

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

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

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

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 Player VIP card. Includes deluxe transportation.



Ronald Regan Presidential Library and 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 Regan Presidential Library and Museum. Step onboard the spectacular Air Force One to get a first hand look at how the president travels. Buffett lunch included



Descanso Gardens & The Norton Simon Museum
Thursday, March 9 - Course #4943
Fee: \$98 (Deluxe transportation and box lunch)
 Experience moments in the natural world and enjoy a refuge of stunning beauty. Visit the Norton Simon Museum, know 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 Southeast Asian art spanning 2,000 years



Cabrillo National Monument & San Diego Harbor Cruise
Tuesday, March 28 - Course #5101
Fee: \$99 (Deluxe transportation and buffet lunch)
 Visit this hidden gem in Point Loma area of San Diego. This preserve marks the site of the first European visit to San Diego by 16th-century explorer Juan Cabrillo. Experience outstanding panoramic views, the Visitor center, Point Loma Lighthouse and a Harbor Cruise. Buffet lunch included at Phil's BBQ.
Departure: 8:00 am Return: 5:30 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.

Senior Classes
 Senior Activities
 Senior Support Services
 Informational brochures of classes, activities 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

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.

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

February **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

February 2017 Special Programs
 City of Mission Viejo Community Character Quality:
 Unity

Volume 9 Issue 2 February 2017

New Update New Name!!!
 We are redesigning the Senior Update and we need a fresh new name! Please submit your ideas at the front desk. Winner will receive a shout out in the new newsletter and a small prize! One entry per person due by

Love in a Jar Valentine's Day Craft
Friday, February 10 10:00 am - 11:35 am
 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. Registration Required.

Hearing Loss Association
Consumer's Guide to Purchasing Hearing Aides
Monday, February 13 1:00 pm - 3:00 pm
 If you or a loved one is considering purchasing a hearing aide this presentation is for you. Toni Barrient, Mission Viejo chapter advisor and HLAA SoCal state Chapter Coordinator will explain with a checklist the procedures for buying hearing aides.

Sweetheart Luncheon
Tuesday, February 14 11:30 am - 12:45 pm
 Bring your valentine or make a new one! Join AgeWell Senior Services for a lovely lunch and entertainment by James Wells. A reservation is required by 2/10. Senior - \$4.50 (suggested)

Senior Biography Day
Wednesday, February 22 10:00 am - 12:30 pm
 Calling all seniors interested in receiving a personal biography written by Ladera Ranch Middle School students. Participants will return to school on Wed. 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!

AARP Tax Aide
Tues. & Thurs. 9:00 am - 2:30 pm
February 2 - April 13
 Receive assistance filing federal and state income tax returns for low-to-moderate income taxpayers of all ages by appt. only. AARP Tax aide volunteers have been trained and certified by the IRS to prepare both federal and California state tax returns. All returns will be e-filed. Call 949-470-3062

Adaptive Equipment & Tech Day
Thursday, 2/2 1:00 pm
 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. Free (Registration Required) **Course# 4892**

Constitution 102 -The Bill of Rights Series
Thursdays, 2/9-4/27 4:00 pm - 5:00 pm
 This series will focus on the first 10 amendments to the US constitution. Students will learn how their civil liberties are protected by the Bill of Rights. Free (Registration Required)

How Many Times Do You Get Up at Night?
Thursday, 2/9 1:00 pm
 Looking for relief from an enlarged prostate without medication or major surgery? Join Dr. James Meaglia to learn about the new approach to BPH treatment that does not require ongoing medication or surgery. Free (Registration Required)

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.

February

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.)

Wii Games

Thursday, 2/16 10:00 am - 11:00 am

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

More than Just Acid Reflux

Paraesophageal Hernias

Thursday, 2/23 1:00 pm

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

How to Naturally Decrease Pain & Inflammation

Thursday, 2/23 10:00 am

Learn how your diet can affect body pain and inflammation. Discuss what types of foods may naturally minimize or reverse some chronic inflammatory conditions and what types of food choices help lower blood sugar & stabilize cholesterol levels. Free

Healthy Heart

Friday, 2/24 10:00 am

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.

Crescent Terrace	C
Crescent 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

MONDAY

Elks Dance

Sunday, February 12 2:00 pm - 6:00 pm

Celebrate with a no-host bar, live dance music and prizes

sponsored by the Mission Viejo Elks Lodge

#2444. Registration required by 2/5. **Course # 5008**

8:00 am Ping Pong (Hib A) **6**
8:00 am Fine Arts (Jac)
 8:30 am Longevity Stick (Outside)
 9:00 am Tai Chi (Adv) -10:30 am (Beg)(Syc)
 9:30 am / 11:00 am Arthritis Exercise (Syc)
 10:00 am Civil War Series (Lav)
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 "Florence Foster Jenkins" (Jac A)
 1:00 pm Mah Jong (Hib)
1:00 pm Advanced Creative Writing (Jun)
 1:30 pm French Club (R)
3:00 pm Adv. Digital Photography (Lav)
 3:00 pm Laugh for Your Health (R)

Lunch Menu

8:00 am Ping Pong (Hib) **13**
8:00 am Fine Arts (Jac)
 8:30 am Longevity Stick (Outside)
 9:00 am Tai Chi (Adv) -10:30 am (Beg)(Syc)
 9:30 am / 11:00 am Arthritis Exercise (Syc)
 10:00 am Civil War Series (Lav)
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, "Love and Friendship" (Jac A)
 1:00 pm Mah Jong (Hib)
1:00 pm Advanced Creative Writing (Jun)
 1:30 pm French Club (R)
3:00 pm Adv. Digital Photography (Lav)

Hearing Loss Assoc. 10:00 am

Lunch Menu

President's Day Center Closed

8:00 am Ping Pong (Hib A) **27**
8:00 am Fine Arts (Jac)
 8:30 am Longevity Stick (Outside)
 9:00 am Tai Chi (Adv) -10:30 am (Beg)(Syc)
 9:30 am / 11:00 am Arthritis Exercise (Syc)
 10:00 am Civil War Series (Lav)
12:00 pm Digital Photography (Lav)
12:30 pm Bridge Duplicate (Syc B)
 12:30 pm Wizard Card Game (Palo)
12:30 pm Stretch Class (Syc A)
 12:45 pm Movie, "In the Heart of the Sea" (Jac A)
 1:00 pm Mah Jong (Hib)
1:00 pm Advanced Creative Writing (Jun)
 1:30 pm French Club (R)
3:00 pm Adv. Digital Photography (Lav)

Lunch Menu

Swiss Steak & Gravy • Tuna Salad Plate

TUESDAY

9:00 am **Aerobic Exercise (Syc A) 7**
 9:00 am AARP Tax Aide (Jac)
9:30 am Intro to Creative Writing (Jun)
 9:40 am Legal Assistance by appt (S)
 10:00 am Train Your Brain (Lav)
10:00 am Chair Exercise (Syc A)
10:00 am Get Fit Where You Sit (Syc 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)

Learn to Play Bocce Ball - 10:00 am

Lunch Menu

Cheesy Tuna Casserole • Turkey Sandwich

9:00 am **Aerobic Exercise (Syc A) 14**
 9:00 am AARP Tax Aide (Jac)
 9:00 am Legal Assistance by appt. (S)
9:30 am Intro to Creative Writing (Jun)
 10:00 am Train Your Brain (Lav)
10:00 am Chair Exercise (Syc A)
10:00 am Get Fit Where You Sit (Syc B)
 12:30 pm Poker (R)
 12:30 pm Bunco (Lan)
 12:30 pm Social Bridge (Hib)
1:00 pm Quilting (Jun)
1:00 pm Healing Journeys (Lav)
2:00 pm Film as Literature (Syc A)
7:00 pm Healing Journeys (Jun)

Lunch Menu

9:00 am **Aerobic Exercise (Syc A) 21**
 9:00 am AARP Tax Aide (Jac)
 10:00 am Train Your Brain (Lav)
9:30 am Intro to Creative Writing (Jun)
10:00 am Chair Exercise (Syc A)
10:00 am Get Fit Where You Sit (Syc 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)
 3:00 pm iPhone/iPad Class (Palo)
 4:00 pm Microsoft Windows Class (Palo)
 4:00 pm iPad Practice (Hib)

Lunch Menu

9:00 am **Aerobic Exercise (Syc A) 28**
 9:00 am AARP Tax Aide (Jac)
9:30 am Intro to Creative Writing (Jun)
 10:00 am Train Your Brain (Lav)
10:00 am Chair Exercise (Syc A)
10:00 am Get Fit Where You Sit (Syc B)
 12:30 pm Poker (R)
 12:30 pm Bunco (Palo)
 12:30 pm Social Bridge (Hib)
1:00 pm Healing Journeys (Lav)
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 Class (Palo)
 4:00 pm iPad Practice (Hib)
7:00 pm Healing Journeys (Jun)

Lunch Menu

WEDNESDAY

8:00 am Ping Pong (Jac) **1**
 8:30 am Longevity Stick (Outside)
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 Conversational Spanish (Hib)
 12:30 pm Opera (Jun)
 1:00 pm Bingo (Palo)
1:00 pm Voice Rhythms (Hib)
 4:30 pm ATX Silver (Jun)

Lunch Menu

Split Pea Soup • Chicken Salad Sandwich

8:00 am Ping Pong (Jac) **8**
 8:30 am Longevity Stick (Outside)
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 Conversational Spanish (Hib)
 12:30 pm Opera (Jun)
 1:00 pm Bingo (Palo)
1:00 pm Voice Rhythms (Hib)
1:00 pm Reiki (Lav)
 4:30 pm ATX Silver (Palo)

Lunch Menu

Teriyaki Meatball Rice Bowl • Vegetarian Plate

8:00 am Ping Pong (Jac) **15**
 8:30 am Longevity Stick (Outside)
9:00 am Line Dancing (Palo)
9:00 am Love of Music (Jun)
 9:00 am HICAP Counseling by Appt (S)
 9:00 am Crafty Ladies (Lav)
9:30 am Conversational 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

8:00 am Ping Pong (Jac) **22**
 8:30 am Longevity Stick (Outside)
9:00 am Love of Music (Jun)
9:00 am Line Dancing (Syc B)
 9:00 am Crafty Ladies (Lav)
 9:30 am / 11:00 am Arthritis Exercise (Syc)
9:30 am Conversational Spanish (Hib)
 10:00 am Sr Citizens Activities Comm. (Lan)
 10:00 am Nordic Walking Poles (Front)
 11:00 am Benefit Enrollment (S)
12:30 pm Opera (Jun)
 1:00 pm Bingo (Palo)
1:00 pm Voice Rhythms (Hib)

Senior Bio Day - 10:00 am

4:30 pm ATX Silver (Jun)

February Special Lunches

2/3 Superbowl Party
2/14 Valentine's Day
2/17 President's Day
2/28 Mardi Gras

HOT AND COLD LUNCHES Served
Mon. through Fri at 11:45 am
 (2-Day Advance Reservation Requested)
470-3063
Seniors- \$4.50 (suggested donation)

THURSDAY

9:00 am Bocce Ball (VG) **2**
9:00 am Aerobic Exercise (Syc A)
 9:00 am AARP Tax Aide (Jac)
10:00 am Chair Exercise (Syc A)
 10:00 am Aloha Ukulele Strummers (Jun)
 12 30 pm Hand and Foot (Hib)
1:00 pm Ballrm Dance "Tango" (Syc A)
 1:00 pm Art History (Jun)

Adaptive Equipment & Tech 1:00 pm

Lunch Menu

Chicken Curry • Ham Salad Sandwich

9:00 am Bocce Ball (VG) **9**
9:00 am Aerobic Exercise (Syc A)
 9:00 am AARP Tax Aide (Jac)
10:00 am Chair Exercise (Syc A)
 10:00 am Aloha Ukulele Strummers (Jun)
 12 30 pm Hand and Foot (Hib)
1:00 pm Ballrm Dance "Tango" (Syc A)
1:00 pm Art History (Jun)
 4:00 pm Constitution 102 - Bill of Rights (Jun)

How Many Times Do You Get Up - 1:00pm

Wii Games - 10:00 am

Lunch Menu

Butternut Squash Soup • Chicken Salad Sandwich

9:00 am Bocce Ball (VG) **23**
9:00 am Aerobic Exercise (Syc A)
 9:00 am AARP Tax Aide (Jac)
10:00 am Chair Exercise (Syc A)
 10:00 am Aloha Ukulele Strummers (Jun)
 12 30 pm Hand and Foot (Jac B)
1:00 pm Ballrm Dance "Tango" (Syc A)
1:00 pm Art History (Jun)

How to Naturally Decrease Pain & Inflammation - 10:00 am

More than Just Acid Reflux Paraesophageal Hernia

Constitution 102 - Bill of Rights (Jun)

FRIDAY

8:00 am Ping Pong (Hib) **3**
 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 Beginning Spanish (Jun)
 12:30 pm Current Events (Lav)
12:30 pm Yoga (Syc B)
 1:00 pm Bingo (Palo)

Lunch Menu

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

Love in a Jar - 10:00 am

Lunch Menu

8:00 am Ping Pong (Hib) **17**
9:00 am Current Issues in Gov. (Jac A)
 9:30 am / 11:00 am Arthritis Exercise (Syc)
 11:00 am HICAP (S)
 12:30 pm Current Events (Lav)
 1:00 pm Bingo (Palo)

Lunch Menu

Oven Roasted Chicken Thigh • Egg Salad S'wich

8:00 am Ping Pong (Hib) **24**
 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 Beginning Spanish (Jun)
 12:30 pm Current Events (Lav)
12:30 pm Yoga (Syc B)
 1:00 pm Bingo (Palo)

Healthy Heart - 10:00 am

Lunch Menu

Honey Mustard Chicken • Ham Salad Sandwich

SUPPORT SERVICES

Call for information:

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

Blood Pressure Check
Wednesdays
10:00 am - Noon