

Tustin Area Senior Center

Compass

May - August 2015



CENTER HOURS:

MONDAY, TUESDAY, THURSDAY, FRIDAY

8:00 A.M. - 5:00 P.M.

WEDNESDAY

8:00 A.M. - 10:00 P.M.

CENTER CLOSED:

SATURDAYS AND SUNDAYS

MAY 25 - MEMORIAL DAY

JULY 3 - INDEPENDENCE DAY

AUGUST 3-7 - ANNUAL MAINTENANCE

SEPTEMBER 7 - LABOR DAY



Tustin Area Senior Center



1988 Rendering

200 S. C St. Tustin, CA 92780

Phone (714) 573-3340

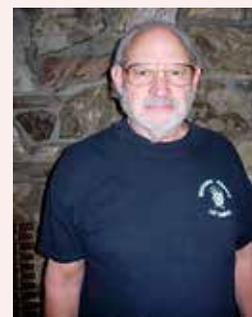
Fax (714) 544-7334

www.tustinca.org/departments/parksrec/tasc/index.html

Volunteer Spotlight

By Jorge Varela Morales

The Tustin Area Senior Center is proud to recognize Dr. Art Holub, or "Doc" as he is known. He grew up in the Midwest in the Chicago area. He and his wife have been living in Tustin since 1960.



Doc attended Purdue University, 1951-1960, where he earned his B.S., MS and Ph.D. in electrical engineering. His last five years there were spent on the teaching faculty of the Department of Electrical Engineering. In 1955 he married his wife, Rosalie, and they will be celebrating their 60th anniversary. He and Rosalie have three grown children, two grandchildren and three great grandchildren.

Doc likes to think of himself as an Educator having taught at Purdue University, the UCLA Extension and numerous other institutions. He recently retired from the Sailing Academy of Orange Coast College where for over 20 years he taught Marine Electrical Systems. He retired in 1998 after spending 12 years as an officer in the U.S. Merchant Marine. In his spare time he enjoys amateur radio (K6OGO), sailing, woodworking and photography. He and Rosalie enjoy cruising and have visited Tahiti, Alaska, the Danube River, Vietnam and Cambodia.

During his years in Orange County he worked in the aerospace industry and became one of Tustin's largest employers as owner of General Mailing Service. He was Chairman of the 3000 plus member Orange County Section of the Institute of Electrical and Electronic Engineers.

Dr. Art is one of the many volunteers at the Tustin Area Senior Center. Since 1998 he has been "the ringmaster" of 'Coffee and Computers' an every Friday morning gathering of interested computer users. He started 'Coffee and Computers' at the Tustin Family and Youth Center where he was teaching computer courses. It eventually outgrew its' various locations and now meets in the Board Room each Friday morning at 9 am. Doc also served for a number of years on the Senior Center Advisory Board. Asked why he volunteers at the Senior Center, "I love my seniors".

The Tustin Area Senior Center is pleased to have Dr. Art as an asset here at our Center. We appreciate the time and effort he puts in. He's been with us for a very long time.

Tustin City Council

Charles E. "Chuck" Puckett, Mayor

John Nielsen, Mayor Pro Tem

Al Murray, Councilmember

Rebecca "Beckie" Gomez, Councilmember

Allan Bernstein, Councilmember

Community Services Commission

Ken Henderson, Chairperson

Donna Marsh Peery, Chairperson Pro Tem

Erin Moore, Commissioner

Amy Nakamoto, Commissioner

Larry Sample, Commissioner

Senior Advisory Executive Board

Sherry Geyer, Chair

Maggie Cervantes, Vice-Chair

Members:

Shirley Holm

Phil Martin

Maria Ruiz

Members at Large:

Alfred Schekman

Carolyn Nielsen

Laura Waite

Cricket Hong

Lori Turner

Paula Wood

Members Emeritus:

Mary Konjoyan

Jill Leach

Adrian Morton

Marc Lopez

Goldie Nannes

Senior Center Staff

Marilyn Buescher

Parks and Recreation Supervisor

Sarah Randall

Recreation Coordinator

Uriel Mondragon

Transportation Coordinator

Jorge Varela Morales

Program Assistant

Jasmine Mathis

Program Assitant

Tomo Mizusawa

Recreation Leader

Maggie Delgado

Recreation Leader-Lunch Program

Carolyn Nielsen

Recreation Leader-Transportation Program

Support Services

Tom Scavuzzo

Recreation Facilities Lead

Dave Albin David Buenrostro Francisco De Jesus

Josh Feliciano Danny Jackson Kyle Mackie

Israel Preciado Rogelio Vasquez

2015 Excursions



All trips require full payment when signing up, unless otherwise noted. For information on sign-up dates, or if you have any questions, call Carolyn Nielsen at (714) 289-1803 from 10:00 a.m.-1:00 p.m. Call her at (714) 573-3349 during her Travel Office hours, Monday through Thursday from 1:30-5:00 p.m. Please note: Unless otherwise indicated, pick-up location is at the Tustin Area Senior Center, 200 S. "C" Street, Tustin, CA, 92780. All return times are approximate. Times and dates are subject to change. Confirm with Carolyn prior to signing up. Thank you, and happy travels!

Cancellation Policy: **Casino Excursions:** Cancelled less than ten working days from trip date, the individual will forfeit the entire trip fee unless a replacement is arranged (participant may suggest a replacement). **Day & Over Night Excursions:** Must make final payment 30 days from first date of trip. No refunds will be given 30 days prior to trip unless a replacement is arranged. **International Excursions:** Please see Travel Coordinator for details. Liability forms must be filed for each participant and must have valid ID with current address. No Exceptions!

Harrah's Rincon Casino in San Diego

May 21, Jul. 23, Sept. 24, Nov. 19, \$12 each

Includes seat, drivers tip, snacks, Bingo and enjoy a movie on return. Pickup 7:30 am, return 4:30 pm.

Pechanga Casino

Jun. 25, Aug. 27, Oct. 22, Dec. 17, \$13 each

Pays for seat, snacks, movie on bus and pays DR's tip. Receive **\$10 easy-play coupon** at arrival. Pickup 7:30 am, return 4:30 pm.



Balboa Fun Zone Lunch, Roger's Garden and Museum

May 7, \$65 each

Museum, lunch at "Harbor Side" restaurant on the ater and fabulous Roger's Garden. Choose your meal at sign-up. Pickup 10:30 am, return 3:00 pm.



Luau and Christmas Laughlin sign-ups start on May 31

Laughlin Riverside Hotel Casino

May 31 - June 2, \$123 Double, \$145 Single

Includes 3 buffets, Funbook with 2/1 meals and drink specials. Free giveaways, bottled water, celebrate Birthdays, Movies and \$\$ Bingo on the bus.

Catalina Island with City Tour of Avalon

July 16, \$122 each

Includes transportation to/from flyer boat in Balboa & Flower lei. Pickup 7:00 am, return 6:30 pm.

Annual Luau at Riverside Hotel and Casino Laughlin

August 3 - 5, \$126 Double, \$147 Single

Includes 3 buffets, A Grand Luau in ballroom live entertainment, dancing door prizes, celebrate Birthdays on bus.



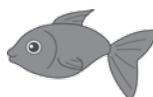
Santa Barbara Amtrak Train Ride with Lunch

August 13, Details coming soon!



Aquarium of the Pacific in Long Beach with lunch at Bubba Gump

September date TBA. Enjoy the day and lots of free giveaways at the aquarium.



Iceland

September 30 - October 6, \$3299 Double, \$3899 Single

Includes 7 day, round trip Air, 7 meals, professional tour director, Reykjavik, Golden Circle and South Coast City Tours, National Museum, Viking Ship Museum & more!

Octoberfest

October 1, \$54 each

Old World Huntington Beach presents a live band from Germany and an authentic German meal with drink. Stroll the village streets, shop art galleries, clock store, gift and specialty shops. Pickup 10:30 am, return 3:30pm.

Ireland

October 5 - 13, \$3395 Double, \$3995 Single

Includes 9 day, round trip air, stay in the castle, Dublin and Galway City Tours, visit Old Jameson Distillery, Cliffs of Moher, Ring of Kerry, Blarney Castle, Limerick & much more!



Las Vegas

October 4 - 6, \$179 Double, \$248 Single

Celebrate birthdays on bus, free snacks, giveaways, \$ Bingo and water bottle.

Albuquerque Balloon Festival

October 7 - 12, \$955 Double, \$1185 Single

Experience the Balloon Glow at night and the "Mass Ascension" in the a.m. Trip includes all breakfasts, 1 lunch, 4 dinners, City tours of Sedona and Santa Fem, tram ride to Sandia Peak with lunch, Albuquerque, Santa Fe, Laughlin and delux coach.



Christmas Dinner party & Buffet at Laughlin Riverside Hotel Casino

December 2 - 4, \$128 Double, \$148 Single

A private party in ballroom dancing, door prizes, entertainment, and Funbook.



Christmas at the Mission Inn Riverside, CA

December 17, \$78 each

Enjoy a great lunch and then be surrounded by Christmas lights, spectacular decorations and music. Treat your loved one to the Christmas spirit!



More trips to come and to be announced!



Art Gallery

Main Art Gallery

Donard Earhart, Alumages Photographer
Friday, May 1 - Friday, May 29, 2015

I am a relatively new artist while at the same time, very much an old photographer. I've been capturing images for more than 50 years and have become proficient enough as a photographer and printer to consider my best images to qualify as an art form.

Thirteen years ago I switched from film to digital capture. The image is captured as a raw digital file, processed in Adobe Lightroom and /or Photoshop and printed on paper or aluminum sheets using a professional quality ink jet printer. This change from film to digital has allowed me to better control all aspects of creating the final image-capturing, processing, printing and presentation.

In November 2009, I retired from the corporate world and focused my energies on improving my skills as a photographer. The goal being to capture, process and print images that would stimulate the viewer's consciousness and be more than just another picture.

This summer I am introducing a collection of images that are printed on specially treated sheets of aluminum. These unique "images on metal" will be on display at one of Southern California's premier fine art shows, Art-A-Fair of Laguna Beach during the months of June, July and August 2015. A special preview will be on display at the Tustin Area Senior Center Art Gallery during the month of May 2015. By controlling all of the steps necessary to create the final image, I am able to duplicate what my "mind's eye" envisioned at the time of capture. I trust that your 'mind's eye' will enjoy my images as well. Upcoming exhibitions and art fairs include Tustin Area Senior Center Art Gallery (May 2015), Art-A-Fair in Laguna Beach (June, July and August 2015.)

Art is Fun!

Exhibit by Students of Teri Gammalo
Tuesday, June 2-Tuesday, June 30, 2015

Students of Teri Gammalo will be exhibiting works of fine art in several genres. Teri has been mentoring many artists for over 10 years. In her art classes, artists are encouraged to view art as fun and are guided to be creative and to enhance their experiences in a variety of mediums.

Teri is a member of the National Watercolor Society and a juried member of Watercolor West. Although she herself has won many awards, she is most thrilled when her students achieve recognition with an award in an art competition.

The exhibit will include works of Teri's students in many mediums, including watercolor, oil, and mixed media.

Emet Martinez

Wednesday, July 1 - Friday, July 31, 2015

I made a serious commitment with my photography hobby when I migrated to the US from the Philippines in the 1990's. The rich natural resources in California - amazing land and sea topography aside from its rich history became my laboratory for exploring and honoring my photographic skills.

I took a couple of photography workshops. I supplemented these learnings by reading/collecting books on Photography and Art - technical, art and business aspects of it which were mixed with museum and gallery exhibits.

I've been to at least 15 states in the country with California, Santa Fe - New Mexico, New York City - NY and the Cape Code area in the East Coast as my favorites. For international destinations, I've visited and photographed Vancouver - Canada, Paris - France, Venice - Italy and Kyoto - Japan.

I got inspired by my beautiful surroundings - the great outdoors of California, the whole of USA and the rest of the world. I also like

simple and ordinary things or settings that I find interesting.

Artist Statement - Discovering and capturing beauty in the ordinary, finding uncommon perspectives, drawing simplicity out of the complex and allowing the viewer to defocus from the rigors of life inspire and fulfill me.

Jeanette Jensen & Sandra Morrison

Monday, August 10 - Friday, September 4, 2015

Jeanette - I was born in Rapid City, South Dakota and raised in California. Started my painting career, with paint by number oils that my mother purchased for me as a child, after she saw how creative I was with crayons. Then in 3rd grade I started drawing horses the hardest object to draw in the animal world only second to the human figure. In 8th grade an artist moved next door and my oil painting classes started. My first exhibit was at my high school fair. I was delighted people wanted to purchase my paintings.

I work in watercolor, oil on canvas, and oil on antique windows. My paintings include, landscapes, still life, floral's, equine (horse) art.

Sandra - Since the first grade when her mother complimented Sandra on her drawing of the Columbus' three ships, Sandra's life goal was to become an artist. After obtaining a B.A. in Fine Arts with an emphasis in Drawing and Painting from San Diego State University, life led her to support herself by becoming an accountant. Through the years painting was a part of her life and the love of out of doors contributed too many plein air sessions. She has painted in places such as ancient homes of the Hawaiian people, small villages in the South of England and the Mariposa Sequoia Grove in Yosemite. As she responds to the nature around her, the forms flow with color onto paper and canvas. Most of her life she has painted in watercolor and recently her focus has switched to pastel and oil.

South Art Gallery

Friederike (Ricky) Foster
May-June

Vienna, Austria is my hometown; I grew up in a culture with a strong influence of art and music. I took ballet, singing, dancing, acting, playing the Flute, Violin and now some keyboard.

I have always loved to draw and I have never attended any art school. When my kids were all grown, I had to find something to keep myself busy, so I decided to take up painting. One day when I was watching TV, there was an artist who did some beautiful flower painting and another artist did some landscapes. All creations seemed to be so easy and simple, so I bought some oil paint and canvas and started to paint. I was not satisfied with what I ended up with. I bought some books and started reading, soon enough my painting improved. After buying more books and more paint, I began to do something I really like to do. In 2008, I joined a watercolor class given by Erika Brown. I was not sure if I wanted to take up watercolor rather than oil painting. To my surprise, I started enjoying this class. I came up with some decent paintings. I also took a drawing class at the Orange College. I started taking the oil painting class given by Caroline Westfall. Now I have found a way to keep myself busy, and I love it.

Tyne Smith

July-August

I love to paint! Give me a blank canvas and I'll provide the idea, then the challenge begins and it's up to me! I've been painting off and on for many years, pretty steadily the last eight. Joy Krull and Kathy Sabine lit my fire and now I can't stop. Each new instructor inspires me in different ways and students learn from each other. Painting with others adds spice to the soup. There's always a chance that someone will love my work and actually pay me for the painting and that's really fun!

Most artwork in both galleries is for sale. All sales are conducted solely between the artist and the buyer.

Recreation



Game Room

Bridge Lessons, Review and Play

Wednesday, 9:00 a.m. - 12:00 p.m.

Cost: Free

This informal class is for beginning bridge players only.

Mah Jongg

Mondays, 12:30 - 2:30 p.m.

Contact: Sally Long at

sally@sallylong.com.

Table Tennis Open Play

Mondays, 3:30 - 5:00 p.m.

Tuesdays, 8:30 a.m. - 12:00 p.m. and

Fridays, 8:30 a.m. - 12:00 p.m.

Coordinator: KC Park at (714) 669-9426 or ParkKeechul@sbcglobal.net

Game Room

Monday - Friday, 8:00 a.m.-5:00 p.m.

Features two pool tables and three card tables. Enjoy a game of eight ball, play cards or come and watch others play! *Must be a senior to play. Please note:*

The game room is reserved Thursdays, 12:30-4:00 pm for Bridge.

Competitive Bridge

Tuesdays & Thursdays,

12:30 - 4:00 p.m.

Wednesdays, 9:00 a.m. - 12:00 p.m.

(meets in the Arts and Crafts room on Tuesday, the game room on Thursdays and in Classroom 2 on Wednesdays).

Pinochle & Canasta

Fridays, 1:00 - 4:00 p.m.

Coordinator: Beverly Sorensen

Call Beverly by Thursday evening at (714) 543-2113 to secure a spot.

Social Activities

Let's Talk Sports

Thursdays, 10:00 - 11:30 a.m.

Cost: Free

Do you love sports? If so, let's talk about it. Bring your favorite clips, newspapers, and current events. Bring a cup of Joe, snacks, and join our new social group and meet other sport loving fans. Men and women are welcome to join. This group meets in the Arts and Crafts room. Facilitator: Mike Stephens

Senior Bingo

Wednesdays, 1:30 - 3:30 p.m.

Must arrive by 1:15 p.m. to buy tickets

Cost is \$6 for 12 sheets of 6 games each.

Buy as many as you can play! Winners receive cash prizes. Refreshments are served.

All proceeds to benefit TASC Fund.

Ballroom Dance Class

Thursdays, 2:30 - 4:30 p.m.

Cost: \$8 per person

Instructor: Candis Davis

Different ballroom dance styles are taught monthly and are voted on by the students.

All dances will be voted on in first class.

Ballroom, Swing & Latin Dance

2nd & 4th Wednesday of the month

7:30 - 10:30 p.m.

Cost: \$6 per person

Enjoy dancing on great hardwood floors to the sounds of "The Smoothies". Music is suitable for young adults and seniors. Come with a partner or make new friends. Refreshments are served.

Clubs

Art Club

Friday, 12:30-3:30 p.m.

Cost: Free

Advanced senior art students meet informally each week for painting, critique and skill development. Contact: Janis Pasquali or Bill Leshner

Orange County Button Club

Fourth Wednesday of the month

10:00 a.m. - 12:30 p.m.

Contact: Anne Jackson

(714) 545-4268

Orange County Woodturners

Third Thursday of the month

7:00 - 9:00 p.m.

Contact: Art Fitzpatrick

(562) 421-6992

Orange County Woodworkers Assn.

First Thursday of the month

7:00 - 10:00 p.m.

Contact: Art Fitzpatrick

(562) 421-6992

Red Hat Society "Tustin Rad Hatters" OC Chapter #3565

Second Thursday of the month,

11:00 a.m.

Queen: Janice Yoshida

(714) 838-0671



Health & Fitness

Tustin Area Senior Center Fund, Inc. courses are ongoing classes that occur year-round.

Basic Chair Exercise

Mondays and Wednesdays

9:30-10:30 a.m.

Cost: Free

Instructor: Brooke Leys-Campeau

A safe and effective exercise program for seniors utilizing dyna-band resistive exercises, cardiovascular exercises and weights. Practice techniques for maintaining or improving health and fitness.



Chair Exercise

Fridays, 10:00 - 11:00 a.m.

Cost: Free

Instructor: Laura Waite

Join Laura with an enjoyable chair exercise program that includes aerobic, strength and stretch!

Exercise and Play

First & Third Tuesday of the month

3:00 to 5:00 p.m.

Cost: Free

Experience all the fun of virtual activities through Nintendo Wii. This interactive activity keeps the mind mentally challenged, as well as the body physically fit.



Longevity Stick Art

Fridays, 9:00 - 9:50 a.m.

Cost: Free

Instructors: Ursula & Chester Wu

Longevity Stick Art consists of twelve exercises designed by Master Dau, who is originally from Vietnam. The exercises help you increase vitality and restore balance. A stick approximately as long as your height is required.

Senior Fitness

Mondays, 1:30 - 2:30 p.m.

Cost: Free

Instructor: Carole Blanscet

Join this friendly group and improve your health and well-being. Students enjoy light aerobics and stretching in an enjoyable environment.

Tai Chi Chih

Tuesdays, 10:15 - 11:30 a.m.

Cost: Free

Instructor: Karen Goran

Tai Chi Chih consists of nineteen movements that help calm the mind, adjust blood pressure and improve balance.



Walking Club

Tuesdays / Thursdays, 8:30 a.m.

Wednesdays, 8:00 a.m.

Cost: Free

Meet in the Senior Center Lobby

Grab your walking shoes and join other seniors for a stroll around Old Town Tustin!

Zumba Gold

Tuesday, 9:00 - 10:00 a.m.

Thursday, 9:00 - 10:00 a.m.

Instructor: Brooke Leys-Campeau

Cost: \$5 per class

This class is designed to be fun and appropriate for people of ANY age and ANY fitness level. Do you need to take extra care with your joints? Then Zumba Gold is for you! This dance-inspired fitness class set to exciting Latin and International music will make you forget you're exercising! Participants who need to be seated for all or part of the class will be accommodated. So, ditch the workout and join the party!!!

M.E.L.T.

Tuesdays

Hand & Foot - 2:30-3:15 p.m.

Full Body - 3:15 - 4:00 p.m.

Thursdays

Hand & Foot - 1:00 -1:45 p.m.

Cost: \$5 per class (pay at Front Desk)

Instructor: Jeanette Delman

You can learn to erase pain and tension in your hands, feet, neck, and low back brought on by everyday stress, overuse, and age. This simple self-treatment using small balls can make your whole body feel better and provide relief from neck and low back.

Health & Fitness



Senior Yoga

Tuesdays & Thursday's
10:00 a.m.-11:00 a.m.

Instructor: Brooke Leys-Campeau

Cost: \$5 per class

This class is designed to improve your balance and flexibility while also focusing on breath control, mental focus, and stress-reduction. This class is appropriate for beginners or experienced yoga participants. Please bring a yoga mat and any other yoga props you wish to use such as yoga straps, blocks and blankets.

Beejay's Fitness Class

Thursdays, 9:30 - 10:30 a.m.

Cost: Free

Instructor: Beejay Janiga

Meet in Multi-Purpose Room

Increase your strength and mobility using dyna-bands, weights and aerobics. Body fitness through stretching and pilates are added to this comprehensive program.



IVC Courses

Read through each course carefully as fees and dates vary. If you have any questions visit with the instructor directly and/or call Irvine Valley College Emeritus at their registration office at (949) 451-5555.

Mild Exercise for Fitness

Thursdays, 11:00 a.m. - 12:00 p.m.

Dates: 5/28-8/20 (skip 8/6)

Cost: \$25

Instructor: Beejay Janiga

Meet in Multi-Purpose Room

An exercise program modified for the senior who wishes to build strength, endurance, flexibility and balance. Light weights and dyna-bands are added.

Tai Chi Ch'uan

Tuesdays: 1:00-2:30 p.m.

Dates: 5/26-8/11

Thursdays: 1:00-2:30 p.m.

Dates: 5/28-8/13

Cost: \$25 per session

Instructor: Richard Caramagno

Tai Chi Ch'uan is an ancient Chinese exercise that provides both mental and physical health benefits. Improve balance, lower high blood pressure and increase vitality with Tai Chi! Learn tai chi movements, self-management acupressure, and the philosophy of Tai Chi Ch'uan.



Yoga

Mondays: 10:30 a.m. - 12:00 p.m.

Dates: 6/15-8/10

Wednesdays: 10:30 a.m. - 12:00 p.m.

Dates: 6/17-8/12

Cost: \$36 - one class per session

Cost: \$60 - both classes per session

Instructor: Faculty: Mikki Michele

Instruction and practice includes passive exercise especially adapted to seniors: stretching, relaxing and breathing; and working together in rhythm as directed. Course repetition allows you to build skills and increase your fitness level.

Luaa Luncheon

Friday, August 14, 2015

See page 13

**For more
information**

or pick up a flyer for info.



Human Services

AARP Smart Driver

August 11 and August 18 (8 hour)

9:00 a.m. - 1:00 p.m.

May 12 (Renewal- 4 hour class)

Cost: \$15 for AARP Members

\$20 for non-members

This is an 8 hour course. You must attend both classes to receive the certificate. This course can sharpen driving skills, prevent accidents, keep older drivers on the road longer and safer. Payment is due at registration; checks only, made payable to AARP. Registration takes place at front desk. You will need to provide your phone number and AARP Number (if you're a member) Class is limited to 22 persons.

"Another Choice"

Wendy's Meal Vouchers

This meal program, offered by the Tustin Area Senior Center and the City of Tustin in conjunction with Wendy's, provides seniors with three menu choices at a discounted cost. Purchase your vouchers at the front desk for \$3.25. Must be 60 years or older to participate.

Are You Hearing?

Third Wednesday of the month

By appointment only

Audiologists from Tustin Hearing Center donate their time to seniors who would like to have a hearing screening. Call the front desk (714) 573-3340 to schedule an appointment. Tests are performed at Tustin Hearing Center.

Check Your Blood Pressure

Please check with front desk for dates

9:00 a.m. to 3:00 p.m.

Facilitator: Concordia University

Irvine Nursing Program

Student nurses from the Nursing Program will be at the Center for blood pressure, assessments, etc.

We need Volunteers!

Water Bill Stuffers

TASC Library

Lunch Room



California Telephone Access Program

First Monday, 10:30 - 12:00 p.m.

This program provides adaptive telephone equipment and related services at no cost to California residents who have difficulty using a standard telephone because of temporary or permanent problems hearing, speaking, seeing, moving or remembering.

Center Library

Make use of the variety of materials, magazines, newspapers and a great collection of romance, fiction and nonfiction books.

Please note: Magazines that are in folders are not to be removed from the folders or the premises.

Gift Shop

Open Monday through Friday

9:00 a.m. to 2:00 p.m.

The gift shop features a variety of handmade items as well as collectibles. All proceeds from the sale of these donated items benefit the Tustin Area Senior Center Fund, Inc.

H.I.C.A.P.

Health Insurance Counseling and

Advocacy Program

First and Third Thursdays

9:30 a.m. - 11:45 a.m.

By appointment only

A counselor will provide information and answer questions regarding your health insurance, Medicare, MediCal, HMOs and Supplemental and Long Term Care Insurance.

Legal Assistance

Second Tuesday, 9:00 - 11:30 a.m.

Legal counseling is provided in the area of estate planning and real estate law. No documents will be drawn, but attorney will be happy to review papers you already have and answer questions. Please call the front desk for an appointment (714) 573-3340.

Food Distribution

Third Tuesday of the month,

1:00 - 2:00 p.m.

Government commodities provided for those who qualify from the 92780, 92782 and 92705 zip codes. Call (714) 573-3340 for more information.

Senior Lunch Program

Provided by Community SeniorServ

Monday - Friday, 11:00 a.m. - 1:00 p.m.

Lunch is served at noon. The Senior Lunch Program provides participants nutritional meal as well as warm conversations and fellowship. A donation of \$3.00 per meal is suggested for people 60 years or older. Meal cost for guests under 60 years is \$5.00. For information, call (714) 573-3349.

Transportation to and from the Senior Lunch Program is available Monday through Friday to Tustin residents. Suggested donation of \$1.00 per ride. For information, call Uriel Mondragon at (714) 573-3348 anytime.

Equipment Loan Program

The Center has walkers, crutches and wheelchairs available to loan. Contact the front desk if you are in need of one of these items. Please keep us in mind if you have a wheelchair you are no longer using or know of someone who would like to donate one.

File of Life

The File of Life is a free medical and safety program for senior adults to assist emergency response teams in various crisis situations. The program components include an appliance magnet and a wallet holder for entering medical history and insurance information. All Fire Authority personnel for the Tustin area have been instructed to look on the refrigerator of a senior adult resident for File of Life information to aid in dealing with life-threatening situations. Files of Life are available at the front desk during open hours.

Information and Referrals

Assistance with referrals to a variety of senior services including adult day care, counseling, home health care, housing, home delivered meals, case management, respite, employment, legal assistance, support groups, Mediation Service and other community services. Information is available at the front desk.

Computer Classes & Transportation

Coffee & Computers

Fridays, 9:00 a.m. - 12:00 p.m.

Cost: \$1.00 donation

Meet Dr. Art Holub and bring in all your "strange" computer and Internet questions. The Center's computer lab is available for hands-on work. Coffee and pastries will be provided. Come in anytime in the morning. Sessions are informal and fun.

Open Lab Hours - CLC

Mondays, 1:00 - 5:00 p.m. and Fridays, 1:00 - 5:00 p.m.

Volunteers: Barbara Swanson and Joe Ann Fox

The lab offers 22 computer stations, a laser jet printer, a scanner and Internet access. On both days the CLC will be staffed by a volunteer who will provide you with basic computer help. Please sign in before using the computers in the lab.

Introduction to Computer Basics

Tuesdays, 9:00am-12:00pm

Cost: Free

Instructor: Bruce Sommer

This open lab will feature 1:1 and small group hands on basic computer awareness, functionality and familiarity with keyboard, mouse, navigation, email accounts, photos, Facebook, Youtube, Google and other social media sites. Special monthly topics will focus on class feedback and common tools such as Microsoft Outlook, Word, Excel and much more.

Tech Time

See flyer for dates

Cost: Free

Instructor: TTA

Tustin Teens in Action (TTA) will provide teen volunteers to help in the Tustin Senior Center Computer Lab. They will assist with setting up and using e-mail, how to print, how to set up your iPod, iPad, iPhone, Nook, or any other electronic device you need help with! Come by and ask these tech savvy kids your questions!



Intro to Personal Computers

Thursdays, 11:00am-12:30pm

Dates: 5/21-6/25

Cost: \$40

Instructor: Louise Records

An introduction to personal computers starting with Microsoft Windows 7 and the proper use of the mouse. We will be exploring the filing system in Windows. Where do all your files and pictures go inside the computer? How does the Internet fit in to all other programs on my computer? Where do all the files I download from Email go and why I can't find them? If you have some of these questions this might be the class for you. This is a hands on class that we will be exploring all of these questions. We will be going at a slow pace so you can feel comfortable asking questions and applying the answers to the computer you are working on.

All courses are offered through Irvine Valley College Emeritus Institute. Fees vary and are listed below. For more information, please contact IVC at (949) 451-5555.

Transportation Program

Our transportation program is available to participants of the Tustin Area Senior Center:

- * Transportation is available five (5) days a week, Monday - Friday, through the Transportation Coordinator. See below for more information.

Eligibility:

- * Age 55 and older.
- * Tustin resident.

Cost:

- * Suggested donation is \$1.00 per ride.

Guidelines:

- * Pre-registration with the Center.
- * This program provides transportation services for the following:
 - > SeniorServ Lunch Program (**Priority One**).
 - > Medical Appointments (**Priority One**).
Limited to two appointments per person / per month.
 - > Senior Center / Grocery Shopping (**Priority Two**).
- * Limited to Tustin and three road miles outside city limits, except St. Joseph Hospital.
- * Wheelchair accessible. May be accompanied by an assistant.
- * Packages not to exceed limit of what can be carried on and off the bus by passenger in one boarding.
- * **Reservations required.** Call the Center at least five days in advance between 8 a.m. and 5 p.m.
- * **Transportation provided on first come, first served basis.**
- * This program is door-to-door service.

Hours of Operation:

(Hours and availability subject to change)

- * Monday Through Friday, 8:30 a.m. to 4:00 p.m.
- * For reservations, contact Uriel Mondragon at (714) 573-3348 anytime.





Personal Enrichment

The Tustin Area Senior Center Fund, Inc. is proud to be able to offer courses that are at a low cost or FREE. Unless dates are listed, classes are ongoing and occur year-round. Read through each course carefully as fees and dates vary. Call the front desk at (714) 573-3340 if you have any questions and/or visit with the instructor directly. These classes include:

Art Classes

Early Registration for **Summer Watercolor**
Class is Tuesday, May 5, 2015
9:00 -10:30 a.m. in the Boardroom.

Watercolor Painting

Tuesdays, 1:00 – 3:30 p.m.
Summer Dates: 5/12 -7/28
Fall Dates: 9/8 - 11/24

Instructor: Erika Brown

Class fee: \$75 for 12 classes

It's never too late to become an Artist! This class combines instruction in color theory, technique and composition, with development of personal style and creativity. Open to all levels, including independent study.

* **Limited to 34 students.**

Oil Painting

Thursdays, 1:00 - 3:30 p.m.
(No classes in the summer)
Fall Dates: 9/10 - 12/3

Instructor: Carolyn Westfall

Class fee: \$75 for 12 classes

Experience the joy of creating oil paintings suitable for framing. Students of all levels learn about composition, color mixing, a variety of painting approaches and subject matter. Individual guidance and critique are emphasized in the recreational classroom setting.

***Limited to 30 students.**

Early registration for **Fall Oil Painting and Watercolor Classes** is Tuesday, September 1
9:00-10:30 a.m. in the Boardroom.

ED Doyle Fine Arts & Oils

Registration: Tuesday, April 28, 5:30pm
Tuesdays, 5:30 - 6:30 p.m.
Dates: 5/5-6/9

Instructor: Ed Doyle

Join Ed Doyle as he teaches you on topics listed in first part of class then hands on painting instruction will take place. Students are responsible for bringing own materials and supplies (easel, canvas, paint and brushes).

Limited to 10 students.

Tustin Quilting Cut-Ups

Fridays, 9:00 a.m. - 12:00 p.m.

Volunteer: Carole Blanscet

Cost: Free

Join this group of volunteers and help create quilts for children in need.

Guided Autobiography

Orientation Session

Thursday, June 18, 9:30 - 10:30 a.m.

Thursdays, 9:30 - 11:30 a.m.

Dates: 6/25-7/16

Instructor: Tricia Homrighausen

Cost: Free

Are you 55+ and looking for a way to make a record of your life story? Developed by Dr. James Birren, Guided Autobiography is a process that helps you recall and record the significant moments of your life. Through this interactive class experience, you will learn the tools for writing your own life story.

Healthy Living with Chronic Conditions

Tuesdays, 9:00-11:30 a.m.

Dates: 5/12, 5/19, 5/26, 6/2, 6/9, 6/16

Instructor: George Strickland

Cost: Free

Attend this FREE 6-week workshop. Anyone who is interested in becoming more physically and socially active. **See flyer for more information.**

Magic Needles

Mondays, 6:00 – 9:00 p.m.

Cost: Free (Social group)

Any needle work...learn new techniques or simply share ideas of your own. Everyone is welcome.

Creative Needlepoint/ Needle Arts

Tuesdays, 9:00 a.m. - 12:00 p.m.

Volunteer: Sue Drobish

Cost: Free

Instruction provided for knitting, crocheting, needlepoint, counted cross stitch, silk ribbon embroidery and crewel.

Needle Art Lab

Wednesdays, 9:00 a.m.-12:00 p.m.

Volunteer: Laura Shane

Cost: Free (Social group)

Enjoy knitting, crochet, needlepoint, counted cross stitch, silk ribbon embroidery and crewel.

Word Search

W S O N X C B J S S V R C U R
N S R A N I M E S N O E E Z Z
B O V S S M R X O O L T N G I
T C I K E V A I X I U T T Z L
K L R T I N T K S S N E E L Z
S A U C A A I S E R T B R I Y
P E E N E T E O C U E R D F B
Y S I R C N R N R C E N A E Y
M G C V T H X O O X R W V L R
I E V I O S E X P E T S E F E
R V F X R M K O K S H E I L L
E N R I C H M E N T N C U J L
T U S T I N A P A S T A N K A
H T L A E H T X C D U B R U G
B W L J P Y J D P C M M D T L

Art	Health	Recreation
Better	Life	Seminars
Center	Luau	Senior
Enrichment	Luncheons	Services
Excursions	Make	Transportation
Fest	Movies	Tustin
Fitness	Parks	Volunteer
Gallery	Pasta	

Personal Enrichment



The Tustin Area Senior Center is proud to partner with the City of Tustin Parks and Recreation Department and Irvine Valley College to offer a wide variety of personal enrichment courses for older adults to engage in. Read through each course carefully as fees and dates vary. If you have any questions visit with the instructor directly and/or call Irvine Valley College Emeritus at their registration office at (949) 451-5555.

Choral Ensemble

Fridays, 3:00 – 5:00 p.m.

Dates: 6/5-7/31

Cost: \$20.00

Instructor: Louise Jacobs, R.M.T.

Choral singing, emphasizing choral literature, the development of correct singing techniques, vocal production and improved sight-reading.

For the Love of Music

Mondays, 12:30 - 3:30 p.m.

Dates: 6/8-7/27

Cost: \$25.00

Instructor: Louise Jacobs, R.M.T.

Introduces overall musicianship and music appreciation, surveying various periods of music. Topics include great composers; music research; the form of compositions; creative theory; the makeup of a symphony orchestra, chorus, and concert program; the function of the conductor; and the instruments of the orchestra and their contribution.

Bead Weaving

Tuesdays, 12:00 - 1:50 p.m.

Tuesdays, 7:00 - 9:00 p.m.

Dates: 6/30-9/22, 6/30-9/22 (skips 8/4)

Cost: \$45.00

Instructor: Annette Hernandez

All skill levels welcome. You will establish and build on your beading and learn the basic off-loom stitches: Peyote, Square, Right Angle Weave, Netting, Brick, Herringbone, Chevron, and their different forms. Students are encouraged to create their own style.

Film Genres

Wednesdays, 1:00 - 4:00 p.m.

Dates: 5/6-7/22

Cost: \$30.00

Instructor: Kathryn Kramer

An examination of film as a contemporary art form. Consider foreign and domestic cinema with attention given to the film's archetype, myth, symbol, characterization and plot.

PARKING TIPS

Parking can be an issue here at the Senior Center! Here are some tips that may help your experience with parking better:

- Arrive 15 minutes early
- Park at either far endlanes, not in the middle
- Check for parking on "B" Street and neighboring streets on back side of the center
- Be patient with other drivers and those walking to and from the facility
- Wear comfortable shoes
- Use roll carts to carry items you may need for classes
- Report any incidents or concerns to a staff member



CENTER HOURS:

Monday, Tuesday, Thursday, Friday
8:00 a.m. - 5:00 p.m.
Wednesday
8:00 a.m. - 10:00 p.m.

CENTER CLOSED:

Saturdays and Sundays
May 25 - Memorial Day
July 3 - Independence Day
August 3-7 - Annual Maintenance
September 7 - Labor Day



MARK your CALENDAR

May 5	Cinco De Mayo Celebration at TFYC
May 8	Mother's Day Luncheon
May 22	Memorial Day Luncheon
May 25	Memorial Day Center Closed
June 7	Tustin Street Fair and Chili Cook-Off
June 19	Father's Day Luncheon
July 2	Fourth of July Luncheon
July 4	Fourth of July Celebration
August 3-7	TASC Closed for Annual Maintenance
August 14	Luau Luncheon
September 7	Labor Day Center Closed
September 10	Blood Drive
September 12	Pasta Fest
September 23	Fall Luncheon



Lectures & Seminars

Disclaimer: The Tustin Area Senior Center is proud to host educational seminars regarding your health, insurance and legal matters. Please keep in mind that we do not recommend, endorse or guarantee products or professional services offered by the speakers.

Take Action Against Crime

Wednesday, May 6, 2015 – 10:30-11:30 am

Facilitator: Tustin Police Department

Speakers: Megan Evans & Marilyn Packer, Police Service Officers

The powerpoint will include information on home, personal and vehicle safety as well as some I.D. theft and fraud information.

Senior Driver

Wednesday, May 27, 10:30-11:30 a.m.

Facilitator: DMV

Speaker: Ismael Anda, Senior Driver Ombudsman

Presentation will include advice and study material on how to prepare for a written examination, a drive test and how a reexamination process works so you can prepare for it.

Healthy Body Healthy Brain

Wednesday, June 10, 10:30-11:30 a.m.

Facilitator: Alzheimer's Association, Orange County Chapter

Speaker: Kari Walker

Discover how lifestyle choices affect brain health. Explore the signs and misconceptions about Alzheimer's disease and dementia.

Plan Ahead: Estate Organization

Wednesday, August 26, 10:30-11:30 a.m.

Facilitator: Inter Valley Health Plan

Speaker: Liz Chavez

This class informs attendees on what documentation may be needed, decisions to make plus information to record and organize for the family.

CarFit

Tuesday, September 22, 9:00 a.m.-12:00 p.m.

Facilitator: AARP

CarFit is a free, interactive and educational program that teaches participants how to make their personal vehicle "fit" them to increase safety and mobility when they hit the road. Must sign up at the front desk. **Please see flyer for more information.**

Making a difference in Tustin

Tustin Quilting Cut-Ups

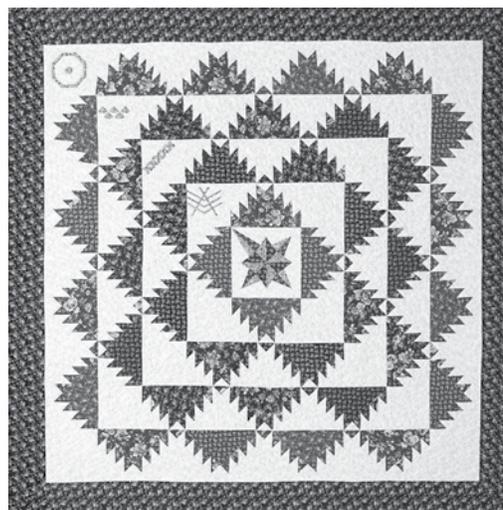
2014 Report (January-December)

Quilts given in 2014

Olive Crest	113	Mercy Home	116
Habitat/Humanity	12	Camp Pendleton	157
Orangewood	129	VA Hosp.	6
West.Med.Hops.	2	Tustin Hospital	23
Pillowcases	488	Perinatal Program	428
Various Needs	4		

Olive Crest and Orangewood went to abused children. Camp Pendleton went to babies. Tustin Hospital-went to brain injured children. Various needs included Tustin Senior Center Raffle quilts.

Total in 2014 is: **990**



SAVE THE DATE!

Luau Luncheon - Friday, August 14

Pasta Fest Fundraiser - Saturday, September 12

H.I.C.A.P Open Enrollment

Birthday Celebrations EVERY month!

Center Happenings



Community Senior Serv Birthday Celebrations

Tuesday, May 26 at 12:00 pm

Tuesday, June 30 at 12:00 pm

Tuesday, July 28 at 12:00 pm

Tuesday, August 25 at 12:00 pm

Suggested donation: \$3.00 seniors 60 and older; \$5.00 under 60

Celebrate your birthday with your friends at the Tustin Area Senior Center. Enjoy a nutritious lunch then stay for cake and ice cream. Friends and family of all ages welcome too! All birthday celebrants will receive a special gift! Contact Maggie Delgado (714) 573-3349 to sign up.



A sincere THANK YOU to our generous Birthday Celebration Sponsors!

May	John Murray, AGA
June	Joe Pryor, Silverado
July	John Murray, AGA
August	John Murray, AGA

Mother's Day Luncheon

Friday, May 8, 12:00pm

Suggested Donation: \$3.00 seniors 60 and older, \$5.00 under 60

Celebrate the woman in your life with all your friends at the Senior Center! The event will include a sit-down meal, flowers for all the Mother's and live fashion show!



Memorial Day Luncheon

Friday, May 22, 12:00pm

Cost: Free!

Commemorate the fallen heroes of our armed forces at this special luncheon. The event will include lunch, Legion Post 227 Color Guard (or live entertainment) and all of your favorite songs from the armed forces. Tickets will be available starting Friday, April 24.



Father's Day Luncheon

Friday, June 19, 12:00pm

Suggested Donation: \$3.00 seniors 60 and older, \$5.00 under 60

Join us as we celebrate Father's Day at the Tustin Area Senior Center. This event will feature a delicious sit-down meal and special treats for all Father's. Tickets on sale Monday, May 11.

Senior Advisory Board Meeting

Thursday, May 28, 2:00 p.m.

June - Dark

Thursday, July 23, 2:00 p.m.

August - Dark

The public is invited to attend and encouraged to comment during the public portion of the meeting.

Fourth of July Luncheon

Thursday, July 2, 12:00pm

Suggested Donation: \$3.00 seniors 60 and older, \$5.00 under 60

Celebrate the Fourth of July with your friends at the Tustin Area Senior Center. This event will feature a delicious sit-down meal and special treats. Tickets on sale starting Monday, June 8.

Luau Luncheon

Friday, August 14, 12:00 p.m.

Suggested Donation: \$3.00 seniors 60 and older, \$5.00 under 60

It's time to bring out your leis and Hawaiian shirts! Luau Luncheon complete with entertainment, door prizes and much more.

Come early for a good seat!

Tickets on sale beginning Monday, July 20.



2015 Pasta Fest

Saturday, September 12, 4:30 - 7pm

Cost: Pre-sale: \$10 seniors 60 and older; \$12 adults under 60; \$7 children 12 & under.

At the door: \$12 seniors 60+; \$14 adults under 60; \$10 children 12 and under

Join us for an early bird dinner with live entertainment! The menu includes two types of pasta, red and white sauces, salad, dessert and refreshments! Dinner will be served from 5:00-7:00 p.m., door opens at 4:30 p.m. Proceeds from the event benefit the Tustin Area Senior Center 501 (c)(3). **Tickets go on sale Monday, July 27.**

City Wide Blood Drive

Thursday, September 10, 9:30am - 3:30pm

Come help us save lives by donating a pint of blood! All blood will be donated to St. Joseph's Hospital and kept locally. Please call (714) 573-3321 to sign up.

Fall Luncheon

Wednesday, September 23, 12:00 p.m.

Suggested Donation: \$3.00 seniors 60 and older, \$5.00 under 60

Celebrate the beginning of Fall with friends at the Tustin Area Senior Center. A delicious lunch will be served starting at 12:00 p.m. Tickets go on sale Monday, August 24.



Community Events

Cinco de Mayo Celebration

Tuesday, May 5, 2015 3:00 - 5:00pm

Tustin Family & Youth Center, 14722 Newport Ave, Tustin 92780

This free event will feature: free games, raffle prizes, performances from local groups, music and food vendors. Call (714) 573-3370 for more information.

Tustin Street Fair & Chili Cook-Off

Sunday, June 7, 2015

11:00am - 5:30pm

This event will feature a craft fair, children's activities, live entertainment, food vendors, and of course, the "world's largest one-day" chili cook-off. There will be activities for all ages, strolling entertainment, contests and more. For more information, call (714) 573-3326.

Concerts in the Park

Wednesdays, 6:00 - 8:00pm

June 24-August 12, 2015

Peppertree Park, 230 W. First St., Tustin 92780

Relax and enjoy the sounds of great music! Pack a picnic lunch or buy food from local non-profit vendors. Bring your lawn chairs and blankets. Lineup will be announced in the Summer Tustin Today. Don't miss out on this free event!

June 24

July 1

July 8

July 15

July 22

July 29

August 5

August 12

Joshua Tree

Silverados

Yard Sale

The Replicas

Paperback Writer

Pettybreakers

The Reflexx

DSB

U2 Tribute

Country

70s to Today

Variety

Beatles Tribute

Tom Petty Tribute

80s

Journey Tribute

July 4th Independence Day Celebration

Saturday, July 4, 2015, Tustin High School Stadium

Entertainment starts at 6:30pm; Fireworks start at 9:00pm

Barbecue food items, snack items and beverages will be sold by Tustin High Booster Club. Entertainment provided by "Stone Soul". Don't miss out on this free event! For more information, call the Parks and Recreation Department at (714)573-3326.

Movies in the Park

Thursdays at dusk

July 23 - August 20, 2015

Free Admission; Various Parks

July 23

July 30

August 6

August 13

August 20

How to Train Your Dragon 2

Mr. Peabody & Sherman

The Hundred-Foot Journey

Paddington

Big Hero 6

Heritage Park

Cedar Grove Park

Peppertree Park

Centennial Park

Frontier Park

Support Groups

Alzheimer's Support Group

2nd Tuesday of the month, 3:30 - 5:00 p.m.

Group facilitator: Jackie Schweppe

(714) 259-7509

This support group is provided by the Alzheimer's Association of Orange County. It is a monthly support meeting for caregivers of Alzheimer's patients. Meet with other caregivers who can help you through the anxiety and frustrations that you may be experiencing.

Arthritis Support Group

3rd Thursday of the month, 1:00 - 2:30 p.m.

Group Leader: To be determined

This is a support and educational group for people who share a common challenge of living with arthritis or a related condition. Members meet together in order to help themselves and each other in an atmosphere that promotes personal growth, closer interpersonal relationships, self-determination and self efficacy.

Bereavement Support Group

Starting June

Group Leader: Dick Davis

See front desk upon arrival for room location. This group is designed for anyone dealing with grief. **Seniors only, no caregivers.**



Friday Movie Matinees



Showtime is at 1:00 p.m. every Friday in the Lounge. Movie titles are subject to change based on availability. Viewer discretion is advised. Please read the synopsis on the movies before watching; they are available on the door of office in the Lounge. If you have any movie suggestions turn them into the front desk. Popcorn and refreshments are served.

May

- 1st - "The Good Lie" 2014 Drama. Reese Witherspoon, Arnold Oceng, Ger Duany. PG-13
- 8th - "If I Stay" 2014 Drama, Music, Romance. Chloe Grace Moretz, Mireille Enos, Jamie Blackley. PG-13
- 15th - "Get On Up" 2014 Biography, Drama, Music. Chadwick Boseman, Nelsan Ellins, Dan Aykroyd. PG-13
- 22nd - "Olimpus Has Fallen" 2013 Action, Thriller. Gerard Butler, Aaron Eckhart, Morgan Freeman. R
- 29th - "My Old Lady" 2014 Comedy, Drama, Romance. Kevin Kline, Kristin Scott Thomas, Maggie Smith. PG-13

June

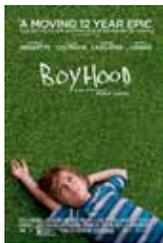
- 5th - "Boyhood" 2014 Drama. Ellar Coltrane, Patricia Arquette, Ethan Hawke. R
- 12th - "Wild" 2014 Biography, Drama. Reese Witherspoon, Laura Dern, Gaby Hoffmann. R
- 19th - "White Bird in a Blizzard" 2014 Drama, Mystery. Shailene Woodley, Eva Green, Christopher Meloni. R
- 26th - "Shall We Dance?" 2004 Comedy, Drama, Romance. Richard Gere, Jennifer Lopez, Susan Sarandon. PG-13

July

- 3rd - No Movie Center Closed in Observance of Independence Day
- 10th - "Gone Girl" 2014 Drama, Mystery, Thriller. Ben Affleck, Rosamund Pike, Neil Patrick Harris. R
- 17th - "Divergent" 2014 Adventure, Sci-Fi, Thriller. Shailene Woodley, Theo James, Kate Winslet. PG-13
- 24th - "Blended" 2014 Comedy, Romance. Adam Sandler, Drew Barrymore, Wendi McLendon-Covey. PG-13
- 31st - "Fury" 2014 Action, Drama, War. Brad Pitt, Shia LaBeouf, Logan Lerman. R

August

- 7th - "No Movie due to Mainenance Week"
- 14th - "50 First Dates" 2004 Comedy, Romance. Adam Sandler, Drew Barrymore, Rob Schneider. PG-13
- 21st - "The Best of Me" 2014 Drama, Romance. James Marsden, Michelle Monaghan, Luke Bracy. PG-13
- 28th - "Lucy" 2014 Action, Sci-Fi, Thriller. Scarlett Johansson, Morgan Freeman, Min-sik Choi. R



Compass Newsletter Subscriptions - Fall/Winter/Summer Issues



Update Subscription New Subscription

Name _____

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City _____ State _____ Zip _____

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Date _____

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Compass Subscriptions
200 South "C" Street
Tustin, CA 92780

Pay with a check only.
Make check payable to:
City of Tustin

Expiration Date _____ Office Use Only

ART

Ed Doyle Fine Arts & Oils.....Tuesday's 5:30-6:30 p.m.
Watercolor Painting.....Tuesdays 1:00 - 3:30 p.m.
Oil Painting.....Thursdays 1:00 - 3:30 p.m.

CLUBS & GROUPS

Art Club.....Friday 12:30-3:30 p.m.
Let's Talk Sports.....Thursday 10-11:30 a.m.
O.C. Button Club.....4th Wednesday 10 a.m. - 12:30 p.m.
O.C. Woodworkers Association.....1st Thursday 7 - 10 p.m.
Orange County Woodturners.....3rd Thursday 7 - 9 p.m.
Rad Hatters.....2nd Thursday 11 a.m.

COMPUTER

CLC Open Lab.....Mondays & Fridays 1-5 p.m.
Coffee and Computers.....Fridays 9 a.m. - 12 p.m.
Intro to Personal Computers.....Thursdays 11:00 a.m. - 12:30 p.m.
Introduction to Computer Basics.....Tuesdays 9:00 a.m. - 12:00 p.m.
Tech Time.....TBD

DANCE

Ballroom Dance.....Thursdays 2:30 - 4:30 p.m.
Ballroom, Swing, Latin Dance.....2nd & 4th Wed. 7:30 - 10:30 p.m.
Zumba Gold.....Tuesdays 9:00-10:00 a.m.
.....Thursdays 9:00 - 10:00 a.m.

HEALTH AND FITNESS

Basic Chair Exercises....Mondays & Wednesdays 9:30-10:30 a.m.
Chair Exercise.....Fridays 10 - 11 a.m.
Exercise and Play.....1st & 3rd Tuesday 3 - 5 p.m.
Beejay's Fitness Class.....Thursday's 9:30 - 10:30 a.m.
Longevity Stick Art.....Fridays 9 - 9:50 a.m.
Mild Exercise for Fitness.....Thursdays 11 a.m. - 12 p.m.
M.E.L.T - Hand & Foot.....Tuesdays 2:30 - 3:15 p.m.
.....Thursdays 1:00-1:45 p.m.
M.E.L.T - Full Body.....Tuesdays 3:15 - 4:00 p.m.
Senior Fitness.....Mondays 1:30 - 2:30 p.m.
Senior Yoga.....Tuesdays & Thursday 10:00-11:00 a.m.
Yoga.....Mondays & Wednesdays 10:30 a.m. - 12 p.m.
Tai Chi Chih.....Tuesdays 10:15 - 11:30 a.m.
Tai Chi Ch'uan.....Tuesdays & Thursdays 1 - 2:30 p.m.
Walking Club.....Tuesdays & Thursdays 8:30 a.m.
.....and Wednesdays 8 a.m.
Zumba.....Tuesdays & Thursdays 9:00-10:00 a.m.

HUMAN SERVICES

Are You Hearing?3rd Wednesday by appointment only
CA Telephone Access Program.....1st Monday 10:30 - 12:00 p.m.
Drivers Safety See page 8
File of Life Available during Center hours
Food Distribution 3rd Tuesday 1 - 2 p.m.
H.I.C.A.P. 1st & 3rd Thursday 9:30-11:45 a.m.
Legal Assistance (by appointment).....2nd Tuesday 9 - 11:30 a.m.
SeniorServ Lunch Program Monday - Friday 11 a.m. - 1 p.m.

PERSONAL ENRICHMENT

Bead Weaving Tuesdays 12 - 1:50 p.m.
Choral Ensemble Night Class, Fridays 3 - 5 p.m.
Creative Needlepoint Tuesdays 9 a.m. - 12 p.m.
Film Genres Wednesdays 1 - 4 p.m.
For the Love of Music Mondays 12:30 - 3:30 p.m.
Guided Autobiography.....Thursdays 9:30 - 11:30 a.m.
Healthy Living w/Chronic Condition.....Tuesdays 9 - 11:30 a.m.
Magic Needles Mondays 6 - 9 p.m.
Needle Art Lab..... Wednesdays 9 a.m. - 12 p.m.
Quilting & Patchwork Thursdays 9 -11:30 a.m.
Tustin Quilting Cut-Ups Fridays 9 a.m. - 12 p.m.

RECREATION

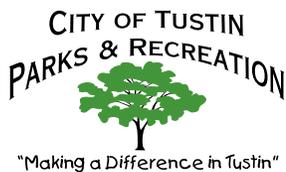
Bridge Lessons, Review & Play..... Wednesdays 9 a.m. - 12 p.m.
Competitive BridgeTuesdays & Thursdays 12:30 - 4 p.m.
.....Wednesdays 9 a.m. - 12 p.m.
Canasta Fridays 1 - 4 p.m.
Game Room Monday - Friday 8 a.m. - 5 p.m.
Mah Jongg.....Mondays 12:30 - 2:30 p.m.
Pinochle Fridays 1 - 4 p.m.
Senior Bingo Wednesdays 1:30 - 3:30 p.m.
Table Tennis Open Play.....see page 5

SUPPORT GROUPS

Alzheimer's2nd Tuesday 3:30 - 5 p.m.
Arthritis3rd Thursday 1 - 2:30 p.m.
Bereavement TBD

OTHER TASC SERVICES

Art Gallery..... Monday - Friday 8 a.m. - 5 p.m.
Gift Shop..... Monday - Friday 9 a.m. - 2 p.m.
Library..... Monday - Friday 8 a.m. - 5 p.m.
Movie MatineeFridays 1 p.m.
Transportation Program..... Monday - Friday 8:30 a.m. - 4 p.m.



Tustin Area Senior Center

Published by

The City of Tustin

Parks and Recreation Services Department

Human Services Division

200 South "C" Street

P.O. Box 1089

Tustin, CA 92781-1089

Ph. (714) 573-3340 Fax (714) 544-7334

www.tustinca.org/departments/parksrec/tasc/index.html