

Mobility/Transportation Programs

AARP Smart Driver Course

Learn how to operate your vehicle safely and adjust to common age-related changes in vision, hearing and reaction time. Certificate provided upon completion for insurance purposes. AARP members must bring their membership card to the first day of class for verification and must attend both sessions.

Pre-registration at class site. More info: 800-569-1658, drive@aarp.org.

English

Saturday, January 10 and 17
9 a.m.-1 p.m.
Rancho Senior Center

Mandarin

Thursday, January 15
8:30 a.m.-5 p.m.
Rancho Senior Center

Cost

- \$15 AARP members
- \$20 non-members
- Check only, payable to AARP

CarFit® Check-Up

Educational program to help determine how well your personal vehicle "fits" you.

Registration required for one-on-one appointment with a trained technician; call 949-724-6926.

First Wednesdays

- January 7
 - February 4
- 10:30-11:30 a.m.

Lakeview Senior Center

Cost: Free



Education Series

Irvine Senior Services hosts educational presentations that span one or more sessions. Registration is required and participants are either required or are strongly encouraged to attend all for maximum benefit.

Living Well with Diabetes

Speaker: Jane Herin, M.S.H.S., R.N.

Mondays

January 12 and 26

February 2 and 9

12:30-2:30 p.m.

Lakeview Senior Center

Cost: Free

Course#: 150457

Lectures and Presentations

Irvine Senior Services along with local community organizations, routinely offer presentations on topics relevant to older adults. All are held at Lakeview Senior Center unless noted otherwise. Subject areas include:

- Body and Mind Wellness
- Finance and Law
- Fraud Prevention
- General Education (e.g. state or county services for the aging, housing, etc.)
- Medicare and Related Health Insurance Topics
- Mobility and Transportation
- Nutrition and Fitness

See next page for current listings.

Health and Education

All presentations are offered at no cost and are at Lakeview Senior Center unless noted otherwise.



Body and Mind Wellness

Topic	Day	Date	Time	Speaker
Hypertension	Mon	Feb 2	10-11:30 a.m.	Randa Serag, M.D. Hoag
Maintaining a Healthy Lifestyle	Mon	Feb 9	10:30-11:30 a.m.	Vincent Tho, M.D. Monarch HealthCare



General Education

**Peace Corps
Over 50 Program**

Wed Feb 11 10-11:30 a.m. Peace Corps

Volunteer Driver Program

Assist Irvine seniors with rides to and from non-emergency medical appointments.

- Transportation requests are fulfilled Monday through Friday, 9 a.m.–5 p.m.
- Volunteers have the flexibility to accept or decline request.
- Volunteer candidates are required to:
 1. Complete a CarFit[®] evaluation.
 2. Complete a background check.
 3. Provide proof of a valid California driver's license.
 4. Provide proof of current auto insurance.

More info: 949-724-6929.





LIVE WELL

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