Senior Services Strategic Plan 2012-2017

Did you know that Irvine Senior Services has initiated a senior plan, in response to the growing and diverse senior population living in Irvine? The senior plan, approved by the Irvine City Council in May 2012, provides the City with a vision and plan to support policies and practices that strengthen the emotional, cognitive, physical and social health of Irvine seniors.

Key areas covered by the plan initiated in July 2012 include:

- Marketing
- Fund Development
- Keen Center for Senior Resources
- Community Collaborations
- Transportation
- Housing
- Health and Wellness
- Retirement and Career Transitions

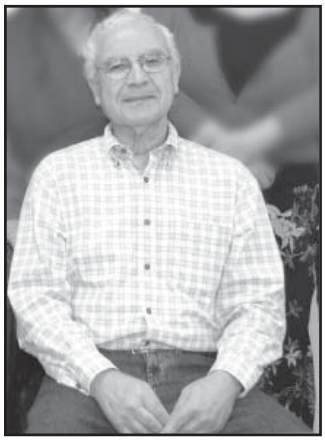
The *Year One* report will be made available in summer.

Irvine Senior Services Volunteer Program

Get involved!

Become a volunteer and meet new friends, learn a new trade, develop new skills and help make a difference in your community. Current volunteer opportunities in program areas such as nutrition, non-emergency medical appointment drivers, Computer Lab, Open Dance and much more. Group and individual opportunities available.

More Info:
Ed Kaleikini 949-724-6906
ekaleikini@cityofirvine.org
irvinequickreg.org



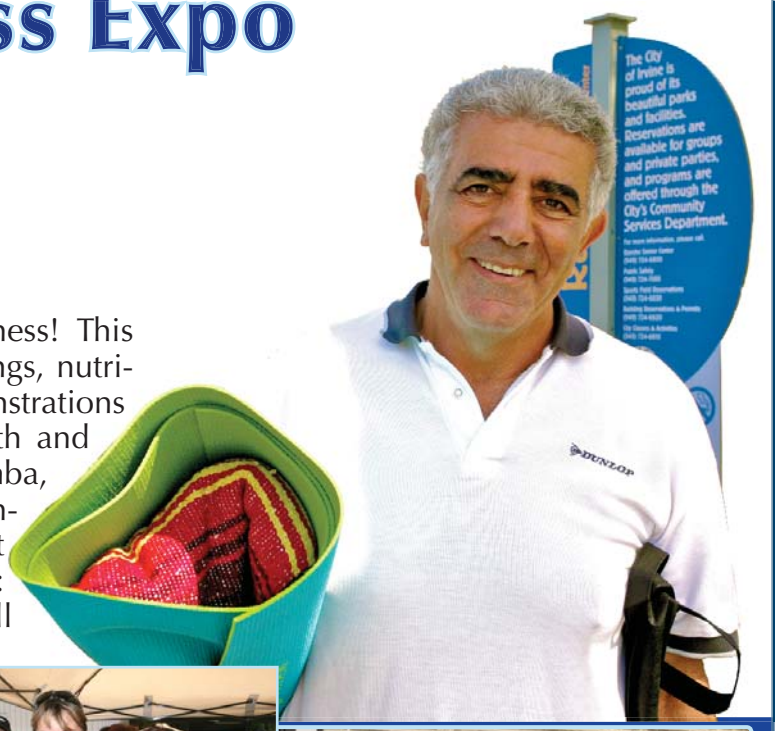
Nutrition volunteers Danielle S. Winston, Mohamed Hassanein and staff from Hyatt Regency-Irvine.

Come for a class. Stay for the day.

Senior Fitness Expo

Friday, June 28
9 a.m.-noon
Rancho Senior Center
Free

Take control of your health and fitness! This free event will include health screenings, nutrition information, presentations, demonstrations and a wide variety of the latest health and fitness products. Come do some Zumba, Integral Tai Chi or learn some gardening tips from professionals. This event has everything you want! More info: 949-724-6908. Interested vendors call 949-724-6817.



- **Tai Chi**
- **Zumba**
- **Yoga**
- **Nutrition**
- **Stretching**
- **Balance Evaluations**
- **Gardening**
- **Healthy Cooking**

Exhibitor Inquiries: 949-724-6817 or lgutfeld@cityofirvine.org

California Telephone Assistance Program

Free Hearing Screening and Telecommunication Equipment to Qualifying Seniors with Sensory Impairments.
Thursday, May 16
9–11 a.m.
Lakeview Senior Center
Registration required.
949-724-6926