

Dignity Health - St. Mary Medical Center

Navigator

The Bazzeni Wellness Center

December 2018

STAFF

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Community Health Director

Damaris Pelayo
Senior Care Coordinator

Sister Celeste Trahan, CCVI
VP Mission Integration

VOLUNTEERS

Patrick Houston
Karen Reside
Florence St. Peter

ADVISORY COMMITTEE

Genevieve Brill-Murphy
Theresa Brunella
Neal Bychek
Steve Colman
Rita Ellner
Florence St. Peter
Don Pierce

Holiday Luncheon

Thursday, December 6th
11:30AM - 2:00PM

'Tis the season to be jolly!
Join us to celebrate the Holiday Season with good friends and good cheer! Enjoy a wonderful lunch with entertainment, a hot cocoa station and dessert. Don't miss this end of year celebration! Space is limited, reserve your seat by calling 888-478-6279.



All classes are held in the John Parr Health Enhancement Center, 1055 Linden Avenue, unless otherwise noted.

For recommended reservations or information, please call 1-888-4STMARY (1-888-478-6279).

ALL CLASSES ARE SUBJECT TO AVAILABLE SEATING – CLASSES ARE OPEN UNTIL FULL!

Look for us on the web at www.dignityhealth.org/socal/stmarymedicalcenter



Lectures/Events

T'ai Chi Chih

9 week class Begins: 10/23 thru 12/18

(every Tuesday)

Advanced: 10:00AM-11:00AM

\$20 Blue Card Members

\$18 Gold & Gold Plus Card Members

The T'ai Chi Chih movements can bring tremendous benefits to those who practice regularly, and there is certainly a long list of benefits including Weight/Blood Pressure Regulation/Improved Balance/Coordination/Improved Flexibility/Improved Concentration/Focus/Strengthened Immune System. To register call, 562-491-9811.



Yoga

Every Tuesday

1:30PM-2:30PM

Tami will be leading a one (1) hour gentle yoga class designed for everyone. Seated postures, forward folding, side bending, twists, as well as balance poses. A final guided relaxation ends the class-leaving students with a peaceful and calm

state of being. Students should bring mat, blanket or beach towel and water. Please call to reserve your spot, 562-491-9811.



Senior Fitness

Monday, Wednesday & Friday

9:30AM-10:30AM

\$20 Blue Card Members

\$18 Gold & Gold Plus Card Members

Meet Steven "T7" Palmer he is a Certified Fitness Instructor. This class is enjoyable and easy to follow. Exercises such as chair workouts, stretching & balancing, light & moderate movements all help increase strength and muscle tone. Sign-up today! **Ages 50+**

Medicare 101

Wednesdays, December 5, 12 and 19

9:30AM - SHA Insurance

12/05, 10:00a-12:00p - SeniorCare Benefits

12/10, 2:00p-3:00p - Beta Benefits

Learn about the new Medicare changes occurring in 2019.

Register by calling 888-478-6279.

Annual Membership Meeting

Thursday, January 17th

9:30AM - 10:30AM

We want to hear from you! your ideas and suggestions matter to us. Also, learn about all the programs coming in 2019. Breakfast will be served, to reserve call, 888-478-6279.



Holiday Bingo & Cookies

Wednesday, December 19th 10:30AM-12:00PM

Join the fun with bingo and delicious holiday cookies.

Reserve by calling, 888-478-6279.



Bazzeni Wellness Center Membership, reservation, and payment REQUIRED for trip participation.

For reservation, please mail separate check for each trip, payable to Bazzeni Wellness Center, Attn: Damaris Pelayo, 1050 Linden Avenue, Long Beach, CA 90813. For additional information, please call 562-491-9811.

REFUND POLICY: Must receive written request either by email at damaris.pelayo@dignityhealth.org or dropped off in person at St. Mary Bazzeni Wellness Center 14 days PRIOR (45 days if an overnight trip) to event date. If request is received after, you will forfeit payment. No exceptions. All trips subject to change!

Nixon Presidential Library with lunch at Mimi's Cafe

Tuesday, February 19, 2019 10:30AM - 5:00PM
\$96 per person, driver gratuity included

After being closed for a year and undergoing a \$15 million renovation, the Nixon Library is a must-see attraction. The quarter-century old exhibits have been completely transformed into a dramatic modern presidential museum complete with updated technology, interactive displays and participatory learning opportunities. One of the highlights is an opportunity to step aboard Marine One-the glimmering presidential helicopter that took Presidents Kennedy, Johnson Nixon and Ford to all corners of the globe. To reserve call, 562-491-9811.



Photo Credit: Nixon Presidential Library

New! Local Travel Club

Are you looking for affordable day trips to attend? Then look no more! Now introducing our new travel club for local day trips at affordable prices. We will travel to some of Long Beach's Top 50 places to visit!

Colorado Lagoon • Rancho Los Alamitos • Museum of Latin American Art • Long Beach Playhouse • Carpenter Performing Arts Center and so many more!

For more information on how to join the club call, 562-491-9811.



2018 Farewell

The Bazzeni Wellness Center would like to thank all of you for your continued dedication to our Wellness Center. Your warm smiles when arriving to classes and events, your laughs when meeting new friends. But most importantly your "thank you" when attending one of our many programs. We continue to look forward to many successful programs in 2019!

Happy Holidays!

From all the staff and volunteers at the Bazzeni Wellness Center!





1050 Linden Avenue
Long Beach, CA 90813

RETURN SERVICE REQUESTED

December 2018

To Enroll Call

1-888-4ST-MARY

1-888-478-6279

Bazzeni Wellness Center

1027 Linden Avenue, Long Beach

Hours: Monday - Friday

9:00 a.m. - 4:30 p.m.

Closed 12:00 a.m. - 1:00 p.m. daily

Office Line: 562-491-9811

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If you would like to receive this newsletter directly at home, please contact the **Bazzeni Wellness Center at 562.491.9811.**

Si le gustaria recibir este folleto en español porfavor llame al 562.491.9187.

Gift ideas for family and friends

Shopping for loved ones or friends can sometimes become very stressful. Many factors come into play, age group, budget and interest to name a few. Below are a few helpful gift tips for different age groups:

Young kids: toys, art & craft supplies, pajamas or board games.

Teens: gift cards, movie tickets or electronics.

Adults: Gift cards, coffee or water mugs, coffee or tea, wine bottle or jewelry.

Birthday Celebration

Happy Birthday to those born in month of December. Celebrate your birthday with us! If your birthday is in December you will receive an invitation in the mail, so look out for your special invitation.

Office Holiday Hours

The office will be closed on the following dates:
December 24th - 26th & December 31st- January 1st.
We will resume normal business hours on January 2nd.

