

HealthyWay

YOUR GUIDE TO HEALTH AND WELLNESS

LET THE RHYTHM MOVE YOU

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Bollywood Dance

page 16

Zumba Gold

page 17



SAY HELLO TO REGAL MEMBER ANN STORC

+
Vea!

EN ESTE EJEMPLAR NUESTRO CALENDARIO DE CLASES TOTALMENTE EN ESPAÑOL



Free movie tickets!
page 13

REFER A FRIEND AND GET...

FREE movie tickets to use at any time!

Ready, Set, Goals!

With every new year, our goal is to help you be able to do things that make you happy and healthy. By sharing real-life stories and experiences, we hope you will be moved and inspired to set your own goals and find new adventures to enhance your life, health, and well-being.

In our feature article, we highlight one of our members, Ann Storck, as she shares her life and her experience attending a Beginning Tap/Jazz dance class, along with several other classes, we offer in this issue.

The months ahead are also filled with exciting celebrations for you and your family. Join us as we sponsor Cinco de Mayo events, enjoy dinner, dancing and pampering mom on her special day—and spend lunch or a BBQ at the park with dad.

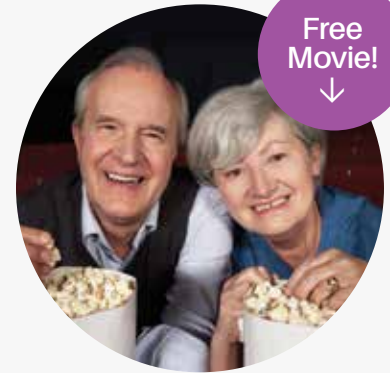
We want to take this opportunity to welcome our ACO beneficiaries to our health and wellness activities. We hope you all take advantage of the many classes and programs we have available to continue your path to better health! To join a class, program or event, refer to the information listed on the back of the magazine. We hope to see you soon!

In Good Health,



A handwritten signature in cursive script that reads "Hana Eicher".

Hana Eicher
VP, Patient Outreach & Community Engagement



Free Admission - Any Movie

Whenever you bring a non-Regal/Lakeside/ADOC guest to a member/ACO beneficiary exclusive movie matinee, each of you will receive a free ticket, available to use for **any movie at participating locations, at any time!**

Unlimited Rewards!

Bring a new guest to every movie matinee that you attend! There is no limit to how many tickets you can receive! One guest allowed per reservation. Non-members are limited to one movie ticket only.

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For More Information

Refer to page 13 (Community Events section) under the Movie Matinees.

INSIDE

Health education and wellness activities that will rejuvenate your life



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READ THROUGH THE PAGES
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about what health and wellness
programs are available to you!

**LET
THE
RHYTHM
MOVE
YOU**





**SIT BACK AND RELAX AS REGAL MEMBER,
ANN STORC, DANCES HER WAY INTO YOUR HEARTS ▶**

H

HAPPY FEET EQUAL A HAPPY MIND, BODY, AND SPIRIT

Regal member Ann Storc, first discovered her love for dance at the early age of three. As a little girl growing up in Huntington Park with a keen interest in the artistic form of rhythm and moves, she knew she wanted to continue tap dancing throughout her life.



Determined and full of energy, three year-old Ann danced for two straight years under the direction of famous Hollywood choreographer and director, Nick Castle. She would go on to perform in many shows thereafter, including *Dances at Sea* held at the Pacific Theater in Huntington Park (*below*).

She continued to dance through her teen years under the direction of Dee Blacker – one of the choreographers for legendary tap actor, singer, and dance instructor, Donald O'Connor (*Singing In the Rain, There's No Business Like Show Business, Toys, and others*), and then in her early 30's she studied with dancer, choreographer, and instructor, Louis "Louie" Francis DaPron. Louie also choreographed performances for Donald O'Connor.

Ann started her career as a high school teacher back in 1970. She taught art, drama, and English. While teaching, she also choreographed several shows drawing on the creativity and energy from her many years of experience.

When Ann retired from teaching, she knew she wanted to continue dancing. After all, tap was at the very core of her

soul. When she discovered she had the opportunity to take Beginning Tap/Jazz classes co-sponsored by our medical group at ONEgeneration in Reseda, a rush of joy and nostalgia brought her back to a time in her youth when tap dancing was at the center of her life's most precious pursuits. Ann has been attending the Tap/Jazz classes we sponsor consistently each week without missing a beat.

Life Is About Balance

Besides tap dancing, Ann also discovered our other classes, too – like Bollywood Dance taught at the same location, and Zumba Gold in Tarzana. Ann tries to stay active at least four days a week. When she's not in dance classes, you can find her at home listening to Denise Austin tapes to get her workouts in.

What does Ann love most about tap dancing? It is definitely the hypnotizing, invigorating sounds of the click and clack of her shoes hitting those wooden floors; the sounds, the rhythm, every movement

and the balance it takes to accomplish each move. Most of all, she enjoys the thrill and exhilaration tap dancing brings. “Dancing definitely helps with balance

and coordination,” she adds. “I used to be 172 pounds. Now I’m between 135 - 140 pounds and I have control of my health. I have seen some incredible physical transformations from

other members who participate in these classes. Just staying active made such a difference in their lives and my own. I love it and I’m having so much fun participating in it.” Ann says.



Ann’s Steps for Staying Active & Healthy

1. Always keep your body moving no matter what
2. Be mindful of meal portions and practice portion control
3. Try to incorporate low-carb meals into your diet
4. Have an even balance of a healthy diet and exercise
5. And, above all, have fun doing what you love!



If You Can Move, You Can Groove

“My message for anyone who wants to join a class is just to go out there and do it. Don’t be afraid. Being active keeps me feeling young. When I’m dancing, I feel like I’m in my 20’s again – and it’s a wonderful feeling.” She encourages everyone to take tap dancing classes if they have the opportunity.

It’s never too late to learn and it’s an activity that does not require a lot of skill to get started. If you can move, you can groove.

Membership Like No Other

By being a Regal member, Ann has access to all of the added benefits, programs, and services that she enjoys – especially the many classes offered to older adults. She’s inspired by other members whose lives have been significantly transformed by getting in shape, managing their weight, and adding precious years to their lives, simply by joining an exercise class.

Ann has made many friends in the different classes that she attends. She looks forward to

sharing her stories and interests with others whom she shares a common bond.

For her, joining classes have also opened the door for her to meet and socialize with people just like her. Her family shares in her happiness and supports her motivation to continue her passion to dance and to stay physically active.

The value it has given Ann is priceless and what she gains is good health and a life she loves more and more each day.

Beginning Tap/Jazz Class Helpful Tips

No tap dance experience is needed for this class. Here are some helpful tips to consider on your first day:

- Dress in comfortable clothes you can move around in
- Wear comfortable shoes with sturdy support
- If you own a pair of tap dance shoes, bring them
- Get ready to have fun in a friendly environment

Schedule a Class!

To find out more about the Beginning Tap/Jazz and how to join, see page 14.

Through the Ages: Popular Movies Featuring Tap/Jazz



Stormy Weather (1943)

Bill, a struggling performer meets a beautiful vocalist, Selina, and promises they will be together once he becomes famous. Both become successful and lose contact. Bill has a chance to win her back at a huge musical show.



Tap (1989)

Max, newly released from prison for burglary, wants to reconnect with his ex-girlfriend and must choose to dance again or go back to a life of crime. This dance drama exudes never-ending energy and excitement and was written and directed by *Nick Castle*.



Happy Feet (2006)

This computer-animated musical film is about a baby emperor penguin, Mumble, who can't sing, but can tap dance. The story evolves to show Mumble's journey into a young adult and life's adventures.



Singin' in the Rain (1952)

This classic, American musical movie is a comedy depicting Hollywood in the late 20's. Three actors/performers (including Donald O'Connor) make the transition from silent films to "talkies" in this entertaining, world-famous musical.



Billy Elliot (2000)

The life of a miner's son (Billy Elliot) is forever changed when he stumbles upon a dance class. But when his father and brother find out and prohibit him from dancing, Billy is torn between his responsibility to his family and to the talent with which he has discovered.



The Artist (2011)

This French romantic-comedy film takes place in Hollywood in the mid-20's to 30's. The story describes the romance between an older, silent film star and an upcoming young actress during silent film's evolution to "talkies".

CLASSES

Health and wellness classes are open to all Regal Medical Group, Lakeside Community Healthcare, ADOC Medical Group members, ACO beneficiaries, and one adult guest



Bingo

Let's enjoy an afternoon of fun and excitement as we play bingo. The lucky winners will win prizes!

Offered in **Burbank, Moreno Valley**

Birthday Celebration

Happy Birthday to you!
Come celebrate with friends.
Refreshments will be provided.

Offered in **Buena Park, Jurupa Valley, Moreno Valley, Simi Valley**

Chalk Art Festival

Spend a day watching both amateur and professional artists turn cement into colorful works of art using vivid pastel chalks!

Offered in **Covina**

Cinco de Mayo Celebration

¡Olé! Bring a friend and join us for a fiesta with traditional food, entertainment and raffle prizes. Fun for all!

Offered in **Baldwin Park, Jurupa Valley, Simi Valley**



Cinco de Mayo Fiesta

Join us for live mariachi and traditional Mexican food. Dress up in your favorite Mexican attire and celebrate with friends!

Offered in **Azusa**



Father's Day BBQ in the Park

Enjoy a day of fun and BBQ at the park in celebration of Father's Day.

Offered in **Irwindale**

Easter Brunch & Egg Hunt

Revisit your childhood! Enjoy refreshments and an Easter egg hunt throughout the Valleydale Community Center. Have fun trying to find the egg with the golden ticket!

Offered in **Azusa**



Easter Egg Hunt

Bring a friend and join us for a fun, springtime tradition. Music, refreshments and raffle gifts will be provided.

Offered in **Jurupa Valley**

Father's Day Lunch Celebration

It's time to recognize those wonderful dads out there! Join us for a Father's Day celebration with a special meal and live entertainment.

Offered in **Azusa**

Delicious Food Demos

Health Chats (Charlas)

Located at seven Northgate Gonzalez Markets each month, join us for a series of talks about important health topics. Enjoy a healthy cooking demonstration by Celebrity Chef Pablo and sample the nutritious and delicious foods he has prepared.

Offered in **Anaheim, Fallbrook, Long Beach, Los Angeles, Norwalk, Santa Ana, West Covina**

La Lotería

Similar to bingo, La Lotería is a traditional Mexican game of chance. Join us for fun, friends and prizes.

Offered in **Irwindale, Jurupa Valley**

Mother Daughter Tea

This celebration is dedicated to the special mothers and daughters in our lives. Dress up and celebrate! There will be guest speakers, exciting raffles, prizes, games, and much more.

Offered in **Fullerton**



Mother's Day Canvas Painting

Come express your artistic side and join us for a fun painting class. All supplies and instruction will be provided. All artists and "artists to be" welcome. Beginners encouraged!

Offered in **Irwindale**

Mother's Day Celebration

Join us for an afternoon of music, refreshments and raffle prizes to celebrate moms and all that they do.

Offered in **San Bernardino**

Mother's Day Dance

Celebrate the moms in your life by joining us for a fun evening of dinner and dancing. Enjoy the mariachi and other live entertainment.

Offered in **Baldwin Park, San Fernando**

Mother's Day Manicures and Lunch Celebration

Start off the day with a wonderful manicure and then step into the next room for a day set aside for lunch and live entertainment. Let's celebrate mom in a special way.

Offered in **Azusa**





Older Americans Month Spring Dance

Join us for a festive spring dance to kick-off Older American's Month. We will provide refreshments, prizes, games, and a DJ for lots of dancing!

Offered in **Burbank**

Our Lady Queen of Angels Church Health Fair

Come for a free health fair at one of the oldest buildings in Los Angeles. The fair will offer free health screenings, information, and fun activities for the whole family.

Offered in **Los Angeles**



San Fernando Senior Expo

Please join us for the Annual San Fernando Senior Expo. Enjoy a free day of fun! The event will include exhibitors, health screenings, fitness demo, giveaways, continental breakfast and lunch, and live performances!

Offered in **San Fernando**

Senior Prom USO Theme

Come and enjoy an evening of fun and dancing at the Irwindale Senior Center.

Offered in **Irwindale**

SENIOR SYMPOSIUM

Come join us for an exciting day! Over 50 exhibitors will offer services and resources and free health screenings for older adults. Free continental breakfast and lunch will be provided as well as great prizes and giveaways. Don't miss out on all the fun!

Offered in **Reseda**



Simi Valley Senior Center Wellness Expo

The expression "If you have your health you have everything" is so true, especially as you grow older. Bring a friend and enjoy a morning of free health screenings, information and local resources. Over 60 exhibitors will be participating who specialize in services for older adults. Stop by our booth to pick up a fun giveaway and important info!

Offered in **Simi Valley**

New
Program!



Movie Matinees

Now, when you bring a non-Regal/Lakeside/ADOC guest to a movie, each of you will receive a free movie ticket available to use for any movie, at any time, at a participating local theater.

Get Your Free Movie Ticket

1. Find a friend to bring to the movie matinee with you.
2. Find a scheduled movie listed in HealthyWay.
3. Reserve your movie by calling our Reservation Specialists at (844) 418-8304, Mon-Fri, between 10:00am-4:00pm or by sending an email to healthyway@regalmed.com.
4. When you call, please tell our Reservation Specialist you will be bringing a non-Regal/Lakeside/ADOC guest. We will add their name to your reservation.
5. If you make your reservation through email, please make a note that you will be bringing a non-Regal/Lakeside/ADOC guest.

6. Movie titles and start times will be provided just prior to the scheduled date.
7. Please arrive early. You must be in the theater at the designated time to receive your tickets. Latecomers will not be permitted to join our group, as additional tickets can't be purchased.
8. Show up with your guest and enjoy a day at the theater.
9. Please bring any parking tickets with you to validate, along with your health plan ID card and a picture ID.
10. At the end of the matinee, you and your guest will meet the Community Engagement Liaison to provide them with your name, address and, phone number.
11. You and guest will then receive your free movie tickets in the mail. It's that simple!

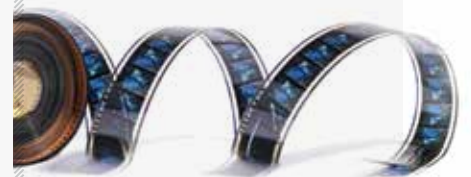
Unlimited Rewards!

Bring a new guest to every movie matinee you attend! There's no limit to how many tickets you can receive! One guest allowed per reservation. Non-members are limited to one movie ticket.

Other Movie Policies

- You may bring one adult guest over 21 years old.
- Movie tickets will not be issued if guest is already a Regal, Lakeside, or ADOC member.
- Please bring a valid ID.
- Regal/Lakeside/ADOC members and ACO beneficiaries may register for a maximum of two movies each month.
- If you're unable to attend a matinee and want to cancel your reservation, you must contact us 72 hours in advance via email or by calling our Reservation Specialists at (844) 418-8304.

See movie details starting on [page 22](#)



Summer Evening Entertainment Series

Come join us for summer evenings spent at the park with fun events for the entire family! Listen to a variety of local bands, watch movies with the kids, and enjoy live entertainment from the Covina concert band.

Offered in **Covina**

TAKE ME OUT TO THE BALL GAME DANCE

Come and spend a fun afternoon dancing to a "Take Me Out to the Ball Game" theme!

Offered in **Irwindale**

Taste of Covina

Bring your family and friends for the Taste of Covina, featuring the best restaurants and businesses. There will be food, drinks, live entertainment, and silent auctions for you and your family to enjoy.

Offered in **Covina**



Arthritis Foundation: Walk N' Talk

The Arthritis Foundation's six-week Walk n' Talk program can teach you how to safely make physical activity part of your daily life. The program has proven to reduce the pain and discomfort of arthritis, increase balance, strength and walking pace, build confidence, and improve your overall health.

Offered in **Reseda**

Be Fit While You Sit

This popular class will show you how to improve your stretching, balance, and breathing while being seated. It is an excellent class if you are using a wheelchair or walker.

Offered in **Burbank, Reseda**

BEGINNING TAP/JAZZ

This low-impact dance class focuses on learning choreographed routines that have "modified" tap and jazz dance steps that are easier on the knees and body.

Offered in **Reseda**



Here are some helpful tips to consider on your first day:

- Dress in comfortable clothes that you can move around in
- Wear comfortable shoes with sturdy support
- If you own a pair of tap dance shoes, bring them along
- Smile and get ready to have fun in a warm and friendly environment



EXERCISE THROUGH DANCE

Good for your body and brain, you will learn a new dance each month in this class. Dance pace varies, which is a great way to incorporate exercise that improves your balance and is good for your heart.

Offered in **Reseda**

Bollywood Dance

This class features easy-to-follow cardio and strength-building fitness routines perfectly choreographed to the latest high energy, fun, Bollywood-inspired music. Be a Bollywood star as you're working out your entire body. Taught by experienced dance instructors with healthcare backgrounds, all levels are welcome. No previous experience necessary!

Offered in **Burbank, Chatsworth, Reseda, Santa Clarita**

Disco Dancing

Are you ready to disco your way to better health? Join Lilly and Harry for a fun-filled hour of dancing to the 60's and 70's classics. Before you know it, you will be getting more fit and your energy levels will be soaring!

Offered in **West Covina**



Family Fun Workout

Designed for family members ages 9-90, this class incorporates resistance training, stretching, tai chi, yoga, and circuit training. The session will help build strength, decrease body fat, and improve your balance and flexibility. Most of all, it will be fun and a fantastic way to enjoy an hour of family time.

Offered in **West Covina**

Fitness and Yoga

Exercise is fun and a great way to make new friends! Class includes stretching, low-impact aerobic exercise, and light weight lifting. All exercises are done at your own fitness level. Yoga supports stress relief, pain relief, better breathing, flexibility, increased strength, weight management, increased circulation, cardiovascular conditioning, better body alignment, and helps you focus on the present.

Offered in **Simi Valley**



Griffith Park Hike

Enjoy the amazing outdoors during a 90-120 minute hike through beautiful Griffith Park. The trails are quite hilly and no shade is available, so please wear comfortable attire and walking shoes, a hat, and sunscreen as appropriate. Use your own discretion or talk to your doctor to determine if this is the right type of physical activity for you. Drinks and snacks provided. **Meet at the entrance to the Greek Theater.**

Offered in **Los Angeles**





International Folk Dancing

Learn a new cultural dance each month—an excellent exercise routine that’s great for your mind, body, and spirit.

Offered in **Reseda**

“Let’s Move!” In Celebration of National Physical Fitness & Sports Month

Regular physical activity is good for everyone's health and people of all ages and body types can be physically active. Join us for this fun and informative celebration. Wear comfortable clothes as we will be moving and trying different forms of physical activity to help you find the right option for you!

Offered in **Burbank**

Param Yoga

This class combines breathing techniques, physical postures, and relaxation that promote wellness in all areas. Taught by Marydale, founder and director of Param Yoga Healing Arts Center, each student is seen as an individual. The program is tailored to your specific needs.

Offered in **Chatsworth**



5 Star Reviews!

POLYNESIAN DANCE

Dances of the South Pacific have meaning beyond words and considered a celebration of life. Our Polynesian dance class will get you moving as you explore the beautiful Polynesian culture. Classes are fun and provide an excellent workout. This class is appropriate for all levels of fitness. Bring your hula skirt!

Offered in **Riverside**



Raising a Little Health

Raising a Little Health is taking the walking club to new heights. Join us for weekly hikes, track your progress, and get rewards along the way. Also, different health topics will be discussed on each hike. While strollers are not permitted on the trail, please feel free to bring babies along in a kangaroo carrier so they can enjoy the outdoors while you get active! Wear comfortable shoes that have a good grip and sunblock, hats, and/or sunglasses to protect you from the sun.

Offered in **Hacienda Heights**

Rhythm and Moves

Similar to Zumba Gold, this class will have you moving to the beat with dance steps designed to increase muscular strength and range of motion. You’ll have fun while adding a little bit of cardio to your daily living.

Offered in **Chatsworth**

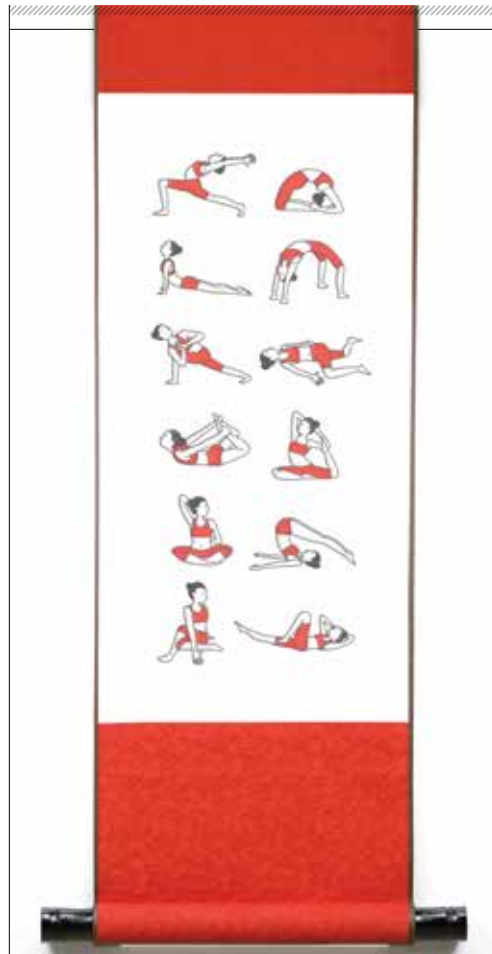
STRENGTH AND BALANCE TRAINING

This class focuses on strengthening and toning the entire body and starts with a 5-10 minute introduction about the benefits of exercising. An exercise warm up occurs, followed by resistance training activities using resistant bands, balls, and body weight. Balance activities and a cool down stretch follow. It ends with a 5-10 minute period of questions and answers.

Offered in **Burbank, Colton, Glendale, West Covina**



Equipment: Weights, stability balls, resistance bands, etc., will be provided at the class.



A gentle way to fight stress

TAI CHI

Tai Chi has developed a worldwide following for its benefits to health and health maintenance. Medical studies support its effectiveness as an alternative exercise and a form of martial arts therapy. Please note that this class requires you to be in a standing position.

Offered in **Arcadia, Glendale, West Covina**

YOGA

Peace of mind, healthy body

Join us at the San Fernando Recreation Center for weekly yoga classes. All levels are welcome; beginners are especially encouraged to join us to experience the health and wellness benefits of this form of exercise.

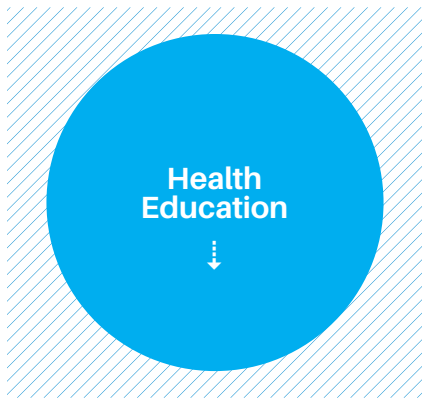
Offered in **San Fernando**

Zumba Gold

Have fun and move to the music through a variety of dance steps designed to increase your muscular strength and range of movement. Remember to wear comfortable clothes and shoes with sturdy support.

Offered in **Burbank, Tarzana, West Covina**





Blood Pressure Checks

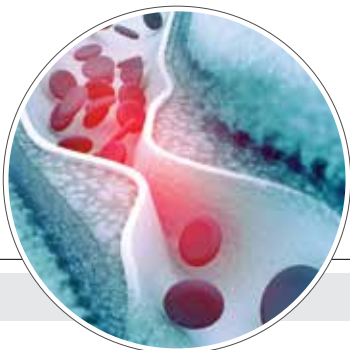
You may not know you have high blood pressure because there aren't any symptoms. So, it's important to get your blood pressure checked regularly.

Offered in **Northridge**

Cholesterol Management

High cholesterol is a serious health problem that can be controlled with diet, exercise, and medication when needed. Learn how high cholesterol affects your health and how to manage it effectively.

Offered in **Burbank**

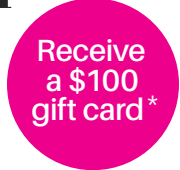


Diabetes Empowerment Education Program (DEEP™)

The Diabetes Empowerment Education Program is a Medicare-approved, evidence-based diabetes education program *for people with prediabetes or diabetes*.

Participants will gain the knowledge and skills necessary to help manage the disease and reduce complications that may result. Topics presented include understanding the human body, diabetes risk factors and complications, nutrition education and meal planning, weight-loss strategies, medications, physical activity, and working with your health team. The classes are educational, fun, and highly interactive; they are offered in a supportive environment by a trained DEEP health educator.

You will receive a \$100 gift card upon completion of all six classes*. You must register for all six sessions. Space is limited; please call 888.787.1712 to reserve your spot. If you have



specific questions about the program, please send an email to healthyway@regalmed.com or call the Health Education department at 888.227.3463.

*Must be a member of Regal, Lakeside, or ADOC and on Medicare, or 65+ to receive the \$100 gift card. ACO beneficiaries and non-members who are on Medicare or 65+ are eligible to receive a \$40 gift card; others are encouraged to attend but are not eligible to receive a gift card. Eligibility will be verified.

Offered in **Anaheim, Burbank, Covina, Fontana, Garden Grove, Glendale, Mission Hills, Oxnard, Redlands, Santa Clarita, Simi Valley, Temecula, West Covina**



Healthy Heart

What are daily values? Is this a high-sodium or low-sodium food? What foods will help manage my cholesterol levels? All these questions and more are answered in lessons for optimal health to control heart disease and maintain a healthy heart.

Offered in **Glendale, Mission Hills, San Bernardino, Temecula**



High Blood Pressure and Your Health

High blood pressure, also known as hypertension, is a major risk factor leading to heart disease and strokes.

Learn the causes of the condition and important lifestyle changes you can make to lower your blood pressure and keep it down. Healthy eating information will be presented, including high-sodium foods to avoid and which are better low-sodium choices.

Offered in **Colton, Glendale, Jurupa Valley, Temecula**



LIVING WITH DIABETES

Don't sugar coat it!

Managing your diabetes or supporting a loved one with the condition, requires some practical information and skills. Join us to learn easy ways related to nutrition, exercise, and stress management to live better and healthier with this chronic condition.

Offered in **Irwindale**



Smoking Cessation Support Group

This is a monthly support group for anyone thinking about or in process of quitting smoking. Participants can share their challenges and successes. Connect with others who are also on their journey toward becoming smoke-free and receive helpful, information and tools.

Offered in **West Covina**

Weight Management

Are you tired of trying one diet after another in an effort to shed those extra pounds with no real success? Let us show you how to succeed in our weight management class designed just for you! In this class, you will be provided with all the information and tools to learn how to lose weight and keep it off for good. We will show you how to incorporate a healthy diet and physical activity into your daily life. A good balance of the right diet and exercise will give you better health and more energy to enjoy the things you love.

Offered in **Burbank, Glendale, Mission Hills**





Cooking Class: HEALTHY EATING ON THE RUN

Eating right is essential to keeping your body running at its best. Whether you're a vegetarian, athlete, busy parent, grandparent or a jet-setting executive, it's important to build an eating plan with your unique lifestyle and nutritional needs in mind. Learn cooking and eating tips that support your busy way of life.

Offered in **Burbank, Reseda, West Covina**

Cooking Class: Heart Health Benefits of a Plant-Based Diet

As more and more individuals reduce their carnivorous ways, one essential question remains: Are vegetarian and vegan diets healthy? The answer is, yes. If appropriately planned, these diets can be healthy, nutritionally adequate, and may provide benefits in the prevention and treatment of certain diseases. There are still myths that surround the health implications of a vegetarian diet. Get the facts and taste some delicious, healthy and easy to prepare plant-based diet options.

Offered in **Burbank, Glendale, Reseda, Simi Valley, Thousand Oaks, West Covina**

Cooking Class: Healthy Eating on a Budget

When money is tight and time is short, it may seem difficult to maintain a healthy diet. But with a few tips, you can achieve affordable, convenient and nutritious food. Join us and taste some delicious and inexpensive healthy food options.

Offered in **Anaheim, Burbank, Reseda, West Covina, West Hills**

Cooking Class: *Quick Nutritious Breakfasts*

Join us for an informative and tasty presentation to learn and try simple, fast and affordable breakfast options!

Offered in **Jurupa Valley, Temecula**



Delicious and Nutritious: The Benefits of Eating Fruits Everyday

Having a piece of fresh fruit or fruit salad for a snack or dessert are good ways to satisfy your sweet tooth and get the extra nutrition you're looking for, since they are loaded with vitamins, minerals and fiber. However, fruit also contains carbohydrates, so if you have diabetes, you need to count fruits as part of your meal plan. Learn about the nutritional values of various fruits so that you can make good decisions about the fruit you eat as part of your daily diet.

Offered in **Buena Park, Irwindale**



Secret
super
foods!

Foods that Help Control Blood Sugar Levels

Whether you have diabetes or not, join us to learn about 3 “super foods” that can be helpful in managing your blood sugar levels: chia seeds, cinnamon, and cactus. This class will introduce you to the nutritional value and health benefits of each and teach you how to incorporate these foods into your daily meals. Sample foods using these ingredients will be provided for tasting.

Offered in **Buena Park, Irwindale**

Nutrition for a Healthier You

This weekly series of classes will focus on basic nutrition, vitamins, and minerals. We will discuss carbohydrates, fats, and proteins, and how to consistently eat balanced meals. Each class will have an open discussion forum for participants to talk about their daily eating habits and food choices. You are encouraged to bring your lunch; keep a food diary and bring it to class.

Offered in **Glendale**

Nutrition for Hypertension and Cholesterol Management

Diet and exercise play an important role in managing blood pressure and cholesterol. Should you be on a low cholesterol diet? Sodium restricted diet? Learn which foods to avoid or increase for managing your condition. Our health educator will teach you how to properly select healthy foods that will help manage your condition.

Offered in **Burbank, Glendale**



NUTRITION FOR WEIGHT LOSS

Tired of trying one diet after another in an effort to shed those extra pounds? Learn how to lose weight by eating well and keep it off – for good!

Offered in **Simi Valley, Thousand Oaks, West Hills**

Supermarket Savvy

Join us for a tour of a local supermarket. Learn how to read food labels and make healthier and more affordable food choices for you and your family.

Offered in **Anaheim, Burbank, Covina, Glendale, Northridge, Simi Valley, Thousand Oaks, West Hills**

DETAILS

A full and complete listing of classes and events by location and date

Agoura Hills

April 5
May 3
June 7

Wednesdays, Daytime Matinees

Movie Matinee

Regency Agoura Hills Stadium 8
29045 Agoura Hills Rd.
Agoura Hills 91301

Anaheim

April 27
May 25
June 22

Thursdays, 12:00pm-1:00pm

Health Chats (Charlas)

Northgate Gonzalez Market
2030 E. Lincoln Ave.
Anaheim 92806

April 4, 11, 18, 25
May 2, 9

Six consecutive Tuesdays
10:30am-12:30pm

Diabetes Empowerment Education Program (DEEP™) (Presented in English)

Anaheim Central Library (Meeting room 1)
500 W. Broadway,
Anaheim 92805
*Regal/Lakeside and ADOC members
on Medicare or 65+ will receive a
\$100 gift card upon completion of
all six classes.

May 16
Tuesday, 10:30am-12:30pm

Cooking Class: Healthy Eating on a Budget

Anaheim Central Library (Meeting room 1)
500 W. Broadway
Anaheim 92805

May 23
Tuesday, 10:30am-12:30pm

Supermarket Savvy

Vons Grocery Store
(Meet at entrance next to donut shop)
130 W. Lincoln
Anaheim 92805

Arcadia

April 6
May 4
June 1

Thursdays, Daytime Matinees

Movie Matinee

AMC Santa Anita 16
400 South Baldwin Ave.
Arcadia 91007

April 5, 12, 19, 26
May 3, 10, 17, 24
June 14, 21, 28

Wednesdays, 8:30am-9:30am

Tai Chi

Regal Medical Group
117 East Live Oak Ave.
Arcadia 91006

Azusa

April 4

May 9

June 6

Tuesdays, Daytime Matinees

Movie Matinee

Azusa Foothill Cinema 10

854 E. Alostia Ave.

Azusa 91720

April 13

Thursday, 11:30am-1:00pm

Easter Brunch & Egg Hunt

Valleydale Community Center

5525 N. Lark Ellen Ave.

Azusa 91702

May 5

Friday, 11:30am-1:00pm

Cinco de Mayo Fiesta

Valleydale Community Center

5525 N. Lark Ellen Ave.

Azusa 91702

May 11

Thursday, 11:30am-1:00pm

**Mother's Day Manicures
and Lunch Celebration**

Valleydale Community Center

5525 N. Lark Ellen Ave.

Azusa 91702

June 15

Thursday, 11:30am-1:00pm

Father's Day Lunch Celebration

Valleydale Community Center

5525 N. Lark Ellen Ave.

Azusa 91702

Baldwin Park

May 5

Friday, 9:00am-11:00am

Cinco de Mayo Celebration

Julia McNeill Senior Center

4100 Baldwin Park Blvd.

Baldwin Park 91706

May 13

Saturday, 6:00pm-11:00pm

Mother's Day Dance

Julia McNeill Senior Center

4100 Baldwin Park Blvd.

Baldwin Park 91706

Bonsall

April 14

June 16

Fridays, Daytime Matinees

Movie Matinee

Digiplex River Village

5256 Mission Rd.

Bonsall 92003

Buena Park

April 4

May 9

June 6

Tuesdays, Daytime Matinees

Movie Matinee

Krikorian Theaters

8290 La Palma Ave.

Buena Park 90620

April 12

Wednesday, 11:00am-12:00pm

**Foods that Help Control
Blood Sugar Levels**

Buena Park Senior Activity Center

8150 Knott Blvd.

Buena Park 90620

May 17

Wednesday, 12:15pm-1:00pm

Birthday Celebration

Buena Park Senior Activity Center

8150 Knott Blvd.

Buena Park 90620

June 15

Thursday, 11:00am-12:00pm

**Delicious and Nutritious:
Benefits of Eating Fruits Everyday**

Buena Park Senior Activity Center

8150 Knott Blvd.

Buena Park 90620

Burbank

Mondays, 1:00pm-2:00pm

Tuesdays, 11:00am-12:00pm

Bollywood Dance

Media City Dance Studio

237 E. Palm Ave.

Burbank 91502

Fridays, 9:00am-10:00am

Zumba Gold

Exceleration Studios

443 Irving Dr.

Burbank 91504

Locations and Dates *(Continued)*

April 4

May 2

June 6

Tuesdays, 11:00am-11:45am

Nutrition for Hypertension and Cholesterol Management

Lakeside Community Healthcare
191 S. Buena Vista St., Suite 215
Burbank 91505
Free parking with validation

April 6

May 4

June 1

Thursdays, 4:00pm-5:00pm

Weight Management

Lakeside Community Healthcare
191 S. Buena Vista St., Suite 250
Burbank 91505
Free parking with validation

April 6, 13, 20, 27

May 4, 11, 18

June 15, 22, 29

Thursdays, 1:00pm-2:00pm

Strength and Balance Training

Joslyn Adult Center
1301 W. Olive Ave.
Burbank 91506

April 6, 13, 20, 27

May 4, 11, 18

June 15, 22, 29

Thursdays, 2:30pm-3:30pm

Be Fit While You Sit

Joslyn Adult Center
1301 W. Olive Ave.
Burbank 91506

April 10

May 8

June 12

Mondays, 6:30pm-7:15pm

Weight Management

Burbank Community YMCA
(Healthy Lifestyles Studio)
321 Magnolia Ave.
Burbank 91502

April 14

Friday, 9:30am-10:30am

Cooking Class:

Healthy Eating on the Run

Joslyn Adult Center (Auditorium)
1301 W. Olive Ave.
Burbank 91505

April 14

June 9

Fridays, 3:00pm-4:00pm

Cholesterol Management

Lakeside Community Healthcare
191 S. Buena Vista St., Suite 250
Burbank 91505
Free parking with validation

April 20

May 18

June 15

Thursdays, 1:00pm-2:45pm

Bingo

Joslyn Adult Center
1301 W. Olive Ave.
Burbank 91505

April 24

May 22

June 26

Mondays, Daytime Matinees

Movie Matinee

AMC Burbank 16
125 E. Palm Ave.
Burbank 91502

May 1

Monday, 1:00pm-3:00pm

Older Americans Month Spring Dance

Joslyn Adult Center (Auditorium)
1301 W. Olive Ave.
Burbank 91505

May 12

Friday, 9:30am-10:30am

Cooking Class: Heart Health Benefits of a Plant-Based Diet

Joslyn Adult Center (Auditorium)
1301 W. Olive Ave.
Burbank 91505

May 19

Friday, 1:00pm-2:30pm

“Let’s Move!” In Celebration of National Physical Fitness and Sports Month

Burbank Public Library
(Community room)
300 N. Buena Vista St.
Burbank 91505

May 24, 31

June 7, 14, 21, 28

Six consecutive Wednesdays,
9:30am-11:30am

Diabetes Empowerment Education Program (DEEP™)

Lakeside Community Healthcare
191 S. Buena Vista St., Suite 250
Burbank 91505

*Regal/Lakeside and ADOC members on Medicare or 65+ will receive a \$100 gift card upon completion of all six classes. Free parking with validation

June 9

Friday, 9:30am-10:30am

Cooking Class: Healthy Eating on a Budget

Joslyn Adult Center (Auditorium)
1301 W. Olive Ave.
Burbank 91505

June 20

Tuesday, 10:30am-11:30am

Supermarket Savvy

Ralphs Grocery Store
1100 N. San Fernando Rd.
Burbank 91504

Camarillo

April 27

May 25

June 29

Thursdays, Daytime Matinees

Movie Matinee

Roxy Stadium 11
5001 Verdugo Way
Camarillo 93012

Chatsworth

Mondays, 11:30am-12:30pm

Wednesdays, 11:30am-12:30pm

Fridays, 11:30am-12:30pm

Saturdays, 10:30am-11:30am

Param Yoga

21750 Devonshire St.
Chatsworth 91311

Thursdays, 11:00am-12:00pm

Bollywood Dance

California Dance Academy
9741 Independence Ave.
Chatsworth 91311

April 7, 21

May 5, 19, 26

June 2, 9, 23, 30

Fridays, 10:00am-11:00am

Rhythm and Moves

California Dance Academy
9741 Independence Ave.
Chatsworth 91311

Claremont

April 12

May 17

Wednesdays, Daytime Matinees

Movie Matinee

Laemmle Theatres Claremont 5
450 W. 2nd St.
Claremont 91711

Colton

April 6, 20, 27

May 4, 18

Thursdays, 10:00am-11:00am

Strength and Balance Training

Colton Hutton Community Center
660 Colton Ave.
Colton 92324

May 22

Monday, 10:00am-11:00am

High Blood Pressure & Your Health

Colton Hutton Community Center
660 Colton Ave.
Colton 92324

Covina

April 1

Saturday, 9:00am-5:00pm

Chalk Art Festival

Heritage Plaza
400 N. Citrus Ave.
Covina 91723

April 11, 18, 25

May 2, 9, 16

Six consecutive Tuesdays

10:00am-12:00pm

Diabetes Empowerment Education Program (DEEP™)

Greater Covina Medical Group
(1st floor conference room)
605 E. Badillo St.

Covina 91723

*Regal/Lakeside and ADOC members
on Medicare or 65+ will receive a
\$100 gift card upon completion of
all six classes.

April 18

June 13

Tuesdays, Daytime Matinees

Movie Matinee

AMC Covina 17
1414 N. Azusa Ave.
Covina 91722

June 6

Tuesday, 10:00am-11:00am

Supermarket Savvy

Vons Grocery Store
932 E. Badillo St.
Covina 91724

Locations and Dates *(Continued)*

June 19, 26

July 3,10,17,24,31

Mondays, 7:30pm-9:00pm

Summer Evening

Entertainment Series:

Variety of Local Bands

Covina Park

301 4th Ave.

Covina 91723

June 20, 27

July 4,11,18,25

Tuesdays, 6:30pm-9:00pm

Summer Evening

Entertainment Series:

Movies for Kids

Covina Park

301 4th Ave.

Covina 91723

June 22, 29

July 6,13,20,27

Thursdays, 7:30pm-9:00pm

Summer Evening

Entertainment Series:

Covina Concert Band

Covina Park

301 4th Ave.

Covina 91723

June 22

Thursday, 6:00pm-9:00pm

Summer Evening

Entertainment Series:

Taste of Covina

Heritage Plaza

400 N. Citrus Ave.

Covina 91723

Encino

April 12

May 31

Wednesdays, Daytime Matinees

Movie Matinee

Laemmle Town Center 5

1700 Ventura Blvd.

Encino 91316

Fallbrook

April 13

May 11

June 8

Thursdays, 10:30am-11:30am,

11:30am-12:30pm

Health Chats (Charlas)

Northgate Gonzalez Market

1346 S. Mission Rd.

Fallbrook 92085

Fontana

May 16, 23, 30

June 6, 13, 20

Six consecutive Tuesdays

12:00pm-2:00pm

Diabetes Empowerment

Education Program (DEEP™)

Fontana Senior Center

16710 Ceres Ave.

Fontana 92335

*Regal/Lakeside and ADOC members on Medicare or 65+ will receive a \$100 gift card upon completion of all six classes.

April 4

June 6

Tuesdays, Daytime Matinees

Movie Matinee

Fontana 8

16741 Valley Blvd.

Fontana 92335

Fullerton

April 26

May 31

June 28

Wednesdays, Daytime Matinees

Movie Matinee

AMC 20

1001 S. Lemon St.

Fullerton 92832

May 21

Sunday, 9:00am-2:00pm

Mother Daughter Tea

Spring Field Tea Garden House

501 N. Harbor Blvd.

Fullerton 92832

Garden Grove

May 5

June 2

Fridays, Daytime Matinees

Movie Matinee

Regal Cinemas

9741 Chapman Ave.

Garden Grove 92841

June 6, 13, 20, 27
July 11, 18

Six consecutive Tuesdays
9:00am-11:00am

**Diabetes Empowerment
Education Program (DEEP™)**
(Class presented in Vietnamese)

Nhan Hoa Clinic
7861 Garden Grove Blvd.
Garden Grove 92841

No class on July 4

*Regal/Lakeside and ADOC members
on Medicare or 65+ will receive a
\$100 gift card upon completion of
all six classes.

Glendale

April 12
May 10

Wednesdays, 9:30am-10:30am

Nutrition for a Healthier You

Lakeside Community Healthcare
(Primary care)
1500 S. Central Ave., Suite 200
Glendale 91204
Free parking with validation

April 4, 11, 18, 25
May 2, 9

Six consecutive Tuesdays
9:00am-11:00am

**Diabetes Empowerment
Education Program (DEEP™)**

Lakeside Community Healthcare
1500 S. Central Ave., Suite 200B
Glendale 91204

*Regal/Lakeside and ADOC members
on Medicare or 65+ will receive a
\$100 gift card upon completion of all
six classes. Free parking with validation

April 5, 12, 19, 26
May 3, 10, 17, 24
June 14, 21, 28

Wednesdays, 12:00pm-1:00pm

Strength and Balance Training

Karavan Dance Studio
1626 S. Central Ave
Glendale 91204
Free parking

April 5, 12, 19, 26
May 3, 10, 17, 24
June 14, 21, 28

Wednesdays, 1:00pm-2:00pm

Tai Chi

Karavan Dance Studio
1626 S. Central Ave
Glendale 91204
Free parking

April 10
May 8
June 12

Mondays, 11:00am-12:00pm

High Blood Pressure & Your Health

Lakeside Community Healthcare
1500 S. Central Ave., Suite 200B
Glendale 91204
Free parking with validation

April 12
May 10
June 14

Wednesdays, 9:00am-10:00am

**Nutrition for Hypertension
and Cholesterol**

Lakeside Community Healthcare
1500 S. Central Ave., Suite 200B
Glendale 91204
Free parking with validation

April 12
May 17
June 14

Wednesdays, Daytime Matinees

Movie Matinee

Pacific Theatres 18 Plex
322 Americana Way
Glendale 91210

To ensure your parking will be validated
by the theater, please self-park in the
Americana garage; parking will be free
for up to four hours.

April 17
May 15
June 19

Mondays, 10:00am-11:00am

Healthy Heart

Lakeside Community Healthcare
1500 S. Central Ave., Suite 200 B
Glendale 91204
Free parking with validation

April 24
May 22
June 26

Mondays, 10:00am-11:00am

Weight Management

Lakeside Community Healthcare
1500 S. Central Ave., Suite 200B
Glendale 91204
Free parking with validation

May 16

Tuesday, 11:00am-12:00pm

Supermarket Savvy

Vons Grocery Store
311 W. Los Feliz Blvd.
Glendale 91204

Locations and Dates *(Continued)*

May 23

Tuesday, 10:00am-12:00pm

Cooking Class:

**Heart Health Benefits
of a Plant-Based Diet**

Lakeside Community Healthcare
1500 S. Central Ave., Suite 200B
Glendale 91204
Free parking with validation

Glendora

New
location!

April 25

May 23

Tuesdays, Daytime Matinee

Movie Matinee

AMC Glendora 12
1337 East Gladstone St.
Glendora 91740

Granada Hills

April 24

Monday, Daytime Matinee

Movie Matinee

Regency Theatre 9
16830 Devonshire St.
Granada Hills 91344

Hacienda Heights

April 26

May 3, 17, 31

June 14, 28

Wednesdays, 9:15am-10:15am

Raising a Little Health

Hacienda Hills Trailhead
1662 Seventh Ave.
Hacienda Heights 91745
Meet at trail entrance by the green gate

Huntington Beach

April 21

May 19

June 16

Friday, Daytime Matinee

Movie Matinee

Century Theatres
7777 Edinger Ave.
Huntington Beach 92647

Irwindale

New
location!

April 21

Friday, 12:00pm-3:00pm

**Take Me Out to the
Ball Game Dance**

Irwindale Senior Center
16116 Arrow Highway
Irwindale 91706

April 26

Wednesday, 11:00am-12:00pm

Living with Diabetes

Irwindale Senior Center
16116 Arrow Highway
Irwindale 91706

May 5

Friday, 1:00pm-2:00pm

La Lotería

Irwindale Senior Center
16116 Arrow Highway
Irwindale 91706

May 10

Wednesday, 11:00am-12:00pm

**Foods that Help Control
Blood Sugar Levels**

Irwindale Senior Center
16116 Arrow Highway
Irwindale 91706

May 12

Friday, 12:00pm-3:00pm

Mother's Day Canvas Painting

Irwindale Senior Center
16116 Arrow Highway
Irwindale 91706

June 16

Friday, 12:00pm-3:00pm

Father's Day BBQ in the Park

Irwindale Park
5050 Irwindale Ave.
Irwindale 91706

June 28

Wednesday, 11:00am-12:00pm

**Delicious and Nutritious:
Benefits of Eating Fruits Everyday**

Irwindale Senior Center
16116 Arrow Highway
Irwindale 91706

June 30

Friday, 5:00pm-10:00pm

Senior Prom USO Theme

Irwindale Senior Center
16116 Arrow Highway
Irwindale 91706

Jurupa Valley

New
location!

April 13

Thursday, 12:00pm-1:00pm

Easter Egg Hunt

Eddie Dee Smith Senior Center
5888 Mission Blvd.
Jurupa Valley 92509

May 5

Friday, 2:00pm-4:00pm

Cinco de Mayo Celebration

Eddie Dee Smith Senior Center
5888 Mission Blvd.
Jurupa Valley 92509

May 10

Wednesday, 8:30am-9:30am

Cooking Class:

Quick Nutritious Breakfasts

Eddie Dee Smith Senior Center
5888 Mission Blvd.
Jurupa Valley 92509

May 25

Thursday, 12:00pm-1:00pm

Birthday Celebration

Eddie Dee Smith Senior Center
5888 Mission Blvd.
Jurupa Valley 92509

June 1

Thursday, 12:00pm-1:30pm

La Lotería

Eddie Dee Smith Senior Center
5888 Mission Blvd.
Jurupa Valley 92509

June 21

Wednesday, 8:30am-9:30am

High Blood Pressure & Your Health

Eddie Dee Smith Senior Center
5888 Mission Blvd.
Jurupa Valley 92509

Long Beach

April 7

May 12

June 9

Fridays, Daytime Movie Matinees

Movie Matinee

AMC Marina Pacifica 12
6346 E Pacific Coast Hwy.
Long Beach 90803

April 25

May 23

June 27

Tuesdays, 10:00am-11:00am,
11:30am-12:30pm

Health Chats (Charlas)

Northgate Gonzalez Market
4700 Cherry Ave.
Long Beach 90807

Los Angeles

April 1

May 6

June 10

Saturdays, 8:00am-10:00am

Griffith Park Hike

2700 North Vermont Ave.
Los Angeles 90027

April 4

May 2

June 6

Tuesdays, 10:00am-11:00am,
11:30am-12:30pm

Health Chats (Charlas)

Northgate Gonzalez Market
944 E. Slauson Ave.
Los Angeles 90011

April 12

May 10

June 14

Wednesdays, Daytime Matinees

Movie Matinee

Regal Cinema LA Live
1000 W. Olympic Blvd.
Los Angeles 90015
Please park in the parking structure
located behind the theater and bring
your parking ticket to receive the \$7
parking fee after the movie.

April 23

May 28

June 25

Our Lady Queen of Angels Church Health Fair

Sundays, 9:00am-3:00pm

Our Lady Queen of Angels Church
535 N. Main St.
Los Angeles 90012

Parking is available for \$10 per day
at several parking lots adjacent to the
church; no street parking is available.

Mission Hills

April 6, 13, 20, 27

May 4, 11

Six consecutive Thursdays

5:00pm-7:00pm

Diabetes Empowerment Education Program (DEEP™)

Lakeside Community Healthcare
14901 Rinaldi St., Suite 201
Mission Hills 91345
Free parking with validation. *Regal,
Lakeside, and ADOC members on
Medicare or 65+ will receive a \$100
gift card upon completion of all
six classes.

Locations and Dates *(Continued)*

May 10, 24

Wednesdays, 1:30pm-2:30pm

Weight Management

14901 Rinaldi St., Suite 201

Mission Hills 91345

June 7, 21

Wednesdays, 1:30pm-2:30pm

Healthy Heart

14901 Rinaldi St., Suite 201

Mission Hills 91345

Monrovia

April 20

May 11

June 8

Thursdays, Daytime Matinees

Movie Matinee

Krikorian Monrovia Cinema 12 & LFX

410 S. Myrtle Ave.

Monrovia 91016

Moreno Valley

May 2

Tuesday, Daytime Matinee

Movie Matinee

Harkins Theater

22350 Town Cir.

Moreno Valley 92553

April 5

May 10

June 7

Wednesdays, 1:00pm-3:00pm

Bingo

Moreno Valley Senior Center

25075 Fir Ave.

Moreno Valley 92552

April 24

May 29

June 26

Mondays, 12:30pm-1:30pm

Birthday Celebration

Moreno Valley Senior Center

25075 Fir Ave.

Moreno Valley 92552

North Hollywood

April 10

May 15

June 12

Mondays, Daytime Matinees

Movie Matinee

Laemmle NoHo 7

5240 Lankershim Blvd.

North Hollywood 91601

For parking validation, self-park in the lot designated as "5250 Parking" located at 11144 Weddington St. (one block north of the theater) on the south side of the street. The cost is \$2 for 3.5 hours with a theater validation and \$1.25 each 15 minutes thereafter. We will provide \$2 for 3.5 hours only.

Northridge

April 4

May 2

June 6

Tuesdays, 9:00am-10:00am

Blood Pressure Checks

Wilkinson Senior Center

8956 Vanalden Ave.

Northridge 91324

May 18

Thursday, 9:00am-10:00am

Supermarket Savvy

Ralphs Grocery Store

19781 Rinaldi St.

Northridge 91326

Please meet at the Pharmacy

Norwalk

April 20

May 18

June 15

Thursdays, 10:00am-11:00am,
11:30am-12:30pm

Health Chats (Charlas)

Northgate Gonzalez Market

11660 E. Firestone Blvd.

Norwalk 90650

Ontario

April 18

June 20

Tuesdays, Daytime Matinees

Movie Matinee

Edwards Stadium 22

4900 E. 4th St.

Ontario 91764

Orange

April 13

May 18

June 15

Thursdays, Daytime Matinees

Movie Matinee

Cinemark Century Stadium

1701 Katella Ave.

Orange 92867

New location!



Oxnard

April 18, 25
May 2, 9, 16, 23

Six consecutive Tuesdays
11:00am-1:00pm

Diabetes Empowerment Education Program (DEEP™)

South Oxnard Senior Center
200 East Bard Road
Oxnard 93033

*Regal/Lakeside and ADOC members on Medicare or 65+ will receive a \$100 gift card upon completion of all six classes.

Pasadena

April 6
May 4
June 8

Thursdays, Daytime Matinees

Movie Matinee

Laemmle Pasadena Playhouse
673 E. Colorado Blvd.
Pasadena 91101

Free parking in the Pasadena City lot on the corner of El Molino and Union Ave. Bring your parking ticket with you to receive payment.

Redlands

April 4, 11, 18, 25
May 2, 9

Six consecutive Tuesdays
12:30pm-2:30pm

Diabetes Empowerment Education Program (DEEP™)

Redlands Senior Center
111 West Lugonia Ave.
Redlands 92374

*Regal/Lakeside and ADOC members on Medicare or 65+ will receive a \$100 gift card upon completion of all six classes.

April 11
May 16
June 13

Tuesdays, Daytime matinees

Movie Matinee

Krikorian Cinemas
340 N. Eureka St.
Redlands 91790

Reseda

Mondays, Wednesdays, and Fridays
9:00am-10:00am

Arthritis Foundation: Walk n' Talk

ONEgeneration
18255 Victory Blvd.
Reseda 91335

Tuesdays
2:30pm-3:30pm
Bollywood Dance

ONEgeneration
18255 Victory Blvd.
Reseda 91335

Tuesdays and Fridays
9:30am-11:30am

Exercise through Dance

ONEgeneration
18255 Victory Blvd.
Reseda 91335

Tuesdays and Fridays
1:00pm-2:00pm

Be Fit While You Sit

ONEgeneration
18255 Victory Blvd.
Reseda 91335

Wednesdays
9:00am-10:00am

Beginning Tap/Jazz

ONEgeneration
18255 Victory Blvd.
Reseda 91335

Thursdays
3:15pm-4:15pm

International Folk Dancing

ONEgeneration
18255 Victory Blvd.
Reseda 91335

April 27
Thursday, 10:00am-11:30am

Cooking Class: Healthy Eating on the Run

ONEgeneration
18255 Victory Blvd.
Reseda 91335

May 20
Saturday, 8:00am-2:30pm

Senior Symposium

ONEgeneration
18255 Victory Blvd.
Reseda 91335

Locations and Dates *(Continued)*

May 25

Thursday, 10:00am-11:30am

Cooking Class: Heart Health Benefits of a Plant-Based Diet

ONEgeneration
18255 Victory Blvd.
Reseda 91335

June 22

Thursday, 10:00am-11:30am

Cooking Class: Healthy Eating on a Budget

ONEgeneration
18255 Victory Blvd.
Reseda 91335

Riverside

Wednesdays

10:00am-11:00am

Polynesian Dance

Norton Younglove Community Center
459 Center St.
Riverside 92507

San Bernardino

May 9

Tuesday, Daytime Movie Matinee

Movie Matinee

Edwards Theater
450 North E. St.
San Bernardino 92401

May 11

Thursday, 10:00am-11:30am

Mother's Day Celebration

Perris Hills Senior Center
780 East 21st St.
San Bernardino 92404

May 25

Thursday, 10:00am-11:00am

Healthy Heart

Regal Medical Group
621 E. Carnegie Drive, Suite 140
San Bernardino 92408
Look for entrance marked by balloons!

San Fernando

April 4, 11, 18, 25

May 2, 9

Tuesdays, 9:30am-10:45am

Yoga

Las Palmas Park
505 S. Huntington St.
San Fernando 91340

May 19

Friday, 9:00am-2:00pm

San Fernando Senior Expo

Las Palmas Park
505 S. Huntington Street
San Fernando 91340

May 20

Saturday

Dinner: 5:00pm-7:00pm

Dancing: 7:00pm-midnight

Mother's Day Dance

Las Palmas Park
505 S. Huntington Street
San Fernando 91340

Santa Ana

April 20

May 25

June 22

Thursdays, Daytime Matinees

Movie Matinee

Regency Theatres
1561 Sunflower Ave.
Santa Ana 92704

April 27

May 25

June 22

Thursdays, 10:00am-11:00am

Health Chats (Charlas)

Northgate Gonzalez Market
770 S. Harbor Blvd.
Santa Ana 92703

Santa Clarita

Tuesdays

9:30am-10:30am

Bollywood Dance

United Methodist Church
26640 Bouquet Canyon Rd.
Santa Clarita 91350

April 4, 11, 18, 25

May 2, 9

Six consecutive Tuesdays

1:00pm-3:00pm

Diabetes Empowerment Education Program (DEEP™)

Lakeside Community Healthcare
24355 Lyons Ave., Suite 222
Santa Clarita 91321

*Regal/Lakeside and ADOC members
on Medicare or 65+ will receive a
\$100 gift card upon completion of
all six classes.

April 11
May 9
June 13

Tuesdays, Daytime Matinees

Movie Matinee

Edwards Stadium 12 & IMAX
24435 Town Center Dr.
Santa Clarita 91355

Simi Valley

Wednesdays

9:00am-10:30am

Fitness and Yoga

Boys & Girls Club of Simi Valley
2850 Lemon Dr.
Simi Valley 93065

April 3
May 1
June 5

Mondays, 12:00pm-1:00pm

Birthday Celebration

Simi Valley Senior Center
3900 Avenida Simi
Simi Valley 93063

April 19

Wednesday, 8:00am-12:00pm

**Simi Valley Senior Center
Wellness Expo**

Simi Valley Senior Center
3900 Avenida Simi
Simi Valley 93063

April 19

Wednesday, 6:00pm-8:00pm

Nutrition for Weight Loss

Lakeside Community Healthcare
3605 Alamo St., Suite 100
Simi Valley 93065

April 20
May 18
June 22

Thursdays, Daytime Matinees

Movie Matinee

Regal Civic Center Stadium 16 & IMAX
2751 Tapo Canyon Rd.
Simi Valley 93063

April 26

Wednesday, 6:00pm-7:00pm

Supermarket Savvy

Pavilions
2938 Tapo Canyon Road
Simi Valley 93063

May 3

Wednesday, 6:00pm-8:00pm

**Cooking Class: Heart Health
Benefits of a Plant-Based Diet**

Lakeside Community Healthcare
3605 Alamo St., Suite 100
Simi Valley 93065

May 6

Saturday, 11:00am-1:00pm

Cinco de Mayo Celebration

Boys & Girls Club of Simi Valley
2850 Lemon Dr.
Simi Valley 93065

May 24, 31

June 7, 14, 21, 28

Six consecutive Wednesdays,
2:30pm-4:30pm

**Diabetes Empowerment
Education Program (DEEP™)**

Lakeside Community Healthcare
3605 Alamo St., Suite 100
Simi Valley 93065
*Regal/Lakeside and ADOC members
on Medicare or 65+ will receive a
\$100 gift card upon completion of
all six classes.

Tarzana

Tuesdays, 11:30am-12:30pm

Zumba Gold

Releve Studios
18356 Oxnard St.
Tarzana 91356
Please find parking in back of the
studio (assigned Releve Studio parking
only) or on the street. Wear comfort-
able clothes and shoes with sturdy
support. Ensure your class shoes are
not worn outside to prevent studio
floor damage.

Temecula

April 7, 14, 21, 28
May 5, 12

Six consecutive Fridays, 10am-12pm

**Diabetes Empowerment
Education Program (DEEP™)**

Rancho Family Medical Group
28780 Single Oak Dr., Suite 260
Temecula 92590
*Regal/Lakeside and ADOC members
on Medicare or 65+ will receive a
\$100 gift card upon completion of
all six classes.

April 25

May 23

June 27

Tuesdays, Daytime Matinees

Movie Matinee

Edwards Theater
40750 Winchester Rd.
Temecula 92592

Locations and Dates *(Continued)*

April 26

Wednesday, 10:00am-11:30am

Cooking Class:

Quick Nutritious Breakfasts

Rancho Family Medical Group
28780 Single Oak Drive, Suite 260
Temecula 92590

May 24

Wednesday, 10:00am-11:30am

High Blood Pressure & Your Health

Rancho Family Medical Group
28780 Single Oak Drive, Suite 260
Temecula 92590

June 28

Wednesday, 10:00am-11:30am

Healthy Heart

Rancho Family Medical Group
28780 Single Oak Drive, Suite 260
Temecula 92590

Thousand Oaks

April 13

May 11

June 15

Thursdays, Daytime Matinees

Movie Matinee

Muvico 14, Westfield Mall
166 W. Hillcrest Dr.
Thousand Oaks 91360

May 11

Thursday, 6:00pm-8:00pm

Nutrition for Weight Loss

Lakeside Community Healthcare
612. E. Janss Rd.
Thousand Oaks 91360

May 18

Thursday, 6:00pm-7:00pm

Supermarket Savvy

Vons Grocery Store
1790 N. Moorpark Rd.
Thousand Oaks 91360

May 24

Wednesday, 6:00pm-7:30pm

Cooking Class:

Heart Health Benefits of a Plant-Based Diet

Lakeside Community Healthcare
612. E. Janss Rd.
Thousand Oaks 91360

Van Nuys

May 8

June 5

Mondays, Daytime Matinee

Movie Matinee

Regency Theater Plant 16
7876 Van Nuys Blvd.
Van Nuys 91406

West Covina

Tuesdays

8:30am-9:30am

Zumba Gold

Lakeside Community Healthcare
(Urgent care waiting room)
1500 W. West Covina Parkway
West Covina 91790
No class May 30th

April 6, 13, 20, 27

May 4, 11, 18, 25

June 15, 22, 29

Thursdays, 8:30am-9:30am

Strength and Balance Training

Lakeside Community Healthcare
1500 W. West Covina Parkway
West Covina 91790

April 6, 13, 20, 27

May 4, 11, 18, 25

June 15, 22, 29

Thursdays, 9:45am-10:30am

Disco Dancing

Lakeside Community Healthcare
(Urgent care waiting room)
1500 W. West Covina Parkway
West Covina 91790

April 10

Monday, 10:30am-11:30pm

Cooking Class:

Healthy Eating on the Run

Lakeside Community Healthcare
(2nd floor conference room)
1500 W. West Covina Parkway
West Covina 91790

April 10, 17, 24

May 8, 15, 22

June 12, 19, 26

Mondays, 8:30am-9:30am

Strength and Balance Training

Lakeside Community Healthcare
(Urgent care waiting room)
1500 W. West Covina Parkway
West Covina 91790

April 10, 17, 24

May 8, 15, 22

June 12, 19, 26

Mondays, 9:35am-10:25am

Tai Chi

Lakeside Community Healthcare
(Urgent care waiting room)
1500 W. West Covina Parkway
West Covina 91790

April 10, 17, 24

May 8, 15, 22

June 12, 19, 26

Mondays, 5:30pm-6:30pm

Family Fun Workout

Lakeside Community Healthcare
(Urgent care waiting room)
1500 W. West Covina Parkway
West Covina 91790

April 11

May 16

June 27

Tuesday, Daytime Matinees

Movie Matinee

Edwards Stadium 18
1200 Lakes Dr.
West Covina 91790

April 17

May 22

June 19

Mondays, 6:00pm-7:30pm

Smoking Cessation Support Group

Lakeside Community Healthcare
(2nd floor conference room)
1500 W. West Covina Parkway
West Covina 91790

April 18

May 16

June 20

**Tuesdays, 10:00am-11:00am,
11:30am-12:30pm**

Health Chats (Charlas)

Northgate Gonzalez Market
1320 W. Francisquito Ave.
West Covina 91790

May 8

Monday, 10:30am-11:30am

Cooking Class:

**Heart Health Benefits
of a Plant-Based Diet**

Lakeside Community Healthcare
(2nd floor conference room)
1500 W. West Covina Parkway
West Covina 91790

June 12

Monday, 10:30am-11:30am

Cooking Class:

Healthy Eating on a Budget

Lakeside Community Healthcare
(2nd floor conference room)
1500 W. West Covina Parkway
West Covina 91790

June 13, 20, 27

July 11, 18, 25

Six Tuesdays, 10:00am-12:00pm

**Diabetes Empowerment
Education Program (DEEP™)**

Lakeside Community Healthcare
1500 W. West Covina Parkway
West Covina 91790
No class July 4. *Regal/Lakeside and
ADOC members on Medicare or 65+
will receive a \$100 gift card upon
completion of all six classes.

West Hills

June 14

Wednesday, 6:00pm-8:00pm

Nutrition for Weight Loss

Lakeside Community Healthcare
7325 Medical Center Dr., Suite 300
West Hills 91307

June 20

Tuesday, 6:00pm-7:00pm

Supermarket Savvy

Pavilions
6534 Platt Avenue
West Hills 91307

June 27

Tuesday, 6:00pm-7:30pm

Cooking Class:

Healthy Eating on a Budget

Lakeside Community Healthcare
7325 Medical Center Dr., Suite 300
West Hills 91307

Woodland Hills

April 17

June 26

Mondays, Daytime Matinees

Movie Matinee

AMC Promenade 16
21801 Oxnard St.
Woodland Hills 91367

All events and classes are offered at no cost to you; however, reservations are required! There are two ways for you to RSVP:

1 Email your reservation to healthyway@regalmed.com

You can email 24/7. Choosing this method:

- Allows you to make reservations for all activities and classes.
- Enables you to make reservations earlier than those who call. Email reservations will be handled on a first-come, first-served basis.
- Requires you to provide all pertinent information including your name, date of birth and requested activities (must have name and date for activity).
- Sends you an email confirming your reservation.

2 Call our Reservation Specialists at **844.418.8304**

Call Monday - Friday between 10:00am and 4:00pm. You can only make reservations one month at a time:

Reservations for April events

begin on Tuesday, March 21.

Reservations for May events

begin on Tuesday, April 11.

Reservations for June events

begin on Tuesday, May 16.

Please note: You will receive a phone call from our Reservation Specialists confirming your participation prior to the event or a confirmation email if you make your reservations by email.

Other Policies:

- You may bring one adult guest over 21 years old to each class unless otherwise indicated.
- You will be required to sign-in at each class. Some may require completion of a release form. Please bring a valid ID with you.
- You may register for a maximum of two movies each month.
- Unless otherwise indicated, parking is available at no cost to you and no validations are required.
- If you're unable to attend an activity or class and must cancel your reservation, you must contact us 72 hours in advance via email or by calling our reservation specialists at **844.418.8304**.
- Before starting any physical activity program, please consult your doctor.



Please reference your health plan ID for your medical group.

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