

Activities for Seniors

LA HABRA SENIOR TRANSPORTATION PROGRAMS

The La Habra Community Services Department offers two transportation services for seniors:

La Habra “Ride with Pride” Shuttle Service:

This service, which is just now returning, is open to **seniors age 60+ years**, operates Monday, Wednesday and Thursday, 8 am to 1 pm, and transports riders from their homes to and from the Community Center for the lunch program, and other City activities and events. **To make a reservation to use the “Ride with Pride” Shuttle Service, please call the shuttle reservation line: 424-398-5990.**

La Habra Car Service:

This service is open to **seniors ages 65+ years**, operates Monday through Friday, 7 am to 4:30 pm, and transports riders for doctor’s appointments anywhere in Orange County and grocery shopping in La Habra. The only destinations outside of Orange County are Presbyterian Intercommunity Hospital (PIH) in Whittier and the Veterans Administration Hospital in Long Beach. Rides are limited to either two one-way trips OR one round-trip per week. Reservations must be made at least three days

in advance. **To make a reservation to use the La Habra Car Service, please call the Car Service reservation line: 800-327-1359.**

Riders who meet the age qualifications are eligible to use either or both services, and both services provide curb to curb transportation. To use either of the transportation services, you must register by completing an application form and return it to the La Habra Community Services Department, 101 W. La Habra Blvd., as well as providing photo identification with proof of residence and birthdate. Applications are available at the Community Center, where they can be completed and turned in, or they can be mailed out and returned via USPS mail with a copy of the identification document, or can be downloaded from the City’s website, **www.lahabracalifornia.gov**, completed, scanned and emailed, along with the identification document, to **mtaylor@lahabra.ca.gov**. Identification documents are destroyed after we review them. For more information, please contact the Community Center at **562-383-4200.**

Services

M.O.W.O.C. DINING PROGRAM

The Meals on Wheels O.C. (M.O.W.O.C.) dining program serves a hot lunch at 12 noon, Monday, Wednesday and Thursday, at the La Habra Community Center. There is a suggested \$3 donation for lunch for **seniors age 60+ years** and a \$5 charge for anyone under 60+ years accompanying a qualified senior as a caregiver. Pre-registration is necessary; contact the Community Center at **562-383-4200** or M.O.W.O.C. lunch supervisor Jennifer Bush at **562-383-4222** to let us know you plan to attend, and please arrive no later than 11:45 am. Transportation to and from the dining program is available through the La Habra “Ride with Pride”

Shuttle Service. For more information, please see the listing under La Habra Senior Transportation Programs. Additional past activities, such as bingo, live dancing and music are being considered for inclusion, and more information will be announced when these activities return.

LA HABRA MEALS ON WHEELS

La Habra Meals on Wheels provides home delivered meals to those unable to prepare their own meals due to illness or disability. For more information please contact Carmen Miller at **562-383-4221.**

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

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?

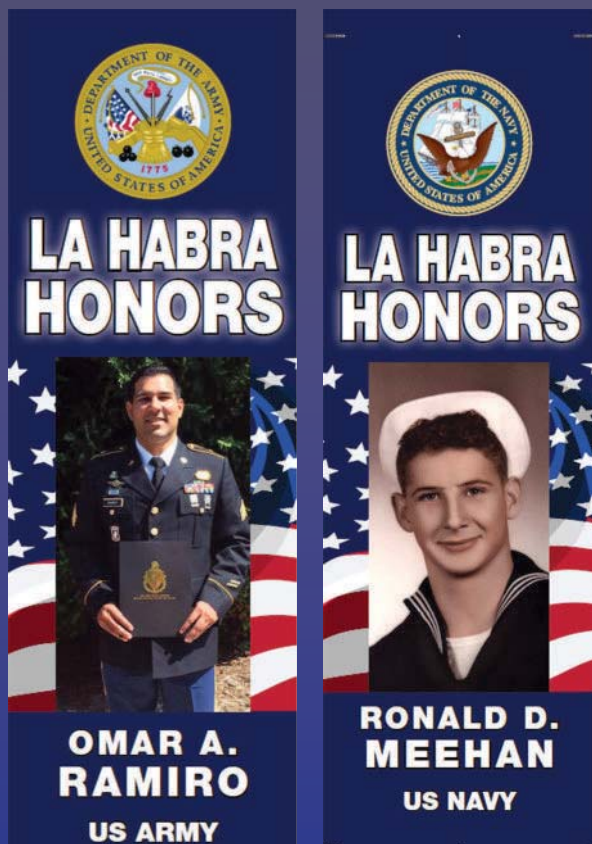
Contact Marcia Taylor at mtaylor@lahabraca.gov or 562-383-4207.

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

Services

LEGAL AID

Legal Aid is available one afternoon each month, usually 12 to 2:30 pm. This service is available for **seniors age 60+ years** 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 and coverage. HICAP does not sell or endorse insurance products. At this time, all HICAP assistance is provided on the second Tuesday of the month in both English and Spanish. You may schedule an appointment by calling the Community Center at **562-383-4200**.

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COMING THIS FALL

SENIOR
HEALTH
FAIR

DATE TO BE
ANNOUNCED

Activities

We offer a variety of activities for seniors, including monthly movies and more. Please pick up our monthly senior calendar at the Community Center or visit www.lahabracca.gov/1241/classes-activities-for-seniors for the latest information.

NOCE Older Adult Classes

YOUR REGULAR ATTENDANCE IS THE REGISTRATION FEE.

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 held at a different North Orange County Senior Center each month. Participants who complete the class receive a certificate. Some insurance companies offer discounts to those who complete this class. In order to take the class, participants **must preregister** by calling the La Habra Community Center at **562-383-4200**. The class is scheduled to be held on Saturday, July 9th, 8:00 am to 4:30 pm at the La Habra Community Center. You may contact the Community Center for information about other dates and locations.

HEALTH & WELLNESS FOR OLDER ADULTS

Instructors:

Kathy Mastin, Mondays

Mary Katherine Krie, Thursdays

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.

Classes meet 10-11:50 am

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

For further information, please call
562-383-4200.

Senior Dances

Join us for a Sunday afternoon
of live music, dancing and dinner.

2:30-4:30 pm

(Doors open at 2:00 p.m.)

\$8.00/Guest

Sunday, June 24th

Cowboy Jack Johnson

Sunday, August 28th

The Hep Cats

Sunday, October 23rd

Country Plus

**Reservations are required. Reserve
your space in person or by phone at the**

La Habra Community Center

101 W. La Habra Blvd. 562-383-4200

**THANK YOU TO OUR
SPONSOR:**

