

NUTRITION/ONLINE HEALTH COURSES

Age Well Senior Services

A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS

Age Well Senior Services is offering a "Grab and Go" option for our Congregate Meals. You are provided with a frozen meal along with a cold pack consisting of milk, juice, bread and butter during this crisis. We still have the two-day requirement for ordering.

For more information and to reserve a meal in advance, call 949-470-3063.

Council on Aging

Subscribe to receive weekly ANSWERS-guide.

<https://www.coasc.org/>

Support Services

- Case Management
949-470-8456
- Hearing Loss Association
949-855-6786
- HICAP Medicare
949-470-3062
- Vision Impaired
714-821-5000
- Widows' Support Group
drlamourelle1@gmail.com

Refund Policy

For full refund policy, visit: <https://cityofmissionviejo.org/register>.

Printed copies of the refund policy are available at the Norman P. Murray Community and Senior Center front desk.

Park-It-Market: Free Mobile Food Pantry for Seniors

Fridays / 8-9 am

June 4, 18 & 25

This program is a FREE mobile food pantry available to seniors. Groceries are available for pick up with our drive-through only service in our parking lot. All new participants are required to complete a client intake form at the Norman Murray Community & Senior Center.

Cancelled for June 11

Gentle yoga for healing and strengthening

Whether you're new to yoga or a seasoned yogi, anyone can enjoy the benefits of a simple slow flow. Certified instructor Kallie Klug leads breathing and meditation exercises so you can tap into your body's natural healing capabilities. By working on functional flexibility and gentle strengthening, you'll feel revived, strong, and relaxed.

Weekly sessions Join us twice a week on Zoom:

Tuesday and Thursday from 10-11 am

Classes are donation-based.

Email Jennifer Payne, Monarch's senior ambassador, at jpayne@mhealth.com. She will send you the Zoom link.

Mission Hospital Virtual Programs— 2021

This presentation will cover the advantages of robotic-assisted total knee replacement. Surgical advantages include supporting surgeons with features to assist with bone resection and assessing soft tissues to facilitate implant positioning intraoperatively.

[Community Lectures and Programs](#)

[Medicare 101](#)

Alzheimer's Orange County Upcoming Online Presentations

Click the link above to view upcoming webinars and workshops for the month of June.

If you have questions or need assistance with Zoom or other technology, email learn@alzoc.org or call 844-HELP-ALZ.

Commodities:

June 17 / 10-11 am

Once a month, Age Well Senior Services, in cooperation with the Community Action Partnership of Orange County, distributes nonperishable food items to the public. You must be a resident of Mission Viejo, Rancho Mission Viejo or Rancho Santa Margarita to participate. Bring proof of residency (i.e. driver's license or utility bill). Pre-bagged groceries will be available for pick up with our drive-through only service in our parking lot.

IN-PERSON/INDOOR

Monthly MemorialCare Table

Are you turning 65, new to area or have Medicare questions? Join Medicare Education Specialist, Jose Juarez as he explains how Medicare works, when and how to enroll and much more. These event are educational purposes only and no specific health plan will be discussed. Takes place the second **Monday of the month from 9 - 11 am**

Monthly Monarch Table

Want to know how to get the most of your Medicare benefits? Join Jennifer Payne, of Monarch Healthcare, as she goes over Medicare basics and answer your questions. Takes place the forth **Wednesday of the Month from 10 - 11 am**



MISSION VIEJO

June 2021

The Murray Memo



The Norman P. Murray Community & Senior Center Programs and Events Guide
24932 Veterans Way, Mission Viejo, CA 92692 • Office 949-470-3062

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The Norman Murray Community & Senior Center will be CLOSED Monday, May 31 for Memorial Day Holiday



Mission Viejo's Virtual Memorial Day Ceremony will air at 8:30 am, May 31 on MVTV (Cox Channel 30 and AT&T Channel 99) and on the City's YouTube channel with additional programming throughout the day.

The City will host a Drive-Through American Heroes Banner Tribute through June 4 at City Hall 200 Civic Center, opportunities to learn about military uniforms via links provided on the City's website and sign language interpretation. For more information, call 949-470-3061.

One on one Medication Review

Sit with County Pharmacist Dr. Bill Liu to review what medication and supplements you are currently taking. Call 949-4703062 to make an appointment
Tuesday / June 15 / 10 am – 1 pm / Free

COVID and Brain Fog

Come chat with Dr. Trinh about Strategies for Brain Health.
Tuesday / June 22 / 10:30 am - 11:30 am / Course #83685 / Free

Senior Specialist Group Upcoming Classes

Growing a Patio Garden without Dirt

Enjoy eating organic home grown produce from your very own patio garden. Sponsored by Senior Specialist Group
Thursday / June 3 / 10 am – noon / Course #84066 / Free

Supporting your Heart Health & Circulation

Sponsored by Senior Specialist Group
Discover the importance of good circulation for improved heart health.
Tuesday / June 8 / 10 am – noon / Course #84067 / Free

Packing & Unpacking – Made Simple

Downsizing to a smaller place, but not sure how to get started? Over time we often accumulate more possessions than we really need. Learn helpful tips to help you decide what to keep and what you can do with the items you no longer need.

Sponsored by Senior Specialist Group
Tuesday / June 15 / 10 am – noon / Course #84069 / Free

Recognizing the Signs of Senior Financial Abuse

Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century." Why? Because seniors are thought to have a significant amount of money sitting in their accounts.

Thursday / June 17 / 10 am – noon / Course #84068 / Free

Class Punch Card Refunds

The City of Mission Viejo will be offering refunds for unused punches for punch cards for the Arthritis Exercise, Ballroom Dance and Duplicate Bridge classes. Refunds will only be issued to cards that expired between March-May 2020. The amount refunded will be for the unused punches in the card submitted. The physical punch card must be provided to receive refund. Refunds will be mailed and issued by check. All refund requests must be done in person at the Norman P. Murray Community and Senior Center during their operating hours of Monday – Friday from 8:30 am–noon. All refunds must be requested by June 30th.

Go Paperless! If you would like to receive *The Murray Memo* by email each month, email Recreation@cityofmissionviejo.org with *The Murray Memo* in the subject line.

ONLINE CLASSES/SEMINARS

Register for the following classes by **clicking the course number** or visit <https://cityofmissionviejo.org/register>.

A link and password will be sent to your active email to access the virtual program.

All classes are taught via Zoom. Registration for online classes ends at 5 pm the day before the class.

Balance with Barre

This class features ballet-influenced exercises designed to improve balance by strengthening your core and major muscles. Using rhythmic movements, your legs, arms and stomach will become more toned and flexible. All levels are welcome.

Instructor: Eligitz Jane (EJ) Baldonado-Wilkins

Tuesday / June 1 - 29 / 11:30 am-12:30 pm / Course #[83698](#) / \$10

Yoga Stretch

This class is designed to explore the functionality of yoga and stretch exercise to every day life. Participants will learn body awareness, improve muscular strength and improve flexibility and range of motion. For beginner to intermediate level.

Wednesday / June 2 - 30 / 12:30 pm-1:40 pm / Course #[83697](#) / \$10

Core Pilates

Develop strong stomach muscles and help ease back pain. Focus-driven exercises will boost brain power and concentration. Bring a mat, band, and hand towel. All levels are welcome.

Thursday / May 27 - July 1 / 11:30 am-12:30 pm / Course #[83699](#) / \$12

Yoga in a Chair for Every-BODY!

Want to live more in the present and stop incessant troubling thoughts and rising anxiety? This class includes easy-to-follow slow instruction of movement aimed at nurturing the physical body, quieting the mind and connecting you back to your true peaceful center. Learn simple breathing and meditation methods and improve your immune system with gentle stretching and strengthening in modified yoga poses while comfortably seated. Optional student-owned equipment to use from home includes light weights, straps, stretchy bands and balls.

Friday / June 4-18 / 11 am-noon / Course #[83094](#) / \$22.50 Instructor: Dara Linson

Zumba Sentao

This class provides strength and resistance training with innovative dance moves using a chair as your dance partner. Zumba Sentao takes the great musical rhythms of a Zumba class and adds a chair for specific moves that benefit the overall body especially the core. It minimizes the impact to the feet while you get a great cardio workout. It involves doing anything from standing beside the chair, doing leg lifts, push-ups off the chair as well as dancing holding onto the chair or sitting down. Friday / June 4 - 25 / 9-9:45 am / Course #[83078](#) / \$15

Photography Series

Volunteer Action for Aging's Photography Series is a 2-class series where participants will learn the basics of photography. Any one who is interested in taking photos (even with just their phone) is welcome to take the class! this class is taught via ZOOM.

Wednesday / June 2 & 9 / 2 - 3 pm / Course #[83619](#) / Free

Growing Herbs

Anyone with a sunny garden spot, even a balcony or small patio, can grow herbs that can transform good food into a great meal. Join Master Gardeners of Orange County for this fun and practical presentation on selecting, growing and enjoying fresh herbs from your garden. This class is taught via ZOOM.

Thursday / June 3 / 1 - 2 pm / Course #[84193](#) / Free

Tablet & Smartphone Basics

Volunteer Action for Aging's Tablet & Smartphone Basics class teaches you how to learn the key functions on your device.

This class will go over basic commands on the device and there will be time at the end to ask a few questions.

Wednesday / July 7 / 10- 11 am / Course #[83618](#) / Free

Cyber Security

Volunteer Action for Aging's Cyber Security program discusses common scams people can run into online. The program also provides information on how to safely use social media and how to protect yourself online.

Wednesday / July 21 / 2- 3 pm / Course #[83620](#) / Free

INDOOR CLASSES

Register for the following classes by **clicking the course number** or via <https://cityofmissionviejo.org/register>.

Beginning Line Dancing

Line dance classes for all levels. Dance for fun, exercise, balance, coordination and to learn a new skill. No experience nor partner necessary. Dance to some of the old favorites as well as the newest line dances.

Wednesday / June 6 - 30 / 9:15 - 10:15 am / Course #[82817](#) / \$45

Intermediate Line Dancing

If you've been Line dancing with us for a while and want a little more of a challenge this is the class for you! Intermediate dances that will be broken down step-by-step and reviewed each week.

Wednesday / June 3 - June 30 / 10:30 - 11:30 am / Course #[85596](#) / \$45

Ping Pong

Singles ping pong will be offered on a first-come, first-served basis for up to six participants per day. Drop-in registration is required at the front desk. Tuesday & Thursday / 8:30 - 11 am / Free

Crafty Ladies

Crafty Ladies is a morning social group that knits and crochets blankets, clothing and other items for various charities in the community. Wednesday / May 5 - Aug 25 / 9:30 - 11:30 am / Course #[82766](#) / Free

Jazzercise Dance Mix (In-person/Outdoor)

This in-person outdoor class will include low- to high-intensity dance moves with strength training. This muscle-sculpting, hurts-so-good-class combines weights and resistance training to create a tight, leaner body in just 45 minutes. This class will also boost help your mental well-being!

Outdoor In-Person Class / Oso Viejo Park - next to kid's playground on grass

Monday / Wednesday / Friday / June 7 - 30 / 8:30 - 9:15 am / Course #[83090](#) / \$25

Learn To Play Bocce

If you have always wanted to learn to play bocce, now is your opportunity. Play on the City's beautiful bocce courts. All equipment provided. Easygoing pace. **Part 1** of the class on Thursday will be an educational session inside the building.

Part 2 will be on Friday and take place on the bocce courts.

Thursday & Friday / July 1 - July 2 / 9 - 11 am / Course #[68761](#) / Free

Zumba (In-person/Outdoor)

Join this fun outdoor class! Zumba is a Latin-inspired dance fitness class that incorporates Latin and international music and dance moves that create a fun, effective fitness program. These dance moves give you a total-body workout combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, which also gives you a dose of energy for your day.

Instructor: Jeannie King. Friday / June 4 - 25 / 9:15 - 10:15 am / Course #[83082](#) / \$15

Vitamin D and Covid-19 - What Does the Science Say?

Many scientists are studying whether Vitamin D can be part of prevention or part of treatment of COVID-19. This presentation will discuss why scientists think that Vitamin D may be useful for this purpose. In the meantime, experts continue to agree that wearing a mask, social distancing, frequent proper hand washing and receiving the COVID-19 vaccine if you are able to be vaccinated, are amongst the best practices during this pandemic.

Tuesday / June 8 / 10 am - noon / Course #[71177](#) / Free