



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.

August 28, 2017 - May 24, 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.	43209	Brookdale Anaheim Hills (BDAH) 142 S Prospect St, Orange, CA 92869	Tu	9:00AM - 11:30AM
	43176		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.	43188	Citrus Hills Assisted Living (CHAL) 142 South Prospect, Orange, CA 92869	W	9:00AM - 10:30AM
	43196		TH	12:45PM - 2:45PM
	43190		Sa	3:30PM - 5:00PM
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.	43197	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.	43206	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.	43181	Fountain Senior Assisted Living (FSAL) 1800 W. Culver, Orange, CA 92868	M	2:00PM - 3:30PM
	43178		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.	43201	Orange Healthcare and Wellness Center (OHWC) 920 W. La Veta Ave., Orange, CA 92868	F	9:00AM - 10:30AM
	43191		Sa	2:00PM - 3:30PM
Health & Safety Awareness & Appl. Focus: To promote and maintain brain fitness in a supportive environment.	43205	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.	43194	Orange Senior Center (OSC) 170 S. Olive, Orange, CA 92866	M	1:00PM - 3:00PM
	43195		W	12:15PM - 2:15PM
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.	43180	Orange Senior Center (OSC) 170 S. Olive, Orange, CA 92866	M	8:45AM - 10:15AM
	43193		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.	43177	Palacio Senior Apartments (PSA) 435 S. Anaheim Hills Road, CA 92807	F	1:00PM - 3:00PM

Please note that spaces are filled on a first-come, first served basis. Students who are enrolled and absent from the first class session may be dropped.

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

All educational opportunities are offered without regard to race, color, national origin, sex, or disability.

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.	43198	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.	43207	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.	43204	Rehabilitation Institute of S. California (RIO) 1800 E. La Veta Ave., Orange, CA 92866	F	9:30AM - 11:00 AM
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.	43210	Rehabilitation Institute of S. California (RIO) 1800 E. La Veta Ave., Orange, CA 92866	M	9:00AM - 11:00AM
	43187		M	1:00PM - 3:00PM
	43203		T	1:00PM - 3:00PM
	43202		W	1:00PM - 3:00PM
	43189		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.	43200	Town and Country Manor (TCM) 555 E. Memory Ln., Santa Ana, CA 92706	M	9:30am - 11:00am
	43184		M	9:30AM - 11:00AM
	43182		TH	9:30am - 11:00am
	43183		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.	43175	The Meridian at Anaheim Hills (TMAH) 525 S. Anaheim Hills Rd., Anaheim, CA 92807	W	9:50AM - 11:20AM
	43174		F	9:50AM - 11:20AM