



What happens here matters.

SCC Facility • 8045 E. Chapman Ave., Room U-80 • Orange, CA 92869 • (714) 628-5929

Summer 2018

Registration Begins

June 4th

Health and Safety Program

Health and Safety Awareness and Application classes will be offered at five community locations. These classes provide information and a discussion forum related to current and relevant health & safety topics, issues and/or concerns. The instructor will reinforce health and wellness concepts with appropriate in-class activities.

July 1- August 12, 2018

COURSE TITLE	SECTION	LOCATION	DAY	TIME
Health & Safety Awareness & Appl. Focus: Health and safety awareness for the older adult. Emphasis on flexibility, strength, range of motion, and balance with application of concepts through physical activity.	54785	Brookdale Anaheim Hills (BDAH) 142 S Prospect St, Orange, CA 92869	T	9:00AM - 11:00AM
	54784		Sa	1:15PM - 2:45PM
Health & Safety Awareness & Appl. Focus: Health and safety awareness for the older adult. Emphasis on flexibility, strength, range of motion, and balance with application of concepts through physical activity.	55255	Citrus Hills Assisted Living (CHAL) 142 South Prospect, Orange, CA 92869	M	3:30PM - 5:00PM
	55253		TH	12:45PM - 2:45PM
	55258		F	10:00AM - 11:30AM
Health & Safety Awareness & Appl. Focus: Current research-based health topics are presented with demonstrations of proper movement patterns designed to improve range of motion, strength, and quality of life.	55271	Fountain Senior Assisted Living (FSAL) 1800 W. Culver, Orange, CA 2868	T	10:15AM - 12:15PM
Health & Safety Awareness & Appl. Focus: To promote and maintain health and wellness through health and safety discussion with applied physical activities of the concepts taught.	55273	Fountain Senior Assisted Living (FSAL) 1800 W. Culver, Orange, CA 92868	TH	9:00AM - 10:30AM
Health & Safety Awareness & Appl. Focus: Health and safety awareness for the older adult. Emphasis on flexibility, strength, range of motion, and balance with application of concepts through physical activity.	55292	Fountain Senior Assisted Living (FSAL) 1800 W. Culver, Orange, CA 92868	M	2:00PM - 3:30PM
	55270		Su	9:20AM - 11:20AM
Health & Safety Awareness & Appl. Focus: Health and safety awareness for the older adult. Emphasis on flexibility, strength, range of motion, and balance with application of concepts through physical activity.	55383	Orange Healthcare and Wellness Center (OHWC) 920 W. La Veta Ave., Orange, CA 92868	TH	10:00AM - 11:30AM
	55389		F	10:00AM - 11:30AM
	55382		Sa	2:00PM - 3:30PM
	55394		Su	11:00AM - 12:30PM
Health & Safety Awareness & Appl. Focus: To promote and maintain brain fitness in a supportive environment.	55445	Orange Senior Center (OSC) 170 S. Olive, Orange, CA 92866	T	9:00AM - 10:30AM
Health & Safety Awareness & Appl. Focus: Current research-based health topics are presented with demonstrations of proper movement patterns designed to improve range of motion, strength, and quality of life.	55400	Orange Senior Center (OSC) 170 S. Olive, Orange, CA 92866	M	10:00AM - 11:30AM
	55438		M	1:00PM - 3:00PM
	55444		W	12:00PM - 1:45PM
Health & Safety Awareness & Appl. Focus: Health and safety awareness for the older adult. Emphasis on flexibility, strength, range of motion, and balance with application of concepts through physical activity.	55446	Orange Senior Center (OSC) 170 S. Olive, Orange, CA 92866	W	10:45AM - 12:15PM
	55403		F	10:30AM - 12:30PM
Health & Safety Awareness & Appl. Focus: Health and safety awareness for the older adult. Emphasis on flexibility, strength, range of motion, and balance with application of concepts through physical activity.	55451	Palacio Senior Apartments (PSA) 435 S. Anaheim Hills Road, CA 92807	F	1:00PM - 3:00PM

All educational opportunities are offered without regard to national origin, religion, age, gender, gender identity, gender expression, race or ethnicity, color, medical condition, genetic information, ancestry, sexual orientation, marital status, physical or mental disability, pregnancy, or military and veteran status.

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Class times & dates are subject to change without notice from the administration.

COURSE TITLE	SECTION	LOCATION	DAY	TIME
Health & Safety Awareness & Appl. Focus: To promote and maintain physical abilities of participants by focusing on muscle strength, range of motion, and flexibility. Includes discussions identifying current and future levels of health and safety awareness.	55458	Rehabilitation Institute of S. California (RIO) 1800 E. La Veta Ave., Orange, CA 92866	M	10:15AM - 12:15PM
Health & Safety Awareness & Appl. Focus: To promote and maintain physical abilities of participants by focusing on muscle strength, range of motion, and flexibility.	55463	Rehabilitation Institute of S. California (RIO) 1800 E. La Veta Ave., Orange, CA 92866	TH	1:00PM - 2:30PM
Health & Safety Awareness & Appl. Focus: Improving and maintaining health conditions.	55462	Rehabilitation Institute of S. California (RIO) 1800 E. La Veta Ave., Orange, CA 92866	F	9:00AM - 10:30AM
Health & Safety Awareness & Appl. Focus: Health and safety awareness for the older adult. Emphasis on flexibility, strength, range of motion, and balance with application of concepts through physical activity.	55498	Rehabilitation Institute of S. California (RIO) 1800 E. La Veta Ave., Orange, CA 92866	M	1:00PM - 2:30PM
	55496		M	1:00PM - 3:00PM
	55466		T	1:00PM - 3:00PM
	55460		W	1:00PM - 3:00PM
	55497		TH	1:00PM - 2:30PM
Health & Safety Awareness & Appl. Focus: Health and safety awareness for the older adult. Emphasis on flexibility, strength, range of motion, and balance with application of concepts through physical activity.	55512	Town and Country Manor (TCM) 555 E. Memory Ln., Santa Ana, CA 92706	M	9:30AM - 11:00AM
	55531		M	9:45AM - 11:45AM
	55520		TH	9:30AM - 11:00AM
	55524		Sa	9:30AM - 11:00AM
	55521		Su	9:30AM - 11:00AM
Health & Safety Awareness & Appl. Focus: Health and safety awareness for the older adult. Emphasis on flexibility, strength, range of motion, and balance with application of concepts through physical activity.	55539	The Meridian at Anaheim Hills (TMAH) 525 S. Anaheim Hills Rd., Anaheim, CA 92807	M	10:30AM - 12:00PM
	55543		W	9:50AM - 11:20AM
	55542		F	9:50AM - 11:20AM