Fall 2020

A Happy, Healthy Fall Season

This year, it’s more important than ever to remember to take care of your physical and emotional health. Here are some tips for staying healthy and happy while continuing to practice social distancing and be safe this fall.

1. Eat healthy. Practice balance and moderation while enjoying your favorite foods.

2. Stay active. Regular activity can help keep you both mentally and physically healthy.

3. Get outside: Take a walk around the neighborhood, start a garden, or just enjoy the sunset from your porch or patio.

4. Stay connected. If you can’t be with your loved ones, find other ways to reach out to them. Write a letter, send an email, or pick up the phone. If visiting friends and family in-person, remember to practice social distancing, wear your mask, and wash your hands often.

5. Reset your mindset. Try not to set expectations on what life should be like in these unprecedented times. Seek out gratitude and appreciation in even the simplest moments.

Irvine Senior Services wishes you a happy and safe fall season.
Join Irvine Senior Services for a variety of virtual programs that will keep you active and engaged while safe at home. Classes will be conducted via Webex, the City of Irvine’s official video conferencing software.

Registration required.
More information: yourirvine.org or 949-724-6900

Irvine Senior Citizens Council

The Irvine Senior Citizens Council serves as an advisory body to the City Council on matters pertaining to older adults.

Rachel Owens, Chair................. 714-396-6531
Juneu Kim, Vice Chair............... 949-285-6545
Jerry Chang .................. jerrychang2@cox.net
K. Cal Hibrawi ................. akron68@yahoo.com
Carolyn Inmon .................. cinmon@cox.net
Harish Murthy .................. 949-300-8912, harish@indoamericanarts.com
Bill Sandlin ................. billrsandlin@gmail.com

For information regarding the Irvine Senior Citizens Council, please contact:

Sandra Salcedo
Community Services Superintendent
949-724-6356
ssalcedo@cityofirvine.org

irvineseniors.org

Connect with the City of Irvine on social media.
Free Virtual Classes Offered

**Education Lectures**
Local community organizations provide virtual presentations on topics of interest to the senior community. For a listing of upcoming presentations, visit yourirvine.org.

*Thursdays, 10–11:30 a.m.*

**Educational Series**
Learn about managing your estate and money in these educational series featuring a new topic each week. Presented by Financial Empowerment and Estate Literacy organization.

*It’s Your Money* (#33958)
Tuesdays, Sep 22–Nov 10, 1:30–3 p.m.

*It’s Your Estate* (#33959)
Wednesdays, Sep 23–Nov 11, 1:30–3 p.m.

**Laughter Yoga**
Discover the joyful laughter-as-exercise that uses intentional laughter to help relieve stress, strengthen your immune system, improve respiration and circulation, and reduce anxiety and depression. Laughter yoga can be done while seated.

*Wednesdays, 10–11 a.m.*

*Thursdays, Noon–1 p.m.*

**Longevity Stick**
Raise your spirits! Learn a series of 12 movements designed to improve balance, flexibility, strength, mental focus, and breathing capacity. All movements are simple and done standing. Will need a stick to participate.

*Tuesdays, Wednesdays & Thursdays, 9–10 a.m.*

**Mind & Body Wellness**
Learn breathing techniques, gentle yoga stretches using a chair, rhythmic clapping, laughter, and nutrition tips to improve daily living. It’s a wholesome class for a healthy body and practical knowledge.

*Wednesdays, 1–2 p.m.*

**Positive Living**
Discover how to recognize early signs of depression and cognitive decline. Learn coping strategies, treatment approaches, support networks, and community resources.

*Tuesdays, 10–11:30 a.m.*

**Reprogrammed**
Exercise your brain through a variety of activities including stress-reduction exercises, working on a Rubik’s Cube, and writing free-flowing poetry.

*Tuesdays & Thursdays, 10:30 a.m.–12:30 p.m.*

**Social Games**
Enjoy a fun game of Bingo all from the comfort of your home. Print your Bingo card, then join us virtually as we play a variety of games and socialize with others.

*Mondays, 10–11 a.m.*

Registration required. More information: yourirvine.org or 949-724-6900

Lakeview 949-724-6900 | Rancho 949-724-6800 | Trabuco 949-724-7300
Key Contacts

Centers
Lakeview Senior Center ....................... 949-724-6900
Rancho Senior Center ......................... 949-724-6800
Trabuco Center .................................. 949-724-7300

Keen Center for Senior Resources
Hee Jin Lee ......................................... 949-724-6926

Irvine Meals on Wheels
Damion Coran ...................................... 949-724-6910

Volunteer Program
Crystal Nguyen ...................................... 949-724-6096

Program and Facilities Services
Supervisor Edward Kaleikini .................. 949-724-6906

Nutrition and Outreach Services
Supervisor Denise Bennett-Arabatzis .. 949-724-6913

Important Numbers
Access-OCTA ...................................... 877-628-2232
Irvine Adult Day Health Services .............. 949-262-1123
Adult Protective Services
(24-hour hotline) .................................. 800-451-5155
Alzheimer’s O.C. .................................... 844-435-7259
Alzheimer’s Assoc. Helpline ..................... 800-272-3900
Keen Center* ........................................ 949-724-6926
Class Registration* ............................... 949-724-6610
Council on Aging .................................. 714-479-0107
Facility Reservations* ......................... 949-724-6620
Irvine City Hall* .................................... 949-724-6000
Irvine Adult School ............................... 949-936-7454
Irvine Valley College ............................ 949-367-8343
HICAP .................................................. 714-560-0424
Irvine Meals on Wheels* ....................... 949-724-6910
O.C. Infolink ........................................ 211 or 888-600-4357
O.C. Office on Aging ............................. 800-510-2020
Osher Life Long Learning ..................... 949-451-1403
TRIPS* ............................................... 949-724-7433

* City of Irvine

COVID-19 Resources

Ombudsman Hotline ......................... 949-724-8250
Senior & Community Support Hotline .......... 949-724-6926
Irvine Police Department
(Non-Emergency) ............................... 949-724-7000
Care Management Resources ................. 949-724-6926
Check on Your Neighbors ...... 714-480-6450
Senior Meals ....................................... 949-724-6926
Great Plates Delivered ................. 714-480-6450
TRIPS ................................................. 949-724-7433

Keen Center for Senior Resources

Please call 949-724-6926 to make an appointment for the following services:

Services provided virtually:
• Adaptive Telephone Distribution
• Free Elder Law Appointments
• Individual Medication Review
• Legal Aid for Seniors

Services provided in-person:
• Food Commodities
• Mobility Equipment Lending