



MISSION VIEJO

January - February  
2024

# 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](http://cityofmissionviejo.org)

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**The center will be closed for  
the following holidays:  
January 1 & 15  
& February 19**

## 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 starting February 1 through April 4.

Mission Viejo residents can schedule their tax appointment beginning January 16, and non-residents can call to schedule their appointment beginning February 12.

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.
- Provide photocopies of SSN and Picture ID required.
- Original or photocopies of tax forms.

This is a drop-and-go process which requires clients to pre-package all required documentation, submit it to the client facilitator at your appointment time, and you will be contacted upon completion of your return within one to two weeks by your email address and telephone number.

Both federal and state income taxes will be filed electronically. 2023 and 2022 tax returns will be prepared. To make an appointment, call 949-470-3062.



## Special Events & Programs

### **Valentine's Day Pop-Up Party**

Drop-in for Valentine's Day at the Norman P. Murray Center for fun giveaways provided by MemorialCare. A Valentine-themed photo booth and props will be available for participants to take memorable photos. Attendees can also enjoy a free Valentine treat while supplies last. No registration needed.

Wed. / Feb. 14 / 10:30 - 11:30 am / Free

### **OsoFit 5K Fun Run & Community Health Fair**

Run for you and give to them! The Oso Fit event is designed to promote health and wellness while raising money for Mission Viejo non-profit organizations.

The free Community Health Fair will showcase more than 70 vendors from the wellness industry. The event will also feature a quarter- and half-mile Kids Walk/Run for children of all abilities. Register at [osofit5K.org](https://osofit5K.org).

\*\$25 for age 13+; \$15 for ages 6-12;  
\$5 for Kids Race

Sat / Feb. 24 / 7:30 - 11 am / \$25\* / NPM

### **Tuesdays on the Terrace**

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

Feb.6 -Sonic Gold

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](https://mssrcalifornia.net). Come watch the 2024 Ms. Senior California get crowned. \*Cash at the door only

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

### **Accepting Jewelry Donations**

The Senior Leadership committee is seeking donations for annual fundraising sale that will benefit Senior Services. Seeking donations of jewelry, scarfs, hats, gloves, belts and men's accessories. Please drop off donations at the front desk of the Norman P. Murray Center. For more information call 949-470-3062.



## Fitness, Classes, and Activities

### **Breathing Better**

Proper breathing can be transformative. Sit and breathe your way to better health, serenity and strength. Breathing is the most important function of our bodies, but most of us diminish that vital function with habitual shallow breathing. You can learn deep, expansive breathing techniques to improve every system in your body. With easy breathing exercises, you will feel relaxed and revitalized.

**Instructor: Dara Linson**

#122344 / Mon / Jan. 22 - Feb. 12 / 10 - 11 am / \$25

Daily drop-in \$7

### **Jazzercise with Suzy**

This in-person class combines low- to high-intensity dance moves with strength training. This muscle-sculpting, hurts-so-good class includes weights and resistance training to create a tight, leaner body in just 60 minutes. This class will also boost your mental well-being.

No class Jan. 15 and Feb. 19.

**Instructor: Suzy Galaz**

#117183 / M, W & F / Feb. 2 - 28 / 9 - 10 am / \$45

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

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

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

### **Chair Strength and Tone**

Chair exercises are designed to improve physical and mental health. Workout with hand weights, dynabands, and a Pilates ball. These exercises help improve coordination, cardiovascular endurance, strength, flexibility and balance. Bring light bands and a small Pilates ball. Class kits will be available for \$10.

**Instructor: Gia Anderson**

#122347 / Wed / Jan. 10 - 31 / 10 - 10:30 am / \$28

#122348 / Wed / Feb. 7 - 28 / 10 - 10:30 am / \$28

#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

### **Jazzercise with Pam**

All skill levels are invited to a fun dance exercise class filled with cardio, stretching and strength training. Leave feeling inspired, balanced and uplifted!

**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



## 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. Please bring a mat to class. Class is on Tuesdays and Thursdays.

**Instructor:** Pam Fortmuller

#124253 / Jan. 2 – 30 / 8:15 – 8:45 am / \$15

#124254 / Feb. 1 – 29 / 8:15 – 8:45 am / \$15

#128182 / Mar. 5 – 28 / 8:15 – 8:45 am / \$15

### **Balance Fitness**

This class incorporates and combines the aspects of balance and fitness. Exercises are designed to improve strength, flexibility, balance, postural awareness, and stability. Participants will benefit from this class by improving seated and standing posture, walking ability, and they will build confidence in completing daily activities.

**Instructor:** Selena Cofinco

#126719/ Th / Jan. 4 / 1 – 1:30 pm / Free Demo

#126595 / Tu & Th / Jan. 9 – Feb 15 / 1 – 2 pm / \$180

#126596 / Tue & Th / Feb. 20 – March 28 / 1 – 2 pm / \$180

### **Meditation & Tai Chi Qigong**

This class starts with a gentle exercise and breathing routine that is easy to learn, followed by a positive guided meditation that will leave you feeling relaxed and refreshed. A drop-in fee of \$10 is available. **Instructor:** Ron Cohan

#122370 / Wed / Jan. 10 – Feb. 7 / 10:30 – 11:30 am / \$40

### **Longevity Stick**

This is an easy stretching routine using slow and deep breathing. Bring a stick and join us. Your stick should be 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

### **Mindful Stretch**

This class is to unwind, release tension, and reconnect with the present moment through intentional movement and deep, mindful stretches that leave you feeling uplifted and ready for your day. A drop in fee of \$9 is available.

#129100 / W / Jan 10 – 31 / 10:45 – 11:15 am / \$28

#129101 / W / Feb 7 – 28 / 10:45 – 11:15 am / \$28

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

#129103 / Wed / Apr. 10 – 24 / 10:45 – 11:15 am / \$21

#129104 / Wed / May 1 – 29 / 10:45 – 11:15 am / \$35



## Fitness, Classes, and Activities

### Senior Boxing

Boxing is a full-body workout that strengthens the entire body and will help you increase energy level, improve balance and coordination, gain strength and increase metabolism.

**Instructor: Stephanie**

#124062 / Tu / Jan. 9 - 30 / 10:15 - 11:15 am / \$40

#124063 / Tu / Feb. 6 - 27 / 10:15 - 11:15 am / \$40

#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

### Introduction to Tai Chi Qigong Shibashi

This class is an introduction to a gentle exercise and breathing routine which is easy to learn.

The slow movements and mindful approach will leave you feeling energized and relaxed. No experience necessary.

#124085 / Wed / Jan. 3 / 10:30 - 11 am / Free

### Senior Strength & Conditioning

Build muscle through specialized weight training, band exercises and body weight moves. This class incorporates a cardio circuit, HIIT training and seated focused strength exercises to improve balance, posture and muscles. All levels welcome. Please bring hand weights, bands, a towel and water.

**Instructor: Stephanie**

#124071 / Th / Jan. 11 - 24 / 10:30 - 11:30 am / \$30

#124702 / Th / Feb. 1 - 29 / 10:30 - 11:30 am / \$50

#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

### 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



## Fitness, Classes, and Activities

### **Tai Chi Qigong Shibashi**

A gentle exercise and breathing routine that is easy to learn, 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:**

#122363 / Mon / Jan. 8 – Feb. 5 / 10:30 – 11:30 am / \$32

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

#### **Intermediate:**

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

### **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. Part 1 of the class will be an educational session inside the building. Part 2 will take place on the bocce courts. Must attend both same-day sessions.

#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**

This 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. It will improve posture, walking and coordination. Participants need a pool noodle, balance ball, 1- to 3-pound weights, a hand towel and water. Equipment will be discussed at class. Instructor: Stephanie

#124074 / Wed / Jan. 10 – 24 / 9 – 10 am / \$40

#124081 / Wed / Feb. 7 – 28 / 9 – 10 am / \$40

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

Daily drop-in \$12

### **Rest & Restore Mindfulness**

Explore different techniques of relaxation, visualization and meditation to keep your mind and body in tune. Rest and listen to calming music to ease your nervous system and calm 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

#122405 / Wed / Jan. 10 / 2:45 – 3:45 pm / \$10

#122406 / Wed / Feb. 7 / 2:45 – 3:45 pm / \$10

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



## Fitness, Classes, and Activities

### **Yoga on a Chair for every BODY**

Chair Yoga improves fitness through an adaptive exercise supported by a chair. You will receive all the health benefits of yoga including relaxation of your body and mind, improved flexibility and strength, and deep breathing techniques to aid immunity and greatly increase overall physical and mental well-being.

**Instructor: Dara Linson**

#122338 / Fri / Jan. 5 - 26 / 11:30 am - 12:30 pm / \$40

#122340 / Fri / Feb. 2 - 23 / 11:30 am - 12:30 pm / \$40

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

Daily drop-in \$12

### **Zumba**

Zumba is a Latin-inspired dance fitness class that incorporates Latin and international music and dance moves — creating a fun, effective fitness program. You'll receive a total-body workout combining all elements of fitness - cardio, muscle conditioning, balance and flexibility.

**Instructor: Jeannie King**

#123593 / Fri / Jan. 5 - 26 / 9:15 - 10:15 am / \$15

#123594 / Fri / Feb. 2 - 23 / 9:15 - 10:15 am / \$15

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

### **Pilates & Barre**

Pilates & Barre uses a combination of ballet-inspired movements, mindfulness and strength training using light bands, weights and a small Pilates ball. It can take someone from the early stages of rehabilitation to a conditioned and fully functioning body by reducing pain and disability. Bring light bands, a yoga mat and small Pilates ball. Class kits will be available for \$10.

**Instructor: Gia Anderson**

#122350 / Wed / Jan. 10 - 31 / 1:30 - 2:30 pm / \$32

#122351 / Wed / Feb. 7 - 28 / 1:30 - 2:30 pm / \$32

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

Daily drop in \$10

### **Yoga Stretch**

This class is designed to explore the functionality of yoga and stretch exercise to everyday life. Participants will learn body awareness and improve muscular strength, flexibility and range of motion. Class is for beginner to intermediate level. **Instructor: Paula Giertych.**

#124309 / Tu & Th / Jan. 23 - Feb. 15 / 11 am - noon / \$64

#124311 / Tu & Th / Feb. 22 - Mar. 14 / 11 am - noon / \$56

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

Daily Drop-in \$10



## Social & Educational Programs

### **Beginning Bridge**

This six-session class using the Standard American Bridge System is for people with little or no bridge knowledge. Bridge is a game that you can play quickly and constantly improve upon. Class teaches basic playing, bidding and scoring. A \$12 materials fee is due the first day of class by cash or check to the instructor.

#124178 / Th / Feb. 1 - Mar. 14 / 10 - 11:30 am / \$60

### **Newcomers Orientation**

If you are new to Mission Viejo and want to learn about what is available at the Norman P. Murray Center, join our Senior Leadership Committee for a tour of the facility with information about programs and services for older adults. The morning ends with lunch through our daily lunch program. Must register two days in advance.

#124218 / Th / Jan. 25 / 10:30 am - 12:30 pm / Free  
 #124219 / Th / Feb. 22 / 10:30 am - 12:30 pm / Free  
 #127589 / Th / Mar. 28 / 10:30 am - 12:30 pm / Free

### **Current Events**

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

#124108 / Fri / Jan. 5 - Dec 27 / 10 - 11 am / Free

### **Spanish Club**

The Spanish Club welcomes all who enjoy practicing and building upon their knowledge of the Spanish language. All levels of speaking and comprehension are welcome to join us whether native or novice. We look forward to taking our journey together in comfort and ease while speaking Spanish.

#123871 / Th / Ongoing / 1 - 2:30 pm / Free

### **Pre-Planning - Prevent Your Own Episode of Family Feud**

How we prepare and how we are remembered are close cousins. Who decides? Cremation or casketed burial, memorial or celebration of life? We will discuss these options and more, and what you can do to start planning.

#124154 / Th / Feb. 22 / 10 - 11 am / Free

### **Journey to Empowerment Art for Healing**

Free four-week art for healing group for individuals 50 and older. Explore and heal from past issues while becoming inspired and empowered. Due to grant funding, registration must be completed by phone before starting.

#122509 / M / Jan. 22 - Feb. 12 / 2 - 4 pm / Free



## Social & Educational Programs

### **Learn to Play American Mah Jongg**

An introductory class for students who have never played Mah Jongg or need a refresher. Learn the National Mah Jongg League (NMJL) rules and how to use the NMJL cards. A \$15 supplies fee (cash) is due to the instructor on the first day of class for a NMJL card.

**Instructor: Patricia Dunavold**

#123630 / Fri / Jan. 5 – 26 / 1:30 – 3:30 pm / \$90

#123631 / Fri / Feb. 6 – 23 / 1:30 – 3:30 pm / \$90

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

### **Supervised Mah Jongg Play**

This is a two-week continuation of the “Learn to Play American Mah Jongg” class for beginner players who have taken an introductory class. Players must have a NMJL card to play.

#124389 / W / Jan. 10 – 17 – 10 am – noon / \$30

#124394 / W / Feb. 21 – 28 / 10 am – noon / \$30

### **Pre-Planning - Understanding the Options Available**

Cremation or casketed burial, private or national cemetery, memorial or celebration of life or columbarium or mausoleum are just some of the options available. We will discuss these options and more, explaining the differences and how to start planning.

#114608 / Tu / Jan 30 / 10 – 11 am / Free

### **Supervised Bridge Play**

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

#124389 / M / Jan. 10 – Feb. 26 / 12:30 – 2:30 pm / \$40

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

\$10 Drop-in Fee

### **Intermediate Bridge II**

This is for people with basic bridge knowledge. It will expand on techniques learned in Intermediate Bridge I. Classes will cover leads, two-level bids, slam bidding/scoring and convention cards. A \$12 material fee is due to the instructor. **Instructor: Ginnie Blitzman**

#122354 / Th / Jan. 11 – Feb. 15 / 1 – 2:30 pm / \$60

### **Intermediate Bridge III**

This six-session class will expand on techniques learned in Intermediate Bridge II. Additionally, classes will cover how to bid against interference, handle two-suited hands, and must-know basic conventions. A \$12 materials fee is due the first day of class by cash or check to the instructor.

**Instructor: Ginnie Blitzman**

#122362 / Th / Feb. 22 – Mar. 28 / 1 – 2:30 pm / \$60



## Social & Educational Programs

### **Duplicate Bridge Game**

All players and levels are welcome. While this game will be ACBL sanctioned, you do not have to belong to ACBL to play. Come with or without a partner.

**Instructor: Ginnie Blitzman**

#124613 / Wed / Jan. 10 – 31 / 12:15 – 4:15 pm / \$36

#124614 / Wed / Feb. 7 -28 / 12:15 – 4:15 pm / \$36

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

\$10 Drop-in Fee

### **Age Well, Drive Smart**

This class will help 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.

#120124 / Tu / Feb. 13 / 10 – 11 am / Free

### **French Club**

This club is for anyone who enjoys speaking French - whether you are a native speaker or just want to practice and develop the language skills you learned in school.

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

### **AARP Driver Safety Program**

Successful completion of this course may reduce your insurance rates.

#124179 / Tu & Wed / Jan. 9 – 10 / 8:30 am – 1 pm / Free \*

\* Registration is \$20 for AARP members and \$25 for non-members. Please bring a check the first day of class made out to AARP.

### **Fire Extinguisher Training**

Learn about smoke alarms, carbon monoxide alarms, the importance of a home escape plan as well as how to use a fire extinguisher.

All participants will be given an opportunity to use a training fire extinguisher to ensure proper handling and use in an emergency.

Presentation is by Orange County Fire Authority.

#123763 / Wed / Jan. 10 / 11 am – noon / Free

### **Drivers License Handbook Review**

Boost your confidence by reviewing the California Driver's Handbook and test questions with a trained volunteer. Be better prepared for the testing process. Registration is required.

#123820 / Th / Jan. 18 / 1 – 2 pm / Free

#128479 / Th / Feb. 22 / 1 – 2 pm / Free

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



## Music, Dance & Art Programs

### **Beginner Line Dancing**

If you are new to line dancing, this class is for you! Join dance instructor Carrie Wojo for lots of fun beginner line dances that are taught step by step and reviewed each week.

#122304 / W / Jan. 3 – 31 / 9:15 – 10:15 am / \$45

#122305 / W / Feb 7 – 28 / 9:15 – 10:15 am / \$36

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

Daily Drop-in \$10

### **Line Dance Review**

Are you currently enrolled in Intermediate Line Dancing? Join this review class to practice all the dances you have learned to keep them fresh. (No new lessons are included.)

#126344 / W / Jan. 10 & 24 / 12:15 – 1:15 pm / \$18

#126345 / W / Feb. 14 & 28 / 12:15 – 1:15 pm / \$18

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

Daily Drop-in \$10

### **Intermediate Line Dancing**

If you've been line dancing and want more of a challenge, this is the class for you! Includes dances that will be broken down step by step and reviewed each week. Instructor: Carrie Wojo

#122307 / W/ Jan. 3 – 31 / 10:30 am – noon / \$70

#122308 / W / Feb 7 – 28 / 10:30 am – noon / \$56

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

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 two to three dances and repeats at least one dance from the previous class. Our instructors make learning to dance fun and easy!

**A \$10 drop-in fee is available.**

#122389 / Tu / Jan. 9 – 30 / 5:30 – 6:30 pm / \$32

#122390 / Tu / Feb. 6 – 27 / 5:30 – 6:30 pm / \$32

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

Daily Drop-in \$10

### **Aloha Ukulele Strummers**

Fine tune your ukulele skills as you play along with O.C.'s premier ukulele strumming, singing, and social group. We are a mix of all ability levels - from beginners to experienced players. To feel comfortable playing with the group, you should already have some basic ukulele skills such as being able to play basic strum chords. Participation requires a ukulele, music stand, and tablet/iPad for the music.

#122293 / Tu / Jan. 2 – Mar. 26 / 1:30 – 3:30 pm / \$26



## Gardening

### **Busy Gardener Year-Round**

Creating and maintaining a beautiful and healthy garden is all about timing and doing the right thing at the right time of year. Whether you are a gardening newbie or a pro looking for tips and ideas, this class is for you. Join Master Gardeners of OC for this fun and practical presentation.

#124163 / Th / Jan. 4 / 1 - 2 pm / Free / NPM

#124165 / Fri / Jan. 5 / 10 - 11 am / Free / Online

### **The Traveling Gardener: The Botanical Gardens of Southern California**

Thanks to our famous climate, Southern California is home to some of the best botanical gardens in the world. Join Kris Bonner as he takes us on a tour of some of these botanic beauties that are sure to please family, friends, and visitors with easy-to-plan day trips.

#124168 / Tu / Jan. 16 / 10 - 11 am / Free / NPM

#124169 / Wed / Jan. 17 / 10 - 11 am / Free  
Online

### **Terrific Tomatoes**

Homegrown tomatoes are the best and easier to grow than you think. Join Master Gardeners of Orange County to learn how to make 2024 your best tomato year ever, whether you are a novice or a pro.

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

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

### **Gardening for Butterflies**

Butterflies add magic and beauty to landscapes and thrive in healthy gardens. Learn from OC Master Gardeners about butterfly species and plants that provide host and nectar as well as gardening practices that will make butterflies a magical part of your garden.

#124166 / Th / Feb. 1 / 1 - 2 pm / Free / NPM

#124167 / Fri / Feb. 2 / 10 - 11 am / Free / Online

### **The Traveling Gardener: The Botanical Gardens of Northern California**

California is one of the most botanically diverse regions in the world. Join Kris Bonner as he takes us on a tour of some of the botanical gardens of cooler, wetter Northern California, to enjoy the San Francisco, Cal Berkeley, and the Mendocino coast gardens.

#124170 / Tu / Feb. 20 / 10 - 11 am / Free / NPM

#124171 / Wed / Feb. 21 / 10 - 11 am / Free  
Online



## Transportation Resources & Senior Leadership

### **Dial-a-Taxi Transportation Program**

Mission Viejo residents 60 and older are eligible for this program. Funded by the Orange County Transportation Authority (OCTA) and Senior Mobility grants, 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 the following City-owned facilities are free: Animal Services Center, Oso Creek Golf Course, City Hall, Felipe Tennis Center, Mission Viejo Library, Marguerite Tennis Center, Montanoso Recreation Center, Norman P. Murray Community and Senior Center, and Sierra Recreation Center. 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.

Character attributes that match with this committee include an outgoing personality, organizational skills, leadership qualities, creativity and innovation, communication skills, reliability, problem solving, integrity, and good energy.

If you possess any of these character qualities, we want you. This committee seeks new members who are interested in serving the City of Mission Viejo with the events, activities, services and programming that impact the lives of older adults in our community.

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

After attending three meetings, you can submit an application to apply for the committee.

# Daily Schedule

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



## Resource & Services

### **Care Partner Support Group**

If you are a family caregiver or friend of a person with dementia, this informational discussion offers resources for problem solving, educational information and emotional support. It is a place to share experiences and feelings and hear from others in similar situations. Meet other caregivers with related concerns. For more information, contact [kathy.carachidi@alzoc.org](mailto: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

### **Senior Grocery Program**

Fridays / 8 - 9 am / Jan. 12 - 26 / Feb. 2 - 23

This program is a FREE indoor food pantry available to seniors. Groceries are available and picked up indoors. Participants shop by choosing from perishable and nonperishable items such as meat, dairy, fresh produce, and canned goods. Seniors can fill up to two grocery bags. Only one shopper allowed to shop per household. All participants are required to provide the total number of people (children/adults/seniors) living in their household when checking in. Check-in at 8 am in the lobby. Please bring two (2) reusable grocery bags to fill with food items.

### **South OC Parkinson's Support Group**

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

### **Medicare Assistance 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.

### **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). For the safety of others, do NOT leave sharps unattended on top or beside if the bin is full.



## Resource & Services

### **Veterans Services**

Veterans Services representative Douglas Tennant (legal services) provides 60-minute appointments regarding advocacy on government and civil issues on the second Wednesday of the month from 9 am to 3 pm.

Jeffrey Andrade (VA readjustment counselor) provides 30-minute appointments with guidance regarding federal services and benefits 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**

This program provides free 30-minute legal advice and assistance appointments for seniors 60 and older. Assistance and advice can be provided for 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. They cannot provide assistance for criminal cases and workmen's compensation matters.

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 designed for Mission Viejo residents 60 and older and folks of any age with special needs. The program is managed with the support of Community Emergency Preparedness Academy (CEPA) volunteers in an effort to make life safer and more reassuring during times of local and regional emergencies. If an emergency or incident occurs within the City and volunteer support is available, participants will be contacted for a wellness check. Information will be kept confidential and accessed for wellness check purposes only. To apply, complete an application online at [cityofmissionviejo.org/wellness-check-program](https://cityofmissionviejo.org/wellness-check-program) or at 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](mailto:socwidowedpeoplesnetwork@gmail.com) for information.



## Age Well, Daily Lunch, Bingo & Nutrition

### **Congregate Lunch**

Sponsored by Age Well Senior Services, the lunch includes delicious, nutritious catered gourmet meals prepared by Zest in a Bowl. The cuisine features a variety of Mediterranean and Italian dishes each containing a range of vegetables with protein. Fresh salads, wraps and healthy soups are included in the menu. Contact 949-470-3063 or [mvc1@myagewell.org](mailto:mvc1@myagewell.org) two business days in advance to reserve your seat.

Daily Lunch Program Monday - Friday - 11:30 am

Suggested contribution for 60 and older is \$5.50.  
Cost for people under 60 is \$7.50.

Contact 949-470-3063 or [mvc1@myagewell.org](mailto:mvc1@myagewell.org).

### **Wednesday Bingo**

Enjoy cash Bingo every Wednesday from 1 to 2:30 pm that includes a \$2 buy-in with \$10 cash prizes for seven games and \$15 cash prize for game #8 – progressive pot up to \$60. If you join us for lunch, you get first pick of your Bingo cards.

### **Beginning Hula**

Uplift your island spirits and get happy with low-moderate hula dancing with Laura. Stay for a healthy lunch following the lesson (advanced reservations required for lunch).

Monday / 10:30 - 11:30 am / Ongoing

### **Upcoming Celebration Luncheons**

Valentine's Day Luncheon - February 14

St. Patrick's Luncheon - March 15

Easter Luncheon - March 27

### **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**

Every Monday through Friday from 10 am - 1 pm, Age Well Senior Services provides three meals a day to folks who live at home and are unable to prepare their own meals and have little or no assistance to obtain meals. Hot and cold meals are delivered by friendly volunteer drivers (suggested contribution for individuals is \$9). For more information and to sign up, call 949-470-3063

### **Commodities**

January 18 and February 22 / 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 indoors. Please bring two (2) reusable grocery bags to fill.



## Health Education

### **Disaster Preparedness**

Orange County Fire Authority will discuss how to properly prepare for disasters with a specific focus on disasters that could hit Orange County.

#124151 / Tu / Jan. 9 / 10 – 11 am / Free

### **Nutrition Talks: Nutrition 101 and Healthy Detoxing**

Learn why it is important to stay away from refined sugars and oils, how they affect the body and hurt our weight-loss efforts, and why detoxing and weight loss is not a one-size-fits-all program.

#124182 / Mon / Jan. 8 / 10 – 11 am / Free

### **Health Talks with Dr. Trinh**

Come chat with Dr Trinh about the Mental Health crisis and whether it is driven by life events vs chemical imbalance.

Depression and Anxiety - Chemical Imbalance vs Environment causes?

#122291 / Tu / Jan. 23 / 10:30 – 11:30 am / Free

Neuroplasticity - What is it? Come discuss with Dr. Trinh how our thoughts and actions can change the structure and function of our brains - even in old age.

#122292 / Tu / Feb. 27 / 10:30 – 11:30 am / Free

### **Unlock the Hidden Value of Your Life Insurance**

Learn how much a life insurance policy can be worth, what types of policies can be sold, and what the procedures are for selling a policy.

#124152 / Tu / Jan. 16 / 1 – 2 pm / Free

### **Help, My Neighbor has Memory Loss**

Memory loss at any age can cause feelings of anxiety, fear, and sadness. Learn what steps you can take and how Alzheimer's OC is here to help.

#120305 / Mon / Jan. 22 / 10 – 11 am / Free

### **Virtual Dementia Tour**

This interactive Virtual Dementia Tour (VTD) is a comprehensive experience that allows participants to immerse themselves in the overwhelming effects of dementia.

#124185 / W / Jan. 31 / 10 am – noon / Free

### **Communication with People with Dementia**

Summarize the different communication abilities for two stages of dementia. Discuss five communication tips and help people with dementia understand the message.

#124187 / W / Feb. 7 / 10 – 11 am / Free



## Health Education

### **Nutrition Talks: Sugar Blues**

Love sugar but want to lose weight, have better sleep, energy, and get rid of pain? Join Carrie as she talks about ways to substitute better options, as well as ways to get rid of sugar cravings and why it's so important to avoid it.

#124183 / Mon / Feb. 26 / 10 - 11 am / Free

### **Dementia 101 Stages & Progression**

Identify the types of dementia and the characteristics that differentiate each. Understand the progression; distinguish between reversible and irreversible types of dementia.

#128359 / Mon / Feb. 5 / 10 - 11 am / Free

### **Is Your Estate in Order?**

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

#124153 / Wed / Mar. 13 / 10 - 11 am / Free

### **Expected Physical Behaviors Found in Dementia**

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

#124188 / W / Mar. 13 / 10 - 11 am / Free

### **Nutrition and Longevity**

Learn current nutrition trends and basics for living your best and healthiest life.

#124151 / Tu / Jan. 9 / 10 - 11 am / Free

### **The Small but Powerful Thyroid Gland**

The thyroid is a small but powerful butterfly-shaped gland. It produces hormones that control many of your body's most important functions. Discuss these functions as well as some common thyroid disorders when the thyroid gland malfunctions. Instructor: Bill Liu

#123794 / Th / Feb. 8 / 10 - 11 am / Free

### **Nutrition Talks: Identifying Health Deficiencies**

If you have no obvious symptoms but know you're not eating right, join a nutrition expert in talking about how deficiencies build over time, how to identify those deficiencies, and how to stay on top of them!

#124184 / Mon / Mar. 11 / 10 - 11 am / Free



## Community Excursions

### **Casa Romantica**

Take the Metrolink at the Irvine station and ride to the San Clemente Pier. Walk down the boardwalk to the glistening Pacific Ocean. Enjoy numerous places to dine and shop just a few steps away on Avenida Victoria. Finally, visit Casa Romantica Cultural Center and Gardens, an award-winning center for the arts and historic landmark.

\*Metrolink schedule/excursion time subject to change.

#124268 / Sat / Feb. 3 / 8:30 am – 3:30 pm\* / \$20

### **Richard Nixon Presidential Library & Museum**

Visit 70 visual exhibits that take visitors through the life and career of America's 37th president including a full-size recreation of President Nixon's Oval Office and an original 12-foot-high section of the Berlin Wall. The Pat Nixon Rose Gardens continue to burst with color, filled with picturesque annuals, perennials, and more.

#124269 / Th / Feb. 15 /

Depart NPM 9 am – Return 4 pm / \$60

### **Huntington Library**

Join us on an exciting trip to The Huntington Library, Art Museum and Botanical Gardens. Enjoy the Huntington Library, a collections-based educational and research institution established by Henry E. Huntington and Arabella Huntington in San Marino. Enjoy an included lunch at the Celebration Lawn.

#129076 / Th / Apr. 11 /

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

### **Fullerton Farmers Market - Metrolink**

Take the Metrolink at the Irvine station and ride to Downtown Fullerton station, which will lead the group to the Fullerton Farmers Market. From fresh produce to craft vendors, small community businesses and more, the market features tasty homegrown offerings while supporting local farmers and artisans. Grab a bite to eat and listen to the live music of popular SoCal bands from 6:30 to 8:30 pm at the Plaza Stage.

\*Metrolink schedule is subject to change.

#129250 / Th / May 9

Depart NPM 2 pm / Return 8:30 pm / \$15



## Technology Taught Online with Marga Dill

### **Technology for Organizing Your Photos    ChatGPT Explained**

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

#124032 / W / Jan. 10 – 17 / 10:15 – 11:45 am / \$40

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

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

#124035 / Wed / Jan. 24 / 10:30 am – noon / \$26

#124053 / Wed / Feb. 21 / 2 – 3:30 pm / \$26

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

### **Apple Watch: The Next Level**

Learn additional settings, tips, and tricks to get more out of the Apple Watch and in what other ways the Apple Watch can help you.

#124033 / Wed / Jan. 17 / 12:30 – 2 pm / \$26

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

### **Apple Watch: The Basics**

Review the initial settings and learn how to operate an Apple Watch. Learn about notifications, the most important settings and additional apps to consider.

#124034 / Wed / Jan. 10 / 12:30 – 2 pm / \$26

#124057 / Wed / Mar. 6 / 9 – 10:30 am / \$26

### **Amazon Prime Explained Workshop**

We will show you many benefits and services and how to get more out of Prime and what products Amazon is working on for the future.

#125058 / Tu / Jan. 23 / 2 – 3:30 pm / \$26

#124046 / Tu / Feb. 27 / 2 – 3:30 pm / \$26

### **Technology for Travelers**

Technology has revolutionized the way we travel, making travel more convenient. You can plan a trip in minutes, and your mobile device is your travel buddy. We will look at travel technologies and how you can benefit from them on your next trip.

#124039 / T / Feb. 6 – 27 / 12:30 – 1:30 pm / \$50



## Technology Taught Online

### **5G Internet and Cell Phone Plans**

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

Handouts will be provided.

#124002 / T / Jan. 30 / 2 - 3:30 pm / \$26

### **Smartphone for Beginners**

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

iPhone

#124016 / Tu / Jan. 9 - 30 / 9 - 10 am / \$50

#124051 / W / Feb. 7 - 28 / 10:15 - 11:15 am / \$50

Android

#124023 / Wed / Jan. 10 - 31 / 9 - 10 am / \$50

#124052 / Wed / Feb. 7 - 28 / 12:30 - 1:30 pm /

\$50

### **The Future of Aging Workshop**

This workshop shows how we can use technology for independent living in the later stages of our lives. Look at how technology can reimagine how we live.

#124020 / Tu / Jan. 16 / 2 - 3:30 pm / \$26

#124045 / Tu / Feb. 20 / 2 - 3:30 pm / \$26

### **Cutting the Cable Workshop**

Learn how to get rid of your cable provider and save money. We will explain the replacement options and devices to buy. We will also give you scenarios and how to prepare for the change.

#124019 / Tu / Jan. 9 / 2 - 3:30 pm / \$26 /

#124036 / Wed / Jan. 31 / 10:15 - 11:45 am / \$26

#124043 / Tu / Feb. 13 / 2 - 3:30 pm / \$26

#124055 / Tu / Mar. 5 / 2 - 3:30 pm / \$26

### **Everything Google**

Learn how to use the most-used applications on your devices for free. Get more out of Google Maps, Chrome and others. We look at how you can use these applications for your daily life, hobbies, and entertainment.

#124017 / Tu / Jan. 9 - 30 / 10:15 - 11:15 am / \$50

#124038 / Tu / Feb. 6 - 27 / 10:15 - 11:15 am / \$50

### **Smartphones Advanced**

Learn how using the smartphone in your daily life will make some things more manageable. You can save time and money and use the phone more for daily life.

iPhone #124037 / Tu / Feb. 6 - 27 / 9 - 10 am / \$50

Android #124048 / W / Feb. 7 - 28 / 9 - 10 am / \$50



## Online Technology In Person Technology

### Digital Security

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

#124018 / Tu / Jan. 9 - 30 / 12:30 - 1:30 pm / \$50

#124054 / Tu / Mar. 5 - 12 / 9 - 11 am / \$50

Online

### Your Music & Technology

This workshop will explain how to get your music onto your computer, tablet, phone, or TV. You'll also learn how to listen to all the new and free music available on Amazon, Spotify, and YouTube Music.

#124040 / Tu / Feb. 24 / 2 - 3:30 pm / \$26 /

Online

### Cellphone & Tablet Training

Get one-on-one training and learn about features and apps that let you do more with your smartphone and tablet. Learn tools and options available and how your devices can work together. Call 949-470-3062 to make an appointment. 30-minute trainings take place on the fourth Wednesday of each month between 9 - 11:30 am beginning January.

Instructor Carlos Aguilar.

## Open Games

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



## Registration Information

### **Spring Registration begins Feb. 1 (March - May)**

[cityofmissionviejo.org/register](http://cityofmissionviejo.org/register)

Classes are offered on a daily basis 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.

Drop-in participants should arrive 15 minutes before their scheduled class.

### **Refund Policy**

For the full refund policy, visit [cityofmissionviejo.org/register](http://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 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 (six issues per year).

### **Receive the Memo Paperless!**

Go Paperless! If you want to receive this publication by email every other month, contact [rcs@cityofmissionviejo.org](mailto:rcs@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.



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