

ORANGE COUNTY SENIOR and COMMUNITY CENTERS DIRECTORY

County of Orange
Health Care Agency
Behavioral Health Services

January 9, 2012



ORANGE COUNTY OFFICE ON AGING-ORANGE COUNTY COMMUNITY SERVICES

Servicing: Older adults

Address: 1300 S. Grand Ave, Bldg B, Santa Ana, CA 92705

Phone: (800) 510-2020, (714) 567-7500

Web Address: http://www.officeonaging.ocgov.com

Program Description: The Orange County Office on Aging serves as the lead advocate, planner and facilitator relative to all aging issues on behalf of all older persons in Orange County. Together with community partners, the Office on Aging provides a full range of older adult services, which are listed throughout the website, including information and assistance on programs and services available as resources for older adults and their caregivers. Hours of operation are 8-5 Monday-Friday. Calls are answered Monday- Friday 8-5:30p.m.

Eligibility: Age 50+

Language(s): English, Vietnamese and Spanish

Fees: No

Hours of Operation: 8 a.m.-5:30 p.m., Monday-Friday

ORANGE COUNTY HEALTH CARE AGENCY-BEHAVIORAL HEALTH SERVICES, Adult Mental Health Services (AMHS) / Outpatient Clinic Operations

OLDER ADULT RECOVERY SERVICES

Servicing: Adults 59 years and older, Outpatient

Facility: County Operated

Region: Countywide

Address: 1540 E. First Street, Suite 100, Santa Ana, CA 92701

Phone: (714) 972-3700 **Fax:** (714) 972-3744

Key Contact: Mark Odom, Service Chief

Web Address: http://www.ochealthinfo.com/oas

Program Description: Older Adult Recovery Services provides in-home assessment, linkage, individual therapy, case management, medication support, linkage to primary care support, and a variety of recovery services for seniors who are living with a chronic and persistent mental illness.

Eligibility: Eligible individuals are seniors, ages 59 and older, who have a serious and persistent mental illness, may have a co-occurring substance abuse disorder, and exhibit an impairment in their ability to function in the community. Individuals eligible for the program typically do not have access to other resources.

Language(s): English, Spanish, Vietnamese and Farsi (Interpretation is available for all languages.)

Hours of Operation: 8 a.m.-6 p.m., Monday-Thursday. (Friday) from 8 a.m.-5 p.m.

Orange County Senior/Community Center

ABRAZAR AT MIDWAY CITY COMMUNITY CENTER

Servicing: Older adults

Address: 14900 Park Lane, Midway City, CA 92655

Phone: (714) 898-0203

Key Contact: Edna Gomez

Web Address: Not available

Program Description: Abrazar at Midway City Community Center provides food, nutrition and food emergency services and mid-day meals to adults 60 and older as well as their spouses and/or dependent children of any age. Please contact the center for information on reservations, directions to site and days/times of meal service.

Eligibility: Age 50+

Language(s): English, Vietnamese and Spanish

Fees: No

Hours of Operation: 9 a.m.-5 p.m., Monday-Friday

Orange County Senior/Community Center

ABRAZAR SENIOR CENTER

Servicing: Older adults

Address: 7101 Wyoming, Westminster, CA 92683

Phone: (714) 893-3581

Key Contact: Gloria Reyes

Web Address: Not available

Program Description: Abrazar Senior Center provides food, nutrition and food emergency services and mid-day meals to adults 60 and older as well as their spouses and/or dependent children of any age. Please contact the center for information on reservations, directions to site and days/times of meal service.

Eligibility: Age 50+

Language(s): English, Vietnamese and Spanish

Fees: No

Hours of Operation: 8:30 a.m.-5 p.m., Monday-Friday

ANAHEIM INDEPENDENCIA SENIOR CENTER

Servicing: Older adults

Address: 10841 Garza, Anaheim, CA 92804

Phone: (714) 826-9070

Key Contact: Teresa Renteria

Web Address: Not available

Program Description: The Anaheim Independencia Senior Center works to meet the social, recreational and service needs of Anaheim's senior population. A variety of interesting and helpful services are provided to Anaheim residents ages 60+ including recreational activities, classes, Health Insurance Counseling and Advocacy program (HICAP), Legal Aid Counseling, Mature Driver Improvement Classes and Meals On Wheels and Preventive Health Care for the Aging (PHCA-Nurse).

Eligibility: Age 60+

Language(s): English and Spanish

Fees: No

Hours of Operation: 8 a.m.- 8 p.m., Monday & Wenesday, Tuesday, Thurday, Friday 8 a.m.-5 p.m.

ANAHEIM SENIOR CITIZENS CENTER

Servicing: Older adults

Address: 250 E. Center St., Anaheim, CA 92805

Phone: (714) 765-4510

Key Contact: Maureen Richardson

Web Address: Not available

Program Description: The Anaheim Senior Citizens Center works to meet the social, recreational and service needs of Anaheim's senior population. A variety of interesting and helpful services are provided to Anaheim residents ages 60+ including recreational activities, classes, Health Insurance Counseling and Advocacy program (HICAP), Legal Aid Counseling, Mature Driver Improvement Classes, Meals On Wheels and Preventive Health Care for the Aging (PHCA-Nurse).

Eligibility: Age 50+

Language(s): English and Spanish

Fees: Yes

Hours of Operation: 9 a.m.-5 p.m., Monday-Friday; 11 a.m.-4 p.m. Saturday

Orange County Senior/Community Center

WEST ANAHEIM SENIOR PROGRAM/BROOKHURST COMMUNITY CENTER

Servicing: Older adults

Address: 2271 W. Crescent Ave, Anaheim, CA 92801

Phone: (714) 765-3415

Key Contact: John Cupa

Web Address http://www.anaheim.net

Program Description: The West Anaheim Senior Citizens Center works to meet the social, recreational and service needs of Anaheim's senior population. A variety of interesting and helpful services are provided to Anaheim residents ages 60+ including recreational activities, classes, community nutritional program and Senior Wheels Complimentary Transportation program.

Eligibility: Age 60+

Language(s): English

Fees: Yes

Hours of Operation: 9 a.m.-3:30 p.m., Monday-Friday

BREA SENIOR CENTER

Servicing: Older adults

Address: 500 S. Sievers St., Brea, CA 92821

Phone: (714) 990-7750

Key Contact: Tim Takahashi

Web Address: http://www.cityofbrea.Net

Program Description: The Brea Senior Center works to meet the social, recreational and service needs of Brea's senior population. A variety of interesting and helpful services are provided to Brea residents ages 55+ including, social services, recreational, educational and exercise activities, lunch program and health counseling.

Eligibility: Age 55+

Language(s): English and Spanish

Fees: Yes

Hours of Operation: 8 a.m.-3 p.m., Monday-Friday

BUENA PARK SENIOR CENTER

Servicing: Older adults

Address: 8150 Knott Ave., Buena Park, CA 90620

Phone: (714) 236-3870

Key Contact: Kim Garber

Web Address: http://bplegacy.org/new/

Program Description: The Buena Park Senior Center provides the older adult population in the community with a diverse offering of recreational, educational, social and human service programs to include Alzheimer's Support Groups (ADRDA), blood pressure screenings, Community SeniorSev and nutrition programs, food distribution, Legal Aid Meals on Wheels, Medicare counseling (HICAP), medical transportation, outreach, Adult Public Health Nursing Services (APHNS), senior day care program, tax assistance and Senior Van Services.

Eligibility: Age 55+

Language(s): English, Spanish, Vietnamese and Korean

Fees: No

Hours of Operation: 8 a.m.- 4 p.m., Monday-Friday

COSTA MESA SENIOR CENTER

Servicing: Older adults

Address: 695 W. 19th St., Costa Mesa, CA 92627

Phone: (949) 645-2356

Key Contact: Charu Mody

Web Address: http://www.costamesaseniorcenter.org/

Program Description: The Costa Mesa Senior Center provides the older adult population in the community with a diverse offering of recreational, classes, health screening programs, community senior and social services.

Eligibility: Age 50+

Language(s): English, Spanish

Fees: Yes

Hours of Operation: 9 a.m.-5 p.m., Monday-Friday

CYPRESS SENIOR CENTER

Servicing: Older adults

Address: 9031 Grindlay St., Cypress, CA 90630

Phone: (714) 229-2005

Key Contact: Jeff Draper

Web Address: http://www.ci.cypress.ca.us/recreation/recreation_home.html

Program Description: The Cypress Senior Center provides the older adult population in the community with a diverse offering of activities and services, food distributions, home delivered meals, senior clubs, Senior Citizens Commission, volunteer services and transportation.

Eligibility: Age 60+

Language(s): English, Spanish

Fees: No

Hours of Operation: 8 a.m.-5 p.m., Monday-Friday

DANA POINT SENIOR CENTER

Servicing: Older adults

Address: 34052 Del Obispo, Dana Point, CA 92629

Phone: (949) 496-4252

Key Contact: Vanna Murphy

Web Address: http://www.cityofdanapoint.org/

Program Description: The Dana Point Senior Center offer a wide variety of programs and services designed for any age senior to meet their educational, recreational, social and human service needs. Activities and resources vary each month and reflect the needs and interests of the community.

Eligibility: Age 50+

Language(s): English, Spanish and French

Fees: Yes

Hours of Operation: 8 a.m.-2 p.m., Monday-Friday

FLORENCE SYLVESTER MEMORIAL SENIOR CENTER

Servicing: Older adults

Address: 23721 Moulton Pkwy, Laguna Hills, CA 92653

Phone: (949) 380-0155

Key Contact: Shirley Witt

Web Address: http://www.myagewell.org/html/senior-centers.html

Program Description: The Florence Sylvester Memorial Senior Center provides the older adult population in the community with a diverse offering of activities, wellness classes conducted by nurses, a lunch program and legal consultation and services.

Eligibility: Age 55+

Language(s): English

Fees: No

Hours of Operation: 8:30 a.m.-4:30 p.m., Monday-Friday

FOUNTAIN VALLEY, THE CENTER AT FOUNDER'S VILLAGE

Servicing: Older adults

Address: 17967 Bushard, Foutain Valley, CA 92708

Phone: (714) 593-4446

Key Contact: Mark Nix

Web Address: http://www.fountainvalley.org/

Program Description: The Fountain Valley Senior Center provides the older adult population in the community with a diverse offering of activities, wellness classes, lunch Meet and Greet program, blood pressure testing, HICAP (Health Insurance Counseling Advocacy Program) and Preventive Health Care for the Aging.

Eligibility: Age 55+

Language(s): English

Fees: Yes

Hours of Operation: 8:30 a.m.-4:30 p.m., Monday-Friday

FOUNTAIN VALLEY, SOUTHERN CALIFORNIA INDIAN CENTER

Servicing: Older adults

Address: 10175 Slater Avenue, Foutain Valley, CA 92708

Phone: (714) 962-6673

Key Contact: Paula Starr

Web Address: Not Available

Program Description: The Southern California Indian Center provides a warm and friendly gathering place to share cultures, socialization opportunities for older adults in the community and Elder Care Services.

Eligibility: Age 55+

Language(s): English

Fees: No

Hours of Operation: 8 a.m.-5 p.m., Monday-Friday

FULLERTON SENIOR CENTER

Servicing: Older adults

Address: 400 W. Commonwealth, Fullerton, CA 92832

Please note: This address is temporary for the next 18 months, due to construction on building.

Phone: (714) 738-6305, (714) 871-7573

Key Contact: Eloisa Espinoza

Web Address: http://www.ci.fullerton.ca.us/

Program Description: The Fullerton Senior Multi-Service Center provides social services and diverse programs with an emphasis on fitness, recreation, education that promote health and wellness, social interaction and overall well-being to older adults in the community.

Eligibility: Age 55+

Language(s): English, Vietnamese, Korean and Spanish

Fees: Yes

Hours of Operation: 7:30 a.m.-4 p.m, Monday-Thursday; 7:30 a.m.-3 p.m. Friday

GARDEN GROVE, SAINT ANSELM'S CROSS-CULTURAL COMMUNITY CENTER

Servicing: Older adults

Address: 11277 Garden Grove Blvd., Garden Grove, CA 92843 (2nd floor)

Phone: (714) 537-0608

Key Contact: Anhnguyet Nguyen

Web Address: http://www.anselmcenter.org/

Program Description: Saint Anselm's Cross-Cultural Community Center provides health and community services, refugee and immigration services and non-emergency medical transportation services to qualified older adults for medical, mental and dental appointments, outpatient services, lab testing, rehabilitation and therapy as well as prescription pick-ups. transportation qualification criteria. North County \$2.00 one way or \$4.00 Roundtrip. Fee waivers for low income. Serves North County region.

Eligibility: Age 60

Language(s): English, Spanish, Vietnamese and other languages

Fees: No

Hours of Operation: 8 a.m.-5 p.m., Monday- Friday

GARDEN GROVE, H. LOUIS LAKE SENIOR CENTER

Servicing: Older adults

Address: 11300 Stanford Ave., Garden Grove, CA 92840

Phone: (714) 741-5253

Key Contact: Mona Soares

Web Address: http://www.ci.garden-grove.ca.us/

Program Description: The H. Louis Senior Center offers a multitude of activities, lunch program, volunteer services, legal aid, preventative health care, health insurance, Medicare counseling, and tax assistance programs for older adults in the community. No one is available to answer calls before 9:00 am.

Eligibility: Age 50+

Language(s): English and Spanish

Fees: No

Hours of Operation: 8 a.m.-3:30 p.m., Monday-Friday

Orange County Community/Senior Center

HOPE COMMUNITY SERVICES, THE SENIOR CITIZEN SERVICES PROGRAM

Servicing: Older adults

Address: 1538 Century Blvd, Santa Ana, CA 92703

Phone: (714) 265-1181

Key Contact: Han Nguyen

Web Address: http://www.hopeca.org/

Program Description: The Hope Community provides Vietnamese elders English as Second Language (ESL) and Citizenship classes to help prepare those who qualify for the Citizenship Interview. Seminars on necessary matters in the elders' life such as immigration, traffic laws, and other relevant issues are organized monthly. Tours and travels are sometimes organized, while physical education such as Fitness, Tai Chi, Acupressure and Longevity-Stick classes are offered on a regular basis.

Eligibility: Age 50

Language(s): English and Vietnamese

Fees: No

Hours of Operation: 9 a.m.-5 p.m., Monday-Friday

HUNTINGTON BEACH SENIOR SERVICES- MICHAEL E. RODGERS SENIOR CENTER

Servicing: Older adults

Address: 1706 Orange Ave, Huntington Beach, CA 92648

Phone: (714) 536-9387

Key Contact: Randy Pesqueira

Web Address: http://www.hbcoa.org

Program Description: The Michael E. Rodgers Seniors Center is a focal point for an array of programs and direct services important to the quality of life for the seniors in the community. The center is a multipurpose facility and offers opportunities for community involvement and companionship with a wide range of social, recreational, and educational programs promoting wellness. In addition, Community Senior Serv provides a hot lunch Monday – Friday at 11:30 a.m.

Eligibility: Age 55+

Language(s): English

Fees: No

Hours of Operation: 8:30 a.m.-5 p.m., Monday-Friday

HUNTINGTON BEACH SENIOR SERVICES- SENIOR OUTREACH CENTER

Servicing: Older adults

Address: 1718 Orange Ave, Huntington Beach, CA 92648

Phone: (714) 960-2478, Transportation: (714) 374-1742

Key Contact: Diane Swarts

Web Address: http://www.hbcoa.org/

Program Description: The Seniors Outreach Center provides services that assist elders in the city with their physical, emotional and nutritional needs through professionally trained staff and volunteers. The Outreach Center, adjacent to the Seniors Center, focuses on programs and services for frail or homebound seniors to promote safety, self-sufficiency and independence. Care Management works with seniors, families, and caregivers to provide support services, education about senior services, and emotional support during times of need and individualized care plan development. Meals to the Home provide three meals per day to the qualified seniors. Transportation "Seniors on the Go" provide door-to-door service to medical appointments, shopping centers, Rodgers Seniors Center and for any other reason within Huntington Beach. Escorts are available for those needing extra assistance.

Eligibility: Age 55+

Language(s): English

Fees: No

Hours of Operation: 8 a.m.-5 p.m., Monday-Friday

Orange County Community/Senior Center

IRVINE CITY SENIOR SERVICES-LAKEVIEW SENIOR CENTER

AL & DOROTHY KEEN CENTER for SENIOR RESOURCES

Servicing: Older adults

Address: 20 Lake Road, Irvine, CA 92604

Phone: (949) 724-6926, (949) 724-6900

Key Contact: Karen Springer

Web Address: http://www.ci.irvine.ca.us/cityhall/cs/seniors/default.asp

Program Description: Located in the lobby at Lakeview Senior Center, Al and Dorothy Keen Center provides a wide range of services and programs for seniors as well as resource information accessible by telephone, fax, e-mail or in person by a caring and trained team of staff and volunteers to respond to questions and to assist with researching answers to concerns not readily available in the resource center. Many brochures and catalogs are made available on a variety of topics, ranging from healthcare, health insurance, social security, safety, finances, alternative living, transportation, homecare and care giving to older adults in the community.

Eligibility: Age 55+

Language(s): English, Mandarin, Korean and Farsi

Fees: No

Hours of Operation: 9 a.m.-3 p.m., Monday-Thursday; 9 a.m-12 p.m., Friday; additional times by

appointment

Orange County Community/Senior Center

IRVINE CITY SENIOR SERVICES-RANCHO SENIOR CENTER

Servicing: Older adults

Address: 3 Ethel Coplen Way, Irvine, CA 92612

Phone: (949) 724-6800

Key Contact: Lydie Gutseld

Web Address: http://www.cityofirvine.org/cityhall/cs/commparks/cparks_rancho.asp

Program Description: The City of Irvine's Senior Services offers a broad variety of activities, classes, programs, services and support groups through the Rancho Senior Center. College-level instructors, professionals, specialists and volunteers teach classes such as yoga.

Eligibility: Age 55+

Language(s): English, Spanish, Farsi, Mandarin and Korean

Fees: Yes

Hours of Operation: 8 a.m.-5p.m., Monday-Friday

Orange County Senior Center

JEWISH FAMILY SERVICES OF ORANGE COUNTY

Servicing: Older adults

Address: One Federation Way, Irvine, CA 92703

Phone: (949) 435-3460

Key Contact: Cally Clein

Web Address: http://www.jewishorangecounty.org/

Program Description: Jewish Family Services offers a wide range of services to promote and enhance the health, well-being, social connections to and independence of older adults in Orange County to live safely in their own homes as long as possible.

Eligibility: Age 55+

Language(s): English and Hebrew

Fees: Yes

Hours of Operation: 8:30 a.m.-5 p.m., Monday-Friday

Orange County Senior Center

KOREAN-AMERICAN SENIOR CENTER

Servicing: Older adults

Address: 9884 Garden Grove Blvd, Garden Grove, CA 92843

Phone: (714) 530-6419

Key Contact: Mr. Kim

Web Address: Not available

Eligibility: Age 60+

Language(s): Korean

Fees: Yes

Hours of Operation: 8 a.m.-3 p.m., Monday-Friday

Senior meeting center/club supported by membership fees. More of a fellowship for seniors to get together and socialize.

Orange County Community/Senior Center

LA HABRA COMMUNITY CENTER

Servicing: Older adults

Address: 101 W. La Habra Blvd, La Habra, CA 90631

Phone: (562) 905-9619, (562) 905-9748 or (Main Line)

Key Contact: Josie Anderson

Web Address: http://www.lahabracity.com/

Program Description: The City of La Habra provides referrals, assistance and a number of directly-operated and brokered senior and social service programs at the Community Center for senior citizens and those in need. Programs and services include Meals on Wheels (MOW), Preventive Health Care, Health Fair & Flu Shots for Seniors, Legal Aid, Safe Driving "55 ALIVE" Mature Drivers Class and Older Adult exercise classes, which include Balance & Mobility, Physical Fitness and Yoga.

Eligibility: Age 55+

Language(s): English and Spanish

Fees: No

Hours of Operation: 8 a.m.-5 p.m., Monday-Friday

Orange County Senior Center

LAGUNA BEACH, SUSI Q SENIOR CENTER

Servicing: Older adults

Address: 380 3rd St. Laguna Beach, CA 92651

Phone: (949) 497-2441

Key Contact: Bea Field

Web Address: http://www.lagunabeachseniors.com/

Program Description: Laguna Beach seniors work with the City of Laguna Beach and other non-profit organizations to provide an expanded range of programs from health and wellness, lifelong learning, outreach, transportation to social and nutrition services. In addition, Susi Q offers a wide range of recreational activities, events and outing opportunities.

Eligibility: Age 50+

Language(s): English

Fees: No

Hours of Operation: 9 a.m.-3 p.m., Monday-Friday

Orange County Community/Senior Center

LAGUNA NIGUEL, SEA COUNTRY SENIOR AND COMMUNITY CENTER

Servicing: Older adults

Address: 24602 Aliso Creek Rd., Laguna Niguel, CA 92677

Phone: (949) 425-5151

Key Contact: Barbara Porter

Web Address: http://www.ci.laguna-niguel.ca.us/

Program Description: Sea Country Senior and Community Center is operated by the City of Laguna Niguel Parks and Recreation Department. No membership is required to attend the facility, and many of the activities are offered at low or no cost. The facility offers a wide variety of activities including educational classes, social activities, senior services, presentations, games, special events and a nutritious lunch program on Mondays, Wednesdays and Fridays. In addition, the Center provides a library, a Billiards/Exercise Room and a Computer Learning Center to older adults in the community.

Eligibility: Age 50+

Language(s): English

Fees: No

Hours of Operation: 9 a.m.-4 p.m., Monday-Friday

Orange County Community/Senior Center

LAKE FOREST CITY HALL and COMMUNITYCENTER-SENIOR SCENE CLUB HOUSE

Servicing: Older adults

Address: 25550 Commercentre Dr., Suite 100, Lake Forest, CA 92630

Phone: (949) 461-3408

Key Contact: Brenda Silvey

Web Address: http://www.lakeforestca.gov/seniors/clubhouse/default.asp

Program Description: The City of Lake Forest Senior Scene Clubhouse provides a number of free "drop-in" programs and a variety of activities to include exercise, computer classes and craft classes; lunch; transportation; recreation with monthly game tournaments; wellness lectures; a reading club; monthly activities calendar and movies.

Eligibility: Age 55+

Language(s): English

Fees: No

Hours of Operation: 10 a.m.-2 p.m., Monday-Thursday

Orange County Senior Center

LOS ALAMITOS RECREATION SENIOR CENTER

Servicing: Older adults

Address: 10911 Oak St, Los Alamitos, CA 90720

Phone: (562) 430-1073

Key Contact: Emeline Moya

Web Address: http://www.ci.los-alamitos.ca.us/

Program Description: The Los Alamintos Recreation Senior Center provides classes for all ages. Senior Lunch & Bread Program is offered Monday to Friday to persons 60 years and above and their spouses of any age. Activities include billiards, bingo, card games, movies, support services and transportation. Meals are provided by Community SeniorServ and served in the Youth Center at 10909 Oak Street in Los Alamitos.

Eligibility: Age 50+

Language(s): English

Fees: Yes

Hours of Operation: 7:30 a.m.-5:30 p.m., Monday-Thursday; 7:30 a.m.-4 p.m. Friday

Orange County Community/Senior Center

NORMAN P. MURRAY COMMUNITY AND SENIOR CENTER

Servicing: Older adults

Address: 24932 Veterans Way, Mission Viejo, CA 92692

Phone: (949) 470-3062

Key Contact: Nancy Herrmann

Web Address: http://cityofmissionviejo.org/

Program Description: The Norman P. Murray Community and Senior Center offers intergenerational social, physical and volunteer activities for all ages. Meals on Wheels and Senior Housing Services are also provided.

Eligibility: Age 55+

Language(s): English, Farsi and Spanish

Fees: No

Hours of Operation: 8 a.m.-5 p.m., Monday-Friday

Orange County Senior Center

OASIS SENIOR CENTER

Servicing: Older adults

Address: 801 Narcissus Ave, Corona del Mar, CA 92625

Phone: (949) 644-3244

Key Contact: Jardine-Haug

Web Address: http://www.newportbeachca.gov/index.aspx?page=218

Program Description: OASIS Senior Center offers a number of diverse educational, recreational, cultural programs and social services dedicated to meeting the needs of all seniors and their families.

Language(s): English and Spanish

Fees: (Only some are fee based)

Hours of Operation: 8 a.m.-5 p.m., Monday-Friday

Orange County Senior Center

ORANGE SENIOR CENTER, NORTH

Servicing: Older adults

Address: 1001 E. Lincoln, Orange, CA 92865

Phone: (714) 998-4010

Key Contact: Gladys Reeves

Web Address: http://www.orangeseniorcenter.org/

Program Description: Both North and Downtown Orange Senior Center offers a wide range of services and activities, crafts and exercise classes. Programs and activities are planned and carried out by a Participant's Council. Medical professionals provide monthly seminars on health topics. Visiting nurses offer blood pressure, cholesterol and diabetes screenings. Annual influenza inoculations are given. Classes such as Strength Training, Tai Chi, Balance and Mobility, and Arthritis Exercise are held weekly to enhance health and physical fitness for older adults. Line and Ballroom Dancing classes are offered for exercise and personal enjoyment. A Mental Aerobics class is also offered to enhance brain fitness.

Eligibility: Age 55+

Language(s): English and Spanish

Fees: No

Hours of Operation: 7:00 a.m.-3:00 p.m., Monday; 7:00 a.m.-11:00 a.m., Wednesday and Friday

7:00 a.m.-11:00 a.m.

Orange County Senior Center

ORANGE SENIOR CENTER, DOWNTOWN

Address: 170 South Olive Street, Orange, CA 92866

Phone: (714) 538-9633

Key Contact: Keith Regan

Web Address: http://www.orangeseniorcenter.org/

Program Description: Both North and Downtown Orange Senior Center offers a wide range of services and activities, crafts and exercise classes. Programs and activities are planned and carried out by a Participant's Council. Medical professionals provide monthly seminars on health topics. Visiting nurses offer blood pressure, cholesterol and diabetes screenings. Annual influenza inoculations are given. Classes such as Strength Training, Tai Chi, Balance and Mobility, and Arthritis Exercise are held weekly to enhance health and physical fitness for older adults. Line and Ballroom Dancing classes are offered for exercise and personal enjoyment. A Mental Aerobics class is also offered to enhance brain fitness.

Eligibility: Age 55+

Language(s): English and Spanish

Fees: No

Hours of Operation: 8 a.m.-4 p.m., Monday-Friday

Orange County Community Center

ORANGE EL MODENA CENTER

Servicing: Older adults

Address: 18672 E. Center St., Orange, CA 92869

Phone: (714) 532-3595

Key Contact: Maribel Reyes

Web Address: http://www.capoc.org/

Program Description: El Modena Family Resource Center provides social, nutritional, recreational and

physical activities to seniors and volunteers as well as food accommodation program.

Eligibility: Age 55+

Language(s): English, Spanish

Fees: No

Hours of Operation: 8 a.m.-5 p.m, Monday-Friday

Orange County Senior Center

PLACENTIA SENIOR CENTER

Servicing: Older adults

Address: 143 S. Bradford Ave., Placentia, CA 92870

Phone: (714) 986-2332

Key Contact: Jessica Schuck

Web Address: http://www.placentia.org/

Program Description: The Placentia Senior Center offers many recreational and exercise activities along with a Preventive Healthcare assessment program with free screening, health/nutrition counseling, and educational programs provided by a registered nurse and sponsored by the Orange County Health Department in association with California Health Services for adults 55 years and older. Free food distribution to eligible older adults 60 years and older is also offered via the Community Action Partnership and Commodity Food Program.

Eligibility: Age 55+

Language(s): English, Spanish

Fees: No

Hours of Operation: 9 a.m.-1 p.m., Monday-Friday

Orange County Community/Senior Center

RANCHO SANTA MARGARITA, BELL TOWER REGIONAL COMMUNITY CENTER

Servicing: Older adults

Address: 22232 El Paseo, Rancho Santa Margarita, CA 92688

Phone: (949) 216-9700

Key Contact: Lindy Kehler

Web Address: http://www.cityofrsm.org

Program Description: The Bell Tower Regional Community Center is home to the City of Rancho Santa Margarita Community Services Department as well as the YMCA Youth Lounge, Santiago Seniors Club, Age Well Senior Services, and The Bell Tower Foundation offices. These organizations offer services to the community within the Community Center to enhance community identity and build community awareness. The public participation in quality, diverse and creative activities is encouraged for all ages in an interactive community environment.

Eligibility: Age 55+

Language(s): English

Fees: No

Hours of Operation: 8 a.m.-9 p.m., Monday-Friday

Orange County Senior Center

SAN CLEMENTE SENIOR CENTER

Servicing: Older adults

Address: 242 Avenida Del Mar, San Clemente, CA 92672

Phone: (949) 498-3322

Key Contact: Cathy Lee

Web Address: http://www.debbieferrari.com/senior-center.html

Program Description: The City of San Clemente and South County Senior Services are partnering on building a new 8,000 square foot center, twice the size of the existing senior center to provide a Wellness Center, computer lab, lunches and a host of activities for older adults. The center will be an important facility for the city's aging population and is dedicated to meeting the needs of all seniors and their families.

Eligibility: Age 50+

Language(s): English, Spanish

Fees: No

Hours of Operation: 8:30 a.m.-4:30 p.m., Monday-Friday

Orange County Senior Center

SAN JUAN CAPISTRANO COMMUNITY SERVICES SENIOR CLUB

Servicing: Older adults

Address: 25925 Camino Del Avion, San Juan Capistrano, CA 92675

Phone: (949) 493-5921

Key Contact: Elaine Tracy

Web Address: http://www.sanjuancapistrano.org/Index.aspx?page=314

Program Description: The Community Services Department of San Juan Capistrano City offers free exercise classes and Volunteer Income Tax Assistance, free Homeowners and Renters Assistance Program, Braille Workshops, legal aid, estate planning, health insurance counseling, Alzheimer Support, healthcare nurse and senior transportation, annual Flu Shot Clinic, AARP driving classes, San Juan Senior club membership, a wide range of social and recreational activities for older adults. A nutrition program is also available to provide Congregate and Home Delivered Meals Programs, serving hot, nutritionally balanced meals Monday through Friday at the San Juan Capistrano Community Center.

Eligibility: Age 55+

Language(s): English, Spanish

Fees: No

Hours of Operation: 7:30 a.m.-5:30 p.m. Monday-Thursday and Friday 7:30 a.m.-4:00 p.m.

Orange County Senior Center

SANTA ANA SENIOR CENTER

Servicing: Older adults

Address: 424 W. Third St, Santa Ana, CA 92701

Phone: (714) 647-6540

Key Contact: Peggy Calbert

Web Address: http://www.ci.santa-ana.ca.us/parks/Seniors_Services.asp

Program Description: The Santa Ana Senior Center provides preventive health care and a mobile health unit. Volunteer, legal aid and various services, programs and activities are offered to encourage independence. Services are provided for homebound seniors. The center serves as referral and information center that hosts health and advocacy fairs and employment workshops. In addition, the Aquatics Program offers a variety of aquatic classes for seniors. A library book club and other leisure classes are available.

Eligibility: Age 55+

Language(s): English, Spanish, Tagalong, Mandarin, Chinese

Fees: No

Hours of Operation: 8 a.m.-5 p.m., Monday-Friday

Orange County Senior Center

SANTA ANA SOUTHWEST SENIOR CENTER

Servicing: Older adults

Address: 2201 W. McFadden Ave., Santa Ana, CA 92704

Phone: (714) 647-5306

Key Contact: Lizzeth Azcorra

Web Address: http://www.ci.santa-ana.ca.us/parks/Seniors_Services.asp

Program Description: The Santa Ana Senior center provides preventive health care and a mobile health unit. Volunteer, legal aid and various services, programs and activities are offered to encourage independence. Services are also provided for homebound seniors. The center also serves as referral and information center that hosts health and advocacy fairs and employment workshops. In addition, the Aquatics Program offers a variety of aquatic classes for seniors. A library book club and other leisure classes are also available.

Eligibility: Age 55+

Language(s): English, Spanish

Fees: No

Hours of Operation: 9 a.m.-5 p.m., Monday-Friday

Orange County Community Center

STANTON COMMUNITY/CIVIC CENTER, SENIOR PROGRAMS & SERVICES

Servicing: Older adults

Address: 7800 Katella Avenue, Stanton, CA 90680

Phone: (714) 379-9222

Key Contact: Christina Orozco

Web Address: http://www.ci.stanton.ca.us/

Program Description: The Stanton City Parks and Recreation Services provide a wide variety of programs, recreational activities, Senior Excursion opportunities, low cost lunches, exercise and physical fitness classes and free Health Screening events for older adults at the Stanton Community/Civic Center. In addition, legal services, transportation and low cost annual membership to Stantonites Senior Club are also available.

Eligibility: Age 55+

Language(s): English, Spanish, Vietnamese

Fees: No

Hours of Operation: 9 a.m.-1 p.m., Monday-Thursday

Orange County Senior Center

TUSTIN AREA SENIOR CENTER

Servicing: Older adults

Address: 200 South "C" St. " Tustin, CA 92781

Phone: (714) 573-3340

Key Contact: Marilyn Esposito

Web Address: http://www.tustinca.org/departments/parksrec/tasc/index.html

Program Description: As part of the City of Tustin Parks & Recreation Services Department, the Tustin Area Senior Center provides a day recreational setting, opportunities to learn, socialize, volunteer and obtain assistance with human service needs for older adults in the community. In addition, there are a Senior Advisory Board and the center's quarterly newsletter "The Compass."

Eligibility: Age 55+

Language(s): English

Fees: No

Hours of Operation: 8 a.m.-5 p.m., Monday-Friday

Orange County Community/Senior Center

VIETNAMESE COMMUNITY of ORANGE COUNTY, SENIOR PROGRAM

Servicing: Older adults

Address: 1618 W. First Street, Santa Ana, CA 92703

Phone: (714) 558-6009

Key Contact: Kathy Kieu-Diem Nguyen

Web Address: http://www.thevncoc.org/

Program Description: The Senior Program at the Vietnamese Community of Orange County provides low cost hot lunch, a wide range of resources, referrals and linkages to human services for Vietnamese older adults in the community.

Eligibility: Age -50

Language(s): Vietnamese, English

Fees: Yes

Hours of Operation: 8 a.m.-5 p.m., Monday-Friday

Orange County Senior Center

WESTMINSTER SENIOR CENTER

Servicing: Older adults

Address: 8200 Westminster, Westminster, CA 92683

Phone: (714) 895-2878

Key Contact: Clara Hutchinson

Web Address: http://www.westminster-ca.gov/depts/cs/senior/default.asp

Program Description: The Westminster Senior Center provides diverse programs on fitness, recreation, education, transportation and human services to older adults in the community with an emphasis in promoting a spirit of dignity and limitless potential for later life enrichment.

Eligibility: Age 55+

Language(s): English, Vietnamese

Fees: No

Hours of Operation: 7:30 a.m.-5:30 p.m., Monday-Thursday; 7:30 a.m-4:30 p.m. and alternating 8 a.m.-

1 p.m., Friday

Orange County Community/Senior Center

YORBA LINDA SENIOR CITIZENS CLUB

Servicing: Older adults

Address: 4501 Casa Loma Ave., Yorba Linda, CA 92885

Phone: (714) 961-7181

Key Contact: Jeff Ruth

Web Address: http://yorbalindaseniorcitizensclub.com/

Program Description: The Yorba Linda Community Center provides a wide variety of activities, classes including Mature Driving and trips sponsored either by the Yorba Linda Senior Citizens Club or the City of Yorba Linda for older adults in the community to meet new people and to expand the leisure activities. Seniors serve lunch, transportation and Governmental Surplus Food Distribution programs are also available.

Eligibility: Age 55+

Language(s): English

Fees: No

Hours of Operation: 8 a.m.-4 p.m., Monday-Friday