

# Activities for Seniors

## LA HABRA SENIOR TRANSPORTATION SERVICE “RIDE WITH PRIDE”

The La Habra Community Services Department has operated a transportation service for seniors ages 60 years and over for many years. The service operated Monday through Friday during daytime hours. Due to the COVID-19 pandemic and the need

to operate the transportation in a way that maintained social distancing, the service changed from using shuttle buses to providing individual ridership in limited occupancy vehicles, as a cab service.

As CDC, state and county health and safety guidelines have continued to change, we continue to revise our service, and at this time are exploring our options with the intent of providing the safest and most efficient

service available. We appreciate your patience during this time.

Updated information about the new senior transportation system will be shared with our senior residents as soon as it is available on our website, [www.lahabracaca.gov](http://www.lahabracaca.gov), and by reaching out to our currently registered users.

*For more information, you can also visit the La Habra Community Center or contact us at 562-383-4200.*

## Services

### MEALS ON WHEELS ORANGE COUNTY DINING PROGRAM

Prior to closure due to COVID-19, the Meals on Wheels OC (MOWOC) dining program served a hot lunch at noon, Monday through Friday, at the La Habra Community Center. There was a suggested \$3 donation for lunch for seniors 60 and over and a \$5 charge for those under 60. Past activities included live music and dancing from 10 am to 12 pm several days a week and after lunch bingo. At this time, the City and MOWOC are working together to determine when the hot lunch program and bingo can be resumed in a way that will provide the safest accommodation for its participants. For more information, please contact the Community Services Department at **562-383-4200** or the MOWOC site manager Jennifer Bush at **562-383-4222**.

In addition, our senior transportation service is undergoing revision, with more details to come. For more information on and updates to either the lunch program, bingo or senior transportation, please contact the Community Center at **562-383-4200** or visit the City's website, [www.lahabracaca.gov](http://www.lahabracaca.gov).

### LA HABRA MEALS ON WHEELS

La Habra Meals on Wheels provides home delivered meals to those unable to prepare their own meals due to illness

or disability. For more information please contact Carmen Miller at **562-383-4221**.

### LEGAL AID

Legal Aid is available one afternoon each month, usually 12 to 2:30 pm. This service is available for seniors 60 years of age and older who are residents of Orange County. An appointment is necessary. To make an appointment, please call **562-383-4200**. If you do not meet these guidelines for service but wish to contact Legal Aid directly, please call **800-834-5001**.

### HICAP

Have questions about Medicare? Need help with Medicare costs? HICAP (Health Insurance Counseling and Advocacy Program) can help! HICAP provides free, unbiased, individualized counseling on Medicare and related health insurance topics and is available to assist Medicare beneficiaries, their families and caregivers understand their Medicare benefits and coverage options that best meet their health care needs, including Medicare eligibility, enrollment and coverage. HICAP does not sell or endorse insurance products. At this time, all HICAP assistance is provided by phone only on the second Tuesday of the month. You may schedule an appointment by calling the Community Center at **562-383-4200**.

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# La Habra's Military Recognition Banner Program

The City of La Habra invites you to participate in the La Habra Military Recognition Banner Program, which offers an opportunity to honor past and present military personnel who reside in the city.

### Who qualifies for a banner?

Anyone who lives or lived in La Habra during their military service.

### What do the banners look like?

Banners are made from a 15 oz. double-sided "blackout" material and measure 30" by 90" with 2" top and bottom pockets.

### Where will the banners be displayed?

They will be installed by the City along the North side of La Habra Blvd.

### How long will the banner be displayed?

Banners will be displayed for one year to ensure quality, and then given to the family as a keepsake after being removed.

### What is the cost of the banner?

The cost is \$175 per banner, which includes banner, installation & care.

### How can I order a banner?

Contact Marcia Taylor at [mtaylor@lahabraca.gov](mailto:mtaylor@lahabraca.gov) or 562-383-4207.

### BANNER INSTALLATION SCHEDULE:

May Installation — Memorial Day

Banner request and payment due by May 1st

November Installation — Veterans Day



**LA HABRA HONORS**



**OMAR A. RAMIRO**  
US ARMY



**LA HABRA HONORS**



**RONALD D. MEEHAN**  
US NAVY

PLEASE NOTE: The City will not be responsible for replacing banners that are stolen, damaged or destroyed due to sun, weather, age, vandalism or any act of nature beyond our control, such as high winds

## Activities

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

## NOCE Older Adult Classes

**YOUR REGULAR ATTENDANCE IS THE REGISTRATION FEE.**

### MATURE DRIVER

Instructor: NOCCCD

The FREE Mature Driver class is for anyone 55 and over who would like to refresh their knowledge of California driving laws and practices. It is an eight-hour class (8 am to 4:30 pm) held once a month on a Saturday. Participants who complete the class receive a certificate. Some insurance companies offer discounts to those who complete this class. In order to take the class, participants **must preregister** by calling the La Habra Community Center at **562-383-4200**.

### HEALTH & WELLNESS FOR OLDER ADULTS

Instructors:

Kathy Mastin, Mondays

Mary Katherine Krie, Thursdays

Learn about the natural effects of the aging process, and the benefits of being proactive by practicing brain fitness, incorporating a healthy diet, managing chronic conditions, and engaging in routine physical activity as a means to living with optimum independence. Participants will enjoy a thorough low-impact workout that includes a walking/ cardiovascular warm-up, as well as sitting and standing exercises, work with resistance bands, balls, and other props. Students will increase their strength, flexibility, range of motion, stamina, balance and overall well-being.

**Classes meet 10 am-12 pm**

*continued >>>*

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

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

CITY OF LA HABRA COMMUNITY SERVICES DEPARTMENT

# SENIOR HOLIDAY SHOPPING SHUTTLE

*Time to get your holiday shopping done! Seniors 65+ sign up today for our FREE Senior Holiday Shopping Shuttle. Seniors must have a completed Senior Shuttle application on file and be able to shop on their own. Space is limited, so register early.*

## DECEMBER 1ST, 8TH, & 15TH

### La Habra Shopping Shuttle

**Continuous shuttle, participants must start and end at the La Habra Community Center.**

9:00 AM - Target  
9:20 AM - Kohl's/Bed Bath & Beyond/Walmart  
9:40 AM - La Habra Marketplace  
10:00 AM - Trader Joes/Burlington/CVS  
10:20 AM - Northgate Towne Center  
10:40 AM - La Habra Community Center  
11:00 AM - Target  
11:20 AM - Kohl's/Bed Bath & Beyond/Walmart  
11:40 AM - La Habra Marketplace  
12:00 PM - Trader Joes/Burlington/CVS  
12:20 PM - Northgate Towne Center  
12:40 PM - La Habra Community Center  
1:00 PM - Target  
1:20 PM - Kohl's/Bed Bath & Beyond/Walmart  
1:40 PM - La Habra Marketplace  
2:00 PM - Trader Joes/Burlington/CVS  
2:20 PM - Northgate Towne Center  
2:40 PM - La Habra Community Center

### Brea Mall Shuttle

**AM and PM shuttle available.**

AM Shuttle:

10:00 AM - Departs the LHCC  
1:30 PM - Returns to the LHCC

PM Shuttle:

2:00 PM - Departs the LHCC  
5:30 PM - Returns to the LHCC

**LIMITED SPACE  
RESERVATIONS  
REQUIRED!**

**562-383-4200**



**CONGREGATE LUNCH FOR SENIORS  
HOSTED BY MEALS ON WHEELS ORANGE COUNTY,  
IN-PERSON DINING WILL RESUME IN 2021.  
PLEASE CALL THE LA HABRA COMMUNITY CENTER  
TO MAKE A RESERVATION AND FOR MORE DETAILS.**

**LA HABRA COMMUNITY CENTER: 562-383-4200  
MEALS ON WHEELS OC: 562-383-4222**

# Senior Excursions

For more information or to register for an excursion,  
please contact the Community Center 562-383-4200.

## SINGLE-DAY TOURS

- Registration is accepted on a first-come, first-served basis and determines seat locations.
- Refunds for tour only if we can re-sell your seat.
- All approved refunds will be charged a \$6 processing fee.
- Pre-assigned seating assignments are subject to change.
- Travellers must have their COVID vaccinations and bring copy of vaccination card on day of tour.
- Travellers must complete a wellness waiver and bring with them on day of tour.
- Required: temperature checks before boarding bus, masks on bus and when group is gathered, hand sanitation.
- Please arrive 15 minutes before departure time.

## JANUARY 2022

### ACADEMY MUSEUM OF MOTION PICTURES WITH INCLUDED ICE CREAM TREAT & THE ORIGINAL FARMERS MARKET

#9063.100

Saturday, January 29, 2022

Fee: \$109

DEPARTS: 8:30 AM.....RETURNS: 5:30 PM

You've waited and waited, and finally now, you can be among the first to experience the brand-new Academy Museum of Motion Pictures – the largest institution in the U.S. devoted to the arts, sciences and artists of moviemaking! It is filled with eye-catching, innovative exhibits dedicated to the history of film and showcases iconic movie memorabilia including Dorothy's ruby slippers from *The Wizard of Oz*, Gregory Peck's annotated script pages from *To Kill a Mockingbird*, the typewriter used to write the screenplay for Alfred Hitchcock's *Psycho*, the tablets from *The Ten Commandments*, a stop motion capture device used in the making of *Jurassic Park*, and much more (items on display are subject to change). Current exhibits in the Stories of Cinema Galleries showcase the history of the Academy Awards, as well as deep dives into major moments in film history, including spotlights on Bruce Lee, *Citizen Kane* and *The Wizard of Oz*. Designed by Pritzker Prize-winning architect Renzo Piano, the museum has restored and revitalized the historic May Company building on Wilshire Blvd. Prior to your visit, enjoy time at leisure for lunch on your own at The Original Farmer's Market or The Grove, each offering a variety of indoor and outdoor restaurants and eateries. We top off the day with an included ice cream treat

from a locals' favorite that uses only the freshest ingredients and locally-sourced produce and dairy. **While guided tours of the museum are unavailable, prior to departure you may download the museum's free app to your smartphone and bring your own earphones to enjoy a free audio tour of the galleries. Price includes tour director and driver gratuity. Departs from La Bonita Park parking lot.**

## MULTI-DAY TOURS

### GUARANTEED DEPARTURES!

The City of La Habra partners with Good Times Travel to offer these multi-day tours, without minimum enrollment requirements. Tour departure site and time will be announced two weeks prior to departure, and passenger seating on the motorcoach rotates on a daily basis. The optional travel protection/cancellation insurance plan is highly recommended. Ask for a detailed itinerary.

### NEW YORK CITY

Featuring Single Hotel Stay in Times Square, Statue of Liberty, Ellis Island, 9/11 Museum & Memorial

#9057.200

May 19-23, 2022 (5-Day Tour)

Per Person Land Price :

Double \$1,749/Single \$2,349/Deposit: \$200  
Roundtrip group airfare from \$595 per person

### CANADIAN ROCKIES & CALGARY STAMPEDE

Featuring Banff, Jasper & Yoho National Parks, Fairmont Chateau Lake Louise, Calgary Stampede

#9043.300

July 11-19, 2022 (8-Day Tour)

Per Person Land Price:

Double \$3,299/Single \$4,799/Deposit \$250  
Roundtrip group airfare from \$695

### NEW YORK CITY, UPSTATE & NIAGARA

Featuring Manhattan, Hudson Valley, Cooperstown, 1000 Islands, Erie Canal, Niagara Falls

#9026.300

September 6-14, 2022 (9-Day Tour)

Per Person Land Price: \$2,499/Single \$3,299/Deposit \$250  
Roundtrip group airfare from \$695 per person