

NOW OPEN

HOAG URGENT CARE IRVINE

**Conveniently located in the village of
Woodbridge, Hoag Urgent Care Irvine
is now open to serve the community.**

Open daily with extended hours
Allows immediate access for non-life threatening emergencies
Providing care for children & adults

Hoag Health Center Irvine – Woodbridge

4870 Barranca Parkway, Suite 110
Irvine, CA 92604
949-791-3106



Medical Group

A member of the
St. Joseph Hoag Health alliance

**Visit HOAGURGENTCARE.COM
for more information.**

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Fitness Programs and Activities

Rancho Fitness Center

Work out in a safe and comfortable environment

949-724-6800



Getting started is easy.
Just follow these simple steps.

- ✓ Make an appointment for an orientation.
- ✓ Attend an orientation to:
 - Learn how to use equipment.
 - Complete program registration requirements.

Hours of Operation:

Monday-Friday

8 a.m.-5 p.m.

Saturdays

9 a.m.-1 p.m.

Sundays

9 a.m.-2 p.m.

Annual Cost for Irvine Seniors:

Gold Card member \$55

Non-Gold Card member \$80

Orientation fee (on start-up) \$10

Fitness Programs

IECSA Tai Chi

Participate in Tai Chi and enjoy its many benefits including increased energy, stress reduction, improved concentration and the ability to relax at a deeper level. Program sponsored by Irvine Evergreen Chinese Senior Association (IECSA).

Wednesdays

January-March

3-5 p.m.

Lakeview Senior Center

Cost: \$20 per four-month session

Checks made payable to IECSA

Golf

This co-ed senior golf group is comprised of intermediate to experienced golfers playing for the "love of the game." Play times vary. **More info: Jim Leather at 949-552-5537, jmlassoc@att.net.**

Walking Club

Start your day out right with a healthy walk. Bring a bottle of water and wear comfortable shoes and sunscreen.

Thursdays

9-10 a.m.

Rancho Senior Center

Tennis

This co-ed senior tennis group is comprised of intermediate to experienced tennis players playing to keep active and fit. Group plays weekly. **More info: Cheng Donn, 714-307-8072; cd2205@cox.net**

Saturdays

8-11 a.m.

Woodbridge High School

Tennis Courts #1-5

2 Meadowbrook, Irvine

Longevity Stick

Learn a series of 12 movements designed to improve balance, flexibility, strength, mental focus and breathing capacity. All movements are simple and done while standing. Bring your own stick. **Registration required.**

Mondays
10-11 a.m.
Rancho Senior Center

Thursdays
9-10 a.m.
Lakeview Senior Center

MELT Method®

The MELT Methods® is an innovative self-treatment program incorporating simple techniques you can use every day to make your body feel better, function more efficiently and relieve aches and pains brought on by aging and active living. Please note, soft roller exercises are completed on the floor.

MELT Method®: Hands and Feet

Tuesday, January 13 Cost: \$5
9-10 a.m.
Rancho Senior Center
CLASS# 149032

Tuesday, February 10 Cost: \$5
9-10 a.m.
Rancho Senior Center
CLASS# 149033

MELT Method®: Soft Roller

Tuesdays (Jan 13-27) Cost: \$24
10-11 a.m.
Rancho Senior Center
CLASS# 149031

Tuesdays (Feb 10-17) Cost: \$16
10-11 a.m.
Rancho Senior Center
CLASS# 149034

Zumba Gold®

Enjoy Latin and international rhythms in this safe and effective weight training program. Students set their own pace. Instructor: Barbara Bohlig. **Registration required. irvinequickreg.org.**

Intermediate

Mondays (Jan 5-Mar 30) Cost: \$55
(no class January 19 and February 16)
4:30-5:30 p.m.
Lakeview Senior Center
CLASS# 149026

Low Impact

Tuesdays (Jan 6-Mar 24) Cost: \$60
4:30-5:30 p.m.
Rancho Senior Center
CLASS# 149027

Intermediate

Wednesdays (Jan 7-Mar 25) Cost: \$60
4:30-5:30 p.m.
Rancho Senior Center
CLASS# 149028

Hitting the Trails

Hike with us on some of the most beautiful local trails. Terrain varies from moderate to strenuous. Set your own pace. **Registration required.**

Saturday, February 28 Cost: \$35
6:15 a.m.-5:30 p.m. (residents)
Rancho Senior Center
CLASS#: 148394

A minimum level of ability and agility is required for all hikers. Trail guide, transportation and maps are included. **New participants must contact instructor Jesper Widen at WidenHorizons.com prior to attending.**

50+ Exercise: The Plank

What You Need:

- Yoga mat
- Sneakers
- Formfitting workout clothes (so you can check on your form)
- Timer (most smartphones have one)

Rules to Follow:

- Get the green light from your doctor.
- Do this exercise every day.
- Try to hold the pose for 60 seconds, but take your time building up to it. Try 30 seconds, then 45, until you hit your goal.
- If you can take a 10-second rest and do another one, go for it!
- Follow the exact directions for each move.
- Remember to breathe!
- Stop doing the exercise if you feel any kind of pain. These should be challenging, but not painful.

Directions:

Get into “plank” position, simulating the “up” part of a push-up, and stay there, holding perfectly still for 30 to 60 seconds.* Keep your abs tight and your back flat the entire time, with your elbows slightly bent. Try to lengthen your whole body, reaching back through your heels and forward through the top of your head. Never let your abs droop down. Visualize a string attached to your spine, pulling your belly button up toward the ceiling. In essence, every single part of your body should be tight, taut and still.

*You may need to work up to that time. If you have wrist problems, try a modified version with your arms bent (forearms on the floor facing forward and your shoulders directly over your elbows) as shown in the video:

<http://blog.aarp.org/2013/06/13/the-best-all-around-exercise-for-every-post-50-body/>



Source:

"The #1 Best All-Around Exercise for Every Post-50 Body", Barbara Hannah Grufferman, aarp.com

Breathing Exercise

Breathing exercises improve rhythmic expansion of the lungs and enhance proper circulation. Exercises include spinal movements, simple stretches and deep relaxation to promote efficient use of energy.

Mondays

January 5-February 9

(no class January 19)

4:45-6 p.m.

Rancho Senior Center

CLASS# 146567

Cost: \$25

Laughter Yoga

NEW

A great class for those new to exercise or looking to laugh off some steam.

Wednesdays

December 10-January 28

9:30-10:30 a.m.

Rancho Senior Center

CLASS# 151711

Cost: \$35



Yoga for Active Older Adults

Everyone can practice yoga, regardless of age, experience or level of flexibility. This class will energize the body and increase flexibility. Great for beginners. Bring yoga mat and bottled water. **More info: 949-724-6800.**

Registration required.						irvinequickreg.org	
Instructor	Center	Day	Date	Time	CLASS#	Cost	
Mona Ness	LSC	Mon*	Jan 5- Feb 9	8:45-10 a.m.	146287	\$25	
Mona Ness	RSC	Wed	Jan 7- Feb 18	9-10 a.m.	148391	\$35	
Mona Ness	LSC	Wed	Jan 7- Feb 18	10:30-11:45 a.m.	146288	\$35	
Mona Ness	RSC	Thur	Jan 8- Feb 12	9:30-10:45 a.m.	146289	\$30	
Mona Ness	RSC	Thur	Jan 8- Feb 19	5:30-7 p.m.	148392	\$35	
Ramaa Bhasin	RSC	Fri	Jan 9- Feb 27	9:15-10:30 a.m.	146290	\$35	

*no class January 19