

# Senior Services

VOLUNTEER OPPORTUNITIES • COMPUTER LAB • FITNESS CENTER • KEEN CENTER FOR SENIOR RESOURCES • ROSE GARDEN CAFÉ

SUPPORT GROUPS • SPECIAL EVENTS • ASSISTANCE

## IRVINE SENIOR SERVICES

PROVIDING SERVICES TO SENIORS CITYWIDE WITH TWO DEDICATED LOCATIONS

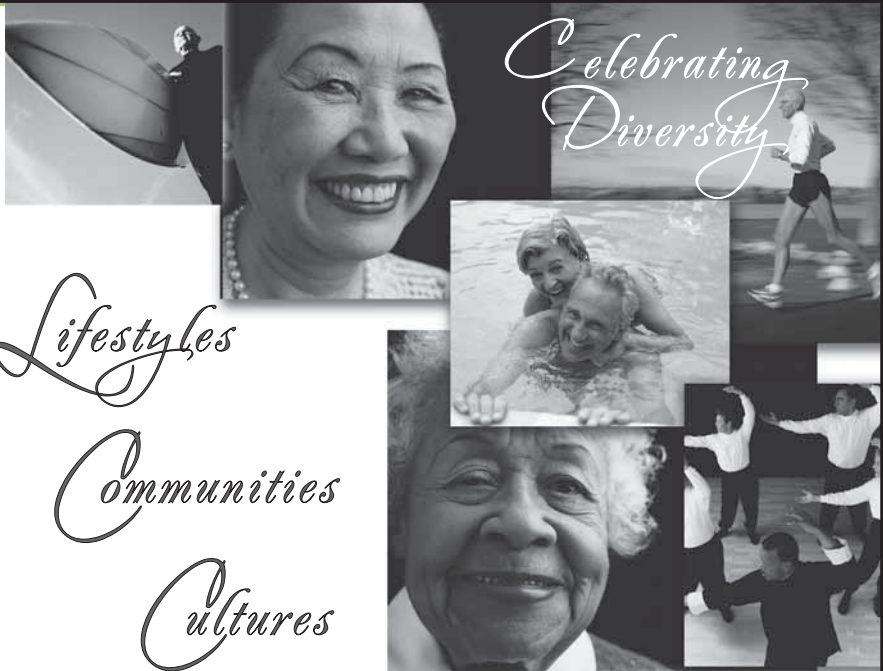
AT:

LAKEVIEW SENIOR CENTER  
20 LAKE ROAD  
(949) 724-6900

RANCHO SENIOR CENTER  
3 ETHEL COPLIN WAY  
(949) 724-6800

*Lifestyles*  
*Communities*  
*Cultures*

*Celebrating Diversity*



DANCES • FRIDAY MOVIES • BINGO • LECTURES

FOR MORE INFORMATION PLEASE VISIT [www.irvineseniors.org](http://www.irvineseniors.org), OR PICK-UP THE IRVINE NEWSLETTER AT EITHER CENTER.

ENRICHMENT GROUPS • CLUBS & ORGANIZATIONS • SPORTS & FITNESS CLASSES • MEDICAL SEMINARS • 50+ GOLD CARD SAVINGS

**Family Fun Run**  
Saturday, May 30  
7:30-9am  
see page 4



Receive Information on:

- Nutrition
- Exercise
- Health and Well-being
- 15-20 minute Introductory Fitness Courses
- Personal Services
- Demonstrations

**FOR ACTIVE ADULTS**

**2009 SATURDAY MAY 30**

**9:00 AM - 1:00 PM**

**Rancho Senior Center**  
3 Ethel Coplen Way  
Irvine • CA • 92612  
**[949] 724-6800**

FOR UPDATED EVENT INFORMATION  
CALL [949] 724-6817 or visit  
[www.IrvineSeniors.org](http://www.IrvineSeniors.org)

### ► COMPUTERS

#### Senior Center Computer Lab

Open lab time is available to Computer Lab Members only.

**Annual Membership fees:**

\$17 Irvine residents; \$22 Non-resident

**Lab Hours:**

Monday-Friday, 8am-6pm & Sunday, 9am-Noon

*\*Hours may vary due to class schedules, computer maintenance and volunteer coverage. Members must read and sign a copy of Computer Lab Rules & Regulations.*

### ► DANCE, MUSIC & DRAMA

**FREE**

#### Open Dance Studio

Dance to your favorite music in the Open Dance Studio. The music genre will alternate between Latin, Ballroom, and Big Band. More info: 949-724-6800. Donations accepted.

Every Friday

3pm-5pm

RSC

#### Saturday Night Dances

Are you hooked on "Dancing with the Stars"? Is dancing your passion? Then come on down to the Lakeview Senior Center and dance to live ballroom-style music by 'Frank Ray and the Smoothies'. Socialize and enjoy refreshments provided by the National Charity League. Dances are held the first Saturday of each month from 7:30-10:30pm. Tickets available at the door: \$7 per person. Gold Card Members \$6. More info: 949-724-6900.

Spring	7:30pm-10:30pm	Apr 4	LSC	\$7
Senior Prom	7:30pm-10:30pm	May 2	LSC	\$7
Summer	7:30pm-10:30pm	Jun 6	LSC	\$7

## Senior Dance and Stretch

Enjoy non-impact movement with stretch elements of Ballet, Jazz dance, Modern dance, and dance conditioning. Increase flexibility, elongate the body and improve muscular tone. This class is ideal for students 50+. Inst: Eugenia Lane. \*No class 5/21.

#68952 Th 2pm-3pm Apr 2-Jun 18\* RSC \$88



## Tea Dance

The 12-man Irvine Senior Band attracts over 80 listeners and dancers each week for dancing, socializing, and a good time. The band plays a variety of music from the 40's and 50's.

Every Thursday 2pm-4pm LSC



## ▶ HEALTH & WELLNESS

### Longevity Stick

Raise your spirits! Learn a series of 12 movements designed to improve balance, flexibility, strength, mental focus and breathing capacity. All movements are simple and are done standing. Participants must purchase longevity stick (approx. \$5). More info: 949-724-6912.

Every Tuesday 9am-10am LSC



### Medical Lectures: Health & Longevity

Participants will learn the importance of the spine and how it relates to health & longevity. They will also learn how to take care of their bodies to add years to their lives.

Presented by: Dr. Andrew Rawlings

M 10am-11:30am Apr 13 LSC Free

### Pickleball at the Centers

This mini-tennis game is played by two or four people on a badminton-sized court using wood paddle racquets, and a plastic poly baseball with holes. Enjoy this game for people of all ages. Register at the Lakeview Senior Center Front Desk.

Every Wednesday Indoor 10:30am-12pm LSC Free  
Every Friday Outdoor 10:30am-12pm LSC Free



### Ping Pong at the Centers

Increase your hand-eye coordination and have fun with your friends. Reserve your time slot today for the ping pong table at Lakeview and Rancho Senior Centers. One hour session times are available throughout the week at both locations.

Lakeview Senior Center 949-724-6900  
Monday, Tuesday & Friday 8am-6pm  
Rancho Senior Center 949-724-6800  
Wednesday & Thursday 1pm-5pm



### Ready Fit Go Expo for Active Older Adults

The Ready Fit Go Expo is a great place to start taking control of your health & fitness! Bring your family to this intergenerational event where all family members can participate. Event will include health screenings, nutrition information, and a wide variety of the latest health and fitness products. 20-30 minute Fitness demonstrations are \$1. More info: 949-724-6800.

Sa 9am-1pm May 30 RSC Free Event



- **Family Fun Run**, see page 4
- **Hiking Excursions** led by Jesper Widen, see page 57

## Senior Pi-Yo

Enjoy the best of both worlds. Pilates and Yoga are two of the most popular fitness systems. Tone and elongate with this non-impact workout of a blend of Pilates and Yoga. Pilates and Yoga compliment each other; one focuses on strength and the other on flexibility. Bring a mat. This class is ideal for students 50+. Inst: Eugenia Lane. \*No class 5/21.

#68950 Th 3:15pm-4:15pm Apr 2-Jun 18\* RSC \$88



## Walking Club

Join your friends and neighbors for a walk around beautiful Woodbridge Lake. Walk at your own pace. Group meets three times a week.

Every Monday, Wednesday, & Friday 8am-9am LSC



## Video Bowling

Come and experience this easy to learn game on the nintendo Wii™. You will enjoy this interactive video game, while competing with other participants. Wear comfortable clothing and rubber soled- shoes. Register at the Lakeview Senior Center Front Desk. Each session is 30 minutes.

1st and 3rd Thursday 11:30am-1:30pm LSC Free



## ▶ MORE CHOICES!

### Getty Museum

Join us for a fun filled day exploring the beautiful gardens, terraces and dramatic architecture of the Getty, followed with a personal tour of the museum. Transportation and a boxed lunch will be provided. For info: 949-724-6808.

#72970 Wed 8:30am-5:00pm Mar 4 RSC \$30/person

### Sweet Tea Social

Come meet new people and chat with old friends! Coffee, tea, and lemonade will be served. More Info: 949-724-6800. Donations accepted.

Every Tuesday, Wednesday, & Thursday 12pm-2pm RSC



### Rose Garden Cafe Themed Luncheons

Come join us for a homemade meal at the Rose Garden Cafe. We serve delicious meals with great service in a social atmosphere. More info: 949-724-6900. \$4 suggested donation for seniors 60+ and a \$5 charge for persons 59 and younger.

Mothers Day W 11:45am-1pm May 6 LSC  
Memorial Day Tu 11:45am-1pm May 26 LSC  
Father Day F 11:45am-1pm Jun 19 LSC

### Tuesday Bingo

The Friends of Outreach hosts Bingo every Tuesday at the Lakeview Senior Center. Doors open at 12:15 pm for buy-in and games start at 1 pm. Game proceeds help support community outreach programs for older adults. More info: 949-724-6900.

Every Tuesday 12:30pm-3:30pm LSC \$8

### Writing Club For Seniors

Here is your chance to build a framework to get your thoughts and words on paper. This process-oriented approach teaches you how to write, not by perfect sentences but by creating short, stress-free writing sessions. Bring a pad, pencils, pens, and let those thoughts flow! More info: 949-724-6800.

First Thursday of the Month 9:30am-11am RSC

