PKSA KARATE

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

**Dec / Course #4770**

**Jan / Course #4771**

**Feb / Course #4772**

Lessons are based on positive recognition, skill, manners, sportsmanship and respectful treatment of others. Carefully designed high-energy drills.

Age 3 – 5

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

## KINDERGARTEN EXPRESS

**Tuesday / 10:00 am – 11:30 am**

**Jan 10 - 31 / Course #4765**

**Feb 7 - 28 / Course 4766**

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.

Age 4 - 5

\$65

## SINGING PRE-GLEE

**4:00 pm - 4:50 pm**

**Dec 5 – Dec 26 / Course #4820**

**Jan 5 – 26 / Course #4819**

**Feb 6 – 27 / Course #4822**

**Feb 9 – Mar 2 / Course #4821**

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**

**Dec 5 – Dec 26 / Course #4994**

**Jan 5 – 26 / Course #4993**

**Feb 6 – 27 / Course #4995**

**Feb 9, 16, 23 & Mar 2 / Course #4996**

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

## KARATE

### Beginners

**Friday / 5:00 pm**

**Dec / Course #4777**

**Jan / Course #4778**

**Feb / Course #4779**

Member \$25 / Non-Member \$30

### Junior Advanced

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

**Dec / Course #4780**

**Jan / Course #4781**

**Feb / Course #4782**

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

Build character through discipline and self-confidence. You will be taught to defend against punches, holds and grabs, but foremost, instructed in good attitude and manners.

Age 5 & up

Montanoso Recreation Center

## K - 6 BIOLOGY CLASSES

**Jan 9 - Feb 27 (No class Jan 16 & Feb 20)**

### Marine Animals: Amazing Waterworld!

**Monday / 4:00 pm - 5:00 pm / Course #4997**

Enjoy this fun and hands-on biology workshop for kids! Learn about different marine animals, such as starfish, fish, clam, shrimp, and many more. Your child will perform cool biology experiments and activities.

### Mixed-and-Match Biology

**Monday / 5:15 pm - 6:15 pm / Course #4998**

Enjoy this fun and hands-on biology workshop for kids! These mix-and-match topics have never been unrelated, but are still interesting to learn. Learn about food biology, digestion system, decomposers and water creatures.

Age 5 -12

\$100 + \$40 lab fee payable to instructor

## HOMEWORK HELP (GRADES 2 - 6)

**Wednesdays / 3:30 pm – 5:30 pm**

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

# YOUTH & MIDDLE SCHOOL ENRICHMENT CLASSES

## ART WITH MRS. KEADY

**3:30 pm – 4:30 pm**

**Nov 29 - Dec 20 / Course #4563**

**Jan 10 - 31 / Course #4805**

**Feb 7 - 28 / Course #4807**

**Nov 30 - Dec 21 / Course #4564**

**Jan 11 - Feb 1 / Course #4806**

**Feb 8 - March 1 / Course #4808**

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

## BIG NINJAS – PKSA KARATE

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

**Dec / Course #4948**

**Jan / Course #4951**

**Feb / Course #4952**

Traditional martial arts taught through creative lessons, activities and drills. Special games motivate and energize students.

Age 6 -14

PKSA Karate (25290 Marguerite Pkwy, Suite A, Mission Viejo)

\$89 + \$20 one-time lab fee payable to instructor

## AFTER-SCHOOL SEWING KIDS/TEENS

**Wednesday / 3:30 pm – 6:00 pm**

**Jan 11 - Feb 1 / Course #4767**

**Feb 8 - March 1 / Course #4768**

**March 8 - 29 / Course #4769**

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 & up

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

## MIDDLE SCHOOL BIOLOGY CLASSES

**Wednesday / 3:45 pm – 5:15 pm**

**Human Body: We are Super II**

**Jan 11- Feb 1 / Course #4958**

Learn about our amazing human body from your thumb, heart, eyes, lungs, to your sense of smell and many more. Your child will perform dissections, cool biology experiments and activities.

**Mix-and-Match Biology II**

**Feb 8 - March 1 / Course #4959**

These mix-and-match topics have never been unrelated. Learn about plants, insects, human, genetics, animals, and the ecosystem. Your child will perform dissections, cool biology experiments and activities.

Age 11 - 14

\$80 + \$40 lab fee payable to instructor

## GENERAL INFORMATION

**Middle School After School Enrichment Programs**

Students must be entering grades 6th - 8th to participate

470-3062 / [www.cityofmissionviejo.org/recreation](http://www.cityofmissionviejo.org/recreation)

\$25 per course

## CARL HANKEY MIDDLE SCHOOL AFTER-SCHOOL ENRICHMENT

### HOMEWORK ASSISTANCE LAB

**Tuesday / 2:45 pm – 4:15 pm**

**Jan 10 - Feb 14 / Course #4866**

**Feb 21 - Mar 28 / Course #4867**

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**

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

**Jan 12 - Feb 16 / Course #4803**

**Feb 23 - March 30 / Course #4804**

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.

## POTOCKI MIDDLE SCHOOL AFTER-SCHOOL ENRICHMENT

### BEGINNERS CERAMIC WORKSHOP

**Wednesday / 3:45 pm – 5:30 pm**

**Jan 11 - Feb 1 / Course #4920**

**Feb 15 - Mar 8 / Course #4921**

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

### INTERMEDIATE CERAMICS

**Friday / 3:45 pm – 5:30 pm**

**Jan 13 - Feb 3 / Course #4926**

**Feb 17 - Mar 10 / Course #4927**

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.



# MIDDLE SCHOOL ENRICHMENT & TEEN CLASSES

## NORMAN P. MURRAY MIDDLE SCHOOL AFTER-SCHOOL ENRICHMENT



### BEGINNING GUITAR WITH RON GORMAN

**Friday / 3:45 pm – 4:30 pm**

**Jan 13 - Feb 17 / Course #4815**

**Feb 24 - March 31 / Course #4816**

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**

**Jan 13 - Feb 17 / Course #4817**

**Feb 24 - March 31 / Course #4818**

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

### CONTEMPORARY/MODERN DANCE

**Monday / 4:00 pm – 5:00 pm**

**Jan 9 - Feb 27 (No class Jan 16 & Feb 20) / Course #4791**

**March 6 - April 17 / Course #4792**

Students will learn, develop and practice fundamental contemporary and modern dance techniques. Results include increased confidence, improved coordination and enhanced critical thinking skills.

### MATH HOMEWORK LAB

**Tuesday / 4:00 pm – 5:15 pm**

**Jan 10 - Feb 14 / Course #4825**

**Feb 21 - March 28 / Course #4826**

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

## MIDDLE SCHOOL & HIGH SCHOOL TEEN SCENE

### MIDDLE SCHOOL TEEN SCENE

**Friday / 7:00 pm - 9:00 pm**

**Dec 16 / Course #4755**

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

Grades 6 - 8

\$5 per student (Student ID required)

Felipe Tennis Center / 859-4348

### BATTLE OF THE BANDS

**Friday / 4:00 pm - 11:00 pm**

**Jan 20 / Course #4760**

Let's rock and roll! Rock out to 10 bands battling to be dubbed the Best in Mission Viejo! Bands must attend a Mission Viejo High School to participate.

\$5 / \$10 at the door for guests / \$25 per band

Norman P. Murray Community and Senior Center / 859-4348

### HIGH SCHOOL TEEN SCENE DODGEBALL NIGHTS

**Friday / 7:00 pm - 10:00 pm**

**Feb 3 / Course #4754**

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.

Grade 9 - 12

\$5 (Student ID required)

Felipe Tennis Center / 859-4348

## TEEN TRAFFIC SAFETY CLASS

### SATURDAY JAN 21

**Session 1 / 10:00 am -12:15 pm**

**Session 2 / 1:00 pm - 3:15 pm**

This interactive program walks people through the steps necessary to obtain a permit and driver's license and offers useful tools, tips, and resources to help parents and teens during the learning-to-drive process and beyond.

Age 14 – 16

714-855-2312 / [www.aaa.com/safety4teens](http://www.aaa.com/safety4teens)

FREE (Registration required)

## GENERAL INFORMATION

Thomas R. Potocki Conference Center  
27301 La Paz Road

### Potocki Art Programs

470-8440 / [www.discovermissionviejo.com](http://www.discovermissionviejo.com)

## CERAMIC ORNAMENT WORKSHOP

**Saturday / 1:00 pm – 3:30 pm**

**Dec 3 & 10 / Course #4836**

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

Ages 5 & up (5 - 9 must be accompanied by an enrolled adult)

\$25 + \$10 lab fee payable to instructor

## POTTERY 3-DAY JOIN-A-GROUP WORKSHOP

**Saturday / 1:00 – 4:00 pm**

**Jan 14 - 28 / Course #4833**

**Feb 4 - 18 / Course #4834**

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 an enrolled adult)

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

Appointments for 2-day workshop available for Scout Troops at a discount!

## ACTING FOR KIDS AND TEENS

**Saturday / 2:30 pm – 3:30 pm**

**Jan / Course # 4842**

**Feb / Course # 4843**

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

## QIGONG: WELLNESS FOR BODY AND MIND

**Tuesday / 11:00 am - Noon**

**Jan 3 - 24 / Course #4840**

**Jan 31 - Feb 21 / Course #4841**

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

## BEGINNING GUITAR

**Phase 1 / Saturday / Jan 14 - Feb 11 / 12:30 pm -1:30 pm / Course #4837**

**Phase 1 / Friday / Feb 17 - Mar 17 / 6:00 pm -7:00 pm / Course #4838**

**Phase 2 / Friday / Feb 17 - Mar 17 / 7:00 pm - 8:00 pm / Course #4839**

Enjoy learning to play easy chords, fun melodies, strum styles and many popular songs in a small supportive group environment. Now students can continue learning new songs and techniques by taking Phase 2. Bring your own guitar!

Ages 12 & up

\$99

## BEGINNING UKULELE

**Friday / 6:00 pm - 7:00 pm**

**Jan 13 – Feb 10 / Course #4928**

One strum of the ukulele brings on a smile. Enjoy learning the world's easiest string instrument in a supportive, small group setting. Bring your own ukulele!

Ages 12 & up

\$95

## DIGITAL PHOTOGRAPHY 101

**Wednesday / 7:00 pm – 9:00 pm**

**Jan 11 – Feb 15 / Course #4919**

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

Age 14 & up

\$85

## IPHONE PHOTOGRAPHY

**Saturday / 11:30 am – 2:30 pm**

**Jan 7 / Course #4922**

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

Ages 14 & up

\$45

## UNDERSTANDING YOUR CAMERA

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

**Dec 3 / Course #4924**

**Feb 25 / Course #4925**

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

Age 14 & up

\$50.00



## UNCORK YOUR PAINTING POTENTIAL

6:30 pm – 8:30 pm

Dec 1 / Course #4555

Jan 18 / Course #4845

Dec 7 / Course #4556

Feb 8 / Course #4846

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.

Age 21 & up

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

## DRAWING BIRDS WITH PASTELS

9:00 am – 11:00 am

Dec 2 / Course #4847

Jan 25 / Course #4848

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

All ages

\$40

## MANDALA ART IN THE MORNING

9:00 am – 11:00 am

Dec 1 / Course #4849

Jan 17 / Course #4851

Feb 13 / Course #4853

Dec 5 / Course #4850

Feb 3 / Course #4852

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.

All ages

\$15

## MANDALA ART IN THE EVENING: WINE-DALAS!

6:30 pm – 8:30 pm

Dec 6 / Course #4695

Feb 9 / Course #4697

Jan 11 / Course #4696

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.

Age 21 & up

\$20

## INKCHANTED CALLIGRAPHY FUNDAMENTALS

Thursday / 5:30 pm – 8:30 pm

Dec 8 / Course #4929

Feb 9 / Course #4930

Learn the fundamental techniques of copperplate calligraphy which will lay a foundation for a successful journey to finding your personal flair and emulating other calligraphic styles. Starter kit included.

Ages 12 & up

\$75

## UPCYCLED ART WITH GREENLIFE GALLERY

Friday / 10:00 am - Noon

Dec 2 / Assorted Paper Ornaments / Course #4902

Dec 9 / Wearable Mini Hats / Course #4903

Jan 13 / Starburst Hanging Mirror / Course #4904

Jan 27 / Chalk Message Board / Course #4905

Feb 10 / 3 Styles of Paper Flowers / Course #4906

Feb 24 / Wearable Harlequin Mask / Course #4907

Learn to design and create whimsical, yet elegant upcycled art. Ornaments, home décor and wearable art will be crafted from repurposed materials including fabric, vintage books, maps, sheet music, magazines, security envelopes, etc.

Age 7 & up (Ages 7-9 must be accompanied by an enrolled adult)

\$35 + \$10 lab fee payable to instructor

## ARTISTIC PHOTO ALTERATION

Saturday / 10:00 am – 1:00 pm

Feb 18 / Course# 4908

Take old photos and turn them into art. Use bleach, paints and tools to alter and create. Please bring color photos to alter, all other materials provided.

Ages 16 & up

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

## CREATIVE MIXED MEDIA JOURNALS

Friday / 10:00 am – 1:00 pm

Jan 6 / Course # 4913

Jan 20 / Course # 4915

Jan 13 / Course # 4914

Series of three / Course # 4916

Experiment with a wide variety of art projects and techniques. You'll receive a bound journal to fill with your creative inspirations. All art supplies provided.

Ages 16 & up

\$55 + \$15 one-time lab fee payable to instructor

Series of three \$150 + \$15 material fee to instructor

## COLLAGE ON CANVAS

Saturday / 10:00 am - 1:00 pm

Dec 10 / Course #4917

Feb 25 / Course #4918

Learn how to re-purpose images from recycled mail and paper to create portraits. Canvas and art materials provided. Be prepared to be creative and have fun!

Ages 16 & up

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

# ADULT CLASSES

## GENERAL INFORMATION

Norman P. Murray Community & Senior Center  
24932 Veterans Way  
470-3062 / [www.cityofmissionviejo.org/recreation](http://www.cityofmissionviejo.org/recreation)

## LEARN SPANISH THE NATURAL WAY

**Tuesday / 6:00 pm - 7:00 pm**

**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.

Age 18 & up

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

## FLORAL DESIGN

**Thursday / 5:30 pm - 7:30 pm**

**Dec 15 / Course #4999**

**Jan 19 / Course #5006**

**Feb 23 / Course #5007**

Work with fresh flowers and gain valuable hands-on experience making basic, event and seasonal floral arrangements. Students take home practice arrangements after each class. Bring a cutter with you.

Age 18 & up

Conroy's Flowers (28442 Marguerite Pkwy, Mission Viejo)  
\$30 + \$20 lab fee payable to instructor

## FINE ARTS PAINTING WITH ANN KLEIN

**Monday / 8:00 am - 11:00 am**

**Dec 5 - 19 / Course #4786**

**Jan 9 - 30 (No class Jan 2 & 16) / Course #4787**

**Feb 6 - 27 (No class Feb 20) / Course #4788**

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 & up

\$25

## THE ART OF COPPERPLATE CALLIGRAPHY WITH VICTORIA KIBILDIS

**Wednesday / 6:00 pm - 9:00 pm**

**Jan 18 - Feb 22 / Course #4947**

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 provide for student to keep.

18 & up

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

## ROXANNE'S DANCE STUDIO

### Ballet Barre Stretch

**Monday / 11:35 am - 12:35 pm**

**Nov 22 - Jan 10 / Course #4635**    **Jan 16 - March 6 / Course #4789**

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 a mat.

### Intro to Ballet

**Tuesday / 11:00 am - Noon**

**Nov 22 - Jan 10 / Course #4637**

If you never did ballet, this class is for you! Slow explanation and breakdown of ballet. Come comfortable with ballet slippers. Course is taught by a New York dancer. Class is for adults.

Age 18 & up

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

## WOMEN'S SELF DEFENSE BY PKSA KARATE

**Tuesday / 7:45 pm - 8:30 pm**

**Jan 17 - March 14 (No class Feb 14) / 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

## KARATE

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

**Dec / Course #4774**

**Jan / Course #4775**

**Feb / Course #4776**

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

## WINNING PARENTING FOR YOUR STUDENT-ATHLETE

**Thursday / 6:00 pm - 7:00 pm**

**Dec 1 - 22 / Course #4876**

From coddled gladiators to steadfast competitors, learn how to be an effective sports parent with post-millennials using Dr. Casey's proven techniques. Obtain concrete tools to strike a balance in your household while navigating a perfectionistic sports environment.

18 & up

\$50 Single / \$80 Couple



# MILITARY AND VETERAN SUPPORT

## GENERAL INFORMATION

470-3061 / [www.cityofmissionviejo.org/marines](http://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:

Mission Viejo Community Foundation  
Attn: Marine Adoption Committee  
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

## \*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.

## 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](http://www.cityofmissionviejo.org/communityresource)



## HOLIDAY TOY DRIVE

Bring a new unwrapped toy to Santa's Arrival and Celebration on Saturday, December 3 at Santa's Village in the Civic Center Plaza from 3 pm to 6 pm for children (all ages) of our adopted Marines and Sailors to enjoy at their holiday party.

Toys will also be collected at specially marked drop-off boxes at City Facilities.

## 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 / [adoptamarinefamily@cityofmissionviejo.org](mailto:adoptamarinefamily@cityofmissionviejo.org)

# Norman P. Murray Community & Senior Center CLASSES/EVENTS

## GENERAL INFORMATION

Norman P. Murray Community and Senior Center  
24932 Veterans Way  
470-3062 / [www.cityofmissionviejo.org/recreation](http://www.cityofmissionviejo.org/recreation)

### Hours

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



## SHOE ASSESSMENT BY SNAIL'S PACE

Thursday / 10:00 am

Dec 8 / Course #4883

Are you wearing the right shoe for your foot? Snail's Pace will be here to help you determine just that. They will discuss their fit process and why it is so important to be fit in the right shoe. You will also receive "Snail's Bucks" worth \$5 towards a purchase in their store.

Free (Registration required)

## CHRISTMAS FEAST

Friday / 11:30 am

Dec 16

Celebrate the spirit of the season with good friends, food, and entertainment provided by Elvis.

Suggested Donation \$4.50 (Seniors) / \$6 (Non-Seniors)  
470-3063 (Registration required by Dec 9)

## NEWHART CHOIR CHRISTMAS CONCERT

Wednesday / 11:30 am

Dec 21 / Course #4885

Enjoy the beautiful sounds of the holidays with the Newhart Middle School Choir.

FREE (Registration required)

## MEDICATION SIDE EFFECTS & INTERACTIONS-MINIMIZING THE RISKS

Tuesday / 10:00 am

Jan 10 / Course #4961

When taking one or many medications, there are benefits but also risks. This presentation will discuss strategies to maximize benefits and minimize risks.

FREE (Registration required)

## DIGESTIVE ISSUES, SYMPTOMS, CAUSES AND TREATMENTS

Thursday / 1:00 pm

Dec 1 / Course #4877

Hear Monarch HealthCare's Dr. David Zimmerman discuss IBS, gluten sensitivity and lactose intolerance, which can all be very challenging to live with.

FREE (Registration required)

## MAKE YOUR OWN SOAP

Tuesday / 10:00 am

Dec 6 / Course #4878

Learn the step-by-step process of making your own soap. These hand-crafted bars are perfect for holiday gift giving or for your personal use. Select and add in essential oils and aromatherapy products to individualize your soap.

\$10 lab fee payable to the instructor (cash only)

## HOLIDAY CONCERT AND COOKIE DECORATING

Monday / 6:30 pm

Dec 12 / Course #4879

Let beautiful music lead you into the Christmas season, then enjoy light refreshments and traditional cookie decorating. Bring your grandchildren! Great family fun!

\$5 per person

## LEARN TO PLAY BOCCE BALL

Tuesday / 10:00 am

Dec 13 / Course #4880

Jan 17 / Course #4881

Feb 7 / Course #4882

If you have always wanted to learn the game of bocce, now is your opportunity. Come play on the City's beautiful bocce courts. All equipment provided. Easy-going pace.

Village Green

FREE (Registration required)



# Norman P. Murray Community & Senior Center CLASSES/EVENTS



## HOMEMADE BATH & BODY

**Friday / 10:00 am**

**Jan 13 / Course #4886**

Explore ways to exfoliate, brighten, and smooth your skin utilizing products from your kitchen and garden. Recipes and samples included.

\$5 lab fee payable to the instructor (cash only)

## WII GAMES

**Thursday / 10:00am**

**Jan 19 / Course #4887**

**Feb 16 / Course #4888**

Love to bowl except for those heavy balls? Join us for some fun Wii games. We'll bowl, play tennis, ping pong and more. No experience necessary to play these interactive video games. Bring your friends for some friendly competition!

FREE (Registration required)

## TRAVEL TALK

**Thursday / 6:00 pm**

**Jan 19 / Course #4939**

AAA Travel will present the all-inclusive travel experience, providing great destination ideas, the importance of travel insurance, and tips about packing.

FREE (Registration required)

## AGING SKIN: WHAT'S NORMAL AND WHAT SHOULD I BE CONCERNED ABOUT?

**Tuesday / 1:00 pm**

**Jan 24 / Course #4889**

The skin is a dynamic organ that undergoes many changes with time and chronic sun exposure. Dr. Hong Nguyen will discuss normal changes and growths and highlight skin conditions that require medical attention.

FREE (Registration required)

## BALANCE & MOBILITY

**Thursday / 1:00 pm**

**Jan 26 / Course #4890**

This class emphasizes techniques to improve and maintain balance to prevent falls. Learn specific exercises that will help improve balance and facilitate safe mobility in your daily life.

FREE (Registration required)

## ALZHEIMER'S DISEASE

**Tuesday / 10:00 am**

**Jan 31 / Course #4891**

Alzheimer's is a disease that strikes about 5 million people. Dr. Trinh from MemorialCare Medical Group will cover the warning signs and treatment options.

FREE (Registration required)

## ADAPTIVE EQUIPMENT & TECH DAY

**Thursday / 1:00 pm**

**Feb 2 / Course #4892**

Hear about the positive benefits of using adaptive equipment as tools to facilitate a more independent and safe lifestyle. Explore and try novel adaptive devices and learn the benefits of each item. During the presentation, you can make an appointment to have your current equipment "tuned up."

FREE (Registration required)

## HOW MANY TIMES DO YOU GET UP AT NIGHT?

**Thursday / 1:00 pm**

**Feb 9 / Course #4893**

Looking for relief from an enlarged prostate without medication or major surgery? Join Dr. James Meaglia to learn about a new approach to BPH treatment that does not require ongoing medications or major surgery.

FREE (Registration required)

## LOVE IN A JAR VALENTINE'S DAY CRAFT

**Friday / 10:00 am**

**Feb 10 / Course #4894**

Celebrate Valentine's Day by giving the gift of love in a jar. This hand-painted and uniquely decorated mason jar is a clever way of capturing this special day. Add your handmade tag and fill with goodies for that special someone in your life.

\$10 lab fee payable to instructor (cash or check only)

# Norman P. Murray Community & Senior Center CLASSES/EVENTS

## ELKS DANCE

**Sunday / 2:00 pm - 6:00 pm**

**Feb 12 / Course #5008**

Celebrate with a no-host bar, live dance music and prizes sponsored by the Mission Viejo Elks Lodge #2444.

\$8 (Registration required by Feb 5)



## SWEETHEART LUNCH

**Tuesday / 11:30 am**

**Feb 14**

Bring your Valentine or make a new one! Join AgeWell Senior Services for a lovely lunch and entertainment by James Wells as he serenades with his golden oldies.

Suggested donation \$4.50 (Seniors) / \$6 (Non-Seniors)  
470-3063 (Reservation required by Feb 10)

## SENIOR BIOGRAPHY DAY

**Wednesday / 10:00 am**

**Feb 22**

Calling all seniors interested in receiving a personal biography written by Ladera Ranch Middle School students. Participants will return to the school on Wednesday, April 26 at 9:30 for brunch and the presentation. Don't miss this opportunity to share your life story and wisdom with the younger generation!

Ladera Ranch Middle School (29551 Sienna Parkway, Ladera Ranch)

## MORE THAN JUST ACID REFLUX- PARAESOPHAGEAL HERNIAS

**Thursday / 1:00 pm**

**Feb 23 / Course #4896**

Dr. Louise Bacon, a general surgeon specializing in minimally invasive surgery from Mission Hospital, will discuss the difference between gastroesophageal reflux disease (GERD) and paraesophageal hernias. The doctor will discuss management and when surgery is recommended.

FREE (Registration required)

## AARP TAX AIDE PROGRAM

**Tuesday & Thursday / 9:00 am - 2:30 pm**

**Feb 2 - April 13 / Course #4901**

Receive assistance filing federal and state income tax returns for low-to-moderate income taxpayers of all ages by appointment only. AARP Taxaide volunteers have been trained and certified by the IRS to prepare of both federal and California state tax returns. All returns will be e-filed.

FREE (Registration required)

## HOW TO NATURALLY DECREASE PAIN & INFLAMMATION

**Thursday / 10:00 am**

**Feb 23 / Course #4941**

Learn how your diet can either trigger or alleviate body pain and inflammation from Dr. Paul Garcia, DC. We'll discuss what types of foods are excellent for naturally minimizing and even reversing some chronic inflammatory conditions. We will also review what types of food choices naturally lower blood sugar and stabilize cholesterol levels.

FREE (Registration required)

## MEMORIAL CARE DOC TALK

**Friday / 10:00 am**

**Feb 24 / Course #4946**

Join Dr. Dung Trinh with MemorialCare Medical group for an informative class on a "Heart Healthier You." Learn about heart disease, its causes, warning signs and how blood pressure plays a part.

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

60 & up (Residents only)

\$5 per one-way trip



# Norman P. Murray Community & Senior Center CLASSES/EVENTS

## PHOTOGRAPHY WITH ART RAMIREZ

**Monday**

### Photoshop Elements

**Dec 5 - Jan 9**

**Beginners / Noon - 2:00 pm / Course #4870**

**Intermediate / 3:00 pm - 5:00 pm / Course #4871**

### Digital Photography

**Jan 23 - March 13 (No class Feb 20)**

**Beginners / Noon - 2:00 pm / Course #4872**

**Beginners / 3:00 pm - 5:00 pm / Course #4873**

\$12 per class / \$60 (6 classes per session)



## GET FIT WHERE YOU SIT! CHAIR YOGA WITH DARA

**Tuesday / 10:00 am – 11:00 am**

**Nov 15 - Dec 13 / Course #4383**

**Jan 3 - 31 / Course #4386**

**Feb 7 - March 7 / Course #5001**

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)

## HEALING JOURNEY THROUGH MEDITATION

**Tuesday / 1:00 pm**

**Jan 10 / Course #4932**

**Jan 24 / Course #4933**

**Feb 14 / Course #4934**

**Feb 28 / Course #4935**

**Tuesday / 7:00 pm**

**Dec 13 / Course #4854**

**Jan 24 / Course #4857**

**Jan 10 / Course #4956**

**Feb 14 / Course #4858**

**Feb 28 / Course #4859**

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

\$5 per session

## IPAD & IPHONE CLASS

**Tuesday / 3:00 pm - 4:00 pm**

**Jan 3- March 7 (No class on Feb 7 & 14) / Course #4897**

Did you receive new electronic devices for the holidays? Need help learning how to use them? Instructor Ed Schwartz will coach students on their iPad or iPhone devices on such topics such as important settings, navigating your device, using the Internet, downloading applications and more.

\$20 per session

## MICROSOFT WINDOWS CLASS

**Tuesday / 4:00 pm - 5:00pm**

**Jan 3 - March 7 (No class on Feb 7 & 14) / Course #4899**

Did you receive a new Windows laptop for the holidays? Need help learning how to use it? Instructor Ed Schwartz will coach students on their computer on topics such as Windows 10 overview, using the start button, keyboard shortcuts, playing DVDs and more

\$20 per session

## 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

## HEALTHY HAPPY HULA

**Thursday / 9:00 am - 10:00 am**

**Dec 1 - 29 (No class Dec 22) / Course #4783**

**Jan 5 - 26 / Course #4784**

**Feb 2 - 23 / Course #4785**

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.

\$10 per class / \$35 (4 classes per session)

## 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

## GENERAL INFORMATION

859-4FIT (4348)  
 tennis@cityofmissionviejo.org  
 For membership fees, visit [www.cityofmissionviejo.org/recreation](http://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
- Overflow Parking
- Large Outdoor Terrace Area for Entertaining and Match Observation
- Wi-Fi and State-of-the-Art Audio Visual Components
- Rental Opportunities

### Felipe Facility Amenities

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

**The best fitness deal around! Memberships as low as \$45.**

## YOUTH & TEEN TENNIS CLINICS



### PEE WEE (AGE 4 - 6)

**Wednesday / 3:30 pm – 4:00 pm**

**Saturday / 9:00 am – 9:30 am**

A fun and educational intro to the sport of tennis. Focuses on the basics of the forehand, backhand, volley, and motor skills necessary for success. This will prepare your PeeWee for the Junior Development class progression.

### JUNIOR DEVELOPMENT (AGE 6 - 8)

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

**Tuesday / 5:00 pm - 6:00 pm**

**Saturday / 9:30 am – 10:30 am**

Just getting started? This group introduces all formal strokes in a fun and interactive way. Basics of shot mechanics, consistency, and form are emphasized in a small group setting encouraging confidence and a long lasting excitement for the sport of tennis.

### JUNIOR DEVELOPMENT INTERMEDIATE (AGE 8 - 12)

**Tuesday & Thursday / 4:00 pm – 5:00 pm**

**Saturday / 10:30 am – 11:30 am**

Building upon success in Junior Development, the Intermediate class focuses on the next steps in shot mechanics, drills, and introduces rallies and game play. This fun and engaging class is the natural progression into a strong understanding of tennis and prepares for match play.

### 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 / 5:00 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 tennis professional.



## RALLY FOR LIFE TENNIS TOURNAMENT

Save the Date - February 26, 2017

### 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**

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.

#### WOMEN'S INTERMEDIATE CLINIC

**Friday / 10:30 am - 11:30 am**

The class will focus on strengthening intermediate skills in a safe but competitive learning environment. Rally consistency, shot selection, shot technique, and doubles gameplay / drills will be emphasized. This is the perfect path for someone looking to get started in double gameplay or league competition.

#### 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 dinner social and prizes. Suited for levels 2.5 – 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 dinner social.

#### EVENING DOUBLES LEAGUE

**3.5 - 4.0 / Tuesday / 6:30 pm – 8:30 pm**

**4.0 & up / Wednesday / 6:30 pm – 8:30 pm**

Individual match play results will be kept and used to determine the winners and finalists. Program includes dinner social 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.

#### WINTER TENNIS SOCIAL

**Sunday / 11:00 am - 2:00 pm**

**December 18**

Get a chance to meet our tennis pros, staff and fellow tennis players. We will help match people who play the same level for a fun, competitive round robin. Refreshments will be served! For 2.5 to 4.0.

FREE / Members

\$8 / Non-members

#### SAND VOLLEYBALL AT FELIPE

Courts are professionally filled with high-quality sand. Play is available during operating hours and closed during rain.

14 & up



#### 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.

# FITNESS & AQUATICS

## GENERAL INFORMATION

859-4FIT (4348)  
[www.cityofmissionviejo.org/recreation](http://www.cityofmissionviejo.org/recreation)  
[fitness@cityofmissionviejo.org](mailto: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 Circuit Training
- 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
- 2 Lighted Pickleball Courts

### Water Slide Hours

CLOSED until June 2017 (open for special events and pool parties only)



# FITNESS & AQUATICS



## PICKLEBALL

**Friday / 9:00 am - 10:00 am & 5:00 pm - 6:00 pm**

The Sierra Recreation Center is now home to two brand new pickleball courts. Come see what the fastest growing sport in America is all about. Pickleball was created for all ages and skill levels and combines many elements of tennis, badminton and ping-pong. Call for reservation times, clinics and lessons!

Sierra Recreation and Fitness Center  
Members: \$76 (1 day a week / 5 weeks)  
Non-Members \$80 (1 day a week / 5 weeks)  
Drop-in: Members: \$19 / Non Members \$20

## TRIATHLON SWIM TRAINING

**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.

Montanoso Recreation and Fitness Center  
Members \$200 (12 Sessions) / Non-Members \$240 (12 Sessions)

## TRX STRENGTH TRAINING

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

**Dec 12 - Jan 18 / Course #4726      Jan 30 - Mar 1 / Course #4727**

**Tuesday & Thursday / 8:30 am – 9:30 am**

**Dec 13 – Jan 12 / Course #4989      Jan 24 – Feb 23 / Course #4990**

**Thursday / Noon - 1:00 pm & Saturday / 7:30 am - 8:30 am**

**Dec 15 – Jan 24 / Course #4991**

**Feb 9 – March 11 / Course #4992 (No class Dec 24 & 31)**

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

**Dec 13 - Jan 12 / Course #4728      Jan 24 - Feb 23 / Course #4729**

TRX suspension training builds a strong core, strength, flexibility, and endurance. This complete training system using your body; working all three planes of motion allowing you to strengthen muscles and joints as a group avoiding muscular imbalances making the moves more effective, realistic and challenging.

Montanoso Recreation and Fitness Center  
Members \$49 / Non-Members \$99

## FAMILY EVENTS



## POLAR BEAR PLUNGE

**Saturday / 1:00 pm - 4:00 pm**

**Jan 28 / Course #4987**

Sierra Recreation and Fitness Center  
FREE (Minimal charge for activities and food)

## PARENT'S NIGHT OUT!

**Friday / 5:00 pm - 9:00 pm**

**Dec 16 / Course #4761**

**Feb 10 / Course #4773**

Montanoso Recreation and Fitness Center  
\$25 per child

## ADULT & PEDIATRIC CPR, FIRST AID & AED

**Sunday / Noon - 5:00 pm**

**Feb 12 / Course #4988**

Montanoso Recreation and Fitness Center  
\$85

## SAVE THE DATE

### SPRING BREAK CAMP

**8:30 am - 12:30 pm**

**April 3 - 7 / Course #4962, 4963, 4964\* & 4965**

**April 10 - 14 / Course #4966, 4967, 4968\* & 4969**

Kids will participate in a variety of fun games and activities such as bowling, swimming, arts/crafts and sports.

Age 5 - 12

Daily Rate: \$22 (\*Wednesdays are \$42 due to T-shirt and bowling cost)

Montanoso Recreation and Fitness Center



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

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# Keep your finger on the pulse of Mission Viejo through the new MV Life app!

Find out the latest news and information about community sports, activities and events and shopping and dining destinations in this pristine south Orange County city. Whether you're seeking a concert under the stars, the newest restaurant in town or a park to enjoy on a lazy Sunday afternoon, the MV Life app has everything you need and so much more. The app is about keeping you connected to the news, information and events that impact the way you live, work and play. So don't delay in downloading the MV Life app today!



**MV Life**

