



The MURRAY MEMO

Programs, Events, and Services

Norman P. Murray Community & Senior Center

24932 Veterans Way
Mission Viejo, CA 92692
949-470-3062

cityofmissionviejo.org

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Special Programs

VITA Free Income Tax Service

The Norman P. Murray Community and Senior Center and Volunteer Income Tax Assistance (VITA) Program will offer free tax preparation services for the 2023 tax year.

Appointments are available on Thursdays between 9:30 am and 4 pm through April 11.

Appointments will only be scheduled:

- If the client has all of his or her required tax documents needed for the return.
- For patrons with a household income of \$80,000 or less.
- For folks who provide photocopies of SSN and photo ID as well as original or photocopies of tax forms.

This is a drop-and-go process which requires you to pre-package all required documentation, and submit it to the client facilitator at your appointment time. It takes a week or two for the returns.

Both federal and state income taxes will be filed electronically. To make an appointment, call 949-470-3062.



Special Events & Programs

Grapes and Grains

Join us for an evening of wine and beer tastings and live music on the terrace of the Norman P. Murray Community and Senior Center. Guests to this fabulous event will savor eight tastings.

#129308 / Fri / May 31 / 5:30 – 8 pm / \$30

Accepting Jewelry Donations

Donations of jewelry, scarves, hats, gloves, belts and men's accessories are sought for the annual fundraising sale that benefits Senior Services. Donations can be dropped off at the Norman P. Murray Center. For more information, call 949-470-3062.

Tuesday on the Terrace

Enjoy free monthly concerts on the terrace the first Tuesday of the month from 4:30 – 6:30 pm. Snacks and beverages available for purchase.

March 5 – Tanner Howe

April 2 – Dean Grech

Ms. Senior California Beauty Pageant

Hosted by the City of Mission Viejo, the Ms. Senior California Beauty Pageant features evening gown, talent, interview skills and inner-beauty categories. Contestants age 60 and older can apply at mssrcalifornia.net.

*Cash at the door only.

Sat / March 30 / 1 - 4 pm / \$20*



Fitness, Classes, and Activities

Jazzercise with Suzy

This in-person class combines low- to high-intensity dance moves with strength training to create a tight and leaner body.

Instructor: Suzy Galaz

#117185/M, W & F / March 1 - 29 / 9 - 10 am / \$45

#117204 /M, W & F / April 1 - 29 / 9 - 10 am / \$45

#117205 /M, W & F / May 1 - 31 / 9 - 10 am / \$45

Jazzercise with Pam

All skill levels are invited to a fun dance exercise class filled with cardio, stretching and strength training. **Instructor: Pam Fortmuller**

#117219 / Tu & Th / Mar. 5 - 28 / 9 - 10 am / \$30

#117220 / Tu & Th / Apr. 2 - 30 / 9 - 10 am / \$30

#117222 / Tu & Th / May 2 - 30 / 9 - 10 am / \$45

Longevity Stick

This is an easy stretching routine using slow and deep breathing. Bring a stick that is 1" diameter equal in length to your height with rubber on at least one end.

#128390 / M & W / ongoing / 8:30 - 9:30 am / Free

Chair Strength and Tone

Workout with hand weights, dynabands, and a Pilates ball to improve coordination, cardiovascular endurance, strength, flexibility and balance. Bring light bands and a small Pilates ball.

Instructor: Gia Anderson

#127563 / Wed / March 13 - 27 / 10 - 10:30 am / \$21

#127564 / Wed / April 10 - 24 / 10 - 10:30 am / \$21

#127565 / Wed / May 1 - 29 / 10 - 10:30 am / \$35

Daily drop-in \$9

Breath Exercises for Relaxation and Better Health

Combat habitual shallow breathing with easy exercises to improve every system in your body. A \$7 drop-in fee is available.

Instructor: Dara Linson

#127416 / Mon / April 29 - May 20 / 10 - 11 am / \$25 /

Daily drop-in \$7



Fitness, Classes, and Activities

Morning Stretch

Increase flexibility with a full-body stretch and improve blood flow to typically tight muscles and joints and center your mind. Bring a mat to class, which is on Tuesdays and Thursdays. Instructor: Pam Fortmuller

#128182 / March 5 - 28 / 8:15 - 8:45 am / \$15

#128183/Tu & Th /April 2 - 30 /8:15-8:45am/ \$18

#128184/ Tu & Th / May 2 -30/8:15-8:45am/ \$18

Rest & Restore Mindfulness

Explore different techniques of relaxation, visualization and meditation to keep your mind and body in tune. Listen to calming music to ease your mind as you follow along to guided visualization and meditations. Bring a blanket, mat, pillow or sleeping bag to enjoy a restful practice. Instructor: Gia Anderson

#127569 / Wed / Mar 6 / 2:45 - 3:45 pm / \$10

#127570 / Wed / April 10 / 2:45 - 3:45 pm / \$10

#127571 / Wed / May 1 / 2:45 - 3:45 pm / \$10

A Matter of Balance

Participants will learn how to set realistic goals for increasing activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

#132175 / April 9 - May 28 / 9 - 11 am / Free

Pilates & Barre

Class features a combination of ballet-inspired movements, mindfulness and strength training. Bring light bands, a yoga mat and small Pilates ball.

Instructor: Gia Anderson

#127566/Wed/Mar. 6 - 27 / 1:30 - 2:30 pm / \$32

#127567/Wed/ April 10 - 24/1:30 - 2:30 pm/ \$24

#127568 /Wed/ May 1 - 29 /1:30 - 2:30 pm/ \$40

Daily drop-in \$10

Balance Fitness

Exercises are designed to improve strength, flexibility, balance, postural awareness, and stability.

Instructor: Selena Cofinco

#129053/Tu & Th/April 2-May 9 / 1-2 pm / \$180

#129054/Tu & Th/May 14-June 20/1-2 pm/ \$180

Daily drop-in \$15



Fitness, Classes, and Activities

Senior Boxing

Boxing is a full-body workout that helps increase energy level, metabolism and strength as well as, improve balance and coordination.

Instructor: Stephanie

#128725 /Tu/ Mar. 5-26 /10:15-11:15 am/\$40

#128726 /Tu/ Apr. 9 - 30 / 10:15 - 11:15 am/ \$40

#128727 /Tu/ May 7 - 28 /10:15 - 11:15 am/\$40

Daily drop-in \$12

Meditation and Tai Chi Qigong

This class includes a gentle exercise and breathing routine and guided meditation. A drop-in fee of \$10 is available.

Instructor: Ron Cohan

#122372/Wed/April 24-May 22/10:30-11:30 am
\$40

Laughter is the Best Medicine

Laugh while doing cardio, stretching and breathing for fun and fitness. *Class is held the first, second and third Tuesday of the month.

Drop-in / Tu* ongoing / 1 - 2:30 pm / Free

Senior Strength & Conditioning

Class incorporates a cardio circuit, HIIT training and seated focused strength exercises to improve balance, posture and muscles.

Bring hand weights, bands, a towel and water.

Instructor: Stephanie

#128728/Th/ Mar. 7-28/10:30-11:30 am/ \$40

#128747/Th/ Apr. 11-25/10:30-11:30 am / \$30

#128748/Th/ May 2-23/10:30-11:30 am / \$40

Daily drop-in \$12



Fitness, Classes, and Activities

Tai Chi Qigong Shibashi

Tai Chi leads to numerous health benefits including lowering blood pressure and reducing stress while building muscle and improving balance with slow movements and a mindful approach. Instructor: Ron Cohan

Beginner:

#122364 / Mon / Feb. 26–March 25 / 10:30–11:30 am / \$40

#122365 / Mon / April 22 – May 20 / 10:30 – 11:30 am / \$40

Intermediate:

#122368 / Wed / Feb. 28 – March 27 / 10:30 – 11:30 am / \$40

Learn to Play Bocce

Play on the City's beautiful bocce courts. All equipment is provided for this educational session that takes place inside the building and on the bocce courts.

#123546 / Tu / Mar. 5 / 9:30 am–12:30 pm / Free

#123547 / Tu / Apr. 9 / 9:30 am – 12:30 pm / Free

#123548 / Tu / May 7 / 9:30 am – 12:30 pm / Free

Power Hour

Class focuses on exercise moves for both strength and balance that stabilize the core. Participants will be seated and standing with some options for floor work. Bring a yoga mat and 2- to 3-pound weights.

Instructor: Stephanie

#128509 / Wed / Mar. 6 – 17 / 9 – 10 am / \$40

#128510 / Wed / April 10 – 24 / 9 – 10 am / \$30

#128511 / Wed / May 1 – 29 / 9 – 10 am / \$50

Daily drop-in \$12

Zumba

This Latin-inspired dance fitness class incorporates music and dance moves to give you a total-body workout combining all elements of fitness.

Instructor: Jeannie King

#128041 / Fri / Mar. 1 – 29 / 9:15–10:15 am / \$15

#128042 / Fri / April 5 – 26 / 9:15–10:15 am / \$15

#128043 / Fri / May 3 – 31 / 9:15–10:15 am / \$15



Fitness, Classes, and Activities

Yoga on a Chair for every BODY

Relax your body and mind, improve flexibility and strength, and deep breathing techniques to aid immunity and increase overall physical and mental well-being. Instructor: Dara Linson

#122341/Fri/Mar. 1 - 22/11:30 am-12:30 pm/\$40

#122342/Fri/April 5-19/11:30 am-12:30 pm/\$30

#122343/Fri/May 3-June 14/11:30 am-12:30 pm/
\$50

Daily drop-in \$12

Yoga Stretch

Participants will learn body awareness and improve muscular strength, flexibility and range of motion. Class is for beginner to intermediate level. Instructor: Paula Giertych.

#124312/Tu & Th/Mar. 26-Apr. 11/11 am - noon/
\$48

#128321/Tu & Th /May 14 - June 6 /11 am - noon/
\$56

Daily drop-in \$10

Mindful Stretch

This class releases tension and includes intentional movement and deep, mindful stretches that leave you feeling uplifted. A drop-in fee of \$9 is available.

#129102/ W /Mar. 13 - 27 /10:45- 11:15 am/ \$21

#129103 / W /Apr. 10 - 24 /10:45- 11:15 am/ \$21

#129104 / W/May 1 - 29 /10:45- 11:15 am/ \$35



Social & Educational Programs

Beginning Bridge

This six-session class using the Standard American Bridge System is for people with little or no bridge knowledge. A \$12 materials fee is due the first day of class to the instructor.

#128115 / Th / April 4 – May 9 / 1 – 2:30 pm / \$60

Intermediate Bridge I

This class will expand on playing, bidding and scoring techniques learned in Beginning Bridge. A \$12 material fee is due to the instructor. Instructor: Ginnie Blitzman

#124641 / Th / Mar. 21 – May 9 / 10 – 11:45 am / \$88

#128117 / Th / May 16 – July 11 / 1 – 2:45 pm / \$88

Travel Talk with AAA

Explore diverse cultures, stunning scenery and new adventures in Europe as well as the importance of travel insurance.

#130412 / Tue / March 12 / 2 – 3 pm / Free

Current Events

Discussion of interesting current events, pros and cons, politics and more.

#124108 / Fri / Jan. 5 – Dec 27 / 12:30 – 2:30 pm / Free

Intermediate Bridge II

For people with basic bridge knowledge, this class expands on techniques learned in Intermediate Bridge I. A \$12 material fee is due to the instructor. Instructor: Ginnie Blitzman

#128116 / Th / May 16 – July 11 / 10 – 11:45 am / \$88

Supervised Bridge Play

This five-session two-hour class is for all levels of bridge play. Individual limited instruction will be provided.

#124766 / M Mar. 4 – Apr. 1 / 12:30 – 2:30 pm / \$40

#128133 / M / April 8 – May 6 / 12:30 – 2:30 pm / \$40

#128134 / M / May 13 – June 17 / 12:30 – 2:30 pm / \$40

\$10 Drop-in fee

Bridge - Playing the Hand

This class covers some basics to advanced playing techniques. A \$12 material fee is due to the instructor.

Instructor: Ginnie Blitzman

#128135 / M / April 1 – 29 / 10 – 11:30 am / \$50



Social & Educational Programs

Learn to Play American Mah Jongg

An introductory class for students who have never played Mah Jongg or need a refresher. A \$15 supplies fee (cash) is due to the instructor.

Instructor: Patricia Dunavold

#128322 / Fri / Mar. 1 – 22 / 1:30 – 3:30 pm / \$90

#128324 / Fri / Apr. 5 – 26 / 1:30 – 3:30 pm / \$90

#128343 / Fri / May 3 – 24 / 1:30 – 3:30 pm / \$90

Supervised Mah Jongg Play Tips and Strategies

This is a continuation of the Learn to Play American Mah Jongg class for beginning players who have taken the introductory class. Players must have a NMJL card.

Instructor: Patricia Dunavold

#128378 / Wed / Mar. 6 – 13 / 10 am – noon / \$30

#128379 / Wed / Mar20 – 27 / 10 am – noon / \$30

#128380 / Wed / Apr.3 – 10 / 10 am – noon / \$30

#128381 / Wed / Apr. 17 – 24 / 10 am – noon / \$30

#128382 / Wed / May 1 – 8 / 10 am – noon / \$30

#128384 / Wed / May 15 – 22 / 10 am – noon / \$30

Duplicate Bridge Game

All players and levels are welcome. While this game is ACBL-sanctioned, you don't have to belong to ACBL to play. Instructor: Ginnie Blitzman

#128118 / W / Mar. 6 – 27 / 12:15 – 4:15 pm / \$36

#128131 / W / Apr. 3 – 24 / 12:15 – 4:15 pm / \$36

#128132 / W / May 1 – 29 / 12:15 – 4:15 pm / \$45

\$10 Drop-in Fee

Newcomers Orientation

Join our Senior Leadership Committee for a tour and information about programs and services for older adults. Enjoy lunch via our daily lunch program. Must register two days in advance.

#127589 / Th / Mar. 28 / 10:30 am – 12:30 pm

#127590 / Th / April 25 / 10:30 am – 12:30 pm

#127591 / Th / May 23 / 10:30 am – 12:30 pm

Free

French Club

This club is for anyone who enjoys speaking French - whether you are a native speaker or just want to practice.

Drop-in / Mon / 1st & 3rd / ongoing / 1 – 2:30 pm /

Free



Social & Educational Programs

Is Your Estate in Order?

Estate planning experts will answer your questions and give you tips and tools to protect your assets.

#124153 / Wed / March 13 / 10 – 11 am / Free

Hands-Only CPR

Hands-Only CPR is a 45-minute non-certification course that teaches participants how to provide lifesaving chest compressions. You will learn when Hands-Only CPR is needed.

#128360 / Mon / March 25 / 10 – 11 am / Free

Senior Water Safety

Orange County Fire Authority will cover important concepts related to drowning prevention and water safety for seniors.

#128487 / Wed / April 24 / 1 – 2 pm / Free

Disaster Preparedness

Orange County Fire Authority will discuss how to properly prepare for disasters, specifically those that could impact Orange County.

#128485 / We / Mar. 27 / 1 – 2 pm / Free

Drivers License Handbook Review

Boost your confidence by reviewing the California Driver's Handbook and test questions with a trained volunteer. Registration is required.

#128480 / Th / Mar. 21 / 1 – 2 pm / Free

#128481 / Th / Apr. 25 / 1 – 2 pm / Free

Fire Safety

Orange County Fire Authority will discuss home fire safety and what steps you can take to keep you and your family safe in the event of a fire.

#128487 / Wed / April 24 / 1 – 2 pm / Free

Age Well, Drive Smart

This class helps seniors tune up their driving skills, refresh their knowledge of the rules of the road, and learn about normal age-related physical changes and how they impact driving ability.

#129131 / Tu / April 9 / 10 – 11 am / Free

Managing Money: A Caregiver's Guide to Finances

If you are impacted by Alzheimer's or dementia, learn about important legal and financial issues you may face and how to put plans in place.

#129065 / Tu / April 30 / 9 – 10 am / Free



Music, Dance & Art Programs

Beginner Line Dancing

Join dance instructor Carrie Wojo for fun beginner line dances that are taught step by step and reviewed each week.

#127609 W / Mar. 6 – 27 / 9:15 – 10:15 am / \$36

#127610 / Wed / Apr. 3 – 17 / 9:15 – 10:15 am / \$27

#127611 / Wed / May 1 – 29 / 9:15 – 10:15 am / \$45

Daily Drop-in \$10

Line Dance Review

Join this review class to practice the dances you have learned to keep them fresh. (No new lessons are included.)

#127615 / W / Mar. 13 & 27 / 12:15 – 1:15 pm / \$18

#127616 / W / Apr. 10 & 17 / 12:15 – 1:15 pm / \$18

#127617 / W / May 8 & 22 / 12:15 – 1:15 pm / \$18

Daily Drop-in \$10

Intermediate Line Dancing

Class features dances that are broken down and reviewed each week. Instructor: Carrie Wojo

#127612 / W / Mar 6 – 27 / 10:30 am – noon / \$56

#127613 / W / Apr. 3 – 17 / 10:30 am – noon / \$42

#127614 / W / May 1 – 29 / 10:30 am – noon / \$70

Daily Drop-in \$15

Social Ballroom and Latin Dancing

Learn dances such as Foxtrot, Swing, Salsa, Tango, Country Western 2 Step, and more. Each class covers a few dances and repeats others.

A \$10 drop-in fee is available.

#127602 / Tu Mar. / 5 – 26 / 5:30 – 6:30 pm / \$32

#127603 / Tu / April 2 – 30 / 5:30 – 6:30 pm / \$40

#127604 / Tu / May 7 – 28 / 5:30 – 6:30 pm / \$32

Daily Drop-in \$10

Aloha Ukulele Strummers

Fine tune your ukulele skills playing along with O.C.'s premier ukulele strumming, singing, and social group. You need basic skills; a ukulele; music stand; and tablet/iPad for the music.

#127582 / Tu / April 2 – June 25 / 1:30 – 3:30 pm / \$26



Gardening

Terrific Tomatoes

Join Master Gardeners of Orange County to learn how to make 2024 your best tomato year ever, whether you are a novice or pro.

#128514 / Th / Mar. 7 / 1 – 2 pm / Free / NPM

#129067 / Fri / Mar. 8 / 10 – 11 am / Free / Online

Herb Gardens

Add flavor to your cooking by starting a herb garden outdoors or on your kitchen counter. The Master Gardeners of OC will teach you how to harvest herbs from your own garden.

#129069 / Th / April 4 / 1 – 2 pm / Free / NPM

#129070 / Fri / April 5 / 10 – 11 am / Free / Online

Managing Pest in Your Garden

Learn how to outsmart the bad insects and attract the beneficial ones to your garden. Master Gardeners of Orange County will present tips and tricks to manage pests so your plants can thrive.

#129073 / Th / May 2 / 1 – 2 pm / Free / NPM

#129071 / Fri / May 3 / 10 – 11 am / Free / Online

The Traveling Gardner: Kew Royal Botanic Garden

Enjoy a virtual trip to the incredible Kew Royal Botanic Gardens in London and learn how plants have changed the world for the better.

#129074 / Tu / May 21 / 11 am – noon / Free / NPM

#129075 / Wed / May 22 / 11 am – noon / Free / Online



Transportation Resources & Senior Leadership

Dial-a-Taxi Transportation Program

Mission Viejo residents 60 and older are eligible for this program. The program provides sedan and wheelchair-accessible vans 24 hours a day, seven days a week within City limits of Mission Viejo, Laguna Hills, Lake Forest, Laguna Woods and Rancho Santa Margarita; and to limited satellite destinations. General cost is \$5 per one-way trip. Trips to John Wayne Airport are available for \$20 each way. Rides to City-owned facilities are free. For more information, call 949-470-3062.



Senior Leadership Committee

The Senior Leadership Committee is responsible for introducing and organizing new activities to enhance the Norman P. Murray Community Center. The committee supports existing programs through volunteers and receives input from the community regarding the needs, programs and services that benefit the welfare of older adults in Mission Viejo.

For more information, contact 949-470-3062. Committee meets on the first Thursday of the month from 1 - 2 pm.

Daily Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 am - 12:30 pm Ping-Pong	8:15 - 8:45 am Morning Stretch (\$)	8:30 - 9:30 am Longevity Stick	8:15 - 8:45 am Morning Stretch (\$)	8 - 9 am Senior Grocery
9am - noon HICAP (1st & 3rd)	9 - 10 am Jazzercise (\$)	9am - noon HICAP (3rd)	9 - 10 am Jazzercise (\$)	8 am - 12:30 pm Ping-Pong
8:30 - 9:30 am Longevity Stick	9:30 am - 12:30 pm Learn to Play Bocce (1st Tues of month)	9 - 10 am Power Hour (\$)	10 - 11 am Commodities (1/18 & 2/22)	9 - 9:40 am Beginning & Inter. Tai Chi
9 - 9:40 am Begin & Inter. Tai Chi	10:15 - 11:15 am Senior Boxing (\$)	9 - 10 am (\$) Jazzercise with Suzy	10:30 - 11:30 am Senior Strength & Conditioning (\$)	9 - 10 am Jazzercise with Suzy (\$)
9:40 - 10:20 am Advanced Tai Chi 1	11:30 am Lunch w/ Bingo (\$)	9:15 - 10:15 am (\$) Beginner Line Dancing	11 am - noon Yoga Stretch (\$)	9:15 - 10:15 am Zumba (\$)
9 - 10 am Jazzercise with Suzy (\$)	1 - 2:30 pm Laugh & Exercise for Your Health (1st, 2nd & 3rd)	9:30 - 11:30 am Crafty Ladies	11:30 am Lunch (\$)	9:40 - 10:20 am Advanced Tai Chi 1
10 - 11 am Mindful Breathing (\$)	Noon - 3 pm Poker	10 - 10:30 am Chair Strength & Tone (\$)	1 - 2 pm Balance Fitness	10:20 - 11 am Advanced Tai Chi 2
10:20 - 11 am Advanced Tai Chi 2	1 - 2 pm Balance Fitness (\$)	10 am - noon Supervised Mah Jongg Play (\$)	1 - 4 pm Hand & Foot Card Game	11:30 am - 12:30 pm Yoga on a Chair for EveryBODY (\$)
10:30 - 11:30 am Beginner Qigong Shibashi (\$)	1 - 4 pm Social Bridge	10:30 am - noon Intermediate Line Dancing (\$)	1 - 2:30 pm Intermediate Bridge Game (\$)	11:30 am Lunch (\$)
11:30 am Lunch (\$)	11 am - noon Yoga Stretch (\$)	10:30 - 11:30 am Meditation & Tai Chi Qigong (\$)		12:30 - 2:30 pm Current Events
12:30 - 2:30 pm Supervised Bridge (\$)	1:30 - 3:30 pm Ukulele Aloha Strummers(\$)	10:45 - 11:15 am Mindful Stretch (\$)		1:30 - 3:30 pm Learn to play American Mah Jongg (\$)
1 - 2:30 pm (1st & 3rd) French Club	5:30 - 6:30 pm Ballroom Dance (\$)	11:30 am Lunch (\$)		
12:30 - 3:30 pm American Mah Jong (\$)		12:15 - 4:15 pm Duplicate Bridge (\$)		
		1 - 2:30 pm Bingo (\$)		
		1:30 - 2:30 pm Pilates & Barre (\$)		
		2:45 - 3:45 pm Rest & Restore Mindfulness (\$)		



Resource & Services

Care Partner Support Group

If you are a caregiver of someone with dementia, this group offers resources for problem solving, educational information and emotional support. For more information, contact kathy.carachidi@alzoc.org. Sponsored by Alzheimer Orange County.

Drop-in / 1st Wednesday, 2 - 3:30 pm (starting Feb.)

Drop-in / 3rd Wednesday, 2 - 3:30 pm

South OC Parkinson's Support Group

This support group is for people with Parkinson's, their caregivers, and medical professionals. Visit SOCPSG.com for details. Drop-in first Thursday from 4 - 5:30 pm.

Medication and Sharps Recycled Container Bins + Batteries and Eyeglasses

Medication pills must be removed from their individual containers and placed in a resealable bag for disposal. Place sharps in a puncture-proof container (i.e. water bottle, detergent bottle). Do NOT leave sharps unattended on top or beside the bin if it is full.

Senior Grocery Program

Fridays / 8 - 9 am / Mar. 8-29 / Apr. 5 -26

*Cancelled March 1

FREE indoor food pantry is available to seniors featuring perishable and nonperishable items like meat, dairy, fresh produce, and canned goods. Seniors can fill up to two grocery bags. Only one shopper allowed to shop per household. Check-in at 8 am in the lobby. Bring two reusable grocery bags to fill with food.

Medicare HICAP Appointments

Appointments are on the first and third *Mondays and Wednesdays between 9 - 11 am. Schedule your one-hour appointment by calling 949-470-3062.



Resource & Services

Veterans Services

60-minute appointments regarding advocacy on government and civil issues are available on the second Wednesday of the month from 9 am to 3 pm.

30-minute appointments regarding federal services and benefits are available on the first Thursday of the month from 1 to 4 pm at City Hall, 200 Civic Center. Schedule your appointment by calling 949-470-8412.

Community Legal Aide

Seniors 60+ can obtain free legal advice and assistance regarding Social Security, SSI, general relief, CAPI, food stamps, Medicare, Medi-Cal, HMOs, nursing homes, advanced healthcare directives, landlord-tenant, mobile home, other housing issues, contracts and debt collection defense, bankruptcy, wills, powers of attorney, conservatorships and family law. Call 949-470-3062 to schedule an appointment.

1st Tuesday of month between 9 am – noon

Volunteer Wellness Check

The Voluntary Wellness Check program is for Mission Viejo residents 60 and older and folks of any age with special needs. If an emergency or incident occurs within the City and volunteer support is available, participants will be contacted for a wellness check. Information is kept confidential. To apply, complete an application at cityofmissionviejo.org/wellness-check-program or the Noman P. Murray front desk.

Widow's Support Group

Widow's Support Group meets bi-monthly on the second Friday from 7-9 pm. Contact socwidowedpeoplesnetwork@gmail.com for information.



Age Well, Daily Lunch, Bingo & Nutrition

Congregate Lunch

Age Well Senior Services lunch program features a variety of Mediterranean and Italian dishes. Suggested contribution for 60 and older is \$5.50. General admission is \$7.50. Contact 949-470-3063 or mvc1@myagewell.org two business days in advance to reserve your seat.

Wednesday Bingo

Enjoy cash Bingo every Wednesday from 1 to 2:30 pm, which includes a \$2 buy-in with \$10 cash prizes for seven games and \$15 cash prize for game #8 – progressive pot up to \$60.

Tony Odell Rogers entertainment every 2nd Thursday of the month

Provided by a generous donation to Age Well Senior Services from Mission Viejo resident Irina Cromwell.

Upcoming Celebration Luncheons

St. Patrick's Luncheon - March 15
Easter Luncheon - March 27

Beginning Hula

Uplift your island spirits with low-moderate hula dancing. Stay for lunch after the lesson (advanced reservations required for lunch). Monday / 10:30 - 11:30 am / Ongoing

Tuesday Bingo with Lunch

Join us for free Bingo every Tuesday when you sign up for lunch. Prizes awarded for each game. For more information and to sign up, call 949- 470-3063.

Meals on Wheels for the Homebound

From 10 am - 1 pm weekdays, Age Well Senior Services provides three meals a day to folks who live at home and are unable to prepare their own meals. Hot and cold meals are delivered by friendly volunteers (suggested contribution for individuals is \$9). For more information and to sign up, call 949- 470-3063.

Commodities

March 21 and April 18 / 10 - 11 am
Once a month, nonperishable food items are distributed to the public indoors. Bring two reusable grocery bags to fill.



Health Education

Food is Medicine

Explore various foods, vitamins and supplements and their interactions with your health.

#126273 / Tu / April 23 / 10:30–11:30 am / Free

Memory Loss: Senior Moment vs. Something More Scary

Chat with Dr. Trinh about how to determine age-related memory loss versus Alzheimer's.

#126274 / Tu / May 28 / 10:30–11:30 am / Free

Discussion of the Overactive Bladder - Presented by Bill Liu

This presentation covers common causes of bladder control problems, different types of incontinence, and the treatment and management of urinary incontinence.

#128377 / Th / May 9 / 10 – 11 am / Free

Funeral Pre-Planning

Learn the benefits of pre-planning funeral, cremation and cemetery services. Personal Planning Guides and Veterans Burial Benefits Guides will be available.

#128413 / Tu / May 14 / 10 – 11:30 am / Free

Warning Signs vs. Normal Aging

Age may affect our learning and problem solving, recall, vision, hearing, and mobility. Learn what changes are normal and what may warrant further evaluation.

#129083 / Wed / April 10 / 10 – 11 am / Free

The 10 Warning Signs of Alzheimer's

Learn about typical age-related changes, common warning signs of Alzheimer's, approaching someone about memory concerns and the benefits of a diagnosis.

#129066 / Mon / May 20 / 9 – 10 am / Free

Medicare Essentials - Understanding Medicare Basics

HICAP (Health Insurance Counseling and Advocacy Program) hosts this seminar important for folks new to Medicare and current Medicare beneficiaries, their families, and caregivers.

#128363 / Tu / April 23 / 10 – 11 am / Free



Health Education

Nutrition Talk: Identifying Health Deficiencies

Learn how deficiencies build over time and how to identify and stay on top of them.

#124184 / Mon / March 11 / 10 – 11 am / Free

Expected Physical Behaviors Found in Dementia

Recognize expected physical behaviors and interventions to prevent problems or escalation.

#124188 / W / March 13 / 10 – 11 am / Free

Integrative Health

Learn different health strategies including acupuncture, herbal medicine, functional medicine, and other health disciplines.

#126272 / Tu / March 26 / 10:30 – 11:30 am /

Free

A Matter of Balance

Participants will learn how to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

#132175 / Apr. 9 – May 28 / 9 – 11 am / Free

Understanding and Responding to Dementia-Related Behaviors

Learn the difference between Alzheimer's and dementia, stages, risk factors, and FDA-approved treatments.

#129064 / Mon / March 25 / 9 – 10 am / Free

It's Your Estate Series

The six-week sessions cover all the legal documents you need to set up an estate plan.

April 18 - Overview & Estate Law Changes

April 25 - Health Care & Power of Attorney

May 2 - Wills & Trusts

#128482 / Th/ Apr. 18–May 22/ 10–11:30 am / Free



Community Excursions

Huntington Library

Take a trip to The Huntington Library, Art Museum and Botanical Gardens. Enjoy the Huntington Library, a collections-based educational and research institution in San Marino. Savor an included lunch at the Celebration Lawn.

#129076 / Th / April 11 /

Depart NPM 8 am / Return 5 pm / \$90

Fullerton Farmers Market - Metrolink

Take the Metrolink at the Irvine station and ride to the Downtown Fullerton Farmers Market. The market features homegrown offerings from local farmers and artisans. Grab a bite and listen to live music from 6:30-8:30 pm at the Plaza Stage. *Metrolink schedule is subject to change.

#129250 / Th / May 9

Depart NPM 2 pm / Return 7:30 pm / \$15



Technology Taught Online with Marga Dill

Technology for Organizing Your Photos

Learn technology to edit, scan, colorize, and use your photos to create print materials like party invites and holiday cards.

#124059 / Wed / Mar. 6 – 13 / 10:45 am – 12:15 pm / \$40

#129257 / Wed / Mar. 27 – Apr. 3 / 10:15 – 11:45 am / \$40

#127672 / Wed / May 22 – 29 / 10:45 am – 12:15 pm / \$40

Apple Watch: The Next Level

Learn additional settings, tips, and tricks to get more out of the Apple Watch and more.

#124058 / Wed / Mar. 13 / 9 – 10:30 am / \$26

#127643 / Wed / April 3 / 12:30 – 2 pm / \$26

#127665 / Wed / May 1 / 2 – 3:30 pm / \$26

#127671 / Wed / May 29 / 9 – 10:30 am / \$26

Amazon Prime Explained Workshop

Learn about the many benefits and services and how to get more out of Prime and what products Amazon is working on for the future.

#127639 / Tu / April 9 / 2 – 3:30 pm / \$26

#127657 / Tu / May 14 / 2 – 3:30 pm / \$26

ChatGPT Explained Online

Learn the value of using ChatGPT and how to get started. Class includes a cheat sheet and 100 example prompts.

#124056 / Tu / Mar. 12 / 2 – 3:30 pm / \$26

#127644 / Wed / April 10 / 10:30 am – noon / \$26

#127655 / Tu / April 30 / 2 – 3:30 pm / \$26

#127666 / Wed / May 8 / 2 – 3:30 pm / \$26

#127669 / Tu / May 28 / 2 – 3:30 pm / \$26

Your Music & Technology

This workshop will explain how to get your music onto your computer, tablet, phone, TV and much more.

#127654 / Tu / April 23 / 2 – 3:30 pm / \$26

Technology for Travelers

You can plan a trip in minutes, and your mobile device is your travel buddy. We'll look at travel technologies and how you can benefit from them on your next trip.

#127653 / Tu / April 23 – May 14 / 12:30 – 1:30 pm / \$50



Technology Taught Online

5G Internet and Cell Phone Plans

Learn everything you need to know about 5G internet and how understanding your cell phone data plan can help you save money.

#127640 / Tu / April 16 / 2 – 3:30 pm / \$26

Smartphone for Beginners

The class covers the fundamentals of your smartphone. Learn about the phone, contacts, camera, and photo apps.

iPhones

#127634/Tu/March 26–April 16/9–10 am/\$50

#127662/W/April 24–May 15/10:15–11:15 am/
\$50

Android

#127641/W/March 27–April 17/9 – 10 am/\$50

#127663/W/ April 24–May 15 /12:30–1:30 pm/
\$50

The Future of Aging Workshop

This workshop covers using technology for independent living in the later stages of our lives.

#127638 / Tu / April 2 / 2 – 3:30 pm / \$26

#127656 / Tu / May 7 / 2 – 3:30 pm / \$26

Digital Security

From understanding scams to protecting yourself from hackers, this course is valuable for all.

#124054 / Tu / March 5 – 12 / 9 – 11 am / \$50

#127636 / Tu / March 26 – April 16 / 12:30 – 1:30
pm / \$50

#127667 / Tu / May 21 – 28 / 9 – 11 am / \$50

Everything Google

Learn how to use the most-used applications on your devices for free. Get more out of Google Maps, Chrome and others.

#127635 / Tu / Mar. 26 – April 16 / 10:15 – 11:15
am / \$50

#127652 / Tu / Apr. 23 – May 14 / 10:15 – 11:15
am / \$50

Smartphones Advanced

Learn how using the smartphone in your daily life can save time and money.

iPhones

#127649 / Tu / April 23 – May 14 / 9 – 10 am / \$50

Android

#127658 / Wed / April 24 – May 15 / 9 – 10 am /
\$50



Online Technology

Cutting the Cable Workshop

Get rid of your cable provider and save money. We will explain the replacement options and devices to buy.

- #124055 / Tu / March 5 / 2 – 3:30 pm / \$26
- #127637 / Tu / March 26 / 2 – 3:30 pm / \$26
- #127645 / Wed / April 17 / 10:15–11:45 am / \$26
- #127668 / Tu / May 21 / 2–3:30 pm / \$26

Apple Watch: The Basics

Review the initial settings and learn how to operate an Apple Watch and additional apps to consider.

- #124057 / W / Mar.6 / 9 – 10:30 am / \$26
- #127642 / W / Mar. 27 / 12:30 – 2 pm / \$26
- #127664 / W / Apr. 24 / 2 – 3:30 pm / \$26
- #127670 / Wed / May 22 / 9 – 10:30 am / \$26

In Person Technology

Cellphone & Tablet Training

Get one-on-one training and learn about features and apps that let you do more with your smartphone and tablet. Call 949-470-3062 to make an appointment.

Instructor Carlos Aguilar

4th Wed / Noon – 3pm / 30-minute appts.

Open Games

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 am – 12:30 pm Ping-Pong	Noon – 3 pm Poker	1 – 2:30 pm Bingo (\$)	1 – 4 pm Hand & Foot Card Game	8 am – 12:30 pm Ping-Pong
12:30 – 3:30 pm American Mah Jongg	Noon – 1 pm Lunch Bingo	\$2 minimum buy-in \$.50 additional cards		
	1– 4 pm Social Bridge			



Registration Information

Registration

cityofmissionviejo.org/register

Daily classes are offered at the Norman P. Murray Community and Senior Center by agencies, contracted and volunteer instructors. Registration policies are specific to each class. Classes, times and events are subject to change without notice.

Registration is required for all classes except for daily drop-in and open games.

Refund Policy

For the full refund policy, visit

cityofmissionviejo.org/register.

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

Newsletter Subscription

For copies mailed to your home, visit our information desk or call 949-470-3062. The annual fee is \$10. The Murray Memo Newsletter is printed every other month.

Receive the Memo Paperless!

Go Paperless! If you want to receive this publication by email every other month, contact rca@cityofmissionviejo.org with "The Murray Memo" in the subject line.

Online Class Registration

Register by 4 pm the day before your online class to make sure you receive a link from the instructor for your class.

Follow the City on social media!



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@envisionmissionviejo

