

Irvine Senior Services

OPEN HOUSE

Demonstration Schedule

Rancho Senior Center

Time	Demonstration	Presented By
9:10–9:30 a.m.	Line Dancing with Jeannie	Jeannie Davies, <i>Instructor</i>
9:40–10 a.m.	Better Life Boxing	Sara Gutierrez, <i>Instructor</i>
10:10–10:30 a.m.	Cardio Kickstart	Nick Nguyen-Zintgraff, <i>Fitness Coach</i>

Lakeview Senior Center

Time	Demonstration	Presented By
12:40–1 p.m.	Chair Yoga	Mona Ness, <i>Instructor</i>
1:10–1:30 p.m.	Bollywood Dance Fitness	Lavina Punjabi, <i>Instructor</i>
1:40–2 p.m.	Cooking the Easy Way	Sharon Goldwasser, <i>Instructor</i>

Trabuco Center

Time	Demonstration	Presented By
4:10–4:30 p.m.	Zumba Gold Dance Fitness	CS Dance Factory, <i>Instructor</i>
4:40–5 p.m.	Energy Fitness	Omar Cuevas, <i>Fitness Coach</i>
5:10–5:30 p.m.	Presentation on Irvine Senior Services	Irvine Senior Services

City of Irvine Resource Tables

Learn about programs and services available for City of Irvine residents.

- Cool Irvine
- Environmental Programs
- Housing Division
- Office of Emergency Management
- Scholarship Program
- Senior Services
- TRIPS

