



## Recreational Swimming

March 1st - Sept. 30th

Recreational swimming continues at the USA Water Polo National Training Center. This program is open to Los Alamitos residents and is designed for families and individuals. A parent/tot area is available as well as other aquatic activities for older kids. Day camps, sports camps, organized groups, teams, etc. are not permitted for this activity without prior permission from the Director. Adults must be able to swim and children must be able to pass a swim test, consisting of one 25 yard lap with both freestyle arms and side breathing, to be unaccompanied by an adult. Children ages 3 and under or unable to pass the swim test, must be accompanied by an adult and must wear a Coast Guard approved lifejacket (available at the pool).

**Fee:** FREE for children (17 yrs & under)  
\$4 for adults per visit

Day	Time	Dates
Mon-Fri	12noon-1:30pm	3/1-9/30
Sat	12noon-1:30pm	6/20-8/22

**\*\*Pool Closed July 4th\*\***

**Sponsored by:**



ALL AGES

## Swim and Stay Fit Lap Swimming

Continuous

16+ yrs

Looking for a great way to get in shape? The Swim and Stay Fit Lap Swimming Program is for swimmers of all abilities. This program allows you to swim your way into shape. To participate in the lap swimming program, purchase a Club Card at the Los Alamitos Community Center (10911 Oak St.) or at the pool, or pay a daily fee at the pool. The pool is heated to a comfortable temperature and locker rooms, kickboards, and leg floats are available.

**Fee:** Lap Swim Club Card \$70 = 20 visits

**Drop-In:** \$4 per visit

**Summer Hours June 15- August 29**

Day	Time
Mon-Fri	5:30-7:00am & 11:30am-1:30pm
Sat	9:30am-1:30pm <b>No class 7/4</b>
Sun	9:00am-10:30am

## Deep Water Aerobics

10 Weeks

18+ yrs

This is a low impact, no pressure and fun water aerobic workout. This class provides you with the benefits of resistance training, aerobics and stretching in a low impact environment. No experience is necessary and class is open to both men and women. **No class 7/4**

**Instructor:** Aquatics Staff **Fee:** \$40

Class	Day Times	Dates
AQ10-22	Sat 8:30-9:30am	6/20-8/29

**Drop In:** \$5 per visit

# SENIOR PROGRAMS

### Medicare Assistance Counseling HICAP:

2nd Monday of each month. Program is designed to assist in filing claims and understanding and evaluating coverage. Call the Community Center for an appointment.

### Legal Aid

Phone appointments available only. Please call (563) 430-1073 for more information.

### Information & Assistance for Older Adults:

The County of Orange Office on Aging offers free information on services for older adults. Call 1-800-510-2020.

### Council on Aging of Orange County Programs and Services:

Call (714) 479-0107 or visit [www.coaoc.org](http://www.coaoc.org) for information on:

- Financial Abuse Prevention
- In-Home Care Management
- Friendly Visitors Program
- Advocates for Nursing Home Residents (Long-Term Care Ombudsman Services)

**Access:** Transportation provided within O.C. for doctor visits, shopping, or whatever your needs may be. (\$1.70 each way, per zone). Call (877) 628-2232 to be certified to ride.

**Abrazar:** A non-profit agency that offers a no-cost Senior Non-Emergency Medical Transportation program. Rides provided to:

- Dialysis
- Dentistry
- Health Education
- Rx pick-ups
- Lab Tests
- X-rays and more!

Must be 60 years of age or older. If interested in utilizing this service you must complete an application and return it via mail or email. Applications available through Abrazar or can be picked at the Los Alamitos Community Center,

located at 10911 Oak Street. For additional information, or to register, please contact Abrazar at 714-891-9500.

### Los Alamitos Senior Club:

The Senior Club provides opportunities to meet new friends, develop new interests and socialize with one's peers. Club activities include: crafts, bingo, cards, table games, luncheons, holiday parties, birthday celebrations, guest speakers, entertainment, charity projects, and volunteer opportunities. Guests are welcome to attend twice before becoming a member of Senior Club.

**Annual membership fee:** \$10 **Age:** 50+

**Club Activities:** Every Thursday 10:00am-3:30pm  
Bingo starts at 1:00pm

**Location:** Community Center, 10911 Oak Street

### Senior Club Trips! (See page 20)

Senior Club offers trips! Call Verna Burns/Carol Fross at (562) 596-1896 or Dolores Rice at (562) 496-2606 for more information and to sign up or sign up during Club meetings: 10:00am-12:30pm.

### Senior Lunch & Bread Program

The Senior Lunch & Bread Program is a daily program where seniors can have a nice balanced meal while enjoying the company of friends and hopefully making new ones! The meal is offered at a suggested donation and is open to anyone 60+ and their spouses. Activities include card games, music, live entertainment, support services, and more to come! Lunch is served at 11:15am and food is served on a first-come, first-served basis, so make sure to come early. Meals provided by Community SeniorServ.

**Location:** The Youth Center, 10909 Oak Street  
Contact Site Manager Taylor Conley with any questions. (562) 430-1073 x521





# SENIOR PROGRAMS

## Senior Lectures & Activities - Thurs. 10am

Activity	Provided by	Date
Anemia Screening	Healthcare Partners	June 4
Presentation	Golden Outlook	June 11
Presentation	LB Memorial	June 18
Hand Spa/Manicures	CareMore	June 25
Hearing Aid Check	Ascent Hearing	July 9
MediCare/MediCal Pres.	Healthcare Partners	July 16
Blood Pressure Screening	Memorial Care	July 23
Glucose Screening & Doc Talk	Healthcare Partners	Aug 13

### FREE CLASSES FOR SENIORS OFFERED AT KATELLA SENIOR LIVING COMMUNITY

Location: 3952 Katella Avenue

Students may register at any time (562) 596-2773.

Instructors provided by North Orange County Community College District Older Adult Program

### History of Comedy and Humor

This class offers an informative look at past and present forms of comedy and humor, as it relates to their life experiences and what makes them laugh.

**Inst:** Nikki Linen      **Day:** Mon      **Time:** 1:00-2:30pm

### Senior Topics

This course encourages participants to share and compare life experiences, and learn about international, national and local events and issues from a current and historical viewpoint.

**Inst:** Mary Gomes      **Day:** Tues      **Time:** 3:00-5:00pm

### Physical Fitness For Seniors

Use exercise to maintain and increase fitness. Enroll anytime in class!

**Inst:** Lillia Alcalá      **Day:** Sat      **Time:** 9:00-11:00am

### Music Arts

This course provides stimulating interaction through musical reminiscence, discussions, and listening to music from different time periods and genres.

**Inst:** Paul Edwards      **Day:** Wed      **Time:** 12:30-2:00pm

### Books Come Alive

“Books Come Alive” is an intellectually and socially rewarding activity designed for older adults in which outstanding works of fiction/non-fiction are read and discussed.

**Inst:** Donna Johnson      **Day:** Wed      **Time:** 2:30-4:30pm



### Balance & Fitness for Older Adults

Sponsored in partnership with AppleCare

This free class is designed for older adults and will cover specific balance techniques and exercise and fitness activities in a safe training environment. To register, please call (562) 430-1073.

**Instructor:** Molly Knox, North O.C. Community College Dst.

**Location:** Community Center

<b>Class</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>
FIT19-31	Tuesday	9:30-11:00am	Ongoing

**NEW!**

### Health and Wellness for Older Adults Restricted Mobility - Low/Med Level

This free course provides older adults with techniques and strategies for healthy aging when restricted by physical impairments or limited mobility. Emphasis is on the benefits of managing age-related complications or medical conditions, routine and adaptive physical activity and a healthy diet.

**Instructor:** Kathleen Mastion, North O.C. Community College Dst.

**Location:** Community Center

<b>Class</b>	<b>Day</b>	<b>Time</b>	<b>Dates</b>
FIT25-31	Friday	12:30-2:30pm	Ongoing

### Bunco

Bunco is a game of dice, luck, & prizes. Playing Bunco is a great way to socialize and make new friends.

**Fee:** \$5 includes game entry

**Location:** Community Center  
10911 Oak Street

**Day:** Wednesday

**Dates:** 6/17, 7/15, 8/19

**Time:** 12:30pm



### Classes and Sports

#### Activities of Interest to Seniors:

- ART CLASSES [PG 2](#)
- NEEDLECRAFTS [PG 2](#)
- PILATES [PG 4](#)
- YOGA [PG 4](#)
- TAI CHI CHIH [PG 4](#)
- DANCE CLASSES [PG 13](#)
- IPHONES & IPADS [PG 3](#)
- TENNIS [PG 18 & 19](#)
- LAP SWIMMING [PG 22](#)
- DEEP WATER AEROBICS [PG 22](#)

# LOS ALAMITOS SENIOR CLUB

Incorporated 1978

*To sign up, call:*

Carol Fross/Verna Burns (562) 596-1896,  
Chee Chee Porr (562) 430-5949,  
Phyllis Pierce (562) 598-3743 (New York Club)  
or Dolores Rice (562) 496-2606  
or sign up during Senior Club meetings:  
Thursdays, 10:00am – 12:30pm



# Trips



NOTE: EXCURSION FEES CANNOT BE REFUNDED UNLESS YOUR SPACE IS RE-SOLD.

## June

### Pala

June 3, 2015 - Depart: 9:30am  
Cost: \$15 per person

### Valley of the Mist

June 17, 2015 - Depart: 8:00am  
Cost: \$69 per person  
Includes lunch at Claim Jumper

### Edgewater - Laughlin

June 21-23, 2015 - Depart: 8:00am  
Cost: \$125 per person - Single  
\$115 per person - Double

## July

### Pechanga

July 1, 2015 - Depart: 10:00am  
Cost: \$15 per person



### Solvang

July 21-23, 2015 - Depart: 9:00am  
Cost: \$425 per person - Single  
\$319 per person - Double

## August

### Valley View

August 5, 2015 - Depart: 9:00am  
Cost: \$25 per person

### San Diego Sunset Luau

August 18-19, 2015 - Depart: 8:00am  
Cost: \$399 per person - Single  
\$329 per person - Double

### Luau Riverside Laughlin

August 30-September 2, 2015  
Depart: 8:00am  
Cost: \$179 per person - Single  
\$149 per person - Double

## September

### Fantasy Springs

September 9, 2015 - Depart: 9:00am  
Cost: \$25 per person

### San Antonio, TX

September 26 - October 4, 2015 - Depart: 8:00am  
Cost: \$1019 per person - Single  
\$779 per person - Double



## Facilities & Parks

- 1 CITY HALL  
3191 KATELLA AVENUE
- 2 POLICE DEPARTMENT  
3201 KATELLA AVENUE
- 3 COMMUNITY CENTER  
10911 OAK STREET  
THE YOUTH CENTER  
10909 OAK STREET
- 4 LOS ALAMITOS MUSEUM  
11062 LOS ALAMITOS BLVD.
- 5 OAK GYMNASIUM & FIELD  
10821 OAK STREET
- 6 STANSBURY PARK  
3711 TOLAND AVENUE
- 7 LOS ALAMITOS SCHOOL DIST.  
10293 BLOOMFIELD AVENUE

- 8 LAUREL PARK  
10862 BLOOMFIELD AVENUE
- 9 SOROPTIMIST PARK  
10822 PINE AVENUE
- 10 LABOURDETTE PARK  
4401 HOWARD STREET
- 11 STERNS PARK  
3811 FARQUHAR AVENUE
- 12 LITTLE COTTONWOOD PARK  
4000 FARQUHAR AVENUE
- 13 ORVILLE LEWIS JR. PARK  
3662 KEMPTON DRIVE
- 14 USA WATER POLO  
NATIONAL TRAINING CENTER  
11200 LEXINGTON DRIVE
- 15 MCAULIFFE FIELD  
4112 CERRITOS AVENUE
- 16 COYOTE CREEK PARK  
10821 OAK STREET

