

HealthyWay

YOUR GUIDE TO HEALTH + WELLNESS FOR ALL AGES

HEALTHY HOLIDAYS *with the De Luna family*

MEMBER
CHRISTINA →



**BEGINNING
TAP/JAZZ**
**PREVENTING
DIABETES**
**HEALTH
CHATS**



Vea!

En este ejemplar nuestro calendario de clases
TOTALMENTE en Español

WISHING YOU A HAPPY HOLIDAY SEASON!



It's a time to celebrate! The change of the season is upon us and we are excited to bring many fun-filled activities for you and your family to enjoy. Take a look at our feature article as we highlight one of our members, Christina De Luna, as she celebrates healthy holiday eating with family. We have also included some delicious and healthy recipes that you

can try at home, along with some tips to enjoy the festivities without the guilt. For our members who are enrolled in Medicare, the Medicare Open Enrollment Period (OEP) begins on October 15, 2017.

To be fully prepared to make an informed decision about what options best fits your needs, please attend one of the "Getting the Most Out of Your Medicare" events offered in your area. Our trusted Medicare specialists and insurance partners will be available to review your current plan and help you determine if you need to make any changes in 2018. If you need help, don't worry! And, if you can't join us, please call our PAL line at (877) 878-9948 and our representatives can connect you to one of our Medicare specialists.

If you would like to join a class, program or event, please refer to the information listed on the back of the magazine. Some of our classes get filled up quickly so be sure to make a reservation so your spot is held. Here's wishing you and your loved ones a holiday season full of joy.

In Good Health,



Hana Eicher
VP, Patient Outreach & Community Engagement



**SAVE
THE DATES!**

Important Dates!

SUNDAY, OCTOBER 15 OPEN ENROLLMENT BEGINS

This is the only time of year when all who are on Medicare can make any changes to their plan for the next year.

THURSDAY, DECEMBER 7 OPEN ENROLLMENT ENDS

In most cases, Dec. 7 is the last day you can make any changes to your Medicare coverage for next year. If making a change, your new health plan must receive your enrollment application by Dec. 7.

MONDAY, JANUARY 1 COVERAGE BEGINS

Your new Medicare coverage begins on Jan. 1 if you switched to a new plan. If you decided to stay with the same plan, any changes to coverage, benefits, or costs will begin on Jan. 1.

FOR MORE INFORMATION
call (877) 878-9948 or visit
tinyurl.com/medicare-events

INSIDE

Health education and wellness activities that will rejuvenate your life



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IN THIS ISSUE

of *HealthyWay* you will learn about what health and wellness programs are available to you!

HEALTHY HOLIDAY EATING



WITH MEMBER,
CHRISTINA DE LUNA →



HEALTHY EATING: A CULINARY JOURNEY



THE DE LUNA FAMILY

Left to right: Desiree, Jayleen, Lisa, Jimmy, Gus, Lucinda, Christina, Mike, Jackie, Fredy, Michelle, Christopher



Christina De Luna has been a member of Lakeside Community Healthcare since January 2014. The first time she received her *HealthyWay* magazine and browsed through the pages, she could not have imagined how much bigger her world would become, and for this, she is most thankful. There in the pages filled with programs, classes, and events were new

opportunities to begin a healthier and active lifestyle – something she would continue to cherish and share with her loved ones through the years. Christina first discovered healthy cooking by attending one of the cooking demos taught by Chef Pablo offered at the Northgate Market in West Covina and has been attending classes ever since. Soon thereafter, she also discovered movie matinees, strength and



balance training, and group hikes held in both Hacienda Heights and at Griffith Park. Today, she has incorporated Tai Chi on Mondays and Disco Dancing on Thursdays. Christina has had arthritis for years, which can make it challenging to move around. Since she started participating in exercises classes she has improved mobility and flexibility, more energy and has lost a good deal of weight in the process.

Simple Ingredients Equals Big Flavors

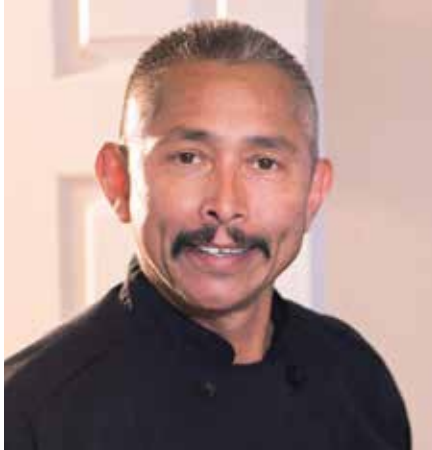
Christina's journey into healthy cooking continues as she learns to cook the healthy meals she had seen prepared by Chef Pablo. She also attends healthy cooking classes taught by Health Educator, Margarita Maldonado. Some of her favorite recipes are Margarita's breakfast oatmeal in a mason jar made with yogurt and fresh fruit, and Chef Pablo's grilled vegetables – seasoned, marinated and placed right on the grill.

Christina says, "What I enjoy most about these healthy cooking classes and demos is that the recipes are easy to follow and the ingredients are readily available at your local market. I have also learned to experiment with different fruits and vegetables and how to substitute variations of both to make a variety of healthy dishes." She shared that she enjoys trying out new recipes by cooking for her family at least every couple of weeks. Her family especially loves the grilled vegetables that she had learned to prepare at one of Chef Pablo's demonstrations at Northgate Market.

Giving Thanks

"What I'm most thankful for during the holidays is family and my faith. Sharing my passion for cooking with my family brings me such great joy," she expressed. She is also grateful for all of the exercise classes offered near her home. She adds, "If I didn't have access to the events and classes I know I would be sitting at home feeling isolated. They help to keep me active. I always look forward to receiving my magazine every quarter to see what events and classes I want to attend." This past quarter, Christina and her family participated in Canvas Painting, Mother Daughter Tea, and the West Covina Summer Evening Entertainment Series held at the Covina Park. ■

MEET CHEF PABLO



Chef Pablo Blanco discovered his love for cooking in 1979 working at his uncle's restaurant in Inglewood. He started out washing dishes and worked his way up to learning to cook French and Italian cuisine under the masterful hands of his uncle's hired chef. His passion for cooking continued and he decided to enroll in culinary classes at L.A. Mission College before attending the Culinary School of America in Napa Valley where he has mastered some of the most exquisite recipes he has ever experienced.

For more than 10 years, Chef Pablo has been cooking healthy alternatives to the most popular dishes. Being exposed to and

learning proper nutrition gave him the inspiration to share his healthy recipes with those looking to change their eating habits and adopt a healthier lifestyle. He says, "The big misconception about healthy cooking is that many believe it won't taste as good, or it's too expensive, but that's not the case. There are many delicious recipes that are good for you. You just have to know how to prepare them. It is all in the technique."

If you find yourself over-indulging during big holiday meals, there are some simple steps from Chef Pablo that you can take to curb your appetite and still enjoy the meal.

FOLLOW THESE SIMPLE TIPS FOR HOLIDAY MEAL SUCCESS!

- Cook with a minimum amount of salt and/or sodium.
- Cut out saturated fat.
- Eat fresh and avoid processed foods.
- When it comes to protein, choose lean (chicken or fish).
- Avoid vegetables in creams, gravies and butter.

- Choose fruits and vegetables served raw, grilled or steamed. Raw is best. Steaming is the second healthier option.
- Stick to calorie-free drinks such as water, tea, seltzer, or diet sodas instead of punch or mixed drinks.
- If you choose to drink alcohol, limit the amount and have it with food. Talk with your healthcare team about whether alcohol is safe for you.

You can still enjoy your favorite holiday treats, but take small portions, eat slowly, and savor the taste and texture.

If you overindulge, don't beat yourself up. If you eat more carbs or food than you planned for, don't think you have failed, just make a plan to get back on track.¹

After your meal, take a walk with family and friends. Exercise will also get you moving, keep you focused on your goals, and give you a welcome break from being surrounded by treats.



LOW-FAT & LOW CARB MASHED POTATOES

Ingredients

- 4 cups diced potatoes
- 4 cups cauliflower florets
- ½ cup sliced almonds
- 1 cup almond milk
- 1 teaspoon sea salt
- 3 cups of water

Instructions

1. Cook potatoes and cauliflower in three cups of water until tender.
2. Remove one cup of cooked cauliflower. Add the almonds and almond milk into a blender and puree well.
3. Pour the pureed mixture into remaining potatoes and cauliflower. Mash together until well blended.



HEALTHY MUSHROOM GRAVY (VEGAN)

Ingredients

- 1 teaspoon olive oil
- ½ cup diced onion
- ¼ cup diced carrots
- ¼ cup diced celery
- 1 cup sliced mushrooms
- 1 teaspoon sea salt
- Black pepper to taste
- 3 cups of water

Instructions

1. In a large pan, cook vegetables in olive oil until tender.
2. Add one cup of water, bring to a boil over medium heat. Cook well.
3. Once fully cooked, add in salt and pepper.
4. Carefully pour vegetables into blender making sure not to splash since mixture will be hot. Puree until well blended.
5. Return mixture to pot and simmer for two minutes.
6. Serve warm. Add more water for desired consistency.



WHOLE WHEAT STUFFING

Ingredients

- 1 loaf of wheat bread, diced & toasted
- 2 cups diced onion
- 2 cups diced celery
- 2 tablespoons of chopped sage
- 2 tablespoons chopped parsley
- ½ cup cranberries
- 1 teaspoon olive oil
- 2 teaspoons sea salt
- Black pepper to taste
- 3 cups of water

Instructions

1. In a large pan, cook celery and onions in olive oil until tender.
2. Add in the cranberries, sage, parsley, salt and pepper.
3. Add in water and bring to a boil. Once boiling, bring to low heat.
4. Add in bread and mix well. Remove from heat.
5. Cover with lid until ready to serve.

CLASSES

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



2017 SENIOR GAMES CLOSING CEREMONY

Come celebrate the closing of the 2017 Inland Empire Senior Games which promote participation in physical activity and the spirit of competition at all ages.

Offered in **San Bernardino**



Bingo

Enjoy an afternoon of fun and excitement as we play Bingo. Prizes will be provided to the lucky winners!

Offered in **Burbank, Menifee**

Birthday Celebrations

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

Offered in **Colton, Corona, Fallbrook, Fontana, Jurupa Valley, Lake Elsinore, Moreno Valley, Ontario, Perris, San Bernardino, Simi Valley**

Bob & Saul Show: Popular Christmas Songs and the Stories Behind Them

Join us to listen, learn, laugh, and sing along to famous holiday songs presented by the popular duo, Bob and Saul.

Offered in **Burbank**



Knitting Club

Join our knitting club to meet new people, share ideas and knit in a fun environment. Yarn will be provided.

Offered in **Los Angeles**

Getting the Most Out of Your Medicare

Whether you are already using your Medicare benefits or are newly eligible for Medicare, having the right kind of insurance is an important part of your total health. Join us and speak directly to and have your questions answered by a Medicare expert who is a licensed insurance agent. This presentation will help you make informed decisions during the upcoming Medicare Open Enrollment Period (OEP).

Offered in **Anaheim, Buena Park, Burbank, Fontana, Glendale, Huntington Park, Lake Elsinore Los Angeles, Mission Hills, North Hollywood, Ontario, Perris, Santa Clarita, Tarzana, Thousand Oaks, Torrance, Van Nuys, West Covina, West Hills**



Lotería

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

Offered in **Irwindale, Jurupa Valley, Perris, Riverside, San Bernardino, Whittier**

HEALTH CHATS (Charlas)

Located at seven different Northgate Gonzalez Markets each month, please 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.

Meet Chef Pablo on Page 7!

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



"Movies on Us" Info Table

Come and learn more about us and how you can become a part of our "Movies on Us" program.

Offered in **Riverside**

Rancho Family Medical Group Open House

Come join us for a fun patient appreciation event at Rancho Family Medical Group's new state-of-the-art facility in Hemet. Tours of the facility, free health screenings and demonstrations, kids' activities and refreshments will be provided.

Offered in **Hemet**

SUGAR PLUM ARTS & CRAFTS FESTIVAL

Join us to begin your holiday decorating and gift shopping at this popular arts & crafts festival. Find original, handmade items, antiques and collectible memorabilia from over 120 vendors and artisans.

Offered in **Buena Park**

Veterans Day Program

Come celebrate Veterans Day with us at the Fifth Street Senior Center in San Bernardino. Bring a friend and enjoy entertainment and refreshments.

Offered in **San Bernardino**

For
Medicare
Advantage
Members
64+ Only
↓

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, Monday - Friday, between 10:00 a.m. - 4:00 p.m. 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 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 locations and details starting on **page 21**



Fun Exercise Programs



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**

BEACH WALK

Led by one of our health educators, join us for a moderately paced walk along the beautiful beach and pier. Get the body moving and meet new friends!

Offered in **Long Beach**

Be Fit While You Sit

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

Offered in **Burbank, Reseda**

Beginning Tap/Jazz

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

Offered in **Reseda**

Cure your disco fever



Disco Dancing

Ready to disco your way to better health? Join us for a fun-filled hour of 60s and 70s disco dancing. Before you know it, your energy levels will soar!

Offered in **West Covina**

No experience necessary



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, Glendale**

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**

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**



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**

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 at 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, sunblock, a hat, and/or sunglasses to protect you from the sun.

Offered in **Hacienda Heights**

RHYTHM & MOVES

Come and experience an intermediate to vigorous level of fun and cardio, with different styles of dance and music.

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 resistance bands, medicine 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, Glendale, Perris, West Covina**



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 **Glendale, West Covina**

Walk Our Way (WOW)

Join us for a weekly, moderately-paced walk. Meet new friends, and participate in free raffles.

Offered in **Buena Park, Temecula**

YOGA

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**

Dance
your way
to health



Zumba

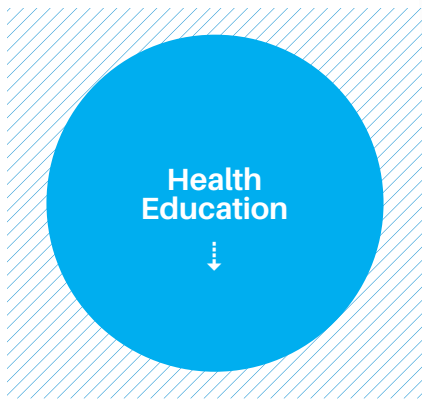
Have fun and move to the music through a variety of dance steps designed to increase your muscular strength and range of movement. Remember to wear comfortable clothes and shoes with sturdy support.

Offered in **Long Beach, West Covina, Whittier**

Zumba Gold

This type of Zumba is designed specially for older adults or those looking for a low-impact workout set to lively Latin music. Remember to wear comfortable clothes and shoes with sturdy support.

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



Back Health

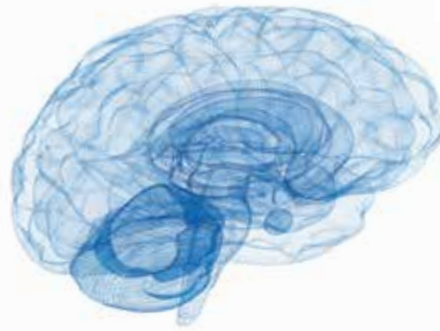
Learn ways to maintain optimal back health with your active lifestyle. Topics covered include back anatomy, posture, ergonomic recommendations and exercises that can prevent back injuries.

Offered in **West Covina**

Blood Pressure Checks

You may not know you have high blood pressure because you are not experiencing symptoms. It is important to get your blood pressure checked regularly.

Offered in **Northridge, La Verne**



Brain Health as You Age

The brain is the most complex organ and it's also one of the most important. That's why keeping it healthy is critical—especially as you get older. Learn about brain health and how you can make the most of your brain as you get older.

Offered in **San Bernardino**

Chronic Disease Management Support Group

This monthly meeting is an open forum for everyone living with or taking care of someone with any type of chronic disease. We will discuss managing complications, diet, medications, and stress and share practical tips and resources for coping with chronic disease.

Offered in **Garden Grove**

HAPPY HEALTHY HOLIDAYS

Experience happy, healthy holidays! We'll be learning everything from how to keep the weight off to tips on safely putting up a Christmas tree!

Offered in **Whittier**



Healthy Heart Living

What foods will help manage my cholesterol? What are good choices for low-sodium foods? How do I start a regular exercise plan? All these questions and more will be answered to help you learn ways to control heart disease and maintain a healthy heart.

Offered in **Glendale, Mission Hills, Perris**



Receive
a \$100
gift card*

Diabetes Empowerment Education Program (DEEP™)

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

Participants will gain 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 (844) 418-8304 to reserve your spot. If you have specific questions about the program, please send an e-mail to healthyway@regalmed.com or call the Health Education department at (888) 227-3463.

*Must be a member of Regal, Lakeside, and ADOC and either on Medicare or 65+ to receive the \$100 gift card. 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.

Offered in **Burbank, Glendale, Long Beach, Mission Hills, Orange, Riverside, West Covina, West Hills**

DEEP™ Reunion (Vietnamese)

For those who have already gone through DEEP at the Nhan Hoa Health Care Clinic, please join us to share your successes and challenges in managing your diabetes. See classmates from the DEEP classes you attended and meet new friends in a supportive environment. Healthy refreshments will be provided.

Offered in **Garden Grove**

Presented in
Vietnamese



Preventing Diabetes

Join us for a class that will cover the risk factors for developing pre-diabetes and diabetes, lifestyle changes to delay or prevent the disease and the importance of nutrition and its role in prevention.

Offered in **Mission Hills, Whittier**



Stress and Chronic Conditions

Stress can increase the risk of and worsen chronic health conditions. Join us to learn about stress and healthy ways to cope with the stressors in your life.

Offered in **Whittier**



Cooking Class: Healthy Desserts

Eating a healthy diet doesn't have to mean giving up desserts! Come learn about healthy desserts that are easy to prepare and enjoy samples of delicious and nutritious options.

Offered in **Menifee, Rialto, Riverside, Temecula, Thousand Oaks, West Covina**

Cooking Class: HEALTHY EATING FOR YOUR EYES

Carrots aren't the only food that will keep your eyesight strong. Learn which foods boost your eye health and help protect against sight-threatening conditions.

Offered in **Pasadena**

Cooking Class: *Healthy Holiday Eating*

The winter holidays are a great time to celebrate with family and feast on some delicious foods, but some are not always healthy. Let us show you how to take steps to reduce the saturated fat and carbs by way of preparing healthy mashed potatoes.

Offered in **Buena Park, Burbank, Glendale, Menifee, Pasadena, San Bernardino, Temecula, Thousand Oaks, West Hills**



Cooking Class: **HEALTHY SOUPS**

Come learn how to incorporate more veggies during the colder days of the season by way of delicious hot soups.

Offered in **Buena Park, Menifee, Redlands, Reseda, Rialto, San Bernardino, West Covina**



Stay warm and healthy

Cooking Class: **Healthy Tamales**

Join us and learn how to prepare a healthier version of this traditional holiday food.

Offered in **Buena Park, Perris, West Covina**

Diabetes Meal Planning

Having diabetes should not prevent you from enjoying a variety of foods. Learn how to eat healthful meals and include your favorite foods so you can thrive with diabetes.

Offered in **Pasadena**

Foods that Can 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 **Fontana, Temecula**



KEYS TO HEALTHY EATING

Developing healthy eating habits isn't as confusing or restrictive as you would imagine. Learn practical and affordable tips to help you create a delicious and well-balanced diet.

Offered in **Los Angeles**



Meal Planning for Weight Loss

Get the information you need to get started on simple and sensible meal planning to help you shed unwanted pounds.

Offered in **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 and keep it off for good by incorporating a healthy diet and physical activity into your daily life.

Offered in **Burbank, West Hills**



Nutrition for Hypertension & 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 disease management. Our health educator will teach you how to properly select healthy foods that will help manage your condition.

Offered in **Glendale**



Supermarket Savvy

Join us for a local market group tour and learn how to read food labels and make healthy and affordable food choices.

Offered in **Glendale, Riverside, Temecula, Thousand Oaks, West Covina, West Hills**



BUMP TO BABY

Offered in **Burbank, Garden Grove, West Covina**



Receive a \$100 gift card*

Class 1: You and Your Pregnancy

You're pregnant! It's an exciting time. During this first session, you will be part of a supportive group and learn all of the pregnancy basics, like the stages of pregnancy, nutrition, and how to cope with stress. You'll come away with a new knowledge about pregnancy and what is happening to your body.

Class 2: Baby Basics

Diapering, swaddling, bathing. So many basics to learn – and we make it fun! During this session, you'll be guided through all of the steps that will help keep your baby happy and content.

Class 3: Postnatal Care

Your needs and feelings are important – especially after childbirth. During this session, you'll understand what is happening to your body after giving birth and will learn how to take care of yourself.

Class 4: Celebrating You

It's time to celebrate everything about you! **A completion certificate and a \$100 gift card will be given to Regal, Lakeside, or ADOC members who have participated in all four classes.**

Understanding Breastfeeding

Breastfeeding is a wonderful gift that only you can give your baby. Learn proper techniques such as latching on, establishing a good milk supply, knowing if your baby is getting enough, and proper breast care. Partners are welcome and encouraged to attend!

Offered in **Santa Clarita, West Covina**

INFANT CPR

New class!

For new parents, grandparents, babysitters, nannies, and anyone who wants to learn lifesaving infant CPR and choking relief skills. No certification card is provided upon completion.

Offered in **Burbank**



Lamaze Childbirth

Designed to help you have a wonderful birth experience, this three-class series covers what to expect during labor and delivery. For two hours each week, different important information will be presented including stages of labor, natural childbirth, comfort measures, medication use, cesarean births, breathing and relaxation techniques for both mom and coach, and more. This interactive series is taught by an experienced childbirth educator who is also a doula. Register for all three classes approximately two to three months before your due date.

Offered in **Santa Clarita**

DETAILS

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

Anaheim

October 17

November 14

Tuesdays, 10:00am-11:30am

Getting the Most Out of Your Medicare

Anaheim Senior Center
250 E. Center St.
Anaheim 92805

October 26

Thursday, 12:00pm-1:00pm

Health Chats (Charlas)

Northgate Gonzalez Market
2030 E. Lincoln Ave.
Anaheim 92806

Brea

October 19

November 16

December 14

Thursdays, Daytime Matinees

Movie Matinee

Edwards Brea Stadium East 12
155 West Birch St.
Brea 92821

Buena Park

October 6, 20

November 3, 17

December 1

Fridays, 8:00am-9:30am

Walk Our Way (WOW)

Buena Park Downtown Mall
8303 On The Mall
Buena Park 90620
Meet on the 2nd floor near
John's Incredible Pizza

October 11, 25

November 8, 22

December 13

Wednesdays, Daytime Matinees

Movie Matinee

Krikorian Theaters
8290 La Palma Ave.
Buena Park 90620

October 12 - 14

Thursday-Saturday

9:00am-5:00pm

***NEW* Sugar Plum Arts & Crafts Festival**

Buena Park Downtown Mall
8303 On The Mall
Buena Park 90620

October 16

Monday, 11:00am-12:00pm

***NEW* Cooking Class: Healthy Soups**

Buena Park Senior Center
8150 Knott Ave.
Buena Park 90620

October 20

November 17

Fridays, 10:00am-11:30am

Getting the Most Out of Your Medicare

Buena Park Senior Center
8150 Knott Ave.
Buena Park 90620

November 15

Wednesday, 11:00am-12:00pm

Cooking Class: Healthy Holiday Eating

Buena Park Senior Center
8150 Knott Ave.
Buena Park 90620

November 29 - December 3

Wednesday - Sunday

9:00am-5:00pm

***NEW* Sugar Plum Arts & Crafts Festival**

Buena Park Downtown Mall
8303 On The Mall
Buena Park 90620

December 13

Wednesday, 11:00am-12:00pm

***NEW* Cooking Class:**

Healthy Tamales

Buena Park Senior Center
8150 Knott Ave.
Buena Park 90620

Burbank

October 3

December 12

Every Tuesday, 11:00am-12:00pm

Bollywood Dance

Media City Dance Studio
237 E. Palm Ave.
Burbank 91502

October 4, 11, 18, 25

November 1, 8

Six Consecutive Wednesdays

9:30am-11:30am

Diabetes Empowerment Education Program (DEEP™)

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

October 5 - December 21

Every Thursday, 1:00pm-2:00pm

Strength and Balance Training

Joslyn Adult Center
1301 W. Olive Ave.
Burbank 91506
No class November 23rd

October 5 - December 21

Every Thursday, 2:30pm-3:30pm

Be Fit While You Sit

Joslyn Adult Center
1301 W. Olive Ave.
Burbank 91506
No class November 23rd

October 6 - December 15

Every Friday, 9:00am-10:00am

Zumba Gold

Exceleration Studios
443 Irving Dr.
Burbank 91504

No class November 24th

October 10, 24

November 7, 28

December 5

Tuesdays, 1:00pm-2:00pm

Getting the Most Out of Your Medicare

Lakeside Community Healthcare
2nd floor conference room
191 S. Buena Vista St.
Burbank 91505

October 19

November 16

December 21

Thursdays, 1:00pm-2:00pm

Bingo

Joslyn Adult Center
1301 W. Olive Ave.
Burbank 91506

October 24

November 21

December 19

Tuesdays, Daytime Matinees

Movie Matinee

AMC Burbank 16
125 Palm Ave.
Burbank 91502

November 1

Wednesday, 1:00pm-2:00pm

Nutrition for Weight Loss

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

November 15

Wednesday, 6:00pm-8:00pm

***NEW* Infant CPR**

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

November 28

Tuesday, 5:00pm-7:00pm

Bump to Baby Class 1 (You and Your Pregnancy)

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

December 5

Tuesday, 5:00pm-7:00pm

Bump to Baby Class 2 (Baby Basics)

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

December 8

Friday, 12:00pm-1:00pm

Cooking Class: Healthy Holiday Eating

Joslyn Adult Center
1301 W. Olive Ave.
Burbank 91506

December 12

Tuesday, 2:00pm-3:30pm

Bob and Saul Show: Popular Christmas Songs and the Stories Behind Them

Joslyn Adult Center
1301 W. Olive Ave.
Burbank 91506

December 12

Tuesday, 5:00pm-7:00pm

Bump to Baby Class 3 (Postnatal Care)

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

Locations and Dates *(Continued)*

December 19

Tuesday, 5:00pm–7:00pm

Bump to Baby Class 4 (Celebrating You)

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

Camarillo

October 20

December 15

Fridays, Daytime Matinees

Movie Matinee

Edwards Camarillo Palace
Stadium 12 & IMAX
680 Ventura Blvd.
Camarillo 93010

Chatsworth

Every Friday

9:00am-10:00am

Bollywood Dance

California Dance Academy
9741 Independence Ave., Suite C
Chatsworth 91311
No class November 24th
and December 29th

Every Monday, Wednesday, Friday

11:30am-12:30pm

Param Yoga

21750 Devonshire St.
Chatsworth 91311
No class November 24th
and December 25th

Every Saturday

10:30am-11:30am

Param Yoga

21750 Devonshire St.
Chatsworth 91311

October 13, 20, 27

November 3, 10, 17

December 1, 8, 15

Fridays, 10:00am-11:00am

Rhythm and Moves

California Dance Academy
9741 Independence Ave., Suite C
Chatsworth 91311

Colton

October 18

November 15

December 13

Wednesdays, 9:00am-11:00am

Birthday Celebrations

Colton Clinica Medica Familiar
301 S. La Cadena Dr.
Colton 92324

Corona

October 13

November 10

December 1

Fridays, 9:00am-11:00am

Birthday Celebrations

Corona Clinica Medica Familiar
217 E. Third St.
Corona 92879

Encino

October 4

December 6

Wednesdays, Daytime Matinees

Movie Matinee

Laemmle Town Center 5
1700 Ventura Blvd.
Encino 91316

Fallbrook

October 4

Wednesday, 10:30am-12:00pm

Birthday Celebrations

Fallbrook Senior Center
399 Heald Lane
Fallbrook 92028

Fontana

October 10

November 14

December 12

Tuesdays, 9:00am-11:00am

Birthday Celebrations

Fontana Clinica Medica Familiar
Employee Break Room
17695 Arrow Blvd., Suite G
Fontana 92335

October 10

November 14

December 12

Tuesdays, 1:00pm-2:00pm

Getting the Most Out of Your Medicare

Fontana Clinica Medica Familiar
17695 Arrow Blvd.
Fontana 92335

November 7

Tuesday, Daytime Matinee

Movie Matinee

Regency Fontana 8
16741 Valley Blvd.
Fontana 92335

November 14

Tuesday, 12:30pm-1:30pm

Foods that Help Control Blood Sugar Levels

Fontana Senior Center
East Conference Room
16710 Ceres Ave.
Fontana 92335

Garden Grove

October 6

Friday, 10:00am-12:00pm

Bump to Baby Class 1 (You and Your Pregnancy)

Nhan Hoa Comprehensive Health Care Clinic
7861 Garden Grove Blvd.
Garden Grove 92841
Presented in Vietnamese

October 13

Friday, 10:00am-12:00pm

Bump to Baby Class 2 (Baby Basics)

Nhan Hoa Comprehensive Health Care Clinic
7861 Garden Grove Blvd.
Garden Grove 92841
Presented in Vietnamese

October 20

Friday, 10:00am-12:00pm

Bump to Baby Class 3 (Postnatal Care)

Nhan Hoa Comprehensive Health Care Clinic
7861 Garden Grove Blvd.
Garden Grove 92841
Presented in Vietnamese

October 25

November 29

Wednesdays, 12:00pm-2:00pm

Chronic Disease Management Support Group

Pathway Medical
12462 Brookhurst St., Suite B
Garden Grove 92840

October 27

Friday, 10:00am-12:00pm

Bump to Baby Class 4 (Celebrating You)

Nhan Hoa Comprehensive Health Care Clinic
7861 Garden Grove Blvd.
Garden Grove 92841
Presented in Vietnamese

December 19

Tuesday, 10:00am-12:00pm

DEEP™ Reunion

Nhan Hoa Comprehensive Health Care Clinic
7861 Garden Grove Blvd.
Garden Grove 92841
Presented in Vietnamese

Glendale

October 3 - December 12

Every Tuesday, 9:00am-10:00am

Zumba Gold

Karavan Dance Studio*
1626 S. Central Ave.
Glendale 91204

October 3, 10, 17, 24, 31

November 7

Six Consecutive Tuesdays

9:00am-11:00am

Diabetes Empowerment Education Program (DEEP™)

Lakeside Community Healthcare
1500 S. Central Ave., Suite 200A
Glendale 91204
Parking will be validated

October 4

November 1

December 6

Wednesdays, Daytime Matinees

Movie Matinee

Pacific Theaters Glendale
322 Americana Way
Glendale 91210

October 4 - December 20

Every Wednesday, 12:00pm-1:00pm

Strength and Balance Training

Karavan Dance Studio*
1626 S. Central Ave.
Glendale 91204
No Class November 22nd

October 4 - December 20

Every Wednesday, 1:00pm-2:00pm

Tai Chi

Karavan Dance Studio*
1626 S. Central Ave.
Glendale 91204
No Class November 22nd

*** Karavan Dance Studio:**

Validated parking is available when parked at the Lakeside Community Healthcare parking structure located at: 1500 S. Central Ave, Glendale 91204. Only street parking is available at the studio.

Locations and Dates *(Continued)*

October 6 - December 22

Every Friday, 11:00am-12:00pm

Bollywood Dance

Karavan Dance Studio*

1626 S. Central Ave.

Glendale 91204

No class November 24th
and December 29th

October 12, 26

November 9, 30

Thursdays, 11:00am-12:00pm

Getting the Most Out of Your Medicare

Foxy's

206 W. Colorado St.

Glendale 91204

October 16

November 13

Mondays, 10:00am-11:00am

Healthy Heart Living

Lakeside Community Healthcare

1500 S. Central Ave., Suite 200A

Glendale 91204

October 23

December 11

Mondays, 10:00am-11:00am

Nutrition for Hypertension & Cholesterol

Lakeside Community Healthcare

1500 S. Central Ave., Suite 200A

Glendale 91204

Parking will be validated

November 14

Tuesday, 11:00am-12:00pm

Supermarket Savvy

Vons Market

311 W. Los Feliz Rd.

Glendale 91204

November 22

Wednesday, 10:00am-11:00am

Cooking Class:

Healthy Holiday Eating

Lakeside Community Healthcare

1500 S. Central Ave.

Glendale 91506

Parking will be validated

December 5

Tuesday, 11:00am-12:00pm

Getting the Most Out of Your Medicare

Foxy's

206 W. Colorado St.

Glendale 91204

December 13

Wednesday, 10:00am-11:00am

Meal Planning for Weight Loss

Lakeside Community Healthcare

1500 S. Central Ave.

Glendale 91506

Parking will be validated

Granada Hills

October 16

November 27

December 11

Mondays, Daytime Matinees

Movie Matinee

Regency Theatre 9

16830 Devonshire St.

Granada Hills 91344

Hacienda Heights

October 4 - December 13

Wednesdays, 8:30am-9:30am

Raising a Little Health

Hacienda Hills Trailhead

14500 Seventh Ave.

Hacienda Heights 91745

Meet at the trail opening by the green gate.

Please wear a hat and shoes with grip.

No class on November 22nd

Hemet

October 14

Saturday, 10:00am-2:00pm

***NEW* Rancho Family Medical Group Open House**

Rancho Medical Group

3853 W. Stetson Ave.

Hemet 92545

October 17

November 21

December 12

Tuesdays, Daytime Matinees

Movie Matinee

Regal Hemet Cinema 12

2369 W. Florida Ave.

Hemet 92545

Huntington Park

October 20, 27

November 3

Fridays, 10:00am and 1:00pm

Getting the Most Out of Your Medicare

Huntington Park Community Center

3401 E. Florence Ave.

Huntington Park 90255

Irwindale

October 13

Friday, 1:00pm-2:30pm

La Lotería

Irwindale Senior Center
16116 Arrow Hwy.
Irwindale 91706

Jurupa Valley

October 5

December 7

Thursdays, 12:00pm-1:30pm

La Lotería

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

November 30

Thursday, 12:00pm-1:30pm

Birthday Celebrations

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

La Habra

October 12

November 9

December 14

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

Health Chats (Charlas)

Northgate Gonzalez Market
1305 W. Whittier Blvd.
La Habra 90631

Lake Elsinore

October 11

November 8

December 6

Wednesdays, 9:00am-11:00am

Birthday Celebrations

Lake Elsinore Clinica Medica Familiar
31739 Riverside Dr., Suite A-1
Lake Elsinore 92530

October 11

November 8

December 6

Wednesdays, 1:00pm-2:00pm

Getting the Most Out of Your Medicare

Lake Elsinore Clinica Medica Familiar
31739 Riverside Dr., Suite A-1
Lake Elsinore 92530

La Verne

October 19

November 16

December 21

Thursdays, 9:20am-11:00am

Blood Pressure Checks

La Verne Senior Center
3660 D St.
La Verne 91750

Long Beach

October 3, 10, 17, 24, 31

November 7

Six Consecutive Tuesdays
1:00pm-3:00pm

Diabetes Empowerment Education Program (DEEP™)

Michelle Obama Library
5870 Atlantic Ave.
Long Beach 90805

October 9, 23

November 13, 27

December 11

Mondays, 2:00pm-3:00pm

Zumba

Elodias Studios
1342 E. 7th St.
Long Beach 90813

October 20

November 10

December 15

Fridays, 11:00am-12:00pm

Beach Walk

Belmont Veterans Memorial Pier
15 39th Place
Long Beach 90803
Free parking is available.
Validation provided if needed.

October 23

November 27

Mondays, Daytime Matinees

Movie Matinee

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

October 24

November 28

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

Health Chats (Charlas)

Northgate Gonzalez Market
4700 Cherry Ave.
Long Beach 90807

October 27

November 17

Fridays, Daytime Matinees

Movie Matinee

Edwards Long Beach 26
7501 Carson Blvd.
Long Beach 90808

Locations and Dates *(Continued)*

Los Angeles

October 3

November 7

December 5

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

Health Chats (Charlas)

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

October 4 - December 27

Every Wednesday, 11:00am-12:00pm

***NEW* Knitting Club**

East Los Angeles Community
Service Center
133 N. Sunol Drive
Los Angeles 90063

October 6

November 3

December 1

Fridays, 8:00am-10:30am

Griffith Park Hike

Griffith Park
2700 Vermont Ave.
Los Angeles 90027

October 11

Wednesday, 1:00pm-2:00pm

Keys to Healthy Eating

Pico Women's Medical Group
6091 W. Pico Blvd.
Los Angeles 90035

October 16, 23, 30

November 6

Mondays, 10:00am

**Getting the Most Out
of Your Medicare**

Rodeo Mexican Grill
1721 Sunset Blvd.
Los Angeles 90026

Menifee

October 18

Wednesday, 10:30am-11:30am

***NEW* Cooking Class:**

Healthy Soups

Kay Cenicerros Senior Center
29995 Evans Rd.
Menifee 92586

October 25

Wednesday, 1:00pm-2:30pm

Bingo

Kay Cenicerros Senior Center
29995 Evans Rd.
Menifee 92586

November 17

Friday, 10:30am-11:30am

***NEW* Cooking Class:**

Healthy Desserts

Kay Cenicerros Senior Center
29995 Evans Rd.
Menifee 92586

December 15

Friday, 10:30am-11:30am

Cooking Class:

Healthy Holiday Eating

Kay Cenicerros Senior Center
29995 Evans Rd.
Menifee 92586

Mission Hills

October 11, 25

November 8, 29

Wednesdays, 2:00pm-3:00pm

**Getting the Most Out
of Your Medicare**

Coco's Bakery
10841 Sepulveda Blvd.
Mission Hills 91345

October 12, 19, 26

November 2, 9, 16

Six Consecutive Thursdays
5:15pm-7:15pm

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

Lakeside Community Healthcare
14901 Rinaldi St., Suite 201
Mission Hills 91345
Parking will be validated

November 1

Wednesday, 2:00pm-3:00pm

Healthy Heart Living

Lakeside Community Healthcare
14901 Rinaldi St., Suite 201
Mission Hills 91345
Parking will be validated

December 5

Tuesday, 11:00am-12:00pm

**Getting the Most Out
of Your Medicare**

Coco's Bakery
10841 Sepulveda Blvd.
Mission Hills 91345

December 6

Wednesday, 2:00pm-3:00pm

***NEW* Preventing Diabetes**

Lakeside Community Healthcare
14901 Rinaldi St., Suite 201
Mission Hills 91345
Parking will be validated

Moreno Valley

October 3

December 5

Tuesdays, Daytime Matinees

Movie Matinee

Harkins Theater Moreno Valley 16
450 N. E St.
Moreno Valley 92553

October 30
November 27

Mondays, 12:00pm-1:00pm

Birthday Celebrations

Moreno Valley Senior Center
25075 Fir Ave.
Moreno Valley 92552

North Hollywood

October 9
November 13
December 4

Mondays, Daytime Matinees

Movie Matinee

Laemmle Noho 7
5240 Lankershim Blvd.
North Hollywood 91601

October 11, 25
November 8, 29
Wednesdays, 2:00pm-3:00pm

**Getting the Most Out
of Your Medicare**

Denny's
11377 Burbank Blvd.
North Hollywood 91601

December 5
Tuesday, 2:00pm-3:00pm

**Getting the Most Out
of Your Medicare**

Denny's
11377 Burbank Blvd.
North Hollywood 91601

Northridge

October 3
November 7
December 5
Tuesdays, 9:00am-10:00am

Blood Pressure Checks

Wilkinson Senior Center
8956 Vanalden Ave.
Northridge 91324

Norwalk

October 19
November 16
Thursdays, 10:00am-11:00am,
11:30am-12:30pm

Health Chats (Charlas)

Northgate Gonzalez Market
11660 E. Firestone Blvd.
Norwalk 90650

Ontario

October 10
November 7
December 12
Tuesdays, Daytime Matinees

Movie Matinee

Edwards Ontario Place Stadium 22
1575 N. Mountain Ave.
Ontario 91762

October 12
November 9
December 7
Thursdays, 9:00am-11:00am

Birthday Celebrations

Ontario Clinica Medica Familiar
403 W. F St.
Ontario 91762

October 12
November 9
December 7
Thursdays, 1:00pm-2:00pm

**Getting the Most Out
of Your Medicare**

Ontario Clinica Medica Familiar
403 W. F St.
Ontario 91762

Orange

October 12
November 9
December 14
Thursdays, Daytime Matinees

Movie Matinee

AMC Orange 30
20 City Blvd. W E
Orange 92868

October 17
November 21
Tuesdays, Daytime Matinees

Movie Matinee

Cinemark Century Stadium
1701 Katella Ave.
Orange 92867

November 7, 14, 21, 28
December 5, 12

Six Consecutive Tuesdays
4:00pm-6:00pm

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

Offices of Regal Medical Group and ADOC
600 City Parkway West, Suite 400
Orange 92868

Oxnard

November 2
Thursday, Daytime Matinee

Movie Matinee

Century Riverpark 16 and XD
2766 Seaglass Way
Oxnard 93036

Pasadena

October 5
Thursday, 10:00am-11:00am
***NEW* Diabetes Meal Planning**

Pasadena Senior Center
85 E. Holly St.
Pasadena 91103

Locations and Dates *(Continued)*

November 9

Thursday, 10:00am-11:00am

Cooking Class:

Healthy Eating for Your Eyes

Pasadena Senior Center
85 E. Holly St.
Pasadena 91103

December 14

Thursday, 10:00am-11:00am

Cooking Class:

Healthy Holiday Eating

Pasadena Senior Center
85 E. Holly St.
Pasadena 91103

Perris

October 3 - December 19

Every Tuesday, 10:00am-11:00am

Strength and Balance Training

Charles Meigs Senior Center
21091 Rider St.
Perris 92570

October 9

November 13

December 4

Mondays, 9:00am-11:00am

Birthday Celebrations

Perris Clinica Medica Familiar
735 South D St.
Perris 92570

October 9

November 13

December 4

Mondays, 1:00pm-2:00pm

Getting the Most Out of Your Medicare

Perris Clinica Medica Familiar
735 South D St.
Perris 92570

October 20

Friday, 1:30pm-2:30pm

La Lotería

Charles Meigs Senior Center
21091 Rider St.
Perris 92570

November 15

Wednesday, 9:00am-10:00am

Healthy Heart Living

Charles Meigs Senior Center
21091 Rider St.
Perris 92570

December 7

Thursday, 1:30pm-2:30pm

NEW Cooking Class:

Healthy Tamales

Charles Meigs Senior Center
21091 Rider St.
Perris 92570

Redlands

October 6

Friday, 2:00pm-3:00pm

NEW Cooking Class:

Healthy Soups

Redlands Community Center
111 West Lugonia Ave.
Redlands 92374

October 24

November 14

Tuesdays, Daytime Matinees

Movie Matinee

Krikorian Redlands Cinema 14
340 Eureka St.
Redlands 92373

Reseda

Every Monday, Wednesday, Friday

9:00am-10:00am

Arthritis Foundation:

Walk n' Talk

ONEgeneration
18255 Victory Blvd.
Reseda 91335

Every Tuesday and Friday

9:30am-11:30am

Exercise Through Dance

ONEgeneration
18255 Victory Blvd.
Reseda 91335

Every Tuesday and Friday

1:00pm-2:00pm

Be Fit While You Sit

ONEgeneration
18255 Victory Blvd.
Reseda 91335

October 4 - December 13

Every Wednesday, 9:00am-10:00am

Beginning Tap/Jazz

ONEgeneration
18255 Victory Blvd.
Reseda 91335

October 5 - December 14

Every Thursday, 3:15pm-4:15pm

International Folk Dancing

ONEgeneration
18255 Victory Blvd.
Reseda 91335

No class November 23rd

October 26

Thursday, 10:00am-11:30am

NEW Cooking Class:

Healthy Soups

ONEgeneration
18255 Victory Blvd.
Reseda 91335



Rialto

October 4

Wednesday, 11:00am-12:00pm

***NEW* Cooking Class: Healthy Soups**

Grace Vargas Senior Center
1411 South Riverside Ave.
Rialto 92376

November 1

Wednesday, 11:00am-12:00pm

Foods that Help Control Blood Sugar Levels

Grace Vargas Senior Center
1411 South Riverside Ave.
Rialto 92376

December 6

Wednesday, 11:00am-12:00pm

***NEW* Cooking Class: Healthy Desserts**

Grace Vargas Senior Center
1411 South Riverside Ave.
Rialto 92376

Riverside

October 11

November 8

December 6

Wednesdays, 10:00am-12:00pm

***NEW* "Movies on Us" Info Table**

Janet Goeske Senior Center
5257 Sierra St.
Riverside 92504

October 16, 23, 30

November 13, 20, 27

Mondays, 10:00am-12:00pm

Diabetes Empowerment Education Program (DEEP™)

Janet Goeske Senior Center
5257 Sierra St.
Riverside 92504

October 26

November 16

Thursdays, 10:00am-11:30am

La Lotería

Janet Goeske Senior Center
5257 Sierra St.
Riverside 92504

December 8

Friday, 10:00am-11:00am

Supermarket Savvy

Vons
3520 Riverside Plaza Dr.
Riverside 92506
Meet outside at the front of the store

San Bernardino

October 6

Friday, 9:00am-1:00pm

***NEW* 2017 Closing Senior Games Ceremony**

Fifth Street Senior Center
780 East 21st St.
San Bernardino 92401

October 9

Monday, 12:30pm-1:30pm

***NEW* Cooking Class: Healthy Soups**

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

October 10

Tuesday, Daytime Matinee

Movie Matinee

Regal San Bernardino Stadium 14
450 N. E St.
San Bernardino 92401

October 17

November 14

December 12

Tuesdays, 9:00am-11:00am

Birthday Celebrations

San Bernardino Clinica Medica Familiar
(Office Conference Room)
407 E. Gilbert St., Suite #1
San Bernardino 92404

November 8

Wednesday, 9:00am-1:00pm

***NEW* Veterans Day Program**

Fifth Street Senior Center
600 W. Fifth St.
San Bernardino 92410

November 16

Thursday, 10:00am-11:00am

Brain Health As You Age

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

December 13

Wednesday, 12:30pm-1:30pm

Cooking Class:

Healthy Holiday Eating

Fifth Street Senior Center
600 W. Fifth St.
San Bernardino 92410

December 14

Thursday, 12:00pm-1:30pm

La Lotería

Fifth Street Senior Center
600 W. Fifth St.
San Bernardino 92410

San Fernando

October 3 - December 12

Every Tuesday, 9:30am-10:45am

Yoga

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

Locations and Dates *(Continued)*

Santa Ana

October 26

Thursday, 10:00am-11:00am

Health Chats (Charlas)

Northgate Gonzalez Market

770 S. Harbor Blvd.

Santa Ana 92703

October 27

November 17

Fridays, Daytime Matinees

Movie Matinee

Latino Health Access

450 W. 4th St.

Santa Ana 92701

Santa Clarita

October 3

Tuesday, 6:00pm-8:00pm

Understanding Breastfeeding

Lakeside Community Healthcare

24355 Lyons Ave., Suite 210

Santa Clarita 91321

October 10, 17, 24

Tuesdays, 6:00pm-8:00pm

Lamaze Childbirth

Lakeside Community Healthcare

24355 Lyons Ave., Suite 210

Santa Clarita 91321

October 11

November 8

December 13

Wednesdays, Daytime Matinees

Movie Matinee

Edwards Stadium 12 & IMAX

24435 Town Center Dr.

Santa Clarita 91355

October 13, 27

November 10, 17

December 1

Fridays, 2:30pm -3:30pm

**Getting the Most Out
of Your Medicare**

Lakeside Community Healthcare

24355 Lyons Ave., Suite 230

Santa Clarita 91321

Simi Valley

October 4, 11, 18, 25

November 1, 8, 15

December 6, 13

Wednesdays, 9:00am-10:30am

Fitness & Yoga

Boys & Girls Club of Simi Valley

2850 Lemon Dr.

Simi Valley 93065

October 10

November 14

December 12

Tuesdays, 11:00am-1:00pm

Birthday Celebrations

Simi Valley Senior Center

3900 Avenida Simi

Simi Valley 93063

October 31

November 28

December 19

Tuesdays, Daytime Matinees

Movie Matinee

Regal Civic Center Stadium 16 & IMAX

2751 Tapo Canyon Rd.

Simi Valley 93063

Tarzana

October 3 - December 19

Every Tuesday, 11:30am-12:30pm

Zumba Gold

Releve Studio

18356 Oxnard St.

Tarzana 91356

October 18, 25

Wednesdays, 10:00am and 1:00pm

**Getting the Most Out
of Your Medicare**

IHOP

19100-K Tarzana Blvd.

Tarzana 91331

Temecula

October 13, 20, 27

November 3

Fridays, 9:30am-10:30am

Walk Our Way (WOW)

Harveston Lake Park

2900 Lakehouse Rd.

Temecula 92591

Meet at the parking lot. Look for balloons.

October 25

Wednesday, 10:00am-11:00am

**Foods that Help Control Blood
Sugar Levels**

Rancho Family Medical Group

28780 Single Oak Dr., Suite 260

Temecula 92590

October 31

November 28

Tuesdays, Daytime Matinees

Movie Matinee

Edwards Temecula Stadium 15

40750 Winchester Rd.

Temecula 92592

November 29

Wednesday, 10:00am-11:00am

***NEW* Cooking Class:**

Healthy Desserts

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

December 20

Wednesday, 10:00am-11:00am

Cooking Class:

Healthy Holiday Eating

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

Thousand Oaks

October 10, 24

November 7, 28

December 5

Tuesdays, 11:00am-1:00pm

Getting the Most Out of Your Medicare

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

October 12

Thursday, 2:00pm-3:30pm

Cooking Class:

Healthy Holiday Eating

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

October 12

November 16

December 14

Thursdays, Daytime Matinees

Movie Matinee

AMC Dine-In Thousand Oaks 14
166 W. Hillcrest Dr.
Thousand Oaks 91360

October 19

Thursday, 2:00pm-3:00pm

Supermarket Savvy

Vons
1790 Moorpark Rd.
Thousand Oaks 91360

November 20

Monday, 6:00pm-8:00pm

***NEW* Cooking Class:**

Healthy Desserts

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

Torrance

October 19, 26

Thursdays, 10:00 am and 1:00pm

Getting the Most Out of Your Medicare

DoubleTree by Hilton Torrance
21333 Hawthorne Blvd.
Torrance 90503

Van Nuys

October 20, 27

November 3

Fridays, 10:00 am and 1:00pm

Getting the Most Out of Your Medicare

Holiday Inn Express Van Nuys
8244 Orion Ave.
Van Nuys 91406

West Covina

October 3 - December 19

Every Tuesday, 8:30am-9:30am

Zumba Gold

Lakeside Community Healthcare
Urgent Care Waiting Room
1500 W. West Covina Pkwy.
West Covina 91790
No class November 21st

October 5 - December 21

Every Monday and Thursday
8:30am-9:30am

Strength and Balance Training

Lakeside Community Healthcare
1500 W. West Covina Pkwy.
West Covina 91790
No class on November 20th, 23rd,
and December 11th

October 5 - December 21

Every Thursday, 9:45am 10:30am

Disco Dancing

Lakeside Community Healthcare
1500 W. West Covina Pkwy.
West Covina 91790
No class November 23rd

October 5, 19

November 2, 16, 30

December 7, 21

Thursdays, 5:15pm-6:15pm

Zumba

Lakeside Community Healthcare
2nd Floor Pediatric Waiting Room
1500 W. West Covina Pkwy.
West Covina 91790

October 9, 16, 23, 30

November 13, 20, 27

December 18

Mondays, 9:45am-10:30am

Tai Chi

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

Locations and Dates *(Continued)*

October 9

Monday, 11:00am-12:00pm

***NEW* Cooking Class:**

Healthy Soups

Lakeside Community Healthcare
2nd Floor Conference Room
1500 W. West Covina Pkwy.
West Covina 91790

October 10, 17, 24, 31 November 7, 14

Six Consecutive Tuesdays

11:00am-1:00pm

Diabetes Empowerment Education Program (DEEP™)

Lakeside Community Healthcare
2nd Floor Conference Room
1500 W. West Covina Pkwy.
West Covina 91790

October 10 November 7 December 5

Tuesdays, 10:00am-11:00am

Getting the Most Out of Your Medicare

Lakeside Community Healthcare,
2nd Floor Conference Room
1500 W. West Covina Pkwy.
West Covina 91790

October 10 December 12

Tuesdays, 6:00pm-7:30pm

***NEW* Back Health**

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

October 17 November 21 December 19

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

Health Chats (Charlas)

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

October 17

November 14

December 12

Tuesdays, Daytime Matinees

Movie Matinee

Edwards Stadium 18
1200 Lakes Dr.
West Covina 91790

October 19

Thursday, 4:00pm-6:00pm

Bump to Baby Class 1 (You and Your Pregnancy)

Lakeside Community Healthcare
2nd Floor Conference Room
1500 W. West Covina Pkwy.
West Covina 91790

October 26

Thursday, 4:00pm-6:00pm

Bump to Baby Class 2 (Baby Basics)

Lakeside Community Healthcare
2nd Floor Conference Room
1500 W. West Covina Pkwy.
West Covina 91790

October 26

November 30

Thursdays, 2:00pm-3:00pm

Getting the Most Out of Your Medicare

Lakeside Community Healthcare,
2nd Floor Conference Room
1500 W. West Covina Pkwy.
West Covina 91790

November 2

Thursday, 4:00pm-6:00pm

Bump to Baby Class 3 (Postnatal Care)

Lakeside Community Healthcare
2nd Floor Conference Room
1500 W. West Covina Pkwy.
West Covina 91790

November 9

Thursday, 4:00pm-6:00pm

Bump to Baby Class 4 (Celebrating You)

Lakeside Community Healthcare
2nd Floor Conference Room
1500 W. West Covina Pkwy.
West Covina 91790

November 13

Monday, 11:00am-12:00pm

***NEW* Cooking Class: Healthy Desserts**

Lakeside Community Healthcare
2nd Floor Conference Room
1500 W. West Covina Pkwy.
West Covina 91790

December 7

Thursday, 4:00pm-6:00pm

Understanding Breastfeeding

Lakeside Community Healthcare
2nd Floor Conference Room
1500 W. West Covina Pkwy.
West Covina 91790

December 11

Monday, 11:00am-12:00pm

***NEW* Cooking Class: Healthy Tamales**

Lakeside Community Healthcare
2nd Floor Conference Room
1500 W. West Covina Pkwy.
West Covina 91790

December 12

Tuesday, 11:00am-12:00pm

Supermarket Savvy

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

West Hills

October 4, 11, 18, 25

November 1, 8

Six Consecutive Wednesdays

6:00pm-8:00pm

Diabetes Empowerment Education Program (DEEP™)

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

October 10

November 7

Tuesdays, 5:30pm-6:30pm

Getting the Most Out of Your Medicare

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

October 19

November 16, 30

Thursdays, 5:30pm-6:30pm

Getting the Most Out of Your Medicare

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

October 27

Friday, 5:30pm-6:30pm

Getting the Most Out of Your Medicare

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

November 21

Tuesday, 6:00pm-7:00pm

Supermarket Savvy

Pavilions
6534 Platt Ave.
West Hills 91307

December 6

Wednesday, 6:00pm-8:00pm

Nutrition for Weight Loss

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

December 19

Tuesday, 6:00pm-7:30pm

Cooking Class:

Healthy Holiday Eating

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

Whittier

October 2, 23

November 6, 27

December 4, 18

Mondays, 9:30am-10:30am

La Lotería

Whittier Hospital
Activity Center
9080 Colima Rd., Suite 110
Whittier 90605

October 5 - December 14

Thursdays, 12:30pm-1:30pm

Zumba

Whittier Hospital
Activity Center
9080 Colima Rd., Suite 110
Whittier 90605
No class on November 23rd

October 26

Thursday, 10:30am-11:30am

***NEW* Stress and Chronic Conditions**

Whittier Hospital
Activity Center
9080 Colima Rd., Suite 110
Whittier 90605

November 9

Thursday, 10:30am-11:30am

***NEW* Preventing Diabetes**

Whittier Hospital
Activity Center
9080 Colima Rd., Suite 110
Whittier 90605

December 14

Thursday, 10:30am-11:30am

Happy Healthy Holidays

Whittier Hospital
Activity Center
9080 Colima Rd., Suite 110
Whittier 90605

Woodland Hills

November 13

December 18

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 October events begin on Tuesday, September 19.

Reservations for November events begin on Tuesday, October 17.

Reservations for December events begin on Tuesday, November 14.

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.
- Medicare Advantage members 64+ 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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