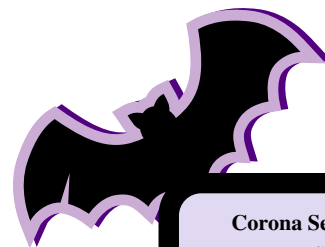


city of corona

Activities are provided free of charge unless indicated
PLEASE REGISTER AT RECEPTION DESK

CORONA SENIOR CENTER



Senior Travel Program

EXPLORE

LOS ANGELES

Monday

October 16, 2023

8:00am - 6:30pm

\$80 Per Person



Corona Senior Center Staff

Lydia Bouroumand
Program Coordinator

Elaina Toth
Assistant Recreation
Coordinator

Alex Padayao
Senior Community
Service Leader

Cassandra Lopez
Senior Community
Service Leader

Fatima Ghazzoul
Community Service
Leader

Neda Gogani
Community Service
Leader

David Kang
Community Service
Leader

Amal Mahran
Community Service
Leader

Julia Monir
Community Service
Leader

Claudia Romero
Community Service
Leader

Jacky Wilson
Community Service
Leader

Penny Williams
Community Service
Leader

LUNCH

Monday-Friday
at 12:00pm

First come, first served.

\$3 Suggested donation!

For any question regarding lunch,
please call

951-739-4966



Corona Senior Center

921 South Belle Avenue
Corona, CA 92882
(951) 736-2363
www.CoronaCA.gov

Hours of Operation

Monday - Thursday:
9:00am to 6:00pm

Friday: 9:00am to 3:30pm

Closed: Saturdays & Sundays



Thank You To Our Sponsors

AARP. Alpha Care. AmCare Pharmacy. C & C Family Insurance. Citrus Valley Medical. 211, Community Action Partnership, Community Connect. Corona Dial-A-Ride. Corona Fire Department. Corona Police Department. Corona Public Library. Dr Rios Clinica Medica Familiar. Estancia Del Sol. HICAP. InnovAge. JAR Insurance. L's Grill. Mark Lansing Attorney At Law. Mint Insurance. MV Transportation. Neighborhood Healthcare PACE. RCTC. SBHIS. Security National Life Insurance. Sodexo. Thee- Lish- Us. Thomas Miller Mortuary Crematory. VNA Hospice.



October



MONDAY

9:00am Pilates
 9:15am Men's Exercise
 9:30am Party Bridge
 10:00am Women's Exercise
 12:00pm Lunch
 1:00pm Balance and Flexibility
 2:00pm- 3:30pm Bingo

TUESDAY

9:00am Arthritis Exercise
 9:00am- 12:00am Mixed Media
 10:00am Combination Exercise
 12:00pm Lunch
 1:00pm Longevity Stick
 2:00pm-3:30pm Tai-Chi
 2:00pm-4:00pm Knit-Crochet
 4:00pm-5:30pm Line dance(Beg.)

WEDNESDAY

9:00am Hispanic Social Circle
 9:15am Men's Exercise
 10:00am-12:00pm Ladies Card Club
 10:00am-11:30am Line Dance Imp/Int
 12:00pm Lunch
 1:00pm-3:00pm Beginning Crochet
 2:00pm-3:30pm Tai Chi

THURSDAY

9:00am Arthritis Exercise
 9:00am-11:30am Party Quilters
 9:00am-11:30am Illusion of Living
 10:00am Combination Exercise
 12:00pm Lunch
 1:00pm Longevity Stick
 2:00pm Grief Support Group

FRIDAY

9:00am-12:00pm Mixed Media
 9:00am-11:30am Beginning Quilting
 9:30am Balance & Flexibility
 12:00pm Lunch
 1:30pm-2:30pm Bingo

SATURDAY

Classes Listed in the Columns to the
 Left Occur Every Week on the
 Days/Times Shown.

CLOSED
SATURDAYS & SUNDAYS

02

03

9:15 am Information Table
 Water Aerobic Program
Sponsored by YMCA
 11:00am Legal Services **Appt. Required**
Sponsored by Mark Lansing Esq. Law Steady
 1:00pm Women's Improvement Bridge
No Longevity Stick

04

9:30am Glucose Testing
Sponsored by Citrus Valley Medical
 12:00pm HICAP
 Health Insurance Counseling Advocacy Program
Appt. Required
 12:15pm Presentation
 DOC Talk "Battling Depression"
Sponsored by Mint Insurance

05

9:15am Information Table
 Neighborhood Health Care PACE
No Longevity Stick

06

10:30am Computer Basics
Pre-Registration Required
 12:15pm Birthday Celebration
Sponsored by Alpha Care
 1:30pm Bingo
Sponsored by C & C Family Insurance

07

09

10:15am Sight Seekers
 2:00pm Bingo
Sponsored by Alpha Care

10

9:00am-11:00am Library Lounge
 9:30am Information Table
Sponsored by C & C Family Insurance

11

12:15pm Presentation
 DOC Talk "Safety"
Sponsored by JAR Insurance

12

9:30am Information Table
Sponsored by Mint Insurance

13

10:00am Computer Basics
Pre-Registration Required
 1:30pm Bingo
Sponsored by Estancia Del

14

16

8:00am Senior Travel Program
 Explore Los Angeles


17

9:30am C.S.F.P. Food Program
Sponsored by Community Action Partnership
 1:00pm Women's Improvement Bridge


18

9:30am Blood Pressure Screening
Sponsored by Citrus Valley Medical
 12:15 pm Presentation
 Open Enrollment
Sponsored by Mint Insurance

19

9:30am Information Table
Sponsored by Clinica Medica Familiar

20

10:30am Computer Basics
Pre-Registration Required
 12:00pm Nutrition Class
Pre-Registration Required

 1:30pm Bingo
Sponsored by Clinica Medica Familiar

21

23

2:00pm Bingo
Sponsored by Mint Insurance

24

No Combination Exercise


25

9:30am Blood Pressure Screening
Sponsored by Citrus Valley Medical
 12:00 pm Presentation
 Medicare Plans
Sponsored by SBHIS

26

9:30am Information Table
Sponsored by Mint Insurance

27

10:00am Computer Basics
Pre-Registration Required
 12:30-2:30pm Halloween Party
Sponsored by
Pre-Registration Required
 Center will be closed at 11:00 am
 for special event set up


28

30

31

Party tickets will be sold on the first Business Day of each month.

