

## ACTIVE OLDER ADULT PROGRAMS

Programs are **FREE** for participants 50 years of age and older, unless otherwise indicated. The Lompoc Parks, Recreation & Urban Forestry Department reserves the right to cancel or change class locations and/or times due to low participation, or unexpected circumstances. If you should have any questions regarding the current programming for seniors, please contact the Anderson Recreation Center at 875-8100 or 875-8085. All senior programs are held at the Anderson Recreation Center (ARC) located at 125 West Walnut Avenue.

### AARP- SAFE DRIVING PROGRAM

The American Association for Retired Persons is offering Driving Safety and Defensive Driving Tips for seniors in its "Safety Driving" Program. **There is a \$12 fee for AARP members and a \$14 fee for non-members for the workbook.**

	Instructor:	Mr.	Washington
Session 1:	Th,F	12:00PM-4:00PM	1/12-1/13 SKY
Session 2:	Th	12:00PM-4:00PM	2/9 SKY
Session 3:	Th,F	12:00PM-4:00PM	3/8-3/9 SKY
Session 4:	Th	12:00PM-4:00PM	4/12 SKY

### AARP STATE & FEDERAL TAX PREPARATION

AARP State and Federal tax preparation available to those middle-income taxpayers with special attention to those ages 60 and older. For appointments call 875-8085. Wednesdays & Saturdays

Session 1:	Wed	9:00AM-3:00PM	2/1-4/11	SKY
Session 2:	Sat	8:00AM-4:00PM	2/4-4/14	SKY



### ALZHEIMER'S

Are you caring for someone with dementia or memory loss? Do you suspect dementia or Alzheimer's in yourself or a loved one? Come meet with the Alzheimer's Association, and get the answers to the questions and concerns you have. During your one-on-one Care Consultation, you will be given a free care giving manual called What Now and educated on such topics as the signs and symptoms of dementia, steps to getting a diagnosis, dealing with challenging behaviors, planning for the future, connecting with community resources, getting financial and other needed support, etc. A Care Consultant will be available to provide these appointments in Spanish or English at the Anderson Recreation Center, the 1st and 3rd Wednesdays of each month from 10-12. To make an appointment, please call (805) 875-8098.

#### Instructor: Marisol Mariscal

Session 1:	Wed	1:00PM-3:00PM	1/4-1/18	CONF
Session 2:	Wed	1:00PM-3:00PM	2/1-2/15	CONF
Session 3:	Wed	1:00PM-3:00PM	3/7-3/21	CONF
Session 4:	Wed	1:00PM-3:00PM	4/4-4/18	CONF

### AMERICAN CANCER SOCIETY

Stop by for information on local FREE services for cancer patients, cancer prevention and early detection, special events including the Daffodil Days Campaign and Relay for Life. Sign up as a volunteer driver or find out how YOU can support the fight against cancer.

#### Instructor: Cancer Society Staff

Session 1:	M	9:00AM-12:00PM	1/9-4/30	LIBRARY
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### APRIA HEALTHCARE

If you are currently an Apria patient and are in need of additional equipment / supplies please come and join our workshop. No appointments are necessary. We will have respiratory therapists to assist you. Apria Health care will be offering community education about obstructive sleep apnea and the need for oxygen. If you should have any questions do not hesitate to call (805) 783-7412.

#### Instructors: Apria Staff

Session 1:	F	10:00AM-4:00PM	1/27	PANORAMA
Session 2:	F	10:00AM-4:00PM	2/24	PANORAMA
Session 3:	F	10:00AM-4:00PM	3/30	PANORAMA
Session 4:	F	10:00AM-4:00PM	4/27	PANORAMA

## BLOOD PRESSURE CHECKS

Lompoc Valley Volunteer Nurses will be giving free blood pressure checks to keep you updated on the status of your blood pressure. Stay healthy and monitor your blood pressure with this free service!

Facilitator:	Lompoc	Valley	Nurses
Session 1: <b>Tu</b>	9:30AM-12:00PM	1/3	LEISURE
Session 2: <b>Th</b>	9:30AM-12:00PM	2/2	LEISURE
Session 3: <b>F</b>	9:30AM-12:00PM	3/2	LEISURE
Session 4: <b>Th</b>	9:30AM-12:00PM	4/12	LEISURE

## BRAILLE INSTITUTE

The Braille Institute will be available the 4<sup>th</sup> Friday of the month to do low-cost vision care. To schedule an appointment, please call 682-6222.

**Instructor: Braille Institute Staff**

Session 1: <b>F</b>	9:30AM-2:00PM	1/27	CURB
Session 2: <b>F</b>	9:30AM-2:00PM	2/24	CURB
Session 3: <b>F</b>	9:30AM-2:00PM	3/23	CURB
Session 4: <b>F</b>	9:30AM-2:00PM	4/27	CURB

## BROWN BAG PROGRAM

The mission of the Brown Bag Program is to provide bags of groceries to low-income seniors as a supplement to their own food budget and to assist seniors with maintaining an independent, self-sufficient lifestyle. To apply, please call (805) 875-8100.

**Facilitator: Renate Butler**

Session 1: <b>M</b>	11:00AM- 12:00PM	1/9 & 1/23	GYM
Session 2: <b>M</b>	11:00AM- 12:00PM	2/6 & 2/27	GYM
Session 3: <b>M</b>	11:00AM- 12:00PM	3/5 & 3/19	GYM
Session 4: <b>M</b>	11:00AM- 12:00PM	4/2 & 4/16	GYM

## CANCER SUPPORT GROUP

All cancer survivors (newly diagnosed, undergoing treatment, in remission or cured) are invited to attend the monthly Cancer Support Group, hosted by Joyce Morey. The group meets on the first Thursday of each month and provides a social setting to interact and share experiences with other Cancer survivors.

**Instructor: Joyce Morey**

Session 1: <b>Th</b>	1:00PM-3:00PM	1/5	CONF
Session 2: <b>Th</b>	1:00PM-3:00PM	2/2	CONF
Session 3: <b>Th</b>	1:00PM-3:00PM	3/1	CONF
Session 4: <b>Th</b>	1:00PM-3:00PM	4/5	CONF

## DOMINOS

Don't eat and run... stay and have some fun! Join others after lunch in a few games of Dominos. Have a good social time as well as experience the enjoyment of playing Domino's and an opportunity to catch up the latest news.

**Instructor: None**

Session 1: <b>M</b>	12:30PM-3:00PM	1/9-4/30	CONF
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## DUPLICATE BRIDGE

If you have played party bridge or duplicate bridge before, or if you have been away from the game for awhile, or if you want to hone your duplicate playing and convention skills, come and join us!

**Facilitator: Varies**

Session 1: <b>Tu/Th</b>	1:00PM-3:00PM	1/3-4/26	CONF
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## FINE & APPLIED ARTS PAINTING

This class offers beginning to advanced instruction in acrylic painting, using oil techniques, experimenting with a palette knife in color mixing, composition, values and techniques. Demonstration and lively class critique with valuable discussion are a vital part of each session.

**Instructor: Shirley Wallace**

Session 1: <b>Tu</b>	9:00AM-12:00PM	1/3-4/24	PANORAMA
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## GENERATION ON-LINE

Welcome to a program that provides a one on one, on-screen experience with the computer. You will be shown how to navigate from the Internet to E-mail and various programs, in a relaxed environment. Path Point has provided this program and it is free. For more information, please call Denise Hare (707) 592-4514 or Evelyn Edwards (805) 868-6920 or 875-8098

**Instructor: Denise Hare**

Session 1: <b>M-F</b>	9:00AM-1:00PM	1/3-4/30	LEISURE
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## GRIEF RECOVERY TRANSITION GROUP

Transition group, for those who have moved beyond grief, but still find the need to get together and talk about their loss and to be with each other for social and emotional support

Session 1: <b>Th</b>	10:00AM-11:30PM	1/5-4/26	CONF
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**We will be closed on the following dates to observe the Holidays, January 2, January 16, February 20 & May 28th**

## HICAP ASSISTANCE

Assistance for Medicare beneficiaries to understand their coverage, HMO'S and Medigap insurance. HICAP also assists with billing problems and appeals. Please call 1-800-434-0222 for appointments.

**Facilitator: HICAP Staff**

Session 1: **M** 1:00PM-3:00PM 1/9-4/30 LEISURE

## LOOK GOOD... FEEL GOOD

Look Good...Feel Better is a program that teaches beauty techniques to women in active cancer treatment to help them combat the appearance-related side effects of treatment. For more information or register, call 1-800-227-2345.

**Facilitator: Cancer Society Staff**

Session 1: **Tu** 1:00PM-3:00PM 1/10 LEISURE

Session 2: **Tu** 1:00PM-3:00PM 4/10 LEISURE

## MARIAN HOSPICE BEREAVEMENT CARE SUPPORT

Marian Hospice Bereavement Care Program in collaboration with Anderson Recreation Center announces a new group specifically for the "Newly Bereaved"; the group will be for those who have had a loss of any kind within the last 12 to 15 months. The group will meet the first and third Tuesday of each month. Registration is required, Please call Marian Hospice at

To pre-register call (805) 739-3830 EXT 1136.

**Facilitator: Marian Hospice**

Session 1: **Tu** 10:30AM - 12:00PM 1/3-1/10 PANORAMA

Session 2: **Tu** 10:30AM - 12:00PM 2/7-2/21 PANORAMA

Session 3: **Tu** 10:30AM - 12:00PM 3/6-3/21 PANORAMA

Session 4: **Tu** 10:30AM - 12:00PM 4/3-4/17 PANORAMA

## MEMORY LOSS SCREENING

Screenings are held by appointment and take approximately 45 minutes - 1 hour. The service is free, but donations are kindly accepted to help defray costs. To make an appointment, please call (805) 875-8098.

**Facilitator: Mary Lou Parks**

Session 1: **F** 1:00PM-3:00PM 1/6-4/2 LEISURE

**All Active Aging Programs are held at the Anderson Recreation Center**

**GYM = GYMNASIUM  
PANORAMA = PANORAMA ROOM  
CONF = CONFERENCE ROOM  
SKY = SKYROOM**

## MOVIE MATINEE

If you don't go to the movies or own a VCR or DVD, this is your chance to watch current movies! Join us for a fun afternoon enjoying a movie and some delicious popcorn! The last Friday of the month

**Facilitator: None**

Session 1: **F** 12:30PM-3:00PM 1/27 SKY

Session 2: **F** 12:30PM-3:00PM 2/24 SKY

Session 3: **F** 12:30PM-3:00PM 3/30 SKY

Session 4: **F** 12:30PM-3:00PM 4/27 SKY

## RAG RUG RAG RUG AND MISC. HANDWORK

The Rag Rug Class is branching out to encompass other handwork including (but not limited to) knitting, crocheting, quilting, embroidery and cross-stitch. Participants are encouraged to bring their projects and share ideas with people who are working on varied handwork, from easy and simplistic to time consuming and difficult and everything in between. In addition to doing handwork, meeting like minded folks and making new friends, it's a great class to come to, just to get away from the TV, phone and computer. Just handwork, friendly chatter, sharing, thoughts and ideas. We'd like to invite you to join us. We meet in the Panorama Room. This class is for seniors 50 and older. Hope to see you!

**Facilitator: Varies**

Session 1: **Tu** 1:00PM-3:00PM 1/3-4/24 PANORAMA

## STRENGTH TRAINING CLASS

Come and join a free Strength Training Class. Increase balance, coordination, and flexibility and have FUN. This class uses sitting and standing positions only to aid in a gentle approach to wellness. Terri, the instructor, makes this class fun and enjoyable.

**Instructor: Terry Robinson**

Session 1: **Tu** 9:00AM-10:00AM 1/3-4/24 GYM

Session 2: **Th** 9:00AM-10:00AM 1/5-4/26 GYM

## Community Action Commission

The Community Action Commission (CAC) offers a nutritional lunch program for seniors age 60 and older, Monday through Friday. Lunch is served 11:45 am – 12:00 pm. For more information call 737-9366