

Activities for Seniors

LA HABRA SENIOR TRANSPORTATION SERVICE "RIDE WITH PRIDE"

The La Habra Community Services Department has operated a transportation service for seniors ages 60 years and over for many years. The service operated Monday through Friday during daytime hours. Due to the COVID-19 pandemic and the need

to operate the transportation in a way that maintained social distancing, the service changed from using shuttle buses to providing individual ridership in limited occupancy vehicles, as a cab service.

As CDC, state and county health and safety guidelines have continued to change, we continue to revise our service, and at this time are exploring our options with the intent of providing the safest and most efficient

service available. We appreciate your patience during this time.

Updated information about the new senior transportation system will be shared with our senior residents as soon as it is available on our website, www.lahabracca.gov, and by reaching out to our currently registered users.

For more information, you can also visit the La Habra Community Center or contact us at 562-383-4200.

Services

M.O.W. ORANGE COUNTY DINING PROGRAM

Prior to closure due to COVID-19, the Meals on Wheels O.C. (M.O.W.O.C.) dining program served a hot lunch at noon, Monday through Friday, at the La Habra Community Center. There was a suggested \$3 donation for lunch for seniors 60 and over and a \$5 charge for those under 60. Past activities included live music and dancing from 10:00 am to 12:00 pm several days a week daily and after lunch bingo. Those attending three or more days a week on a regular basis could enjoy free transportation if vehicle space was available.

At this time, The City and M.O.W.O.C. are working together to determine when the hot lunch program and bingo can be resumed in a way that will provide the safest accommodation for its participants. For more information, please contact the Community Services Department at **562-383-4200** or the M.O.W.O.C. site manager Jennifer Bush at **562-383-4222**.

In addition, our senior transportation service is undergoing revision, with more details to come. For more information on and updates to either the lunch program, bingo or senior transportation program, please contact the Community Center at **562-383-4200**, visit the City's website, www.lahabracca.gov.

MEALS ON WHEELS

Meals on Wheels provides home delivered meals to those unable to prepare their own meals due to illness or disability. For more information please call **562-383-4221**.

LEGAL AID

Legal Aid is available one afternoon each month, usually 12:00 to 2:30 pm; currently we are working with Legal Aid to determine the day it will be offered when it returns. This service is available for seniors 60 years of age and older who are residents of Orange County. An appointment is necessary. To make an appointment, please call **562-383-4200**. If you do not meet these guidelines for service but wish to contact Legal Aid directly, please call **800-834-5001**.

HICAP

Have Questions About Medicare? Need Help with Medicare costs? HICAP (Health Insurance Counseling and Advocacy Program) can help! HICAP provides free, unbiased, individualized counseling on Medicare and related health insurance topics and is available to assist Medicare beneficiaries, their families and caregivers understand their Medicare benefits and coverage options that best meet their health care needs, including Medicare eligibility, enrollment & coverage. Medicare Parts A and B, Medicare Advantage Plans (Part C) & Prescription Drug Plans (Part D), Medicare

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and other medical insurance coverage, programs to help lower Medicare related costs, long-term care services and supports, and Medicare fraud and abuse. HICAP does not sell or endorse insurance products. At this time, all HICAP assistance is only provided by phone. You may schedule an appointment by calling **714-560-0424**.

Activities

CSS BINGO

Before COVID-related closure, CSS Bingo met Monday through Friday from 12:30 to 2:00 pm. We are working on bringing it back as soon as we can do so in the safest way for participants. The cost of playing is 50 cents per card, with a maximum of four cards. Nine games is the usual number played. If you like bingo, come join the fun! All are welcome to participate.

MOVIE DAY

Seniors are invited to enjoy a free movie, along with popcorn and other snacks. Movies are held on the 2nd and 4th Thursday of each month. Please pre-register if you plan to attend so that we can be sure to have enough refreshments for all.

Classes

YOUR REGULAR ATTENDANCE IS THE REGISTRATION FEE.

La Habra Community Services works with the North Orange County Community College District's older adult program to offer the following classes at our Community Center. We currently are working with the District to reschedule these classes and will provide specific dates, times and more once we have the final information.

MATURE DRIVER

Instructor: NOCCCD

The FREE Mature Driver class is for anyone 55 and over who would like to refresh their knowledge of California driving laws and practices. It is an eight-hour class (8:00 am to 4:30 pm), and participants who complete the class receive a certificate. Some insurance companies offer discounts to those who complete this class. Please note that the class does NOT include any actual driving. In order to take the class, participants **must preregister** by calling the La Habra Community Center at **562-383-4200**. *continued >>>*

La Habra's Military Recognition Banner Program

The City of La Habra invites you to participate in the La Habra Military Recognition Banner Program, which offers an opportunity to honor past and present military personnel who reside in the city.

Who qualifies for a banner?

Anyone who lives or lived in La Habra during their military service.

What do the banners look like?

Banners are made from a 15 oz. double-sided "blackout" material and measure 30" by 90" with 2" top and bottom pockets.

Where will the banners be displayed?

They will be installed by the City along the North side of La Habra Blvd.

How long will the banner be displayed?

Banners will be displayed for one year to ensure quality, and then given to the family as a keepsake after being removed.

What is the cost of the banner?

The cost is \$175 per banner, which includes banner, installation & care.

How can I order a banner?

Contact Marcia Taylor at mtaylor@lahabraca.gov or 562-383-4207.

BANNER INSTALLATION SCHEDULE:

May Installation — Memorial Day

Banner request and payment due by May 1st

November Installation — Veterans Day



PLEASE NOTE: The City will not be responsible for replacing banners that are stolen, damaged or destroyed due to sun, weather, age, vandalism or any act of nature beyond our control, such as high winds

HEALTH & WELLNESS FOR OLDER ADULTS

All Health & Wellness classes cover various health-related topics of interest for older adults. Participate in fitness activities and learn the benefits of adopting behaviors associated with healthy and successful aging. Learn about the natural effects of the aging process, and the benefits of being proactive by practicing brain fitness, incorporating a healthy diet, managing chronic conditions, and engaging in routine physical activity as a means to living with optimum independence.

Participants will enjoy a thorough low-impact workout that includes a walking/cardiovascular warm-up, as well as sitting and standing exercises, work with resistance bands, balls, and other props. Students will increase their strength, flexibility, range of motion, stamina, balance and overall well-being.

CREATIVE ARTS FOR OLDER ADULTS

Instructor: Catherine Pope

This class for older adults encourages art appreciation, self-expression, and creativity through a variety of art media. Projects are designed to expose older adult students to artistic design, and to give experience with different artistic methods, techniques, tools, and materials. This class is for all levels. Beginners are welcome!

TAI CHI FOR OLDER ADULTS

Instructor: Nancy O'Brien

This low impact Tai Chi class will start with a Daoist form of Chi Gung (new energy work) called 8 Treasures. Benefits include a reduction of stress and physical discomforts. Come try this ancient form. All levels of experience are welcome!

Class meets Thursdays, 9:30-10:30 am



It's Back!

Senior Week November 2021

A Celebration for Seniors & Caregivers Including the Health & Wellness Fair

For details:
www.lahabracity.com/1152/Senior-Salute-Week
or call 562-383-4200



To register online visit: <https://apm.activecommunities.com/cityoflahabra/home>

Complete Emergency Paramedic & Ambulance Coverage

For Just \$48 A Year



**911 SAVES
LIVES
FIREMED
SAVES MONEY**

Avoid unpaid pre-hospital emergency medical expenses associated with 911 transports and enroll all the members of your household for just \$48. Fill out this form and mail it, along with a check payable to "City of La Habra" to:

**City of La Habra FireMed • P.O. Box 785 • La Habra, CA 90633
Phone: 562-383-4060 • Email: Firemed@lahabracity.gov**

(Please Print)

Last Name:

First Name:

Address:

La Habra, CA 90631

Home Phone:

Cell Phone:

(Your cancelled check is your receipt)