

SENIOR PROGRAMS



All senior programs are held at the Anderson Recreation Center (ARC), 125 West Walnut Avenue. Programs are FREE for participants 50 years of age and older, unless otherwise indicated. The Lompoc Parks & Recreation 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.

AARP- SAFETY DRIVING PROGRAM

The American Association for Retired Persons is offering Driving Safety and Defensive Driving Tips for seniors in its "Safety Driving" Program held once per month over a 2-day period from 12:00 PM – 4:00 PM. There is a twelve-dollar fee for AARP members and a fourteen-dollar fee for non-members for the workbook. For more information, please call (805) 875-8085.

Thursdays & Fridays

Session: 001 Jan 7 & 8
002 Feb 11 & 12
003 March 11 one day only
004 April 8 & 9

Time: 12:00 PM - 4:00 PM

Room: Anderson Recreation Center,
Panorama Room

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: 001 Feb 3 - Apr 14

Time Wed: 9:00 AM-3:00 PM

Time Sat: 8:00AM-12:00PM

Room: Anderson Recreation Center, Skyroom

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.

Mondays

Session: 001 Jan 4- April 26

Time: 9:00 AM-12:00 PM

Room: Anderson Recreation Center, Leisure Room

APRIA HEALTHCARE

Apria Healthcare is pleased to announce a series of CPAP/BIPAP workshops to be held at the Anderson Recreation Center. 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 Healthcare will be offering community education about obstructive sleep apnea and the need for oxygen. If you should have any questions don't hesitate to call (805) 783-7412.

Fridays

Session: 001 Jan 29
002 Feb 26
003 March 26
004 April 30

Time: 10:00 AM - 4:00 PM

Room: Anderson Recreation Center, Panorama Room

BRILLE INSTITUTE

The Braille Institute will be available once a month to do low-cost vision care. To schedule an appointment, please call 682-6222.

Friday

Session: 001 Jan 22
at the Veterans Memorial 100 East Locust
002 Feb 26
003 March 26
004 April 23

Time: 9:00 AM - 1:00 PM

Room: Braille Van

BLOOD PRESSURE CHECKS

Lompoc Valley Volunteer Nurses will be giving free blood pressure checks once a month from 9:30 AM –12:00 PM. For dates and times, please call us at (805) 875-8085.

Session: 001 Jan 5 (Tuesday)
002 Feb 4 (Thursday)
003 March 5 (Friday)
004 April 7 (Wednesday)
Time: 9:30 AM - 12:00 PM
Room: Anderson Recreation Center, Leisure Room



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) 875-8085.

Monday

Session: 001 Jan 11 & 25
002 Feb 8 & 22
003 March 8 & 22
004 April 12 & 26
Time: 11:00 AM - 12:00 PM
Room: Anderson Recreation Center, Gym

RECREATION FACILITY ABBREVIATIONS:

- Anderson Recreation Center – ARC
125 West Walnut Avenue
- Civic Auditorium Classroom – CA
217 South L Street
- Lompoc Aquatic Center - LAQC
207 West College Avenue

Senior EXPO

FREE

FRIDAY, JANUARY 22, 2010

from 10:00am to 1:00pm
at the Veterans Memorial Building
100 East Locust

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.

Thursdays

Session: 001 Jan 7
002 Feb 4
003 March 4
004 April 1
Time: 1:00 PM-3:00 PM
Location: Anderson Recreation Center, Conference Room

DOMINOES

Don't eat and run... stay and have some fun! Join others after lunch in a few games of Dominos in the Conference Room at the Anderson Recreation Center. Have a good social time as well as experience the enjoyment of playing Domino's on Monday's from 12:30 PM - 3:00 PM.

Mondays

Session: 001 Jan 4 - April 26
Time: 12:30 PM - 3:00 PM
Room: Anderson Recreation Center, Conference Room

FREE

HEALTH AND RESOURCES SENIOR EXPO

FRIDAY, MAY 7, 2010

FROM 9:00 AM – 12:00 PM
at the Trinity Church of the Nazarene
500 E North Ave, Lompoc

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 on Tuesday afternoons.

Tuesdays

Session: 001 Jan 5- April 27
Time: 1:00 PM - 3:00 PM
Room: Anderson Recreation Center,
Conference Room

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. This class is taught in conjunction with Allan Hancock College.

Tuesdays

Session: 001 Jan 5 - April 27
Time: 9:00 AM-12:00 PM
Location: Anderson Recreation Center,
Panorama Room

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.

Monday

Session: 001 Jan 4 - April 26
Time: 1:00 PM - 3:00 PM
Room: Anderson Recreation Center,
Leisure Room

LEGAL AID SERVICES

Legal Aid is offered free of charge to seniors (ages 55 and up). This program is available by appointment only on the 3rd Tuesday of each month at the Anderson Recreation Center. If you are seeking qualified legal advice, for an appointment please call (805) 875-8085.

Tuesday

Session: 001 Jan 19
002 Feb 16
003 March 16
004 April 20
Time: 2:00 PM - 4:00 PM
Room: Anderson Recreation Center,
Leisure Room

MEMORY LOSS SCREENING

Screenings are held by appointment at the Anderson Recreation Center. Screenings take approximately 45 minutes - 1 hour. The service is free, but donations are kindly accepted to help defray costs. For more information, please call (805) 875-8085.

Friday

Dates: 001 Jan 8 - April 30
Time: 1:00 PM-3:00 PM
Location: Anderson Recreation Center,
Leisure Room

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 at the Anderson Recreation Center for popcorn and a movie the 4th Wednesday of each month.

Wednesday

Session: 001 Jan 27
002 Feb 24
003 March 24
004 April 28

Time: 12:30 PM - 3:00 PM

Room: Anderson Recreation Center,
Panorama Room

NEW GRIEF RECOVERY SUPPORT GROUP

A safe place to voice your sorrow and express your concerns. A way to begin working through your own unique grief process. An opportunity to meet others who are also dealing with loss. A trained facilitator from Marian Hospice leads this group.

Thursdays

Session: 001 Jan 7 - April 29
Time: 10:00 AM-11:30 AM
Location: Anderson Recreation Center,
Conference Room

P.A.C.E. FOR SENIORS

People with Arthritis Can Exercise in an enjoyable, safe exercise program. The result is improved self-image and self-esteem through increased physical well-being. This program provides range of motion, strengthening, balance, posture, coordination, weight training, and breathing exercises.

Mondays & Wednesdays

Session: 001 Jan 4 - April 28
Time: 10:30 AM – 11:30 AM
Room: Anderson Recreation Center,
Panorama Room

QUICK CROP CRAFT CIRCLE

Learn new tips and techniques from fellow crafters in an informal and social setting. Specializing in paper crafts such as scrapbooking and card making, this group meets biweekly to work on ongoing personal craft projects. Crocheting and bead working also welcome. Different technique demonstrations are presented by a local crafter at each class. Attend one or all sessions.

Fridays

Session: 001 Jan 29 only
002 Feb 5 & 26
003 March 5 & 26
004 April 2 & 30
Time: 1:00 PM - 5:00 PM
Room: Anderson Recreation Center, Gym

RAG RUG

Enjoy the craft of making items with fabric; using recycled useable resources to produce unique and functional accessories. No previous experience is required.

Tuesdays

Session: 001 Jan 5 - April 27
Time: 1:00 PM - 3:00 PM
Room: Anderson Recreation Center,
Conference Room

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.

Tuesdays

Session: 001 Jan 5 - April 27
Time: 9:00 AM - 10:00 AM
Room: Anderson Recreation Center, Gym

Thursdays

Session: 001 Jan 7 - April 29
Time: 9:00 AM - 10:00 AM
Room: Anderson Recreation Center, Gym