Virtual Family Fitness & Games

View the websites below for fun fitness options for the entire family.

Top 8 podcasts for seniors
https://www.leisurecare.com/resources/podcasts-for-seniors/

All inclusive adaptive exercises
https://www.youtube.com/playlist?list=PLwMObYmlSHaPIArTOC4JBZfeuU7V8y1XvMcO
dIR3a9v6MvOD2QagEp5fr5-YVFReouk0w1SoCAA

50 at-home crafts for seniors
https://ftleisurecare.com/crafts/seniors/

Variety of yoga classes
https://www.yogaalliance.com

Support Services

- Case Management 949-470-8456
- Hearing Loss Association 949-855-6786
- Vision Impaired 714-821-5000
- Widows’ Support Group drianmorelled@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.

Newsletter Subscription

For copies mailed directly, obtain subscription forms on our website or at the information desk. Annual fee is $10. Copies are also available at all City facilities.

Community Character Quality of the Month: Moral Courage

Local Resources

Senior Grocery Hours

Mission Viejo:

Albertsons is open from 6-7 am daily for seniors 60 and older.
Pavilions is open from 6-7 am daily for 60 and older.
Ralphs (all locations) is open daily from 6-7:30 am daily for seniors 65 and older.
Smart & Final is open from 6-8 am Tuesday & Thursday for seniors 60 and older.
Target is open from 8-9 am Tuesday & Wednesday for seniors 65 and older.
Trader Joe’s is open from 8-9 am daily for seniors 60 and older.

Outside Mission Viejo:

Costco Laguna Niguel - Face mask or face covering required starting May 4
Offers shopping hours to seniors 60+—Monday from 9-10 am.
Gelson’s (RMV) is open for seniors 65+ daily from 7-8 am.
Walmart in Rancho Santa Margarita (RSM) is open for seniors 65 and older on Tuesdays from 6-7 am.
Whole Foods in Laguna Niguel is open from 7-8 am daily for seniors 60 and older.

Jewish Federation & Family Services Orange County

https://jewishorangecounty.org/get-involved/volunteer

Seniors who need assistance with picking up groceries or prescriptions can click on the above link to apply. In the question box asking which congregation you belong to, enter City of MV. The volunteer will setup an online Zoom meeting with you to walk you through the service. Participating seniors are required to pay for their groceries and prescriptions.

Helpful COVID-19 Resources:

2-1-1 Orange County—(949) 646-4357
By dialing 2-1-1, you are linked to a live highly-trained, information and referral specialist who will help you navigate through your situation by assessing your needs and then matching you to the most appropriate resources in your community. Assistance is confidential and offered in more than 170 languages.

OC Office on Aging Information & Assistance Call Center
(800) 510-OCOA
Orange County Office on Aging is available to assist seniors who may not have access to food and other necessities as they self isolate to avoid exposure to the coronavirus COVID-19.

Saddleback Church—949-609-8211
For homebound food, supplies and resource assistance, please complete a form using the link below, and a volunteer will call you back to follow up. Hold times can be long without using the online form. Food will be left on doorsteps; delivery volunteers do not go inside. Visit the following link for the phone number and application.

Counsel on Aging
Subscribe to receive weekly ANSWERS-guide e-newsletters.
www.coas.org
(714) 479-0107

Inside this issue

Online Resources……2
Nutrition Resources…3
Local Resources……..4

Call the COVID-19 Hotline (833) 426-4411 to connect with OC Agencies for information and resources related to COVID-19
https://coronavirus.egovoc.com/

Statewide Hotline
Connecting Services and Programs - (833) 544-2374
https://cityofmissionviejo.org/

Virtual Memorial Day Ceremony
Monday May 25th
To honor those who lost their lives while serving our nation, the City is hosting a virtual program which will air on MVTY throughout the day starting at 8:30 am (Cox Channel 30 and AT&T Channel 99). The program will also be featured on the City’s YouTube channel on Memorial Day (YouTube.com/CityofMissionViejo). Speakers include Colonel Griffin, Headquarters Battalion, 1st Marine Division Camp Pendleton, and Lieutenant Colonel Bleigh, Special Forces Commander, U.S. Army Recruiting Battalion Southern California. For more information, contact 949-470-3061 or email rcs@cityofmissionviejo.org.

The City launched our “Wellness Checks” for seniors and people with disabilities. The program includes a scheduled weekly call to check-in, provide resources, answer questions, share ideas or simply say “hello.” City staff will call seniors and people with disabilities every Monday through Friday on their preferred day and time between 9 am and 5 pm.

To take part in the Wellness Checks or register a loved one, call 949-470-3062.

Virtual Memorial Day Ceremony
Monday May 25th
To honor those who lost their lives while serving our nation, the City is hosting a virtual program which will air on MVTY throughout the day starting at 8:30 am (Cox Channel 30 and AT&T Channel 99). The program will also be featured on the City’s YouTube channel on Memorial Day (YouTube.com/CityofMissionViejo). Speakers include Colonel Griffin, Headquarters Battalion, 1st Marine Division Camp Pendleton, and Lieutenant Colonel Bleigh, Special Forces Commander, U.S. Army Recruiting Battalion Southern California. For more information, contact 949-470-3061 or email rcs@cityofmissionviejo.org.

The City launched our “Wellness Checks” for seniors and people with disabilities. The program includes a scheduled weekly call to check-in, provide resources, answer questions, share ideas or simply say “hello.” City staff will call seniors and people with disabilities every Monday through Friday on their preferred day and time between 9 am and 5 pm.

To take part in the Wellness Checks or register a loved one, call 949-470-3062.

Virtual Memorial Day Ceremony
Monday May 25th
To honor those who lost their lives while serving our nation, the City is hosting a virtual program which will air on MVTY throughout the day starting at 8:30 am (Cox Channel 30 and AT&T Channel 99). The program will also be featured on the City’s YouTube channel on Memorial Day (YouTube.com/CityofMissionViejo). Speakers include Colonel Griffin, Headquarters Battalion, 1st Marine Division Camp Pendleton, and Lieutenant Colonel Bleigh, Special Forces Commander, U.S. Army Recruiting Battalion Southern California. For more information, contact 949-470-3061 or email rcs@cityofmissionviejo.org.

The City launched our “Wellness Checks” for seniors and people with disabilities. The program includes a scheduled weekly call to check-in, provide resources, answer questions, share ideas or simply say “hello.” City staff will call seniors and people with disabilities every Monday through Friday on their preferred day and time between 9 am and 5 pm.

To take part in the Wellness Checks or register a loved one, call 949-470-3062.

Virtual Memorial Day Ceremony
Monday May 25th
To honor those who lost their lives while serving our nation, the City is hosting a virtual program which will air on MVTY throughout the day starting at 8:30 am (Cox Channel 30 and AT&T Channel 99). The program will also be featured on the City’s YouTube channel on Memorial Day (YouTube.com/CityofMissionViejo). Speakers include Colonel Griffin, Headquarters Battalion, 1st Marine Division Camp Pendleton, and Lieutenant Colonel Bleigh, Special Forces Commander, U.S. Army Recruiting Battalion Southern California. For more information, contact 949-470-3061 or email rcs@cityofmissionviejo.org.

The City launched our “Wellness Checks” for seniors and people with disabilities. The program includes a scheduled weekly call to check-in, provide resources, answer questions, share ideas or simply say “hello.” City staff will call seniors and people with disabilities every Monday through Friday on their preferred day and time between 9 am and 5 pm.

To take part in the Wellness Checks or register a loved one, call 949-470-3062.

Virtual Memorial Day Ceremony
Monday May 25th
To honor those who lost their lives while serving our nation, the City is hosting a virtual program which will air on MVTY throughout the day starting at 8:30 am (Cox Channel 30 and AT&T Channel 99). The program will also be featured on the City’s YouTube channel on Memorial Day (YouTube.com/CityofMissionViejo). Speakers include Colonel Griffin, Headquarters Battalion, 1st Marine Division Camp Pendleton, and Lieutenant Colonel Bleigh, Special Forces Commander, U.S. Army Recruiting Battalion Southern California. For more information, contact 949-470-3061 or email rcs@cityofmissionviejo.org.

The City launched our “Wellness Checks” for seniors and people with disabilities. The program includes a scheduled weekly call to check-in, provide resources, answer questions, share ideas or simply say “hello.” City staff will call seniors and people with disabilities every Monday through Friday on their preferred day and time between 9 am and 5 pm.

To take part in the Wellness Checks or register a loved one, call 949-470-3062.
ONLINE RESOURCES

Alzheimer’s Orange County Upcoming Online Course
5/5 – 10 am Facebook Live: Caregiver Stress: Strategies to Care for Yourself while Caring for Another
5/12 – 10 am Facebook Live: Caring Conversations: A New Way of Talking with our Loved ones with Memory Loss
5/15 – 4:30 pm WEBINAR: Strategies for Coping & Resiliency in Dementia Care
5/19 – 10 am Facebook Live: Personality & Behavior Changes: Why and How to Respond
Facebook Live: Meaningful Activities to do at Home with your Loved Ones
To view Facebook Live events, visit www.facebook.com/ALZOC
To register for the latest webinars, visit https://www.alzoc.org/professionals/webinars/

Alzheimer’s Association
https://www.alz.org/oc/helping_you/free_programs_and_services/virtual-education-programs-(1)
A variety of online virtual programs that can be accessed online or by telephone call in, pre-registration is required.
Upcoming topics include Dementia Conversations, Effective Communication Strategies and Healthy Living for Your Brain & Body.

MemorialCare Medicare Seminars & Health Talks with Dr. Trinh
May 5 10:00 am: https://www.memorialcare.org/events/medicare-online-seminar-14
May 5 4:00 pm: https://www.memorialcare.org/events/medicare-online-seminar-11
May 7 2:00 pm: https://www.memorialcare.org/events/medicare-online-seminar-8
May 9 9:30 am: https://www.memorialcare.org/events/medicare-online-seminar-17
May 12 10:00 am: https://www.memorialcare.org/events/medicare-online-seminar-19
May 12 1:00 pm: https://www.memorialcare.org/events/medicare-online-seminar-15

Dr. Trinh - Weekly Health & Education Lectures every Thursday at 8 am through Facebook Live
https://www.facebook.com/doctortrinh

You can't make the Facebook live presentations, check out Dr. Trinh's Youtube page for all of his presentations.
https://www.youtube.com/channel/UCIvME4cYy9tIIV0H3pQb0aA

Register for the below classes at https://cityofmissionviejo.org/register. A link and password will be sent to your email to access the virtual program.

Virtual Travel Talk - Australia & New Zealand
Friday May 8th – 4:00 - 5:30 pm
Visit Australia and New Zealand virtually from the safety of your homes. Join us with this link as Travel expert Nino Mohan will narrate a journey through spectacular Australia and New Zealand.
Register #50227

Decluttering Tips & Tools
Presented by Senior Specialist Group
Tuesday May 12th – 10:00 am - 11:00 am
Too much stuff and feeling overwhelmed? Don’t despair! Our team of experts will share some simple tips to help you get started.
Register #50738

Home Fruit Growing
Presented by OC Master Gardeners
Thursday May 14th – 1:00 pm – 3:00 pm
Fresh fruit from your garden is amazing! Whether it’s citrus, peaches, nectarines or apricots, fruit tree in our area are plentiful. Learn from Master Gardeners of Orange County about selecting, planting, and caring for these tasty additions to your garden.
Register #50666

For assistance with registering, please call 949-470-3062.

Park-IT-Market:
Free Mobile Food Pantry for Seniors
Fridays / 8:00 am - 9:00 am
May 1 - 20
This program is a FREE mobile food pantry available to seniors. Pre-bagged groceries will be 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 P Murray Community and Senior Center.

Commodities:
May 21 / 10:00 am - 11:00 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. Being 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.

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

CalFresh Program
If you want to apply for CalFresh, below are three ways of completing the application:

- GetCalFresh is an easy to use website and an application can be done in about 20 minutes or less. We recommend that clients submit all the documents prior so that their case worker has all their information. Website: getcalfresh.org

- MyBenefitsCalWin is a website where you can apply to multiple programs, such as CalFresh, Medical, CalWORKS, etc. An account must be created first before applying. You can also submit documents via the website at mybenefitscalwin.org

- Clients can call 2-1-1 to make an appointment with a staff member who will complete a CalFresh application over the phone on the client’s behalf. Must call for an appointment.

NUTRITION RESOURCES/SENIOR MEALS

Age Well Senior Services is offering “Grab and Go” option for our Congregate Meals. You are provided a frozen meal along with a cold pack consisting of milk, juice, bread and butter. During this crisis, any senior, whether they are a registered client or not, has the option to order a meal. We still have the two-day requirement for ordering.

If seniors require the home-delivery option, you would receive a hot meal, frozen meal and cold breakfast. During this crisis, any senior, whether they are a registered client or not, has the option to order meals for home delivery. These meals also have the two-day requirement for ordering.

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