December Senior Update

The Monthly Publication of the Norman P. Murray Community & Senior Center
24932 Veterans Way, Mission Viejo, CA 92692
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December 2016 Special Programs
City of Mission Viejo Community Character Quality: Caring

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Shoe Assessment by Snail’s Pace
Thursday / December 8
10:00 am
Are you wearing the right shoe for your foot? Snail’s Pace will be here to help you determine just that. Store employees will discuss their fit process and why it is so important to fit the right shoe. You will also receive “Snail’s Bucks” worth $5 towards a purchase in their store. Registration is required. Course # 4883

Common Holiday Scams
Friday, December 9
12:00 pm
The holidays are a time for joy...and a time for FRAUD! Learn about common holiday scams and how to avoid being an unintended Santa Claus. Online gift cards, fake charities and other scams will be discussed. Registration is required. Course # 5034

Holiday Concert and Cookie Decorating
Monday, December 12
6:30 pm
Let beautiful music lead you into the Christmas season, and enjoy light refreshments and traditional cookie decorating.ip to win a prize! Bring your grandchildren! Great family fun! $5 per person. Course # 4879

Christmas Feast
Friday, December 16
11:30 am
Celebrate the spirit of the season with good friends, food and entertainment provided by "OC Elvis" to top off this turkey and trimmings feast. A reservation is required by 12/9. Seniors - $4.50 (suggested donation) Under 60 years of age - $6.00. Call 470-3063.

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

Lawrence Welk Theatre — Forever Plaid Tidings
Wednesday, December 7 - Course #4336
Fee: $98 (Transportation, Show, and Buffet Lunch)
The legendary Plaids are back to spread yuletide joy with the greatest holiday hits of the ages. Departure: 9:00 am Return: 5:00 pm

128th Tournament of Roses Parade
Monday, January 2 - Course #4438
Fee: $150 (Transportation, grandstand seat)
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. 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 and have a 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. Departure: 8:00 am Return: 5:00 pm

Descanso Gardens & the Norton Simon Museum
Thursday, March 9 - Course #4943
Fee: $87 (Deluxe transportation & box lunch)
Experience moments in the natural world and enjoy a refuge of stunning beauty. Visit the Norton Simon Museum, known around the world as one of the most remarkable private art collection ever assembled. European art form the Renaissance to the 20th century and South and Southeast Asian art spanning 2,000 years. Deluxe transportation and Box lunch included Departure: 8:30 am Return: 4:00 pm

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.

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.

For additional information regarding Senior Services, contact: Orange County Office on Aging at (800) 510-2060 or officeonaging.ocgov.com

Keep Your Driver License DMV handbook review 2nd Thursday monthly 1:00 pm with reservation
Senior Classes
Support Services
Informational brochures of classes and services offered here are available at the center and on the City website.

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

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. Surrounding 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.

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December 12/1
1:00 pm

Digestive Issues
Monarch HealthCare’s Dr. David Zimmer-man will discuss IBS, gluten sensitivity and lactose intolerance, which can all be very challenging to live with. Registration is required. Course #4877

Tuesday, 12/6
10:00 am

Make Your Own Soap
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 essential oils and aromatherapy products to individualize your soap.

$10 materials fee paid to the instructor (cash or check only)
Registration required. Course Code #4876

Tuesday, 12/13
10:00 am

Learn to Play Bocce Ball
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. Registration required. Course Code #4880

Wednesday, 12/21
11:30 am

Newhart Choir Christmas Concert
Enjoy the beautiful sounds of the holidays with the Newhart Middle School Choir. Course #5034

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Join us for this monthly workshop that some of the reasons to try walking poles.

falls, and improvement of posture are just

The possible reduction of joint pain and Nordic walking offers more benefits than

Nordic Walking Poles

4th Wednesdays

Course #5854

soothing. Course is led by Tammy Des-

- mediations infused with healing energy.

Healing Journeys Through Meditation

Tuesday, December 13               7:00 pm

Other fee registration required.

For information, call 582

Sycamore….…....….…….Syc A/B

Lavender……...…...……………..Lav

Hibiscus……..……....…......Hib A/B

Back Green……...…...………….…..Back

Creekside Terrace…….…..……...C

Creekside Overlook…......……...CO

Hib A/B

Junction

Jun

Lantana…...…...…………......Lan

Lan

Oslo Lounge….Oslo

Palo Verde…....…...…..………..Palo

Peach…...…...…………......Peach

Rose…..…….…………..R

Sycamore……………..Syc A/B

Christmas Holiday Center Closed

Baked Chicken • Seafood Salad Plate

Lunch Menu

Soup/Tuna Salad S'wich • Harvest Vegetarian

Lunch Menu

Swiss Steak & Gravy • Tuna Salad

Lunch Menu

Champagne Chicken • Turkey Sandwich

Lunch Menu

Southwestern Chicken CHI • Tuna Salad Plate

Lunch Menu

Swedish Meatball & Egg Salad Plate

Lunch Menu

Hamburger Steak • Gravy & Egg Salad Plate

Lunch Menu

Baked Chicken • Seafood Salad Plate

Lunch Menu

Soup/Egg Salad S'wich • Caesar Salad

Lunch Menu

Exercise Traps (Jac A)

2:00 pm  UKulele (Jac A)

1:00 pm  Bingo (Palo)

12:30 pm  Hand and Foot (Hib)

1:00 pm  Ballroom Dance "Footstr" (Sac A)

1:00 pm  Art History (Jun)

1:00 pm  Burger (Palo)

12:30 pm  Current Events (Lan)

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