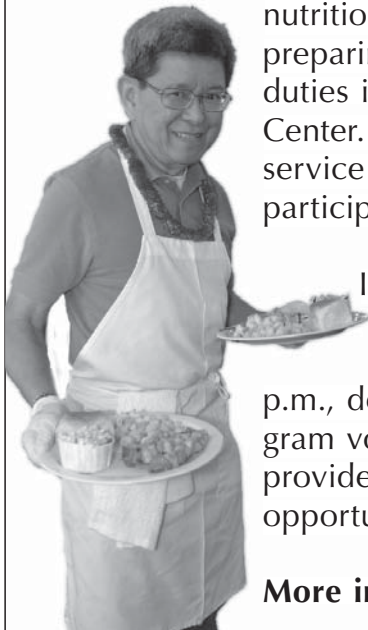


Rose Garden Café Needs You!

Volunteers are very important to the Irvine Senior Services elderly nutrition program. Five days a week, volunteers assist with preparing meals, plating, serving meals, dishwashing and cashier duties in the Rose Garden Café located at Lakeview Senior Center. They help put a friendly face to this daily lunchtime service and provide support and a smile to visiting participants.



If you are interested in helping, volunteer opportunities are available Monday through Friday, between the hours of 8 a.m. and 1:30 p.m., depending upon the assignment. Nutrition program volunteers are required to be age 16 or older and provide a current TB test with negative results. Corporate opportunities are also available.



More info: 949-724-6096

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Happy Anniversary!

Congratulations and happy anniversary to Irvine Evergreen Chinese Senior Associate (IECSA) and Friends of Outreach, two long-term supporters of the Irvine senior community and Irvine senior programs. Thank you for your legacy of support in Irvine!

IECSA Celebrated 25 Years in 2014



For the past 25 years, IECSA has offered support, education and socialization to Irvine seniors. Cultural events, fitness classes, medical lectures and support groups are offered in Mandarin to meet the needs of Mandarin-speaking seniors residing in Irvine. Programs supported by IECSA include tai chi, Chinese brush painting, calligraphy and the lecture series, Self-Management of Chronic Diseases in Mandarin. Every year IECSA hosts a Chinese New Year celebration luncheon to bridge cultures by providing great food and traditional music and dance with a contemporary twist. This year, IECSA celebrates Year of the Goat on Wednesday, February 25 at Lakeview Senior Center Auditorium. Tickets on sale in January.



Friends of Outreach Celebrating 30 Years in 2015

In 2015 Friends of Outreach will be celebrating their 30th anniversary of service to Irvine seniors.

Accomplishments include:

- Raising over \$100,000 to provide in-home care, medical alert systems, home safety modifications and transportation services for Irvine's frail elderly residents.
- Offering weekly Bingo games to foster friendships, fun and brain fitness.
- Hosting International Crafter members each week; creating handcrafted items, such as knit caps for chemotherapy patients and active military members.
- Assembling and delivering holiday gift bags to over 200 homebound seniors each December.

Join the Friends of Outreach celebration!

Thursday, January 29
10-11:30 a.m.
Lakeview Senior Center
Free

More info: 949-724-6900

