



Support and Education Groups

Designed to help individuals cope with physical and emotional changes and care giving demands of aging, by providing tools and emotional support. All meetings located at Lakeview Senior Center unless noted otherwise. Dates and times subject to change, call 949-724-6926 to confirm.

- **Cancer Support Group (Mandarin)**

When: Third Saturdays of February, April, June, August, October, and December
Time: 10 a.m.–noon
Sponsor: Asian American Senior Citizens Service Center
714-560-8877 ext.106

- **Caregiver for Persons with Dementia Support Group**

Meets at Irvine Adult Day Health Center.

When: Second & Fourth Wednesdays
Time: 3:30–5 p.m.
Sponsor: Irvine Adult Day Health Services
949-262-1123

- **Compassionate Friends**

A group for people who have lost a child at any age.

When: First Wednesdays
Time: 7–9 p.m.
Sponsor: Compassionate Friends
714-504-7042

- **Diabetes Education & Support Group**

For individuals with Type 1 or Type 2 diabetes.

When: First Thursdays
Time: 12:30–2 p.m.
Sponsor: Irvine Senior Services
949-724-6926

- **Loss of A Spouse Support Group**

A group for people who have lost their spouse.

When: Third Wednesdays
Time: 1–2:30 p.m.
Location: Trabuco Center
5700 Trabuco Road, Irvine
Sponsor: Irvine Senior Services
949-724-6924

- **Positive Living/Aging Educational Groups (English and Mandarin)**

When: Dates and times vary - call for schedule.
Sponsor: Irvine Evergreen Chinese Senior Association (IECSA), Omid Multicultural Institute for Development (OMID) and Irvine Senior Services.
949-724-6926

Transportation Resources

Contact us for a complete listing of transportation options available to seniors residing in Irvine.

- **CarFit® Check**

Offers older adults the opportunity to evaluate how well their personal vehicles "fit." Pre-registration required.

When: Select Wednesdays
Time: 9:30–11:30 a.m.
Sponsor: Irvine Senior Services, AOTA, AAA and AARP

- **Volunteer Drivers**

For non-emergency medical appointments only. Pre-registration and one week advance notice required.

When: Monday–Friday by appointment
Time: 9 a.m.–5 p.m.
Sponsor: Irvine Senior Services