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FOR IMMEDIATE RELEASE
BUENA PARK SENIOR ACTIVITY CENTER
ANNOUNCES EVENTS FOR FEBRUARY

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Have you been here lately? What a busy place this local senior activity center is. Averaging 300 – 400 people a day, you can find all kinds of classes, programs, trips and tours in which you can enjoy. Boomer seniors are more into fitness and exercise than any other generation of retirees. Keeping our minds sharp and challenging our brains is one thing all of us want to do. We have many classes that do just that, one of these new classes will be a “Drama” Workshop and also the computer lab is having a February Photo contest!

Grandparents with talented Grandkids “Search for Talent” Contest: Being held on Saturday, February 26 at the Ehlers Community Recreation Center. This contest is for boys and girls from 6–18 years old and from any city. The three levels of competition are 6-9 years, 10-14 years and 15-18 years. This 62nd Annual contest is sponsored by Internet and Long Beach Exchange Clubs. Call Marilyn Kohler at 949-830-4187 for application and information.

February Photo Contest: “A day in the life of the Senior Activity Center”, come on down and shoot away. Three photos can be submitted per person, any size photo is allowed. Photo contest rules and photo paper can be found in the senior computer lab, end on February 28. Don’t forget, free beginner and advanced computer classes are offered every day, as well as one on one laptop instruction.

Drama Workshop: Day and time TBA. Register at in the senior center lobby. This course is designed to be no stress and to introduce adult students to the world of drama and to the theatrical creative process. Included in the program will be “Readers Theatre” where participants rehearse a play and perform for an audience with scripts in hand. Participants develop acting skills, including character, emotional commitment, vocal expression, and relationship, without the added pressure of memorizing lines. Plays will be specifically geared for seniors.

Annual Valentine’s Photo Shoot: Wednesday, February 9 from 10am – noon. Try on one of 50 different hats and take cuddle photos with family or friends. Photos will be handed out on Valentine’s Day for you to cherish! Party on Monday, February 14 at noon where all the valentines photos past and present will be featured in our slideshow!

AARP Community Education Workshop: Wednesday, February 23, 6:00 pm, don’t be the Target of Financial Fraud-Experts from the field of Reverse Mortgages (Pros and Cons and what to be aware of), ID theft and Financial Security will discuss ways to protect yourself and your money from financial fraud and abuse. This panel of experts will provide you with information and solutions in protecting your money and assets. A question and answer period will give you answers to specific questions you may have. Refreshments will be served.

Adult Day Care: Are you a caretaker of your husband or wife, or your parent? Care takers need support, too! This secure environment provides mental and social stimulation for your loved one suffering from Alzheimer’s or dementia while you take a break. A light breakfast, a hot lunch and an afternoon snack is provided. Adult Day Care is available Monday-Friday 8:30 a.m. to 4:00 p.m. The

cost of the program is \$25.00 to \$45.00 per day of service and a sliding scale is available. We are located in the Buena Park Senior Activity Center at 8150 Knott Ave, Buena Park. Call 714-826-3163 for detailed information or drop on by.

Acacia Quilt Guild: Quilting is experiencing a resurgence all across this country. There are now 22 million quilters in America. Members of the Acacia Quilt Guild are enjoying and perpetuating this quilting revival. Acacia Quilt Guild is open to all who are interested in learning more about quilting. Men and women of any age or skill level are encouraged to come and visit a meeting. Meetings are held on the first Thursday of each month at 6:45 p.m. at the Buena Park Senior Activity Center.

Free Quilting and many other classes: The Quilting Class is offered by the North Orange County Community College District every Tuesday at 1pm – all invited! Classes by the Community College are numerous at the Senior Activity Center and free. There are seven different exercise classes being held Monday – Friday. You have to come, experience them and see which one is right for you. Educational classes include a Fridays “Books and More” class, a Wednesday workshop designed for open discussion to stimulate your brain and enhance the way you feel. We also have painting, ceramics and beginning Spanish classes for FREE!

Senior Social Club: Our largest and most exciting club, is the Senior Social Club who meets several times a week for Bingo, trips and other fun events. Once a month this Social Club gets together for a delicious Pot Luck dinner, but you must register to attend. Call President Jo Rafter for information and details at 714-282-9076.

Nutritious Hot Lunch program is offered by Community Senior Serve on Monday – Friday at 11:15am for a donation of \$2.50. Yummy! Then you don't have to worry about dinner, just a salad and fruit and you are good to go.

This is just some of the programs of the Senior Activity Center! Come by the Walter D. Ehlers Community Recreation Center at 8150 Knott Ave and pick up our monthly newsletter or call us at 714-236-3870. Better yet, visit our new web site www.bplegacy.org developed by our computer lab volunteers, where you can gather information and photos of many of our events. Also visit the city web site at www.buenapark.com go to “I am looking for Senior Activities”.