

La Habra Senior Week

A Celebration of Seniors and Caregivers

Enjoy
a week
of Free events
for Adults
Age 55+ and
Caregivers

November 3-8, 2019

Mark your calendars!

Join us for free classes and other fun events. Here are just a few of the exciting things you can do that week. Visit our website, iha4health.org, for updates and more details.

Senior Week is sponsored by Move More, Eat Healthy and the La Habra Collaborative.

Sunday, November 3

Blessing Day

Visit your place of worship to receive a special blessing.

Senior Prom

Bring a friend and enjoy music, dancing, and light snacks. Sponsored by CareMore.

2:00 pm – 4:00 pm

La Habra Community Center

Monday, November 4

Lunch with the Mayor, Police Chief, and Fire Chief

Join us for lunch with the La Habra Mayor, Police Chief, and Fire Chief. You'll have a chance to ask questions as they visit each table.

11:00 am – 12:30 pm

La Habra Community Center

Tuesday, November 5

Park-It Market, City of La Habra

Join The Gary Center, Rise Church AND Our Lady of Guadalupe Church Community Outreach Trailer for a special distribution of items for Seniors.

8:30 am – 10:00 am

La Habra Community Center

Wednesday, November 6

A Day at Hillcrest

Learn about a variety of topics for senior and caregivers.

Sponsored by: VCC: The Gary Center

10:00 am – 2:00 pm

Wellness Center

341 S. Hillcrest, La Habra

Thursday, November 7

Chef Pablo Healthy Cooking Class

Sponsored by Regal Medical Group and Northgate Market.

10:00 am - 11:00 am

La Habra Community Center

Movie Day

Senior Movie Days are free and include refreshments and popcorn. Sign up at the La Habra Community Center front desk or call 562-383-4200.

12:45 pm

La Habra Community Center

Friday, November 8

Health and Wellness Fair

Receive your flu shot and other health screenings. Learn about programs and services for seniors and caregivers.

Sponsored by IHA

9:00 am – 12:00 pm

La Habra Community Center

Call to Reserve Your Spot Today!

562-383-4200

La Habra Community Center

101 W La Habra Blvd



IHA
INSTITUTE for HEALTHCARE
ADVANCEMENT

