

CITY of YORBA LINDA PARKS & RECREATION

Senior Bulletin

Winter 2025

January | February | March



WELLNESS WEEK



MARCH 24 - MARCH 28

PRESENTED BY
UCI Health

Join us for a
week of healthy
activities, screenings
& seminars promoting
total body wellness!

MORE INFO:

Full schedule will be available
at the YLCC Front Desk



AGES 50
AND BETTER

\$20.00
PER PERSON

ENCORE *Valentine's* MOVIE NIGHT

DINNER ♥ MOVIE ♥ LOVE ♥ DRINKS

THURSDAY, FEBRUARY 13

DINNER AT 5:30PM
MOVIE STARTS AT 6:30PM

Join us for a delightful *Italian* dinner, one complimentary drink voucher, cash bar, & movie screening featuring **Moonstruck!** Whether you're celebrating with someone special, friends, family, or your Galentine crew, it's the perfect evening for everyone!

Yorba Linda Community Center
4501 Casa Loma Ave.

ACTIVITY # 25431

Reservations available for purchase at
the YLCC Front Desk or online at www.YLRecOnline.com

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Welcome!

All regularly scheduled senior programs listed on these pages take place at the Yorba Linda Community Center, located at 4501 Casa Loma Avenue, Yorba Linda, CA 92886. Any scheduled program cancellations or facility closures are listed below. Additional information about the programs listed here as well as special events and other activities can be found throughout this issue of the *Senior Bulletin*. For the most current schedule information, please contact the Yorba Linda Community Center at (714) 961-7181 or stop by the front counter. Find more information by visiting the City of Yorba Linda Website www.yorbalindaca.gov, or scanning the following QR Code:



Reading the Schedule

The following abbreviations/symbols are used throughout the schedule:

YL	Programs presented by the City of Yorba Linda Parks & Recreation Department
SC	Programs presented by the Yorba Linda Senior Citizens Club.
NOCE	Programs presented by the NOCE Emeritus Program (formerly "OAP")
*	Programs which require pre-registration at the Community Center front counter; see pages 10 -13 for session dates
\$	Programs which have a fee to participate

NOCE - No Class Dates: January 20, 29, February 14, 17, March 31

YLCC Facility Closed: January 1 & 20, February 17

Monday

8:00 a.m. - 10:00 a.m.	Beginning Watercolor Class	NOCE
10:00 a.m. - 12:00 p.m.	Advanced Watercolor Class	NOCE
8:00 a.m. - 9:00 a.m.	Tai Chi (<i>Forms 24, 48, 88, and Qigong</i>)	YL
9:00 a.m. - 9:50 a.m.	Beginning Line Dance Class	YL \$*
9:00 a.m. - 11:00 a.m.	Staying Mentally Sharp	NOCE
9:00 a.m. - 11:00 a.m.	Beginning Bridge Class (<i>Current class began September 9, 2024</i>)	SC \$
10:00 a.m. - 10:45 a.m.	Essentrics Gentle Stretch (<i>Schedule on pg. 12</i>)	YL \$*
11:30 a.m.	Senior Lunch Program	YL
12:00 p.m. - 2:00 p.m.	Health and Wellness with Janine	NOCE
12:00 p.m. - 4:00 p.m.	Duplicate Bridge	SC \$

Tuesday

7:45 a.m. - 8:45am	Tai Chi (<i>Qigong Baduanjin, Yang Style 24, Huawu Fan 42</i>)	YL
8:00 a.m. - 12:00 p.m.	Duplicate Bridge	SC \$
9:00 a.m. - 10:00 a.m.	Longevity Stick Exercise	YL
10:30 a.m. - 12:30 p.m.	Maintain Your Health-Dan (Tai Chi)	NOCE
11:30 a.m.	Senior Lunch Program	YL
12:00 p.m. - 3:00 p.m.	Canasta	SC
12:00 p.m. - 3:30 p.m.	Pinochle	SC
12:00 p.m. - 4:00 p.m.	Hand & Foot (Card Game)	SC

Wednesday

7:45 a.m.	Senior Striders Walking Group	YL
8:00 a.m. - 11:30 a.m.	Duplicate Bridge (Session 1)	SC \$
8:00 a.m. - 12:00 p.m.	Oil Painting Group	YL
8:30 a.m. - 12:30 p.m.	Sketching Class	NOCE
10:00 a.m. - 12:00 p.m.	Health & Wellness with Kenny	NOCE
11:00 a.m.	Senior Lunch Program	YL
12:00 p.m. - 3:30 p.m.	BINGO	SC \$
12:00 p.m. - 4:00 p.m.	Duplicate Bridge (Session 2)	SC \$
8:00 a.m. - 4:00 p.m.	Ping Pong	YL
1:00 p.m. - 2:15 p.m.	Intermediate Line Dance Class	YL \$*
2:00 p.m. - 4:00 p.m.	Healthy Balance with Dan	NOCE

Thursday

7:45 a.m. - 8:45 a.m.	Tai Chi (<i>Qigong Baduanjin, Yang Style 24, Huawu Fan 42</i>)	YL
8:30 a.m. - 11:00 a.m.	Intermediate Bridge Class/Practice	SC \$
9:00 a.m. - 10:00 a.m.	Longevity Stick Exercise	YL
9:00 a.m. - 10:00 a.m.	Zumba Gold (<i>Schedule on pg. 13</i>)	YL \$*
10:30 a.m. - 12:30 p.m.	Maintain Your Health - Dan (Tai Chi)	NOCE
11:30 a.m.	Senior Lunch Program	YL
12:00 p.m. - 3:30 p.m.	Mahjong (Chinese & American)	SC
12:00 p.m. - 3:30 p.m.	Mexican Train Dominoes	SC
12:00 p.m. - 4:00 p.m.	Hand & Foot (Card Game)	SC
1:00 p.m. - 5:00 p.m.	Knitting, Crochet, & Needlecraft	NOCE

Friday

8:00 a.m. - 4:00 p.m.	Ping Pong	YL
8:00 a.m. - 12:00 p.m.	Senior Quilting	NOCE
8:45 a.m. - 10:45 a.m.	Art History (<i>Schedule on pg. 11</i>)	YL
9:30 a.m. - 11:30 a.m.	Health and Wellness with Janine	NOCE
10:00 a.m. - 10:45 a.m.	Essentrics Gentle Stretch (<i>Schedule on pg. 12</i>)	YL \$*
11:30 a.m.	Senior Lunch Program	YL
12:00 p.m. - 4:00 p.m.	Duplicate Bridge	SC \$
12:15 p.m. - 3:00 p.m.	Bunco	SC \$

Sunday Dances

Put on your dancing shoes and head down to the Community Center for a rocking good time! Couples, singles and groups are welcome! Dance with friends, and enjoy light refreshments and good company. Tickets are \$5.00 at the door. Doors open at 1:00 p.m. and refreshment service begins at 1:30 p.m.

Sunday, February 23
1:30 p.m. - 4:30 p.m.

Entertainment by

Five Star Band

Playing dance classics and standards through the decades.

Valentine's Theme



Come join the fun!

Next Dance:
Save the Date

Sunday, April 13
1:30p.m.- 4:30 p.m.

More information to come!

Ice Cream Social & Birthday Celebrations

To celebrate all participant birthdays each month, residents are invited to a free Ice Cream Social & Birthday Celebration that will include live entertainment and treats from 12:00 p.m. to 1:30 p.m. at the Yorba Linda Community Center. All participants will receive a complimentary ice cream, along with light refreshments. Registration for this program is required, and can be completed by contacting the Yorba Linda Community Center at 714-961-7181. If it is your birthday month, please tell staff when you call so that we can recognize you with a special goodie bag!

Thursday
January 23
Tony Rogers



Tuesday
February 25
Ron as Elvis



Tuesday
March 18
Anthony Bernasconi



Thank You to all our monthly sponsors and Keiko Hannus for your generous contributions to our Ice Cream Socials!



Assisting Hands[®]

Home Care

657-373-2500



Fall prevention*Companionship*Medication Reminder*Meal Prepping
 Groceries*Errands*Walking & Mobility*Transferring*Toileting*Incontinence Care
 Bathing & Grooming*Light Housekeeping*Transportation*And more!



Helping you safely remain

Happy
 and at
Home!



377 E. Chapman Ave., Suite 205, Placentia, CA 92870



Karaoke

1st & 3rd Thursday of the month
12:15 p.m. - 3:15 p.m.

Karaoke with Reggie! Sing your favorite songs, dance with friends, and enjoy light refreshments.



January 2 & 16
February 6 & 20
March 6 & 20

Monday Movie Matinees

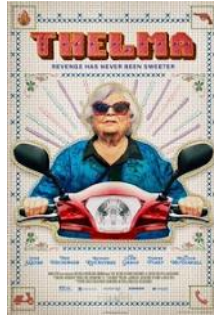
2nd & 4th Mondays of each month
Doors open at 12:15 p.m.
Movie begins at 12:30 p.m.

Enjoy the big-screen movie experience for FREE! Come to our morning programs and stay after for the movie, or just show up when the doors open! There will be light snacks and refreshments. For more information, please call the Yorba Linda Community Center front desk at 714-961-7181.



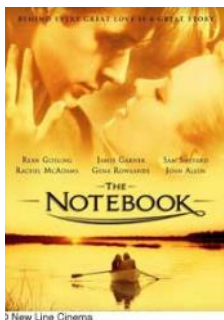
January 13
(PG-13) 1993
Political Comedy
1 hr. 45 minutes
Starring:
Kevin Kline,
Sigourney
Weaver, &
Frank Langella

DAVE



January 27
(PG-13) 2024
Action Comedy
1 hr. 37 minutes
Starring:
June Squibb,
Fred Hechinger, &
Richard Roundtree

THELMA



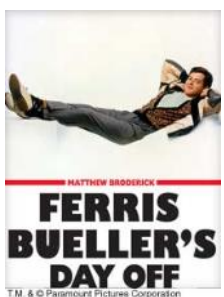
February 10
(PG-13) 2004
Romance Drama
2 hrs. 3 minutes
Starring:
Ryan Gosling,
Rachel McAdams,
& James Garner

The Notebook



February 24
(PG) 2024
Drama— True Story
1 hr. 50 minutes
Starring:
Anthony Hopkins,
Johnny Flynn, &
Helena Bonham
Carter

One Life



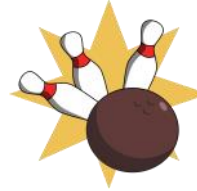
March 10
(PG-13) 1986
Comedy
1 hr. 43 minutes
Starring:
Matthew Broderick,
Mia Sara, &
Alan Ruck

Ferris Bueller's Day Off



March 24
(PG-13) 2023
Biographical
Sports Drama
2 hrs. 3 minutes
Starring:
Hadley Robinson,
Callum Turner, &
Joel Edgerton

The Boys in the Boat



Wii Bowling

1st & 3rd Tuesday
of the month
12:00 p.m.- 2:00 p.m.

Socialize and enjoy the fun of bowling without leaving the Community Center! Spectators, cheerleaders and new players are always welcome! Light refreshments will be served.

January 7 & 21
February 4 & 18
March 4 & 18



Senior Striders

Experience the health benefits of walking while enjoying the beautiful trails of Yorba Linda and surrounding communities. The Senior Striders meet on a weekly basis to enjoy a 3-4 mile walk. The group currently alternates between meeting at the Yorba Linda Community Center and Yorba Regional Park, as well as one new offsite location each month. Stop by the front counter to pick up the current schedule, or contact City staff to be added to the email distribution at (714) 961-7181 or seniorservices@yorbalindaca.gov. In the event of rain, walks will be cancelled.
Group meets at 7:45 a.m.

**1st & 4th
Wednesday**

Yorba Regional Park
Meet on West end of
park near softball fields

**2nd & 5th
Wednesday**

YL Community Center
Meet in Imperial Hwy.
side parking lot

**3rd
Wednesday**

Off-site; See flyer



“GET INFORMED” PRESENTATIONS

Learn about the latest health and finance topics affecting seniors with this exciting series of 1-2 hour lectures. Reservations are encouraged due to limited seating and to help presenters prepare sufficient materials. To make a reservation, please call (714) 961-7181 or stop by the YLCC front desk. *The City of Yorba Linda does not endorse any external business or agency.*

Friday, January 17
12:30 p.m.

Breaking Through the Taboo

Presented by Alzheimer's Orange County

Friday, January 24
1:00 p.m.

Medical Cannabis - What the Science Says

Presented by Bill Liu, Pharmacist, OC Health Care Agency

Wednesday, January 29
12:30 p.m.

Senior Care 101

Presented by North Orange County Senior Collaborative

Friday, January 31
12:30 p.m.

Promoting Hydration in Older Adults

Presented by Salus Hospice

Friday, February 7
12:30 p.m.

Protecting Older Adults from Fraud and Scams

Presented by Wells Fargo

Friday, February 14
12:30 p.m.

Sharpen Your Mind

Presented by Alzheimer's Orange County

Friday, February 28
12:30 p.m.

Prevention of Skin Breakdown

Presented by Salus Hospice

Friday, March 7
12:30 p.m.

Senior Scams

Presented by Volunteer Services Huntington Beach Police Department

Friday, March 14
12:30 p.m.

Warning Signs Vs. Normal Aging

Presented by Alzheimer's Orange County

Friday, March 21
12:30 p.m.

Fall Prevention

Presented by Salus Hospice

One on One Medication Review

Presented by the County of Orange Health Care Agency, Older Adult Services.

Make an appointment to meet one-on-one with Orange County Health Care Agency Pharmacist, Bill Liu, to assess your medication regimen for efficacy, appropriateness, alert you to side effects, and identify any potential drug interactions.

Remember to bring all your medications and supplements or a detailed list of what you are taking and what questions you may have. Appointments are for 30 minutes on Monday, February 3 starting at 9:00 a.m. and ending at 12:00 p.m.

Appointments are limited. To reserve your spot, please call (714) 961-7181 or stop by the front desk.

Do You Have a Life Insurance Policy You No Longer Want or Need?

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ronald.witenko@gmail.com • CA license # 0442943



Senior Lunch Program



Monday, Tuesday, Thursday, Friday
at 11:30 a.m.

Wednesday
at 11:00 a.m.

Brought to you by:

The City of Yorba Linda & Meals on Wheels OC

Join us for a tasty, nutritious meal among friends! Lunch is served **Monday, Tuesday, Thursday, and Friday** at **11:30 a.m.** and **Wednesday** at **11:00 a.m.** and plates will be distributed on a first-come, first-served basis. We will begin check-in as early as 9:30 a.m. There is a suggested \$3 donation per meal for guests 60+ and a \$5 fee for guests under 60. First-time participants must register for the program in our lunch room by 11:00 a.m. A monthly schedule of meals is available at the YLCC front desk and in our lunch room. Doors open as early as 8:30 a.m. for our Coffee Social, so feel free to come early to enjoy some good company!

Morning Coffee Monday - Friday

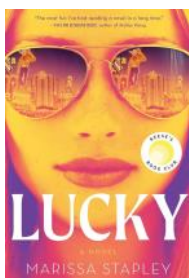
Enjoy coffee, tea, hot cocoa, and pastries in the Senior Lunch Room from **8:30 a.m. - 11:00 a.m.** For \$1.00, you will enjoy a hot beverage with a free refill, a pastry, and the company of others.



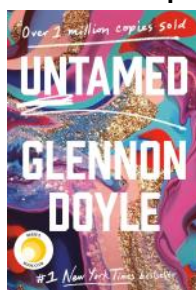
Book Club

3rd Tuesday of each month, 1:00 p.m. - 2:00 p.m.

Join us for an open-forum discussion on selected novels facilitated by Lynn Baden, retired librarian. Participants must obtain their own copies of the books and should be ready to discuss the book listed on each date. Hope to see you there! Questions: lynn@badens.org



January 21
Lucky
By Marissa Stapley



February 18
Untamed
By Glennon Doyle



March 18
Counterfeit
By Kirstin Chen

Senior Grocery Program

1st & 3rd Thursdays 8:30 a.m.
Doors open at 8:00 a.m.

January 2 & 16
February 6 & 20
March 6 & 20

In partnership with Second Harvest Food Bank of Orange County, the Yorba Linda Parks and Recreation Department offers the Senior Grocery Program, a twice-a-month "pop-up market" where senior attendees can select from various grocery items, which may include fresh produce, dairy, meats, eggs, and canned goods! Pre-registration is not required and there are no income requirements.

Tips for Success:

- Please bring your own reusable bags (3-4 recommended per person).
- Attendees will receive a number as they arrive. A number lottery will then be conducted and participants will receive food as their number is called.
- Doors open & numbers are distributed at 8:00 a.m. Distribution of food begins at approx. 8:30 a.m. Attendees should enter through the Imperial Patio doors.
- Refrigerated/perishable items will be distributed. Plan to head straight home to store your food.
- Availability of all food items not guaranteed.

Helpful Phone Numbers

Adult Protective Services
(800) 451-5155

AARP
(866) 448-3615

Council on Aging-Orange County
(714) 479-0107

Eldercare Locator
(800) 677-1116

Emeritus- NOCE
(714) 808-4909

Meals on Wheels
(714) 524-5056

OC Caregiver Resource Center
(714) 578-8670

OC Office on Aging
(800) 510-2020

OC Sheriffs Non-Emergency
(714) 647-7000

OC Social Services
(714) 575-2400

OCTA Access
(877) 628-2232

Social Security
(800) 772-1213

St. Jude Transportation
(714) 446-5473

State of California DMV Senior Ombudsman
(833) 493-0675

Yorba Linda City Hall
(714) 961-7100

Yorba Linda Senior Travel
(714) 961-7187

HICAP Appointments

2nd & 4th Tuesday of each month, 9:00 a.m. - 11:00 a.m.

The Orange County Council on Aging's Health Insurance Counseling Advocacy Program (HICAP) offers FREE unbiased individualized counseling, community outreach, and public education about Medicare and other related health insurance topics. HICAP counselors are state-registered staff and volunteers, trained to answer your health insurance questions.

January 14 & 28 February 11 & 25 March 11 & 25

Call (714) 961-7181 to schedule your appointment.
Phone appointments also available by calling the HICAP hotline at (714) 560-0424



Be the First to Receive Each Issue of the Senior Bulletin!

Subscribe to the email distribution list by calling the Community Center at

(714) 961-7181, emailing seniorservices@yorbalindaca.gov or stop by the front counter. You can also find and subscribe to the Senior Bulletin on the City of Yorba Linda's website, www.yorbalindaca.gov.

Alzheimer's Care Partner Support Group

1st Thursday of each month, 2:00 p.m.

If you are a family caregiver or a friend of a person with dementia, this informal discussion offers resources for problem solving, educational information, as well as emotional support. It is a place to share experiences and feelings and hear from others in similar situations. You are not alone on this journey. Come as you are and meet other caregivers with related concerns. Contact: supportgroups@alzoc.org

January 2 February 6 March 6

Become a support group facilitator: We are looking for dedicated, compassionate individuals willing and able to volunteer monthly to moderate our groups in Orange County. Previous or professional experience is not required, just reflective listening skills. You will attend our facilitator training and then co-facilitate until you're comfortable facilitating on your own.

Alzheimer's
ORANGE COUNTY

MEMORY SUPPORT SERVICES

KNOW YOUR WAY
ORBA LINDA



Do You Know Your Way in an Emergency?



Learn more at www.yorbalindaca.gov/KnowYourWay

Sign up for evacuation alerts at www.alertOC.org



CITY of YORBA LINDA
PARKS & RECREATION



TRAILS

Taking Retired Adults Into Local Services

AFFORDABLE TRANSPORTATION FOR YORBA LINDA RESIDENTS AGES 60+

The City of Yorba Linda, in partnership with the Orange County Transportation Authority and California Yellow Cab, provides a low-cost, door-to-door, wheelchair-accessible transportation program for Yorba Linda resident seniors age 60 years and older. Rides are available 7 days a week, including holidays, from 7:00 a.m. to 8:00 p.m. Riders must pre-register before scheduling trips.

Contact (714) 961-7181 for more information.

PROGRAM HOURS & PARAMETERS

- Rides must be scheduled at least 48 hours in advance
- Rides available 7 days per week, 7:00 a.m. - 8:00 p.m.
- Start or end destination must be at registered home address
- \$1 per one-way trip (subject to change)
- For area of service, call (714) 961-7181

ELIGIBILITY REQUIREMENTS

- Must be at least 60 years old
- Must be a Yorba Linda resident

REGISTRATION INFORMATION

- Must pre-register with YLCC
- Proof of age and residency is required at the time of registration

REGISTERED TRAILS RIDERS, PLEASE CALL (855) 210-5147 AT LEAST 48 HOURS IN ADVANCE TO SCHEDULE YOUR RIDE!

AARP Tax Assistance Program

The AARP Tax-Aide program will be assisting low and moderate-income taxpayers prepare and file their 2024 income tax returns with the Federal Internal Revenue Service and the California Franchise Tax Board. **Free income tax assistance** will be available for area residents, with special attention to those aged 60 and older. Appointments will take place on Thursday mornings between February - April 2025. Trained and certified volunteers will prepare your Federal and CA State tax returns.

Be prepared to spend 1 - 2 hours at your appointment. Appointment slots fill quickly, so book yours early!

Specific appointment dates will become available on January 13, 2025. For more information or to make an appointment, visit or call the YLCC Front Desk (714) 961-7181.

Thank you to our Wellness Expo 2024 Sponsors!



*The City of Yorba Linda offers a variety of classes for adults ages 50 and older. For City classes with a fee (marked with an asterisk *), there is a \$3.00 non-resident fee per class, if applicable. For more information about any course or registration procedures, please call the Community Center at (714) 961-7181.

CREATIVE ARTS

Knitting, Crochet, & Needlecraft

Learn to craft beautiful knitted and crocheted items. Students create a wide variety of one-of-a kind items, including decorations for the home, accessories, and clothing for babies, children, and adults. *Free, register in class.*

Instructor: Ashley Bowman (NOCE)

Thursdays, Ongoing

1:00 p.m. - 5:00 p.m.

Watercolor Painting

This class offers an individualized approach to learning painting and artistic expression at your own pace and within your interest and style. Students will learn techniques in drawing, brush strokes, color mixing, and application. *Free, register in class with instructor.*

Instructor: Eileen Clary (NOCE)

Mondays, Ongoing

8:00 a.m. - 10:00 a.m. (Beginning)

10:00 a.m. - 12:00 p.m. (Advanced)

No class 1/20, 2/17

Sketching Class

This class offers an individualized approach to learning basic and advanced sketch techniques.

Free, register in class with instructor.

Instructor: Eileen Clary (NOCE)

Wednesdays, Ongoing

8:30 a.m. - 12:30 p.m.

Cultural Art Center - 3/26

Quilting

A lecture-style class for first-time quilters and seasoned stitchers!

Free, register in class with instructor.

Instructor: Larene Smith (NOCE)

Fridays, Ongoing

8:00 a.m. - 12:00 p.m.

Cultural Art Center - 3/28

Oil Painting

This student-led group is a great place to work on an existing piece of art or start a new one! Work at your own pace; veteran art students will be present to help other participants with technique, brush strokes, color mixing, and application. *Free, drop-in program.*

Wednesdays, Ongoing

8:00 a.m. - 12:00 p.m.

EDUCATIONAL

Staying Mentally Sharp

This course provides older adults with the tools to reach their optimum levels of brainpower through skill-building with memory techniques. Also, covered are decision making, problem solving, planning, and determining opportunities for cognitive growth.

Free to participate! Must register online or phone directly with NOCE.

Instructor: Jeannie Belknap (NOCE)

Mondays, Ongoing

9:00 a.m. - 11:00 a.m.

No class 1/20, 2/17

EDUCATIONAL Continued

Art History

Learn about visual art, art history, and visual culture with an art history professor. Participants will learn the role art plays in various historical periods and cultures, and gain a broader understanding of the historical development of the visual arts.

Free to participate!

Instructor: Selena Robles

Fridays 2/7 – 3/28

8:45 a.m. - 10:45 a.m.

***Introduction to Computers & Internet Usage for Seniors**

It's never too late to learn! Explore basic computer skills to enrich your knowledge, understand the terminologies and access the online world through Internet. Our hands-on practice can accelerate students to master the computer learning easy and fun! Register at the YLCC front counter or online. \$10 material fee.

Ages 50+.

Instructor: AGI Academy

Thursdays

\$3 non-resident fee

\$160 (6 meetings)

#24579 1/9 - 2/13

11:00 - 12:00 p.m.

\$160 (6 meetings)

#24580 2/20 - 3/27

11:00 - 12:00 p.m.



STILL THINKING ABOUT YOUR MEDICARE OPTIONS?

If you missed reviewing your Medicare Options during the Annual Enrollment period, you may still have time to adjust your Medicare Coverage.

- ✓ Review your Current Plan or Explore new options
- ✓ No Pressure, No Obligation
- ✓ Ongoing Support - Available year-round!
- ✓ Local office - Conveniently located in Anaheim

(714) 780-2569 | INFO@UCAREINS.COM

WWW.ULTIMATECAREINS.COM

By Calling the number above, you will be directed to a licensed insurance agent.



Sue Zanayed
Lic#0K80145

FITNESS

***Essentrics Gentle Stretch**

Do you suffer from stiffness and tight aching joints? Is it hard to even do daily tasks? Try this 45 minute gentle stretching class to rebalance all muscles and joints, increase flexibility, release muscle tension, increase blood flow, and help posture. Ages 50+

Bring mat; floor work last 15 minutes.

Tami Woodbury - Essentrics Certified

\$3 non-resident fee

10:00 a.m. - 10:45 a.m. (45 minute)

Monday - Free Trial Class

Must pre-register

#24960 1/6

Mondays - \$45

(9 meetings)

#24962 1/6 - 3/17

No class: 1/20, 2/17

Fridays - \$50

(10 meetings)

#24963 1/10 - 3/21

No class: 3/7

Mondays & Fridays - \$95

(19 meetings)

#24964 1/6 - 3/21

No class: 1/20, 2/17, 3/7

Maintain Your Health with Dan

Experience the physical and emotional benefits of Tai Chi. All levels of experience are welcome. *Free, register in class with instructor.*

Instructor: Dan Layne (NOCE)

Tuesdays & Thursdays,

Ongoing

10:30 a.m. - 12:30 p.m.

***Strength & Balance**

The Strength and Balance Class works to improve balance, muscle strength, flexibility and mobility to enhance overall physical health, which leads to better functioning in daily activities. Participation in the class may also result in better mental health, reduced stress, improved memory and cognition, and increased self-esteem. Ages 50+

Instructor: Josie Lewis

Saturdays 10:30 a.m. - 11:30 a.m.

Mondays 6:30 p.m. - 7:30 p.m.

\$3 non-resident fee

Mondays

\$30 (3 meetings)

#24888 1/6 - 1/27

\$30 (3 meetings)

#24955 2/3 - 2/24

\$50 (5 meetings)

#24958 3/3 - 3/31

Saturdays

\$40 (4 meetings)

#24953 1/11 - 2/1

\$40 (4 meetings)

#24956 2/8 - 3/1

\$30 (3 meetings)

#24953 3/15 - 3/29

Mondays & Saturdays

\$70 (7 meetings)

#24887 1/6 - 2/1

\$70 (7 meetings)

#24954 2/3 - 3/1

\$80 (8 meetings)

#24957 3/3 - 3/31

No class 1/20, 2/17, 3/8

*Line Dancing

Beginning and Intermediate classes combine basic line dancing steps into simple routines set to music. Uses not only country-style, but waltz, cha-cha, rock oldies, latin, and pop music. *Must register for a full month session.*

Instructor: Laurene Schulze

Beginning: Mondays

9:00 a.m. - 9:50 a.m.

\$12 (4 meetings)

#24583 1/6 - 1/27

\$9 (3 meetings)

#24585 2/3 - 2/24

\$15 (5 meetings)

#24587 3/3 - 3/31

Intermediate: Wednesdays

1:00 p.m. - 2:15 p.m.

\$16 (4 meetings)

#24584 1/8 - 1/29

\$16 (4 meetings)

#24586 2/5 - 2/26

\$16 (4 meetings)

#24588 3/5 - 3/26

No Class: 1/20, 2/17

Health & Wellness

Get in shape with this low-impact aerobics class. You will increase cardiovascular endurance, tone muscles, and increase flexibility.

Free to participate. Must first register with NOCE.

Mondays, Ongoing

12:00 p.m. - 2:00 p.m.

Instructor: Janine Wotring (NOCE)

No Class: 1/20, 2/17

Wednesdays, Ongoing

10:00 a.m. - 12:00 p.m.

Instructor: Kenneth Yu (NOCE)

Fridays, Ongoing

9:30 a.m. - 11:30 a.m.

Instructor: Janine Wotring (NOCE)

Healthy Balance with Dan

This class will address factors involved with falling, how balance works, and techniques to keep you safe and mobile. For more information, please visit www.DanLayne.com.

Free, register in class with instructor.

Instructor: Dan Layne (NOCE)

Wednesdays, Ongoing

2:00 p.m. - 4:00 p.m.

Longevity Stick Exercise

The Longevity Stick regimen uses a series of twelve movements designed to improve balance, flexibility, strength, mental focus capacity, and vitality. This class is perfect for all fitness levels. A stick is provided for first-time students.

Free, no registration needed.

Tuesdays & Thursdays, Ongoing

9:00 a.m. - 10:00 a.m.

*Zumba Gold

It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold classes provide modified, low-impact moves! Instructor Terri Westergren is a certified member of the Aerobics and Fitness Association of America and has been teaching Zumba Gold since 2011. Come join the dance party! *Register at the front counter or online. Ages 50+*

Instructor: Terri Westergren

Thursdays, 9:00 a.m. - 10:00 a.m.

\$3 non-resident fee

\$56 (7 meetings)

#25432 3/27 - 5/8

\$48 (6 meetings)

#25433 5/15 - 6/26

Yorba Linda Senior Citizens' Club

• P.O. Box 485, Yorba Linda, CA 92885 •

The Yorba Linda Senior Citizens' Club provides a variety of activities for adults ages 50 and older, including Bridge, Bingo, and other games. In addition, the Senior Club provides an active travel program, which offers trips both near and far to popular destinations, shows, casinos, and more! Senior Club membership dues for 2025 can be purchased for the year, and include a variety of benefits, including discounted Club Luncheons, Bingo and Bridge play. All Senior Club activities are completely run by volunteers; contact information for activity leaders can be found on page 15.

Membership Information

Membership Office Hours

Tuesdays & Wednesdays
10:00 a.m. - 2:00 p.m.

Senior Club membership forms also available at the Yorba Linda Community Center membership office.

Membership \$10.00 per calendar year.

All checks must be made payable to YLSCC.

Get Well & Sympathy Cards

In addition to the many health and wellness activities at the Community Center, the Senior Club can recognize members in sickness or distress with a Get Well or Sympathy card. Send an E-mail to Nancy De Fazio at NancyDeFazio@att.net with the member's name and an address to which the card should be sent.

Senior Club Activities



Bingo is played every Wednesday. Doors open at 10:00 a.m. and games start at noon. Cost is \$1.00 per card. Power Ball cost is \$1.00. Special cash prizes for Power Ball and raffle are awarded to Senior Club members only.



Bridge is played on various days and times; please check the calendar for details. Cost is \$2.00 plus \$0.50 for non-members. Players enjoy a free annual duplicate bridge luncheon.

A variety of other games are played on a weekly basis; for additional activities presented by the Senior Club, see pages 2-3 and look for "SC."

Senior Citizens' Club Luncheons & General Meeting

January 14
#25031

February 11
#25032

March 11
#25033


These luncheons are held the second Tuesday of every month, and provide updates on board activity, programs, and events. In addition, board nominations, elections, and swear-ins take place during these meetings. **Lunch begins at 12:00 p.m.**, and doors open at 11:30 a.m. Reservations begin at 7:30 a.m. the Monday following each previous luncheon, and registration and payment can be made online or at the YLCC front desk. Non-members pay the additional \$5.00 at the door. For more info, please contact the Senior Club board at the contact information listed above.

Cost: \$12 for Members & \$17 for Non-Members

Yorba Linda Senior Citizens' Club Contact Information

<p><u>Bingo</u> Betty Hirsch 714-851-5561</p> <p><u>Bridge Director</u> Dianne Hancock 714-345-2707</p> <p><u>Bridge Lessons (Mondays)</u> Linda Sammons 714-401-0251</p> <p><u>Bridge Lessons (Thursdays)</u> Carol Hellebrand 714-402-0970</p> <p><u>Bunco</u> Jolene Johnson 714-306-1276</p> <p><u>Canasta</u> Jeanette Bouch 714-572-2668</p> <p><u>Community Outreach</u> TBD</p>	<p><u>Decorations</u> Karin Derks 562-822-6596</p> <p><u>Entertainment</u> Jody Couch 901-277-7854</p> <p><u>Hand & Foot and Pinochle</u> Karen Dickey 714-746-6474</p> <p><u>Health Concerns</u> Nancy De Fazio 714-996-7211 NancyDeFazio@att.net</p> <p><u>Mahjong (American)</u> Evelyn Johnson 714-335-9336</p> <p><u>Mahjong (Chinese)</u> Tess Vincent 714-356-7838 Debra Chung 714-514-4831</p> <p><u>Mexican Train Dominoes</u> Marilyn Tintorer 714-679-0556</p>	<p><u>Membership</u> Faith Goldman 714-961-7187</p> <p><u>Monthly Luncheon</u> Clarice Armstrong 714-686-9095</p> <p><u>Procedures & Bylaws</u> Paul White 714-970-6997</p> <p><u>Property Audits</u> Karen Ohta 714-961-7187</p> <p><u>Scholarship</u> John Crowther 714-336-4642</p> <p><u>Travel</u> Office 714-961-7187 Linda Gutierrez 714-612-0954</p> <p><u>Ways & Means</u> Joan Lees 714-983-7149</p>
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Senior Travel and Trip Information

<p><u>Senior Travel Office Hours:</u></p> <p>Mondays & Thursdays 9:00 a.m. - 1:00 p.m.</p> <ul style="list-style-type: none"> • Payment due upon sign-up • Check or Cash only • Sign-ups in person only • Club Membership NOT required • Bus Transportation included • Tickets are not refundable, but are transferable to another person (not to another trip) <p>For more information, please call the Senior Travel Office at 714-961-7187 or 714-612-0954</p>	<p><u>The Drifter's, The Platters & Cornell Gunter's Coaster</u> Cerritos Performing Art Center Date: Sunday, February 2 Leave: 2:00 p.m. Return: 6:00 p.m. Price: \$120.00 <u>Tickets go on sale January 6, 2025</u> Join us for a fabulous afternoon with the original Drifters, Coasters, and Platters! Take a trip down memory lane with the real artists of the day who were instrumental in creating the Rock n Roll/Doo-wop sound. A light snack provided on the bus.</p>	<p><u>Luck O' The Irish Luncheon</u> At Almansor Court in Alhambra Date: Monday, March 17 Leave: 10:30a.m. Return: 5:00 p.m. Price: \$110.00 <u>Tickets go on sale February 10, 2025</u> Gather up your "lucky charms" and get your "smiling Irish eyes" onboard for this St. Patrick's Day tradition that celebrates popular Irish music and dance. Songs include popular "Danny Boy," "McNamara's Band," "When Irish Eyes Are Smiling," "My Wild Irish Rose," and more!</p>
	<p><u>The Field of Flowers</u> in Carlsbad Date: Thursday, April 10 Leave: 10:30 a.m. Return: 5:00 p.m. Price: \$70.00 <u>Tickets go on sale March 10, 2025</u> The Flower Fields at Carlsbad Ranch is a fifty-acre dazzling rainbow of beautiful ranunculus flowers. Available to choose from are the Wagon Tour (\$8), the Butterfly Encounter (\$5) and the Sluice Mining Activity (\$5).</p>	<p><u>Upcoming Trips:</u></p> <ul style="list-style-type: none"> • Pala Casino • Bowers Museum • Big Bopper at Almansor Court 

Yorba Linda Senior Citizens' Club President's Message

The Holidays flew by, and here we are in the New Year. No impractical resolutions are necessary, however. Just take a look at the variety of opportunities here at the beautiful Yorba Linda Community Center and you can't help but resolve to have fun while reviving an old skill, learning a new one, or even improving your fitness!

The Board of the Senior Club and the numerous volunteers who help run the activities look forward to seeing familiar faces again and also meeting new friends . Come join us!

Sincerely,
Sara Clark
Senior Club President

2025 Senior Club Executive Board

President - Sara Clark	(714) 865-6575
Vice-Pres. - Sylvia Derby	(714) 309-9369
Secretary - Stephanie Leon	(714) 865-3897
Treasurer - Ray Mew	(714) 572-3650

Bridge for Intermediates

Does your game need improvement?

Learn to improve all aspects of bridge from ACBL Silver Life Master, ACBL Certified Teacher, and ACBL Director, Carol Hellebrand. Join a fun group of like-minded students. After 1.5 hours of lecture and playing set-up hands that demonstrate the lesson, we play the duplicate boards that were played the day before so we can compare. For more information, call Carol Hellebrand at 714-402-0970.

- \$2 per class - Game Room
- Thursdays, 8:30 a.m. - 11:00 a.m.

Yorba Linda Senior Citizens' Club Membership Application 2025

Name:		Email:	
Address:			
Home Phone:		Cell Phone:	
Emergency Contact Name & Relationship:		Emergency Contact Phone:	
Amount Enclosed (\$10.00):		Make checks payable to Y.L. Senior Citizens' Club	
Date received:	Received By:	Receipt Number:	

If paid by mail, please enclose self-addressed, stamped envelope.
MAIL TO: Yorba Linda Senior Citizens' Club, P.O. Box 485, Yorba Linda, CA 92885