

Coffee Talk With the Doc Educational Seminars

St. Mary Medical Center
Health Enhancement Center
1055 Linden Avenue, Long Beach
Tuesday, 6/16 1:30PM
Tuesday, 8/18 1:30 PM
Tuesday, 9/15 1:30PM
Contact (888) 4ST-MARY (1-888-478-6279)

WII Bowling Tournament

Thursday, June 25
12 noon – 1:00 pm
LaPalma Senior Club
La Palma Community Center and Central Park
7821 Walker St.
La Palma, CA 90623
Ph: (714) 690-3350

Fourth Annual Senior Expo

Free Screenings, Educational Information, Exhibits & Raffles!

Friday, June 26, 2009
9:30 am – 12 noon
The Center at Founders Village Senior Center
17967 Bushard Street
Fountain Valley, CA

Hatha Yoga Classes for Seniors

Exercise to connect your mind, body, soul and breath to renew your physical and mental wellbeing. Elevate your life experience by maintaining and increasing mobility, flexibility and serenity to enjoy your longevity.

Long Beach Yoga Classes

Every Tuesday & Thursday

10:00 a.m. – 11:30 a.m.

Location: St. Mary Medical Center

1045 Atlantic Suite

Long Beach

Class Size Limited: Call to register (888) 4ST-MARY

Dr. Winston Wong
Aging Gracefully
Tuesday, July 21
Start at 10:30 am – 11:30 am
Cypress Senior Center
9031 Grindlay Street
Cypress, CA
(714) 229-2005

Eligible for Medicare??
Learn more about SCAN, the Health Plan founded by Seniors for Seniors.
A sales representative will be available with information and applications.
Tuesday, July 30
3:00 pm – 4:00 pm
Oasis Senior Center
C/O Macy's Department Store
5100 Lakewood Blvd.
Lower Level
Lakewood, CA
RSVP: (562) 602-1563 ext. 277

Body Mechanic Basics
Learn the basics to protect your back
Thursday, June 25, July 23, August 27
5:50 pm – 6:30 pm
South Coast/Forever Fit
Physical Therapy
6200 E. Spring Street
Long Beach
RSVP: (562) 421-1008

Medicare 101 Series - The Difference is in the Details
Locked into your Medicare Health Plan – Now What? Understand and maximize your current health plan benefits and be prepared for 2010 Open Enrollment.
RSVP & More Information Contact: 562 602-1563 ext 277

Arthritis Self-Help Workshop – Series of 6 Sessions

St. Mary Medical Center
Health Enhancement Center
1055 Linden Avenue, Long Beach
Mondays 10am to 12 noon
September 21
September 28
October 5
October 12
October 19
October 26
Contact (888) 4ST-MARY (1-888-478-6279)

Super Senior Saturday

Resource Fair

Free Stroke Screening - Ultrasound of Carotid Artery

Saturday, August 15

10 am – 2 pm

Buena Park Senior Activity Center
8150 Knott Avenue
Buena Park, Ca
(located in Walter Ehlers Community Recreation Center)
for more information call (562) 602-1563 ext 512

Heart Health Screening

Saturday, September 12

9:00 am – 1:00 pm

Orange Coast Memorial Medical Center
9920 Talbert Avenue
Fountain Valley, CA For More Information: 714 378-5531