

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, June 15, 2010

2:00 pm

Mimi's Café

6670 E. Pacific Coast Highway, Long Beach

Tuesday, June 29, 2010

2:00 pm

Mimi's Café

4404 Candlewood, Lakewood

For More Information: Contact Gloria at 562 602-1563 ext. 277

Medicare 101

Are you turning 65 and eligible for Medicare? Are you confused about Medicare Health Plans? Understanding and maximizing your health plan benefits is important to your good health and to your bottom line. All seniors are invited to join us and learn about Medicare. A sales representative will be present with information and applications.

Wednesday, June 23, 2010

12 noon

5750 Downey Avenue, Lakewood

Thursday, July 15, Tuesday August 17 & September 21

2:30 pm

Hof's Hut

10900 Los Alamitos Blvd., Los Alamitos

For More Information call Gloria: 562 602-1563 ext. 277

2010 Summer Concerts in the Park

City of Lakewood

Thursdays June 24 – August 12

6:30 pm – 8:00 pm

Del Valle Park

5939 Henrilee Street (Woodruff @ Arbor)

Fifth Annual Senior Expo 2010

Thursday, July 8, 2010

9:30 am – 12 noon

The Center at Founders Village Senior and Community Center

17967 Bushard Street, Fountain Valley

For more information contact: Gloria at 562 602-1563 ext 277

Hatha Yoga Classes for Seniors

Taught by Nina Wood, a certified Yoga instructor, this 90 minute class is performed on the floor using a Yoga Mat (or quilt) and will start with gentle stretching. Then proceed into Yoga movements to improve flexibility, muscle tone and balance. Class concludes with stretching and deep breathing techniques.

Long Beach Yoga Classes

Every Tuesday

10:30 a.m. – 12 noon

St. Mary Medical Center – 4th Floor Gym

1050 Linden Avenue, Long Beach

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

Los Alamitos Yoga Classes

Every Thursday

12:30 – 2:00 pm

Cypress Community Center

5700 Orange Avenue, Cypress, CA

Class Size Limited: Call to register (800) 548-5559

T'ai Chi Chih Classes

Learn to live a better balanced life through T'ai Chi Chih, a gentle series of controlled movements that enhance...mind, body and balance. Taught by Al Talberg, a certified instructor. Joy through Movement!

Every Thursday at 2:45 pm

50 Minute Class.

St. Mary Medical Center – 4th Floor Gym

1050 Linden Avenue, Long Beach

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

Diabetes Management and Nutrition: What's the Connection?

Monday, August 9, 2010

The Center at Founders Village Senior and Community Center

17967 Bushard Street, Fountain Valley

A registered dietician will discuss the importance of understanding the role foods we eat play in the management of diabetes. A light lunch will be provided and reservations are required. To reserve your seat call 1-800-636-6742 ext. 3.

22nd Annual Senior Saturday Community Festival

Saturday, September 11, 2010

9 am – 2 pm

Huntington Beach Pier Plaza – Main Street and Pacific Coast Highway, adjacent to Huntington Beach Pier

Stop by and visit with us at the Independent Physicians of Alamitos IPA booth for a Free Bone Density Screening. For more information contact: Gloria at 562 602-1563 ext 277

Coffee Talk With the Doc Educational Seminars

St. Mary Medical Center

Health Enhancement Center

1055 Linden Avenue, Long Beach

3rd Thursday of Each Month at 1:00 pm (No Meeting In July)

Contact (888) 4ST-MARY (1-888-478-6279)

Body Mechanic Basics

Learn the basics to protect your back

South Coast/Forever Fit

Physical Therapy
6200 E. Spring Street
Long Beach
Call for the Class Schedule: (562) 421-1008