

Irvine Senior Centers

Operating hours:
Monday-Friday
8 a.m.-6 p.m.



Lakeview Senior Center
20 Lake Road
Irvine · CA · 92604
949-724-6900



Rancho Senior Center
3 Ethel Coplen Way
Irvine · CA · 92612
949-724-6800

On the Cover

Photos by
Cheri Hierbaum and Yesenia Cervantes

(clockwise from top) participants from the 2013 Sweetheart Luncheon; participants from the 2013 Chinese New Year Luncheon sponsored by Irvine Evergreen Chinese Senior Association, and Azar Mohajer, volunteer, from the Elderly Nutrition Program

See What's New

It is a new year and many older adults are looking for new learning and fitness opportunities. New programs being offered in 2015 include:

- **Laughter Yoga**
A great starter class for those new to exercise or looking to laugh off some steam.
- **Harmonica Lessons**
Enjoy a wonderful breathing and brain exercise while learning to read and play music simultaneously.
- **Fitness coach at the Rancho Fitness Center**
Fitness Center members can perfect their form or learn starter exercises from a fitness coach. Several days a week the coach will also be available to answer questions or provide guidance on machine routines.

You can also join existing classes listed in this Newsletter such as:

- Book Club
- Film Club
- Breathing Exercise
- Yoga
- Zumba Gold
- Travel Adventure Slideshow
- Bridge Instruction
- Chess

Facility Closures

In observance of New Year, Martin Luther King, Jr., and Presidents' Day, the Lakeview and Rancho Senior Centers will be closed:

- **Thursday, January 1**
- **Monday, January 19**
- **Monday, February 16**