

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

Lawrence Welk Theatre — Forever Plaid Tidings

Wednesday, December 7 - Course #4436

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 from 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

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) 510-2020 or officeonaging.ocgov.com

December

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

December 2016 Special Programs
City of Mission Viejo Community Character Quality:
Caring

Volume 8 Issue 12 December 2016

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 be fit in 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. Join the fun and wear your favorite "Navy sweater" for a chance 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.**

Thursday, 12/1 1:00 pm

Digestive Issues

Monarch HealthCare's Dr. David Zimmerman 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 #4878

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

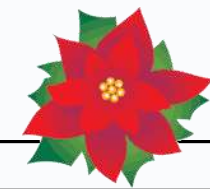
Newhart Choir Christmas Concert

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

Course #4855

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.



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.

Tuesday, December 13 7:00 pm

Healing Journeys Through Meditation

Experience various topics and types of meditations infused with healing energy. Sessions are educational, experiential and soothing. Course is led by Tammy Des-coteaux.

\$5 pre-registration required.

Course #5854

4th Wednesdays 10:00am

Nordic Walking Poles

Nordic walking offers more benefits than regular walking, jogging, biking or running. The possible reduction of joint pain and falls, and improvement of posture are just some of the reasons to try walking poles. Join us for this monthly workshop that many agree can make walking fun again.

Special Lunches in December

- 12/16 Christmas Feast
- 12/27 Hanukkah Dinner
- 12/30 New Year's Dinner

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

LEGEND

Back Green.....BG
Creekside Terrace.....C
Creekside Overlook.....CO
Front Entrance.....FE
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

MONDAY

8:00 am Ping Pong (Hib) **5**
8:00 am **Fine Arts (Jac)**
8:30 am Longevity Stick Art (BG)
9:00 am Tai Chi (Adv) -10:30 am (Beg)(Syc)
9:30 am / 11:00 am Arthritis Exercise (Syc)
12:00 pm **Photoshop Elements (Beg) (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, "East Side Sushi"(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 ®
3:00 pm **Photoshop Elements (Inter) (Lav)**

Lunch Menu

Teriyaki Meatball Rice Bowl • Harvest Vege Plate

8:00 am Ping Pong (Hib) **12**
8:00 am **Fine Arts (Jac)**
8:30 am Longevity Stick Art (BG)
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 Assn (Jun)
12:00 pm **Photoshop Elements (Beg) (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, "Nine Lives" (Jac A)
1:00 pm Mah Jong (Hib)
1:00 pm **Adv Creative Writing (Jun)**
1:30 pm French Club ®
3:00 pm **Photoshop Elements (Inter) (Lav)**

Lunch Menu

Beef Stroganoff • Submarine Sandwich

8:00 am Ping Pong (Hib) **19**
8:00 am **Fine Arts (Jac)**
8:30 am Longevity Stick Art (BG)
9:00 am Tai Chi (Adv) -10:30 am (Beg)(Syc)
9:30 am / 11:00 am Arthritis Exercise (Syc)
12:00 pm **Photoshop Elements (Beg) (Lav)**
12:30 pm **Bridge Duplicate (Syc B)**
12:30 pm Wizard Card Game (Hib)
12:45 pm Movie, "Mr. Church"(Jac A)
1:00 pm Mah Jong (Hib)
1:30 pm French Club (R)
3:00 pm Laugh & Exercise for Your Health ®
3:00 pm **Photoshop Elements (Inter) (Lav)**

Lunch Menu

Honey Mustard Chicken • Ham Salad Sandwich

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Christmas Holiday
Center Closed

TUESDAY

SUPPORT SERVICES

Call for information:

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

9:00 am **Aerobic Exercise (Syc A)** **6**
9:00 am Train Your Brain
9:30 am Legal Assistance by appt (S)
9:30 am **Intro to Creative Writing (Jun)**
10:00 am **Chair Exercise (Syc A)**
10:00 am **Get Fit Where You Sit (Jac B)**
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)**

Make Your Own Soap - 10:00 am

Lunch Menu

Parmesan Chicken • Meatloaf Sandwich

9:00 am **Aerobic Exercise (Syc A)** **13**
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)**
7:00 pm **Healing Journeys (Jac B)**

Learn to Play Bocce Ball - 10:00 am

Lunch Menu

Butternut Sqsh Soup/S'wich • Chix Salad S'wich

12:30 pm Poker (R) **20**
12:30 pm Bunco (Palo)
12:30 pm Social Bridge (Hib)
3:00 pm Veteran ??

Lunch Menu

Macaroni & Cheese • Chix Salad Sandwich

12:30 pm Poker (R) **27**
12:30 pm Bunco (Palo)
12:30 pm Social Bridge (Hib)
7:00 pm **Healing Journeys (Jun)**

Lunch Menu

Baked Chicken • Seafood Salad Plate

WEDNESDAY

Walk in the Park
Mondays - Wednesdays - Fridays
8:00 am Front Entrance

Blood Pressure Check
Wednesdays
10:00 am - Noon

8:00 am Ping Pong (Jac) **7**
8:30 am Longevity Stick Art (BG)
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)**
12:30 pm **Opera (Jun)**
1:00 pm Bingo (Palo)
1:00 pm **Voice & Rhythms(Hib)**
4:30 pm ATX Silver (Palo)

Lunch Menu

Homestyle Meatloaf • Egg Salad Plate

8:00 am Ping Pong (Syc B) **14**
8:30 am Longevity Stick Art (BG)
8:30 am **Veterans Counseling (S)**
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)**
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)

Lunch Menu

Oven Roasted Chicken • Egg Salad Sandwich

8:00 am Ping Pong (Jac) **21**
8:30 am Longevity Stick Art (BG)
9:00 am **Line Dancing (Palo)**
9:00 am **Crafty Ladies (Lav)**
9:00 am HICAP Counseling by Appt (S)
9:30 am/11:00 am Arthritis Exercise Syc B)
1:00 pm Bingo (Palo)
4:30 pm ATX Silver (Jun)

Lunch Menu

Soup/Egg Salad S'wich • Chix Salad S'wich

8:00 am Ping Pong (Jac) **28**
8:30 am Longevity Stick Art (BG)
9:00 am **Line Dancing (Syc B)**
9:00 am **Crafty Ladies (Lav)**
9:30 am / 11:00 am Arthritis Exercise(Syc)
10:00 am **Nordic Walking Poles (FE)**
10:00 am Sr Citizens Activities Comm (Lan)
11:00 am Benefit Enrollment (S)
1:00 pm Bingo (Palo)
4:30 pm ATX Silver (Jun)

Lunch Menu

9:00 am Bocce Ball (VG) **1**
9:00 am **Aerobic Exercise (Syc A)**
9:00 am **Happy Healthy Hula (Palo)**
10:00 am **Chair Exercise (Syc A)**
10:00 am Aloha Ukulele Strummers (Jun)
12 30 pm Hand and Foot (Hib)
1:00 pm **Ballroom Dance "Foxtrot" (Syc A)**
1:00 pm **Art History (Jun)**

Digestive Issues - 1:00 pm

Lunch Menu

Soup/Turkey S'wich • Caesar Salad

9:00 am Bocce Ball (VG) **8**
9:00 am **Aerobic Exercise (Syc A)**
9:00 am **Happy Healthy Hula (Palo)**
10:00 am **Chair Exercise (Syc A)**
10:00 am Aloha Ukulele Strummers (Jun)
12 30 pm Hand and Foot (Hib)
1:00 pm **Ballroom Dance "Foxtrot" (Syc A)**
1:00 pm **Drivers License Review (Lav)**
1:00 pm **Art History (Jun)**

Shoe Assessment - 10:00 am

Lunch Menu

Southwestern Chicken Chili • Tuna Salad Plate

9:00 am Bocce Ball (VG) **15**
9:00 am **Aerobic Exercise (Syc A)**
9:00 am **Happy Healthy Hula (Palo)**
10:00 am **Chair Exercise (Syc A)**
10:00 am **Ukulele (Syc A)**
12 30 pm Hand and Foot (Hib)
12:30 pm **Diabetes Support Grp (Lav)**
1:00 pm **Ballroom Dance "Foxtrot" (Palo)**
1:00 pm **Art History (Jun)**
2:00 pm **Legal Assistance (Lav)**

Lunch Menu

Herb Roasted Pork Loin • Cottage Cheese Plate

9:00 am Bocce Ball (VG) **22**
9:00 am **Happy Healthy Hula (Palo)**
10:00 am **Commodities**
12 30 pm Hand and Foot (Hib)
1:00 pm **Ballroom Dance "Foxtrot" (Syc A)**

Lunch Menu

Swiss Steak & Gravy • Tuna Salad Plate

9:00 am Bocce Ball (VG) **29**
9:00 am **Happy Healthy Hula (Palo)**
2 30 pm Hand and Foot (Hib)
1:00 pm **Ballroom Dance "Foxtrot" (Syc A)**

Lunch Menu

Soup/Tuna Salad S'wch • Harvest Vegetarian

FRIDAY

8:00 am Ping Pong (Hib) **2**
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)**
12:30 pm **Current Events (Lav)**
12:30 pm **Yoga (Syc B)**
1:00 pm **Bingo (Palo)**

Lunch Menu

Tuna Casserole • Turkey Sandwich

8:00 am Ping Pong (Hib) **9**
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)**
12:30 pm **Current Events (Lav)**
12:30 pm **Yoga (Syc B)**
1:00 pm **Bingo (Palo)**

Common Holiday Scams - 12:00 pm

Lunch Menu

Lasagna • Ham & Roast Beef & Cheese S'wch

8:00 am Ping Pong (Hib) **16**
9:00 am Tai Chi (Adv.)-10:30 (Beg) (Syc)
9:00 am **Current Issues in Gov (Jac A)**
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

Roast Turkey & Gravy • Caesar Salad

8:00 am Ping Pong (Hib) **23**
9:00 am Tai Chi (Adv.)-10:30 (Beg) (Syc)
9:30 am / 11:00 am Arthritis Exercise (Syc)
12:30 pm **Current Events (Lav)**
1:00 pm **Bingo (Palo)**

Lunch Menu

Santa Fe Chix Strips • Turkey Sandwich

8:00 am Ping Pong (Hib) **30**
9:30 am / 11:00 am Arthritis Exercise (Syc)
12:30 pm **Current Events (Lav)**
1:00 pm **Bingo (Palo)**

Lunch Menu

Champagne Chicken • Turkey Sandwich