

Active Adults 50+

Introduction to Lifelong Learning



This presentation will introduce Chino Hills active adults to more than 80 classes and activities offered each semester by the Osher Lifelong Learning Institute. OLLI-CSUF members learn from each other and from community leaders, university professors, and other leading authorities. Classes and activities are held on weekdays, evenings and Saturdays at CSUF. Both "free" and "fee" classes will be covered.

Location: Government Center Community Room
14000 City Center Drive

Day/Date: **Wednesday, September 22**

Fee/Length: FREE/1-day seminar



<u>Class Code</u>	<u>Age</u>	<u>Time</u>
244006	50+	10:00 a.m.-12:00 p.m.



Keys in Retirement

Offered as part of OLLI's "Transitions in Retirement" program, this new discussion group combines expert analysis and recommendations with participant wisdom to explore the many financial, psychological, social and related issues, and life phases entailed in transitioning into retirement. The goal is to "ease" and "enlighten" the transition from an active life while employed to an equally or improved life enriched through lifelong learning and the pursuit of one's passions.

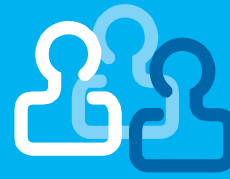
Location: Government Center Community Room
14000 City Center Drive

Day/Dates: **Wednesdays**
September 29-October 20

Fee/Length: FREE/4 weeks



<u>Class Code</u>	<u>Age</u>	<u>Time</u>
244007	50+	10:00 a.m.-12:00 p.m.



Special Interest Groups

Start your morning off enjoying your favorite hobby in an informal setting while also having the opportunity to socialize among peers with the same interests. Share your knowledge with one another as there will be no formal instruction. There will be opportunities for guest speakers; however, this is not a class. Set aside some time for a leisurely activity and don't set any limits as to what you can learn from each other.

Location: Government Center Community Room
14000 City Center Drive

Day/Dates: **Mondays**
August 30-December 13
**NO CLASS: September 6*

Fee: FREE/15 weeks

Pre-registration is required at least three days in advance.

Bookworms

Day: 1st Monday of each month

<u>Class Code</u>	<u>Age</u>	<u>Time</u>
243401	50+	10:00-11:00 a.m.

Knit & Stitch

Day: 2nd Monday of each month

<u>Class Code</u>	<u>Age</u>	<u>Time</u>
243402	50+	10:00-11:00 a.m.

Gardening

Day: 3rd Monday of each month

<u>Class Code</u>	<u>Age</u>	<u>Time</u>
243403	50+	10:00-11:00 a.m.

Recipe Exchange

Day: 4th Monday of each month

<u>Class Code</u>	<u>Age</u>	<u>Time</u>
243404	50+	10:00-11:00 a.m.

Active Adults 50+

Health Forums

"NEW"

Each topic will be covered by doctors or specialists in each field of study from Loma Linda University Medical Center. A minimum of 10 participants is required so register today!

Location: City Hall Community Room
14000 City Center Drive

Fee/Length: FREE/1-day seminar

Pre-registration is required at least two days in advance. Light refreshments will be provided.

Treatment for Spine Disorders

Dr. Austin Colohan, the Chairman of our Department of Neurosurgery, Dr. Asgarzadie, Assistant Professor, Department of Neurosurgery, Dr. Deborah Henry, Neurosurgeon, or Liane Ballou, physician's assistant will be speaking to you about the diagnosis and treatment of spine disorders. People who suffer from back or neck pain will want to learn more about our multidisciplinary Spine Center which offers surgical and non-surgical treatment options for those with back/neck discomfort.

Day/Date: **Friday, September 3**

<u>Class Code</u>	<u>Age</u>	<u>Time</u>
244005	50+	10:30-11:30 a.m.

Acute Stroke

Dr. Sarah Uffindel, Neurologist, or JoAnna Yang, Neurology Nurse Practitioner, will be speaking on acute stroke signs and symptoms. Learn why time of onset is so important when treating stroke!

Day/Date: **Friday, October 1**

<u>Class Code</u>	<u>Age</u>	<u>Time</u>
244002	50+	10:30-11:30 a.m.



Find activities for Active Adults 50+ by looking for this logo on flyers and other promotional materials.

Tour of Italy Cooking Class

No rare ingredients, no complicated recipes, just great food and great fun! With over 30 years of experience, Chef Roberto Velez will make cooking easy for everyone. You will learn to make Tuscan Dip, Pink Pasta, and Apricot & Chocolate Biscotti. Impress family and friends with the tools you receive in this class to repeat right in your own kitchen. Bring your own food storage containers to take home samples. Recipes are included. **Registration is required by September 7. Hurry up and register as class is limited to 12 participants.**

Instructor: Robert Velez, Cooking Made Easy

Location: McCoy Residence
14276 Peyton Drive

Day/Date: **Monday, September 13**

Fee: \$25 per person

<u>Class Code</u>	<u>Age</u>	<u>Time</u>
245205	50+	3:30-5:30 p.m.

Flu Shot Clinic & Mini Health Fair

Beat influenza and get your immunization at the City of Chino Hills. The flu vaccine has been made available by the San Bernardino County Department of Public Health. Department staff will administer the shot. There is no age limit and the shots will be given on a first-come, first-served basis while supplies last. This immunization will include H1N1. Cash or check payments will be accepted at the clinic. FREE screenings will be made available.

Tuesday, October 26
9:00-11:00 a.m.

McCoy Equestrian & Recreation Center
14280 Peyton Drive

\$10 per person

Active Adults 50+

Introduction to Computers

Never touched a computer? Maybe you did, but felt confused. It's never too late to learn! This class will introduce you to all those basic computer skills needed to operate a computer. Also, you will learn the terms you keep hearing about but aren't quite sure what they are. Class includes hands-on practice to develop ways to improve your lifestyle. **A \$10 material fee is due to the instructor.**

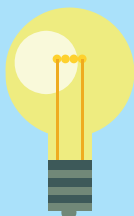
Instructor: AGI Computer Learning Center
 Location: Grand Avenue Park Community Room
 1301 Grand Avenue

Day/Dates: **Wednesdays**
 01: September 1-October 20
 02: October 27-December 15

Fee/Length: \$125/8 weeks

Class Code	Age	Time
240501 01-02	50+	11:00-12:00 p.m.

Do you have an idea for an Active Adult class or workshop you'd like to see offered? Or maybe an idea for a future special event or club? Please call Lyna Thoeun, Recreation Coordinator at (909) 364-2704 with your ideas and suggestions.



Win a free trip! excursion or discount coupons good for programs and classes offered by the Recreation Division valued at \$50! Available to Active Adults 50+ ONLY. Simply fill out a survey to help the City develop plans to better serve the needs of Chino Hills residents age 50+.

Need A Ride? OmniLink Can Help!



Call OmniLink for curb to curb service in Chino Hills. Fares range from \$1-\$3 and buses are lift equipped. To schedule service please call (800) 330-6424.

Tai Chi Chuan & Qi Gong

Experience the best of what Tai Chi and Qi Gong have to offer! This class will include meditation with movement, deep breathing, the art of self-healing, and visualization to enter the mind/body connection. Tai Chi will teach you how to relax, focus the mind, improve balance and coordination, and slow down the aging process. Instructor has 40+ years of experience in martial arts, is credentialed with an 8th degree black belt, and has taught for over 20 years. Advanced students will learn three major forms: Yang, Wu, and Chen and will also learn the art of self hypnosis.

Instructor: Nick and Ivy De Mauro
 Location: Aegis Senior Living
 14837 Peyton Drive

Days/Dates: **Saturdays**
 01: September 4-October 23 8 weeks
 02: October 30-December 18 7 weeks
 *NO CLASS: November 27

Mondays
 01: August 30-October 18 7 weeks
 *NO CLASS: September 6
 02: October 25-December 13 8 weeks

Fee/Length: Beg: \$115/7 weeks
 \$130/8 weeks
 Adv: \$130/7 weeks
 \$150/8 weeks

Class Code	Day	Age	Level	Time
238401 01-02	Sat	21+	Beg	10:00-11:00 a.m.
238402 01-02	Sat	21+	Adv	11:00-12:30 p.m.
238403 01-02	Mon	21+	Beg	10:00-11:00 a.m.
238404 01-02	Mon	21+	Adv	11:00-12:30 p.m.