

### **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

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