

Adult Programs & Services

COMMUNITY & SUSI Q CENTER

380 Third Street, LB

www.SusiQ.org

Susi Q Center Office Hours:

M-F, 9 a.m. to 3 p.m. - (949) 497-2441

City Office Hours:

M-F, 8 a.m. to 5 p.m. - (949) 464-9535

Laguna Beach Seniors

Laguna Beach Seniors in collaboration with the City of Laguna Beach provides numerous programs, services, activities and opportunities for older adults. Programs are open to all ages unless otherwise indicated.

For services that require appointments, please call (949) 497-2441.

Outreach Programs

● Braille Institute Vision Care

Managing vision loss. Join us for an informative lecture on the first Tuesday of each month from 1:00 to 3:00 p.m.

● Community Action Partners - Food Distribution

USDA surplus food will be distributed to low-income individuals and families from 11:00 a.m. to 1:00 p.m. on the last Friday of the month.

● Health Screening

A public nurse is available to individuals ages 50 & up for physical assessments, nutrition, and medical counseling by appointment on the first Monday of the month from 9:00 a.m. to 12:00 noon.

● Legal Aid

A lawyer provided by the Legal Aid Society will assist seniors by appointment on the first Tuesday of the month from 12:30 to 2:00 p.m.

● Medicare Assistance/HICAP

Trained volunteers will be available to advise and provide information to seniors on Medicare, HMO appeals, Long-Term Care and supplemental insurance by appointment on the fourth Monday of the month from 12 noon to 2:15 p.m.

Susi Q Computer Lab

OPEN COMPUTER LAB

Monday, Wednesday & Friday, 1:00 to 3:00 p.m. Drop-in fee - \$2 per session or \$10 for three months from time of purchase.

COMPUTER CLUB

New members are always welcome, sign up at the front desk. Meetings and informational lectures are the second Friday of every month.

Recreation

BALLROOM DANCE

Mondays, 2:00-3:00 p.m. Instructor: Candy Davis is looking for singles and couples who love to dance. Ballroom to Latin to Country. Wear leather-soled shoes. \$5 per class.

BINGO - FREE!

Thursdays, 10:30 a.m. to 11:30 a.m. Join us for fun and exciting games and prizes!

BRIDGE

Mondays, 11:45 a.m. to 3:00 p.m. If you like to socialize and play Bridge, join us! Call (949) 499-2525 to sign up to play. Limited space available.

CURRENT EVENTS - FREE!

Tuesdays and Fridays, 10:00 to 11:30 a.m. Discuss news and world events.

INTREPID TRAVELERS

Affordable, fun-filled day trip adventures using public transportation. Call (949) 497-2441 for next destination date and time.

MAH JONG

Wednesdays, 12:30 to 4:30 p.m.

MONDAYS AT THE MOVIES - FREE!

Mondays, 1:00 p.m. to 3:00 p.m.

SUSI Q BOOK CLUB - FREE!

First Thursdays of the month, 3:00 to 5:00 p.m. There's always time for a good book. New book each month! Books and CD's available at the Laguna Beach Library.

TABLE TENNIS

Monday, Wednesday and Friday, 1:00 to 3:00 p.m. Call for more details and rules of play. (949) 497-2441.

TABLE TOP TREASURES

Shop Thursdays from 10:00 a.m. to 12:00 noon. Table top swap meet. Bring donations (small items) on Thursdays only. (949) 497-2441.

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55+ Tennis



City of Laguna Beach offers a free mixed doubles 55+ tennis group on Wednesdays, April 7 to June 30, 8 a.m. to 11 a.m. at the Alta Laguna Park Tennis Courts, 3300 Alta Laguna Blvd.

Have fun, stay fit and play with others who have a true love for the game! Sign-up at the courts on a first come, first serve basis. Space is limited. Bring your own tennis balls. For details, call (949) 464-9535.

The Artists' Salon

The Artists' Salon meets weekly in an informal setting where artists can work in watercolor, pastel, water-based oils, acrylics, and mixed media. Come and work in a quiet environment. No instruction is offered but feedback and ideas are welcome. Bring your own materials. The intent is to offer a studio-type environment for artists who would like to pursue their work in the company of others. All levels are welcome. For details, call (949) 464-9535.

Volunteer Coordinator: Carole Zavala

\$15 per person

#22590 Friday 12:30-3:00 p.m. CSC-AR
April 16 to June 18

Nutrition

● Lunch Bunch - South County Senior Services

Enjoy a nutritional lunch and make new friends by joining the "Lunch Bunch." Lunch is served Monday through Friday at 11:30 a.m. Ages 59 & under - \$5.50; Ages 60 & up - suggested donation \$4. For details, call (949) 715-5462.

● Home Delivered Meals - S.C. Seniors

This program provides meals to individuals 60 years of age and older: who are living at home, unable to prepare their own meals, or have little or no assistance to obtain adequate meals. Call (949) 499-7575.

Personal Safety Presentation

Discussion about **How and When to Contact the Police Department** will be presented at the Susi Q Center by Laguna Beach Police Department Community Services Officer Coleen Walloch on the following date:

- **Tues., May 4, 2010 - 12:30 p.m. "POLICE CONTACT"**

Transportation

● Transportation - Sally's Fund

Sally's Fund is a non-profit agency that provides transportation for seniors who live in Laguna Beach and have no way to travel to and from the Community & Susi Q Center, medical appointments or shop for groceries. Call (949) 499-4100.

Irvine Valley College Emeritus Spring 2010 Semester

January through May, class start dates vary

The City of Laguna Beach in collaboration with Irvine Valley College Emeritus Program provides courses of interest and value to adults at convenient off-campus locations.

Registration Information Three Easy Ways to Register!

- 1) **ONLINE** - For class information or to register by credit card, log onto www.123getsmart.com
- 2) **BY MAIL** - Mail check (payable to IVC) and form to IVC Emeritus Institute, 5500 Irvine Center Drive, Irvine, CA 92618
- 3) **BY PHONE** - Call (949) 451-5555, Monday through Friday, 9 a.m. to 5 p.m.

● Aquatic Fitness	\$30
● Cooking for 1 or 2	\$40
● Film Genres	\$15
● Latin Aerobics	\$30
● Music/Rehearsal/Performance	\$30
● Dayan Qi Gong	\$20
● Watercolor Classes	\$30
● Yoga	\$25

IVC Spring Computer Classes

Registration - (949) 451-5382 - www.ivc.edu/emeritus

INTRO TO PERSONAL COMPUTERS

Tuesdays, 9:00 a.m. - 10:30 a.m. 1-unit (\$26)
Jan. 12 to May 11 CSC-Tech Ctr.

INTRO TO INTERNET & E-MAIL

Tuesdays, 10:30 a.m. - 12:00 p.m. 1-unit (\$26)
Jan. 12 to May 11 CSC-Tech Ctr.

Taxi Vouchers

Laguna Beach Transit Plus - LB Residents Only

Taxi Vouchers are available for purchase at the Community & Susi Q Center. Vouchers are valid Monday through Saturday from 5:30 p.m. to 2:30 a.m. and on Sunday from 8:00 a.m. to 2:30 a.m. The cost is \$3 per voucher per one-way ride (up to 4 passengers).